

# SOUTHERN LIGHTS

*Winter is a time for hibernation,  
and preparation to spring into action*



*(Q) Will body be able to take a rest this winter? (A) This depends upon whether the body WILLs to, or the body so conducts self that he HAS to! 257-202*

Remember our website:

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

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

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

## 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)

## Editorial: 'A Pandemic of Peace'

### by Russell Bowey

I would like to initiate a pandemic – a 'Pandemic of Peace'.

I have witnessed decades of the spreading insanity of war and the devastation it brings to humanity, and so I would like to infect my family, my friends and my neighbours with peace. They have no natural immunity to peace and, if exposed to peace often enough, it is contagious, and they will succumb.

Even wearing a mask will not protect them, because peace is transmitted, not through the agency of a virus, but by repeatedly seeing, hearing and feeling expressions of peace in those around us.

So, what would prevent this pandemic of peace from spreading? If expressions of love, compassion, kindness, cooperation, generosity, forgiveness, service and gratitude enable the spread of peace, then hatred, prejudice, intolerance, vengeance, separatism, impatience and selfishness can prevent it from proliferating.

Unlike the enormous financial burdens and untold suffering as the result of war, an outbreak of peace actually provides economic and social benefits to all of us, individually and collectively.

The word 'peace' is found in 1,275 Edgar Cayce readings! Here are some examples of what the readings say on this topic:

*Only in casting thyself wholly upon the Lord may ye know the spiritual and mental peace that is the birthright of every soul. 1326-1*

*There CANNOT be happiness or joy save when self has found peace WITHIN self. 2427-1*

*But know, know, that if God be with thee what does it matter if all others are against thee? For peace and harmony will reign within thine own self. 3581-1*

*And peace is the longing of the soul, and to be at-onement with Creative Forces alone may bring peace in the consciousness of any. 622-4*

*As the entity may experience in some of its moments of meditation, the finding of peace in self enables the entity to give more assurance, more help to others; just by being patient ... 3098-2*

So, please join me as a carrier of peace, and become peace-mongers, spreading this pandemic of peace to all of your families, friends and neighbours, and declaring peace on all of this earth.

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## Edgar Cayce on .... 'Oneness'

*For the entity, as each soul, is a portion of the whole. 1469-1*

*Each entity is a part of the universal whole. All knowledge, all understanding that has been a part of the entity's consciousness, then, is a part of the entity's experience. 2823-1*

*... ye are part and parcel of a universal consciousness or God - and thus all that is within the universal consciousness ... as the stars, the planets, the sun, the moon. Do ye rule them or they rule thee? They were made for thy own use, as an individual - yea, that is the part, the thought thy Maker, thy Father-God thinks of thee. 2794-3*

*The Lord thy God is one. The self - as an individual entity, body, mind and soul - is one. The soul is a child of God, or a thought, a corpuscle in the heart of God. 3376-2*

*God seeks all to be one with Him. And as all things were made by Him, that which is the creative influence in every herb, mineral, vegetable or individual activity IS that same force ye call God - and SEEKS expression! 294-202*

*... in the present, teach, preach, understand, LIVE, the ONENESS of all, and the personal application OF that ... 957-1*

# 'Ideals - In Patience, We Possess Our Soul'

by Liz Power

"In patience, we possess our soul"! The Edgar Cayce readings state that our spiritual development ought to be our first priority, and that the establishment of our own personal spiritual ideals is the most important thing we do for this. Patience and love are among the most important ideals for cultivating our awareness of oneness. Consciously working with our ideals helps us to attune to the still small voice of the soul inside. The soul's path is ideally one of inner guidance, living by the promptings of the inner spirit, instead of by the expectations of externally imposed, man-made social structures. Our ability to follow the inner spirit will improve with patient practice.

The Cayce readings teach that spirit manifests in our lives in two ways: firstly in the gifts of the spirit, such as healing and prophecy, which develop naturally with meditation and prayer; and in the fruits of the spirit, such as love, forgiveness, kindness, patience and long-suffering, which is patience through difficulties over the long-term. As Jesus said "By their fruits, you shall know them".

We might believe we are not ready to focus on our spiritual path because we are busy or have pressing problems. But Cayce says that the time to start is now and we must start with who we are, where we are, right here and now. We must accept our present self, our shortcomings and our reality, and pray to the unseen forces for help with our problems, which we can regard with hope as stepping stones toward oneness.

So how do we go about setting our ideals? The first step is to write out three columns with these headings: 1."Spiritual"; 2."Mental"; 3."Physical".

In the first column "Spiritual" write a word or phrase that represents the spiritual ideal that you need or want to focus on for the present; perhaps one of the fruits of the spirit, such as love, forgiveness, kindness, patience, joy, faith or hope; or a spiritual entity such as Jesus, Buddha or God.

In the second column "Mental", write the ideal mental attitude that would arise from the spiritual ideal in relationship to yourself, to your home, to friends, neighbours, work, enemies, to things and to conditions. For example with the ideal of kindness, a mental attitude could be "I will strive for greater kindness with my family and friends everyday".

In the third column "Physical", write the ideal activities that will manifest these spiritual and mental ideals. For example, for kindness plan to perform one small act of kindness every day. Cayce says that in the fruits of the spirit, it's the little things that count. For the best progress, we should assess daily if we meet the ideal and if not, devise a strategy and tactics for next time, keeping and reviewing written records. A new habit like this can yield exponential spiritual growth.

In the course of my Search for God studies, I have had periods of focus on various ideals like cooperation, faith, patience, acceptance, service, kindness and joy. The focus on kindness and joy remain ongoing and is rewarding because it reminds me to look for opportunities for kindness and joy even in discouraging circumstances.

An example is when deciding to spend time with someone and I realise that it would be a kindness, it often becomes an occasion of joy for me that I would've missed otherwise.

Always simply review and return to your ideal with renewed consistency, sincerity and patience. Never give up! Friendliness and forgiveness for self and others takes us all a long way on the spiritual path!

*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.*

## ‘The Human Dance’ by Russell Bowey

We are called the Human Race, but I believe humanity should be called the Human Dance. Life is not a RACE to the finish line, it is meant to be a joy-filled DANCE. And even if you are going round in circles – have FUN and enjoy whatever you are doing!

A race is usually a stress-filled competition against other runners, or to try to set a new personal best time. So it is usually about individual achievement and trying to WIN. A dance is usually a joy-filled experience cooperating with a partner or group, where everyone WINS, through shared enjoyment. The first Lesson in ‘A Search for God’ Book 1 is COOPERATION, not COMPETITION.

There has been a great deal of research into the psychological and physiological affects of dancing, which has shown that dancing offers a wide variety of health benefits, encompassing physical, mental, and cognitive well-being.

Dancing can improve your muscle tone, strengthen bones, aid agility and endurance, and boost fitness, flexibility and balance.

It enhances cardiovascular health, and can even help with weight management by burning more calories than running, swimming or cycling. Dancing also has a positive impact on mental health by reducing stress, elevating mood, and potentially improving cognitive functions like memory and coordination.

Studies have shown that dancing increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition. Dance, in fact, has such beneficial effects on the brain that it is now being used to treat people with Parkinson’s disease.

A 2003 study in the *New England Journal of Medicine* by researchers at the Albert Einstein College of Medicine discovered that dance can decidedly improve brain health. The study investigated the effect leisure activities had on the risk of dementia in the elderly.

The researchers looked at the effects of 11 different types of physical activity, including cycling, golf, swimming, and tennis, but found that only one of the activities studied—dance—lowered participants’ risk of dementia. According to the researchers, dancing involves both a mental effort and social interaction and that this type of stimulation helped reduce the risk of dementia.

So, what do the Edgar Cayce readings say about dancing?

*(Q) Why do I have such a liking for dancing? (A) A natural expression of the joyousness of giving expression of joy, and if it is kept in that attitude it brings harmony, rhythm and peace, and makes one rather capable of expressing same IN harmony. 276-6*

*(Q) Is the amount of exercise that goes with dancing doing me harm? (A) This at times is very well, provided NOT too GREAT a length of time is indulged in. This is a very good exercise. 313-7*

*(Q) Should I be trained in dancing? (A) It's natural! Should be trained. 665-1*

*Keep the exercises in the open, and let these be not too much of running but a great deal of the bending, dancing, and those exercises that make for the stretching of the body; but not so violently as to cause the overtaxation to the body. 714-2*

*(Q) Would it be well for me to continue teaching dancing this fall, or would you advise a change? (A) We would continue. For, this is a part of the expression for this entity, which would bring helpful forces to others, and is an expression of the entity's self. 1207-2*

*Dancing, songs, pertaining to the rhythm of movement of body - these should be a portion of the entity's development. 1228-1*

**Note: Please consult a qualified health care professional for advice in all health matters, including risks regarding any exercise.**



## ‘Acknowledging Our Dreams’ by Russell Bowey

We have our own psychologist / psychiatrist / physician / psychic / personal trainer at our disposal 24/7 for our entire lives. They are always looking after us, offering advice which is in our best interest and which is tailored to our exact life circumstances.

This is our inner dreamer – our 6th sense. Not paying attention to our dreams is like receiving emails or text messages from someone and not bothering to open them. Eventually they will stop sending us messages.

Interestingly, our dreams adapt to suit the method we use for their interpretation e.g. Buying a dream interpretation book or seeing a Jungian therapist – we will be given symbols listed in that book or familiar to that therapist.

We all show the results of neglect of our dream lives, which usually started when we were children. Children are vivid dreamers, but when they have nightmares we tend to negate their importance by telling them ‘Don’t worry, it was just a dream’.

I have found that most dreams don’t tell us what to do. They generally throw a spotlight on our actions or thoughts, and ask the question: “What are you going to do about this situation?” It is up to us to choose how to respond. If we are not living up to our highest ideals physically, mentally or spiritually, our dreams will gently show us where our lives are out of balance. But they can also offer valuable insights into our lives.

I had a dream a few months after my wife’s death that a young man had a winning Tatts ticket, but no-one could get in touch with him. Then I thought in the dream that perhaps I had the winning ticket. At our study group a few days later I unknowingly told the group: ‘I won the lottery when I got into the Cayce work and then met and married Marija.’ I suddenly realised that it was me who had the winning Tatts ticket!!!!

The Bible is filled with examples of dreams and their application. I particularly like this reference

from Job 33: 14 – 16 (KJV):

*For God speaketh once, yea twice, yet man perceiveth it not. In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; Then he openeth the ears of men, and sealeth their instruction.*

The Edgar Cayce readings suggest that nothing of importance happens to us without first being foreshadowed in a dream.

*.... for dreams are that of which the sub-conscious is made, for any conditions ever becoming reality is first dreamed. 136-7*

*The dreams are that, that the entity may gain the more perfect understanding and knowledge of those forces that go to make up the real existence - what it's all about and what it's good for - if the entity would but comprehend the conditions being manifest before same. For as the visions in dream are presented, the inner forces of the entity, in no uncertain way, are presenting emblematical conditions to the entity for its study and for its good, see? 140-6*

*The dreams, as we see, come to the entity through those channels as have been outlined through which dreams are made experiences in the mental body, and are through this means made applicable to the mental, material, or physical conditions regarding the entity's actions in the earth's plane, and are then for the application of the entity. 195-37*

*In this age, at present, 1923, there is not sufficient credence given dreams; for the best development of the human family is to give the greater increase in knowledge of the subconscious, soul or spirit world. This is a DREAM. 3744-5*

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