

# SOUTHERN LIGHTS

*Springtime is coming, and so  
is our Conference!*



We are excited about our upcoming November Conference – Edgar Cayce on Healing: Body, Mind and Spirit. A fantastic opportunity for A.R.E. members, and anyone interested in Edgar Cayce and holistic health, to meet kindred spirits. See Page 2 for more information.

Remember our website:

[www.edgarcayceaustralia.org](http://www.edgarcayceaustralia.org)

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

And our contact email addresses:

For General enquiries: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org), for

Study Group enquiries: [bel@edgarcayceaustralia.org](mailto:bel@edgarcayceaustralia.org), & for

Prayer Group enquiries: [donna@edgarcayceaustralia.org](mailto:donna@edgarcayceaustralia.org)

## Edgar Cayce Australia, Inc. A0060868C

Edgar Cayce Australia, Inc. was formed in early 2014 by members of the Melbourne Search for God Study Group and the Glad Helpers Down Under Prayer Group. We are a not-for-profit incorporated association dedicated to furthering the work started by Edgar Cayce and continued world-wide by the Association for Research and Enlightenment, founded in 1931.

As well as fostering Study Groups and Prayer Groups, we can also arrange talks on many topics from the Cayce readings such as diet and health, Atlantis, the mind, reincarnation, ideals, attitudes and emotions, meditation and dreams. If you are interested in any of our groups, or to arrange a talk on any topics from the Cayce readings, please email [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org)

### ISSUE 39, WINTER 2024

Welcome to our Thirty-ninth issue

**DESIRE**  
vs  
**WILL**

Editorial - Balancing Desire and Will - by Russell Bowey

2



Australian Conference  
'Edgar Cayce on Healing:  
Body, Mind and Spirit'

2



'What Causes Loneliness?' - by  
Russell Bowey

3



'As Lights in Thee' - by Russell  
Bowey

4



'The Well-Lived Life' - Book  
Review by Margie Nelson

5

*Global Manifestation of Oneness and the  
Love of God and All People*

## Editorial - Balancing Desire and Will

### by Russell Bowey

Our Monday night Study Group is currently working with the Lesson 'Desire' in A Search for God Book 2. In the Introduction is this statement: 'Desire is the power which drives our physical, our spiritual self, while will is the directing force. The positions in which we find ourselves are drawn to us through our desires. Whatever we are physically, mentally or spiritually has been built through desire.'

Reading 5752-3 states: *What separated spirit from its first cause, or [what] causes good and evil? Desire DESIRE! Hence Desire is the opposite of Will. Will and Desire, one with the Creative Forces of Good, brings all its influence in the realm of activity that makes for that which is constructive in the experience of the soul, the mind, the body, one with the spirit of truth.*

The readings also suggest that EVERY DAY we all have the

opportunity to make choices with our will:

*For, as has been indicated, when the entity sets itself to do something, it accomplishes it - whether good or bad. But make a choice. For there is daily set before thee good and evil, life and death, and with thy choice ye make it good or bad. 3285-2*

*For He giveth good and evil unto all, and ye choose through the WILL thy relationships - as to whether they shall be for self-exaltation, self-glorification, self-indulgence, self-gratification, or for the love of life, of truth, of hope, of honor, of virtue, of patience, of brotherly love. 254-91*

In the chapter 'The Nature of the Will' in his A.R.E. Press book 'Edgar Cayce on Soul Growth' author Kevin Todeschi states: '... the personality self is often prone to exercising the will and making choices and decisions based upon

impulses, desires, and habitual modes of behavior. However, the individuality self is much more in alignment with one's soul nature. This true self can exercise the will in directions that ultimately create the greatest good in any given situation. Although we may not always be conscious of this fact, God's will for our lives aligns with the same choices they would be made by our individuality self if only we were able to get our personality self out of the way.'

This is why the readings stressed the importance of knowing your Spiritual Ideal, and making life choices based on that standard.

*First, as indicated, FIND SELF. Find what is self's ideal. And as to how high that ideal is. Does it consist of or pertains to materiality, or spirituality? Does it bespeak of self-development or selfless development for the glory of the ideal? And be sure that the ideal is rather of the spiritual. 440-8*

---

## Australian Conference - November 2024

We will shortly be updating our website [edgarcayceaustralia.org](http://edgarcayceaustralia.org) with details about, and to register for, our upcoming Conference:

### *Edgar Cayce on Healing: Body, Mind and Spirit*

*RACV Goldfields Resort, Creswick, Victoria  
15th - 17th November 2024*

An exciting opportunity to learn practical healing principles from the man described as 'The Father of Holistic Medicine.'

Early registration for attendees on Friday evening 15th November, Conference on Saturday and Sunday 16th and 17th November. Topics covered will include: health guidance through dreams, Edgar Cayce's treatments for both common and 'incurable' ailments, the mind as healer, economic healing, meditation, diet and exercise, and more.

*For, all healing comes from the one source. And whether there is the application of foods, exercise, medicine, or even the knife - it is to bring the consciousness of the forces within the body that aid in reproducing themselves, - the awareness of creative or God forces. 2696-1*

# 'What Causes Loneliness?'

by Russell Bowey

I read an article on the ABC News website yesterday. This headline had grabbed my attention: 'Almost 70,000 Japanese people will die alone this year ...'. The article stated: 'In the first three months [of 2024], almost 22,000 people died alone and were undiscovered for a prolonged period.... It's a crisis that is only going to worsen — Japan has the world's oldest society, with more than one in 10 people older than 80. But it's not just an aging-population problem. For many, Japan's solitary deaths reflect a society that has lost a sense of community; neighbours no longer look out for one another, while many residents choose to isolate themselves.'

The article also stated: 'In one infamous case, more than two decades ago, an elderly man was discovered three years after death. His rent and utilities were automatically deducted from his bank account, and when it was finally depleted, authorities came to investigate.'

Yoshiko Sato established the 'Zero Lonely Deaths' community campaign over two decades ago in her huge apartment complex, home to almost 400 elderly residents. After 5 years there were no more lonely deaths. Ms Sato stated: "That's what makes my life worth living." But she is worried about the future. "A community has to be built up by everyone, but that is not possible in Japan at the moment," she says. "People are becoming selfish ...."

The ABC News article concluded with this observation: 'There is data that loneliness is the biggest factor in shortening life expectancy.'

Many people asked Edgar Cayce about their feelings of loneliness. In some cases the current loneliness carried over from being misunderstood, or from being abandoned, in prior incarnations, such as when a companion left to fight in the Crusades:

*Before that the entity was in the land of the present nativity ... during the Crusade periods.*

*The entity's activity in that land brought periods of disturbance, owing to being left, being doubted; not being able to become wholly self-reliant, and the desire to make such the experience. Consequently, in the present sojourn there is a feeling at times of loneliness, of at times not being fully understood - even by those closest to the entity; and the fear of not being able to carry forward just that desired to express. 2170-1*

The readings suggested being in service to others, rather than dwelling on one's own situation, as a means to overcome loneliness.

*(Q) How can the entity best overcome the loneliness that so often besets her? (A) Fill the life with the interests of others, and not so much of self - or belittle self, or condemn self for the conditions. Fill the life in the interests of others. 295-2*

*(Q) What are the best outlets for my loneliness? (A) Be busy in keeping optimistic and in helping somebody who is in a worse fix than yourself - and there are millions of 'em! 1540-6*

Also, music was suggested as a remedy:

*Hence the entity in the present may find music, song, indeed bridging that space between loneliness and joy, sorrow and happiness. 1073-4*

Others were told that loneliness, or being alone, was an important part of their development:

*These are a portion of the entity in the present; and the abilities to entertain well; and yet the ability to be alone, the ability to need loneliness as a part of itself, becomes an experience of the entity in the present. 1681-1*

And finally, the readings suggested to cultivate a relationship with the Christ:

*Loneliness is destructive, yet in HIM ye may find companionship. 845-4*

## ‘As Lights in Thee’ by Russell Bowey

Each of the 24 Lessons in A Search for God, Books 1 and 11, have an accompanying affirmation.

John Van Auken, in a 2014 Blog, had this to say about affirmations:

From his [Edgar Cayce’s] perspective, an affirmation is an ideal structured in a potently suggestive statement. He instructed us to speak (aloud or silently) the affirmation, being sure to maintain a consciousness of the meaning of the words, and to speak it with a positive, expectant attitude, until the whole of our mental being was affected positively by the meaning. He suggested that the affirmation be repeated three to five times, but the goal was to achieve a “full, positive response” from the mental portion of our being.

My favourite affirmation comes from A Search for God Book 1, Lesson 2 ‘Know Thyself’:

***FATHER, AS WE SEEK TO SEE AND KNOW THY FACE, MAY WE EACH, AS INDIVIDUALS, AND AS A GROUP, COME TO KNOW OURSELVES, EVEN AS WE ARE KNOWN, THAT WE -AS LIGHTS IN THEE - MAY GIVE THE BETTER CONCEPT OF THY SPIRIT IN THIS WORLD. 262-5***

It resonates with my ideal of inspiring others to attune to, and give expression to, their higher nature – their Christ selves. The more we come to know our true selves, the divine part of us that God knows, we become lights in Him, and thus have greater opportunity to spread the fruits of His spirit wherever we are, and with whomever we contact.

The readings suggested that we all have a purpose to be a light unto others:

***Know that the purpose for which each soul enters a material experience is that it may be as a light unto others; not as one boastful of self or of self's abilities in any phase of the experience, whether mental or material, but living, being in spirit that which IS ideal ... 641-6***

And the importance of being a guiding light to others cannot be underestimated:

***Let thy heart be lifted up; for as thou hast chosen Him, He hath chosen you to be a light unto many peoples. Then, to be a doorkeeper in the house of the Lord is greater than he that taketh a city or ruleth a nation secondarily. 262-120***

***Keep that purpose, that aim, thou has set before thee. For thou art a light unto many, and thy blessings go WITH thee; and His blessings will abide with thee. 705-2***

***Sow ever seeds of the spirit of truth. For each entity, each soul is responsible for that place where it is. Then let thy light so shine as to be ever as a light unto those who sit in darkness. 3350-1***

So, what does ‘being a light’ actually entail? In June 1942, during World War 2, Edgar Cayce gave reading 3976-27 (one of a series of ‘World Affairs’ readings). In this reading it was emphatically stated that individuals could make a difference, even during the ‘darkness’ of a whole world at war, by **knowing** His spirit is guiding your spirit:

***Ye cannot pray "Peace - Peace" when there is no peace in thine own heart and soul! but by knowing (for His spirit answers with thy spirit) that each day, each person ye meet is GLAD that you are alive! GLAD that YOU have come in touch with them; for you have brought - and bring - hope to their lives, just in the passing! This means, then, that you may so live the life as He emulated in the earth, that ye radiate life, joy, peace! 3976-27***

And this interesting explanation of light:

***What is light? That from which, through which, in which may be found all things, out of which all things come. Thus the first of everything that may be visible, in earth, in heaven, in space, is of that light - IS that light! 2533-8***

## ‘The Well-Lived Life’ Book Review by Margie Nelson

The Well-Lived Life by Gladys McGarey, MD.

“A 103-Year-Old Doctor’s Six Secrets to Health and Happiness at Every Age.” Dr Gladys discusses her six secrets for living, loving, and working.

After nearly eight decades in medicine Dr. Gladys gives us an overview of her approach to her work with what she calls “living medicine”. I found the approach of living medicine to be uplifting, and one of the kindest ways that a health professional can approach an illness in a person.

Dr. Gladys gives examples throughout the book of being curious, rather than proscriptive in exploring a patient’s health and well-being. Often this curiosity gave the patient a different way of thinking about what was happening to them, and a different way to approach their own health.

Dr. Gladys also explores some of her childhood experiences in India where her parents were medical people helping the poor and afflicted, working long hours and including the children in some of their adventures. Their inspiration was a catalyst for Gladys taking up medicine when she grew up.

However, Gladys did not go easily into the academic world, even as a child, as she had a form of dyslexia and struggled both at school and in medical school. As well, it was the days of women not being encouraged to do medicine. Even though Gladys was very pregnant, she persevered with enormous stamina and proved the naysayers wrong. Gladys managed a long career with six children, with great love, as the basis of all her energy.

Gladys never forgot how to love and care for patients, and even give hugs in certain circumstances. It is easy to see why Dr. Gladys calls it Living Medicine.

In section one I loved Dr. Gladys’s description of the passions that drive us. She called it "The Juice". What juices us up to do the things we do and enjoy? We are given a 7-step checklist on “how to” practise finding our juice.

In the second section Feeling Stuck is addressed and why we must always expect to keep moving, through any circumstance.

Section 3 goes into the detail of why Love is the most powerful medicine, for ourselves and others. Love encourages miracles.

Section 4 reminds us that Life is Connection and we are never truly alone. Embrace friendships, embrace connection, embrace life and love.

Section 5 helps us to find the lessons in everything and how to stop fighting it. That everything Is a teacher to learn from. Dr. Gladys also encourages dream work and gives ideas on how to do that.

Section 6 is an encouragement to spend your energy, or juice, without fear or favour. Also, the need for making space for miracles and feeding the positive.

Each section gives insightful explanations of how she approaches all of this, and how her constant positive attitude through her own sorrows and troubles kept her juices moving. We may think that we have heard most of this type of thinking before, as I did to start, but I found on reading it I could hardly put it down.

Dr. Gladys’s approach is very encouraging and felt like I was being taken into her warm embrace. Her book gives many examples of the Six Secrets to Health and Happiness at Every age. I sped through the book wanting to get into each section but look forward to reading it again in a slower manner. There are some exercises she encourages us to do which I look forward to.

The book read easily, with a good flow, and I would encourage others to get hold of a copy and find their own way to embrace Living Medicine.

*We invite readers to share their thoughts on any topic, or who have their own personal story of how their lives have been touched by a book, or an event, to share it through this Newsletter.*