

# SOUTHERN LIGHTS

## The Mission of A.R.E.

*Marija & Russell Bowey at Edgar Cayce Australia's stand at the Ballarat Psychic & Wellness Expo in April*



The Mission of the A.R.E. is to help people transform their lives for the better, through research, education, and application of core concepts found in the Edgar Cayce readings and kindred materials that seek to manifest the love of God and all people and promote the purposefulness of life, the oneness of God, the spiritual nature of humankind, and the connection of body, mind, and spirit.

### ISSUE 4, AUTUMN 2015

Welcome to our Fourth issue



Editorial - 'De-cluttering Our Lives' - by Russell Bowey

2



Dreams Can Bring Us Health Guidance - by Russell Bowey

2



What is Congress? - By Russell Bowey

3



My Favourite Cayce Reading - by Bel Casey

4



The Magic of Castor Oil - by Marija Bowey

5

*To Make Manifest the Love of God and Man*

## 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 have a lending library and offer new books for sale. We also arrange monthly talks on many topics from the Cayce readings such as diet, meditation and dreams.

If you are interested in any of our groups, or the monthly talks in Creswick (near Ballarat, Victoria) please email [areaustralia@bigpond.com](mailto:areaustralia@bigpond.com) or phone us on (03) 5345 2945.

## Editorial 'De-cluttering Our Lives' – by Russell Bowey

I recently read some reviews of a book 'The Life-Changing Magic of Tidying Up' by Marie Kondo. A few days later I mentioned this book to my daughter. She laughed and told me she was currently reading it on her Kindle. Coincidence? I believe most people are in need of de-cluttering their lives, and we were both ready for that process.

Many scientific studies have shown that physical (and digital) clutter in your home or work environment can result in poor performance, stress overload and impaired thought processes.

However, to cull a lifetime of accumulated possessions will usually take longer than just a weekend of sorting and discarding. In her book, the author suggests to keep only those objects that bring you joy, and spend 6 months purging the rest.

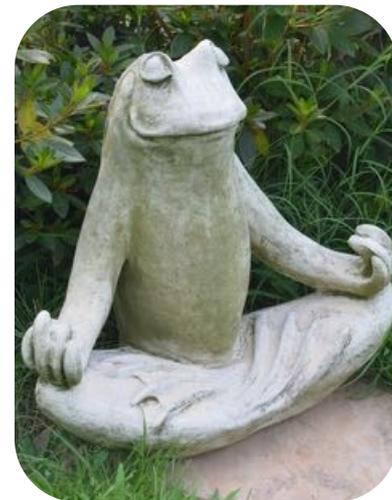
I'm now wondering if these same techniques could also be applied to the clutter we accumulate in our mind?

The Edgar Cayce readings recommend two important tools - Meditation and Spiritual Ideals - for filtering out our unwanted mental possessions.

Used daily, meditation will help to attune our conscious mind and personality with the deeper levels of our super-conscious mind and individuality – our 'true' eternal selves.

And our Spiritual Ideal, the 'yardstick' for measuring our thoughts and actions against the highest values we can attain to – our Soul's Purpose – can be used to ensure our choices fill our mind with love and joy.

This is beautifully epitomized in Edgar Cayce Reading 2281-1:



*The readings recommend meditation as an important tool for helping attune ourselves to our true inner nature*

*For, know that only that which is hope-giving, that is joy-producing, that is a continuous experience of thy inner self, is of the eternal.*

---

## Dreams Can Bring Us Health Guidance – By Russell Bowey

Over the past 30 years of working with our dreams, my wife Marija and I have received some amazing guidance regarding our physical health.

During Marija's pregnancies she had dreams that advised her to eat more carrots (lacking Vitamin A), to do more physical exercise (or our daughter would be slow mentally), and even ingredients for a soup, including beet tops.

Another dream at that time gave precise instructions (including measurements and cooking directions) for 'barley water' to treat her bladder infection. This formula was described by her Naturopath as the best treatment she could have for that condition.

Like many women, Marija became iron-deficient during pregnancy, and her doctor prescribed iron tablets.

Marija knew from past experience that they made her constipated, and wanted to use almonds instead. But she took the tablets, and subsequently dreamt:

*I was on a horse-drawn wagon and as the wagon was shaking a bunch of metal shavings appeared on the floor. I picked them up and started eating them thinking they were good for me. Then as I was sitting, the metal shavings passed through me and got stuck in my anus and it was really hurting.*

Even her doctor had to agree with the obvious interpretation of this dream, and asked Marija to keep him informed of any other dreams she had!

Interestingly, in another dream Marija heard the name 'Genevieve' expressed on three separate occasions. Upon waking, we knew that the incoming entity wanted to be called by that name.



*Sign at A.R.E. headquarters in Virginia Beach welcoming attendees to the 2014 Annual Member's Congress*

## What is Congress? - by Russell Bowey

As my wife, Marija, and I excitedly prepare to leave for the US to attend the A.R.E.'s 84th Annual Member's Congress in Virginia Beach, it is interesting to look back to what Hugh Lynn Cayce had to say in 1938, for the 7th annual Congress.

*Seven years ago we held our first Congress. The suggestion for such a series of meetings came through a reading on the work of the Association.*

*Our new Association was just beginning to take its first faltering steps when a small group of individuals from Norfolk met for the first open Congress reading.*

*Norfolk was still humming with the talk of the closing of our hospital and the Atlantic University in which we were interested. It was not easy to start over, but those first steps were made easier by the faith, courage and cooperation of the small Norfolk group who came to the first Congress meetings.*

*Through the past seven years the Association has brought many well known speakers on psychic subjects to Congress meetings. There has never been any effort to give publicity to the work of the Association other than through individuals who have found its study and presentation of the psychic work of Edgar Cayce proving helpful in their lives. Neither has there been any effort at holding pretentious Congress meetings.*

*It is our desire to give a picture of the work of the Association during the past year. We know that in bringing people from all parts of the country together, people of varying social interests, economic standards and religious points of view, all*

*interested in the one subject of Edgar Cayce's psychic readings there may come a renewing of thought and effort in making it possible for the greatest good to come from this work.*

*Our problem is not to go out into the highways and by-ways and gather in a crowd. It is to bring together those few individuals who have been moved by the tremendous possibilities for accomplishing good which are opened through this work.*

*As reading 254-86 states about presenting the work: Not that you are trying to capture the world or any portion thereof. For it is the individual, THEN to the groups, classes and masses.*

Along the Atlantic oceanfront Virginia Beach itself reminds me of the Gold Coast, with miles of beautiful wide sandy beach, high rise hotels and apartments, and inland waterways surrounded by large homes. Behind the A.R.E. is a magnificent State Park with many walking trails. And, in June, it is warm to hot (high 20's to low 30's), a welcome break from the harsh winters here in central Victoria, where even a Canadian visitor recently complained of the cold.

This will make four years that we have attended Congress. We enjoy the wonderful guest speakers, hearing the annual reports from the different departments and the Board of Trustees, and we have a lot of fun participating in the social activities; but most of all we love meeting with like-minded people from all over the US, Canada and elsewhere, and sharing our stories. It truly is a 'Welcome Home'.

## My Favourite Cayce Reading – By Bel Casey

The Reading 987-4 is a Mental/Spiritual Reading given in 1937 to a 49-year-old housewife. It was a long time after I first read 987-4, that I read the full Reading. Paragraphs 32 - 35, the part of the Reading I am sharing, are especially uplifting for me, and paragraph 34 is also an affirmation.

*32. How? How, then, may ye approach the throne?*

*33. Turn thou within. As ye meditate, give forth in thine OWN words these thoughts:*

*34. "FATHER, GOD, MAKER OF HEAVEN AND EARTH! I AM THINE - THOU ART MINE! AS I CLAIM THAT KINSHIP WITH THAT HOLY LOVE, KEEP THOU ME IN THAT CONSCIOUSNESS OF THY PRESENCE ABIDING WITH ME: THAT I MAY BE THAT CHANNEL OF BLESSINGS TO OTHERS, THAT I MAY KNOW THY GRACE, THY MERCY, THY LOVE - EVEN AS I SHOW SUCH TO MY FELLOW MAN!"*

*35. And ye may be very sure the answer comes within.*

When I first offered to write this article I had in mind one of my favourite Readings and was sure that I wouldn't have any problems writing it.

Unfortunately I did not foresee having problems finding it, even though I had forgotten the number. It was an easy one to search for by using key words.

This was not to be and it came to be a dilemma as to which reading I would choose. There are many readings that inspire and renew me and some of these have a more powerful effect on me than others.

As is fairly common in humans, especially as we age, stress tends to decrease clear thinking and I couldn't remember a Reading I would like to share. As always, even though my mindset (stress this time) was in top gear, and my personal connection to God was diminished, He held me in His arms, He kept the connection. He provided a Reading.

Deciding on an early night I perused my library hoping to be inspired.

One of my favourite books and authors stood out, so I grabbed it, plus a couple of others. The book is, "The Great Readings of Edgar Cayce", and the author is Mark Thurston. I chose to read that first.

The first time I had read this, I was floundering, unsure of myself and my place here on the Earth. I was having trouble with my work situation and in other areas of my life. It was a difficult time. I asked for guidance and I received.

This Reading reminds me that God is ever with me and that I am part of His family. God's family, here on Earth, is vast, and because we are connected to the Earth by our earthly bodies, there are times when discord arises. Of course I knew that the discord was as much within as it was without.

The turmoil within started to settle as I reacquainted myself to the fact that I did indeed have Kinship with God and that I could ask that he "Keep Me in that Consciousness of Thy Presence Abiding with me..."

It reminded me that by being a channel of blessings to others, I not only receive His Holy Love and Support, but by my actions and behaviour towards my fellow man, I was surrounding or passing on to them some of this Unconditional Support.

It also reminds me of something I once read:

Q: How close is God? A: As close as your next breath. (Author unknown)

For me, at this time, finding this Reading has helped with a problem I have had for a while. Meditation has been difficult. I now find I am a step closer to getting back to it.

So, God is ever with us, as close as our next breath.

Stories of favourite readings can be emailed to [areaustralia@bigpond.com](mailto:areaustralia@bigpond.com)

## The Magic of Castor Oil - By Marija Bowey

Castor oil is mentioned in hundreds of Edgar Cayce's readings. Also known as the 'Palma Christi' (Palm of Christ), the oil of *Ricinus Communis* has been used for centuries because of its amazing healing properties.

In my work as a Kinesiologist, I have recommended the use of Castor Oil, and Castor Oil packs to dozens of my clients. A pack is two or three layers of wool flannel soaked in Castor Oil and heated to just hot enough to bear directly on the skin.

The pack is then placed over the area to be treated (usually the abdomen), the area is wrapped with cling wrap (to prevent soiling) and a towel, and a heat pack or hot water bottle is applied to keep the pack warm.

Some of the health issues aided have included Endometriosis, Uterine Fibroids, Polycystic Ovaries, and Polycystic Breasts. One heavy smoker received immediate relief for her breathing difficulties by the application of Castor Oil packs over her chest.

Many skin problems, including sunspots, moles, warts and plantar warts and other blemishes, have cleared up or sloughed off after rubbing Castor Oil on the affected area.

In one astounding case a mother brought her 37-year-old daughter who had suffered with 'Epilepsy' since she was 3, including multiple daily seizures, even though she was heavily medicated.

Now, I don't 'treat' any diseases; using muscle-testing I assess where the imbalances and blockages are located, ask the body what it needs to correct these, and complete a 'balance'.

In her case, the priority corrections were to balance the incoordination between the cerebro-spinal and autonomic nervous systems, and to correct her bowel problems using a course of Castor Oil packs.

I also had to remove 13 entities who were so 'attached' that they were physically hurting her and causing severe anxiety and stress.

After two treatment sessions, her mother reported that the seizures had ceased. This woman has now become active in the community and taken up sports and painting, and is leading a more fulfilling life.

Just after this case, two boys – one nine and one ten – were brought to see me by their desperate mothers, after receiving no help from numerous doctors and specialists. Both boys were suffering from faecal incontinence, and both exhibited varying degrees of Autism Spectrum Disorder (ASD).

The priority corrections in both cases included the aforementioned incoordination of the nervous systems and a course of Castor Oil packs. I also addressed some deep-seated emotional issues for both boys.

Within several weeks one of the mothers called (from their holiday destination in NSW) to thank me. This was her family's first holiday entirely free of 'faecal incidents'. She actually called me two weeks ago, after several years hiatus, to let me know that her son was doing extremely well academically, socially and at sport, and has taken up playing the saxophone. The second boy also gained bowel control and is doing very well.

Recently, a worried mother brought her three-year-old daughter who wouldn't speak, and was stubborn and very uncooperative. The girl would not let me come near her and so I had to do a 'remote' balance.

I talked with the mother about an article I had read in 'Venture Inward' where a group of parents had taken their young children to a retreat where they were given a course of abdominal Castor Oil packs over 28 days, with great success. Most of the children had been diagnosed with ASD.

A month later, the little girl came and sat on my knee and gave me a hug and a kiss. The mother reported that her daughter is now speaking appropriately, and could name all the colours correctly and clearly. She is also much easier to get along with. The mother reported Castor Oil packs had also relieved her own Endometriosis symptoms.

PS: Please share your experiences with any Cayce remedies that have assisted you with your health issues. Email: [areaustralia@bigpond.com](mailto:areaustralia@bigpond.com)

**Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for advice in all health matters.**