

SOUTHERN LIGHTS

The Cayce Aurascope

*Using the Cayce Aurascope at the June A.R.E.
Members Congress in Virginia Beach*



During a break in this year's Members Congress, Sidney Kirkpatrick demonstrated the use of the Aurascope, a device based on the readings given by Edgar Cayce. This prototype was developed by members of a Search for God Study Group in Miami, and uses red, yellow, blue and clear rotating optical glass prisms. A subject was viewed in full sunlight through each prism for 90 seconds, with the colours of the subject's aura becoming more pronounced with each 90° rotation. We thank Sidney for his enthusiasm and dedication, and eagerly await the production of a low-cost example that we can experiment with here in Australia.

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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 or phone us on (03) 5345 2945.

Editorial – ‘The Cavalier Hotel’ – by Russell Bowey

During my stay in Virginia Beach to attend the A.R.E.’s 84th Annual Members Congress in June, I walked down Atlantic Avenue early each morning to the boardwalk along the oceanfront.

Along the way I passed the site of the historic Cavalier Hotel, which is undergoing renovations. I noted the large banner in front of the building which read ‘Established: 1927 / A New Era Begins: 2016’.

I knew that the Cayce family had moved to Virginia Beach around that time (actually it was 1925), and I reflected on the mixture of excitement and trepidation they must have felt as the ‘Work’ entered this new phase.

As a retired architect, I also reflected on the necessity of renovating old buildings to make them ‘fit for purpose’; to bring their interiors and services into line with the expectations of modern-day users.



It struck me (an epiphany) that this iconic building paralleled the A.R.E.’s own history in Virginia Beach, and could actually be a metaphor for the renovations that have been undertaken during the CREATE campaign, which, coincidentally, concludes at the end of this year.

Many wealthy and influential people came to the Cavalier, as many others also came to Edgar Cayce for readings (see book review in this newsletter).

The historic Cavalier Hotel in Virginia Beach, currently undergoing renovations and expected to re-open in 2016

Interestingly, the way A.R.E. presents the ‘Work’ has also undergone ‘renovations’ to make it ‘fit for purpose’ and more appealing to a 21st century audience.

As with the Cavalier Hotel, I am confident a New Era truly begins for the A.R.E. in 2016.

Lead me not into Condemnation – By Russell Bowey

The refugee problem in Europe – a moving tide of those fleeing war, persecution and economic hardship – is being broadcast to our lounge rooms every evening.

How do we overcome the tendency to judge or condemn the refugees, the people traffickers, and the governments involved, based on the outward appearance of their acts?

The Edgar Cayce readings had much to say about condemnation, with emphasis on seeking a deeper understanding of the motives of others.

Study rather the associations of individuals or groups, or the associations in material ways where individuals and self AGREE. Draw comparisons not

of what SELF thinks but of what would be the IDEAL manner from a SPIRITUAL approach..... Each soul - and especially this entity - tends to JUSTIFY itself according to some rule, according to some regulation; and there are those tendencies to overlook that there are the environs and the activities that may cause others to act in such a given way and manner. 270-36

Others act out of different motivations to ourselves. The readings warn that what we condemn in another, we must meet in our own selves.

...for that builded or held against another is builded within self's OWN environ, and must be met in some manner or form. 6-2

What shackles your mind? – by Russell Bowey

On the flight back to Australia after attending the A.R.E.'s 84th Annual Members Congress in June, my wife Marija watched a movie titled 'Twelve Years a Slave'. Afterwards, she related the story to me and I made a mental note to research the Edgar Cayce readings on slavery.

I knew that the memories of slavery in the US, especially in the south, would have been very fresh in people's minds during Edgar Cayce's lifetime. So imagine my surprise when I could find virtually no references to slavery, except for three readings that referenced former incarnations as slaves in Persian or Roman times. For example:

Thus we find the entity was coming into those activities in which persecutions were not exactly the nature, because the entity became a slave, for the slaves in that experience were those who were learned in the arts or in what ye call science, or in what ye call beautiful speech or poetry or art, or ALL of those things (Persia) 1934-1

However, the readings do often refer to slavery in a totally different context; how we become enslaved by our own ideas and habits. Our minds become shackled by the mental conditioning we experience every moment of our lives.

There is a dialogue in the movie 'The Matrix' between Neo and Morpheus, just before Neo is offered the choice of a red or blue pill. Morpheus says of the matrix: 'It is the world that has been pulled over your eyes to blind you from the truth.' Neo asks: 'What truth?' and Morpheus responds: 'That you are a slave, Neo. Like everyone else you were born into bondage, born into a prison that you cannot smell or taste or touch. A prison for your mind.'

The readings are clear in warning about the potential to be trapped into a routine that was not conducive to soul growth. I came across an extract from a booklet about the A.N.I. (the forerunner to the A.R.E.) that asked for members of the Association to strive to be on the side of 'the good and the spiritual' rather than to 'permit the influences of the purely material life ... turn ... the imagination into slavery to physical desires'. And this was before the modern era of radio and television commercials, rampant consumerism, and all manner of addictions!

The following reading warns about losing hold on oneself and giving in to our innate urges:

This has been done until self loses such holds ON self as to become in a manner the slave to self's own INDULGENCES, in mental, physical and material things! 911-7

The modern focus on adopting the latest fad diet was apparently also an issue in Cayce's time as advised in these two readings:

Then, it is well that the body not become as one that couldn't do this, that or the other; or as a slave to an idea of a set diet. 1568-2

NO one should become a slave to diet OR to routine of meals, but that as is necessary to keep an equal balance in the system 830-4

Here are two examples advising against allowing oneself to be caught in a routine:

As indicated, do not become a slave to routine, but ye need a little more routine in home and in school. But let these come as the natural things in thy experience. 1206-13

As will be necessary for each - while do not become a slave to routine - BUDGET the time! Take time for play, take time for recreation, take time for physical, mental and spiritual development. 2301-2

The following reading emphasises the importance of our will in overcoming astrological influences.

...here we find such that without the application of the will in the present the entity may be ruled by an astrological influence and become, as it were, the slave to circumstances or to environs... 279-4

The readings are also very explicit in what we can do to ensure that we are not enslaved by any ideas, habits, routines or other influences that do not reflect 'the good and the spiritual'. By becoming aware of our spiritual ideal and working with that ideal, we can become immune to 'slavery to physical desires'. This reading offers the protection found in the Christ Ideal: *There you may begin and you will find the answer if you will make of thyself not a slave, no, but one in accord with His will. 4083-1*

Thoughts on Food and Allergies or Reactions

By Bel Casey

Some years ago I decided the right diet for me was what my body accepted without reactions or allergies. It has been trial and error, and I try to remember to listen and pay attention to reactions. Is it a single ingredient, or a combination? Is it the time of day, or perhaps an empty stomach. A good while ago I read an article about how some of our favourite foods are a common cause of our allergies.

For instance, lemon is one of my favourite foods and Lemon Chicken is just yummy. Sadly my body does not like this combination so I rarely indulge. Our food and liquid intake needs to be taken into the equation.

My individual diet is a work in progress and I no longer jump on the bandwagon of new diets. I may read about them and perhaps try a few things. I look into reports on the benefits of what is the latest 'super-food' or any new information about a food that I may eat. Trial and error.

About two years ago, coconut was the super-food of the month, especially coconut water. I love coconuts and decided to give it a try. Within weeks I was again experiencing bouts of indigestion and reflux. I had been mixing the coconut water with my morning pineapple juice instead of water. I went back to plain water with the juice and had the coconut water later. No relief, so I gave it up and within 2 weeks no digestive problems. (Note – I personally benefit from taking, every other day, about 80 mls of pineapple juice and the same amount of water to help support my digestive system.)

Recently a friend told me about the benefits of coconut oil. Having been told that coconut water is acid, and the rest of it is okay, I decided to try it. The benefits included helping lower LDL and HBP, and hay fever, good news for me. I used it with my cereal or soup. Within a month I was again suffering from digestive problems so ceased using it. It seems to be taking a little longer to subside.

A few weeks later I read an article about coconuts in the Venture Inward Newsletter written by Elaine Hruska; a knowledgeable health writer.

On researching the readings she discovered that Cayce mentioned coconut very rarely. Three readings suggested it as an ingredient for topical application, one, that pyorrhea resembled coconut, and 5 readings suggested it should not be eaten at all! (Readings for epilepsy, neurasthenia, colitis, duodenal ulcers and hay fever).

“For if there is the attempt to take such foods as corn, or coconut, or those things of such natures that tend to make for an activity in the portion of the system, it [the colitis] would return immediately - even though applications were being made. For each activity of food values affects various portions of the system according to its vibration in coordination or cooperation with vibrations of cycles, of circulation, both the nerve and blood supply, to various portions of the system.” (404-6)

Cayce often advised people about the vibrations of particular foods or drinks having to match one's individual vibrations. We are unique, and our individual body systems have their own beat. So using something 'they' say is beneficial may not only cause physical reactions but also affect the healing methods already set in place.

It is helpful to remember that in giving the readings Cayce was speaking to the individual. If we follow any of the advice given, we need to monitor self. The physical, mental and spiritual bodies!

Note: Elaine Hruska's article 'What About Coconuts?' in the Venture Inward 2015 Spring newsletter is available online for members. It is worth reading.

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.

‘True Tales from the Edgar Cayce Archives’ by Sidney Kirkpatrick and Nancy Kirkpatrick Book Review by Russell Bowey

‘Edgar Cayce: An American Prophet’, the wonderful definitive biography released 15 years ago and written by Sidney Kirkpatrick (with much help from Nancy), was brought to life during their presentation to the June 2013 A.R.E. Members Congress in Virginia Beach. Their journey to trace the lives of the Cayce family and the many twists and turns uncovered by their meticulous research was graphically, and movingly, presented.

At the next Congress, in 2014, the Kirkpatricks spoke at length about the life of George Conjar, a young man in his prime struck down by tuberculosis and confined to a sanatorium, awaiting the relief of his inevitable death. A physical reading by Edgar Cayce was the beginning of a miraculous healing which left him completely cured. Unfortunately Edgar Cayce died before George could travel to Virginia Beach to thank him in person.

The story, complete with pictures, was so moving the entire audience was on the edge of their seats. When the Kirkpatricks surprised everyone and asked George to come forward to the stage, there was not a dry eye in the auditorium.

At Congress this year, the Kirkpatricks again spoke in detail about the lives of many of the recipients of Edgar Cayce’s readings, and the profound changes brought about by following the physical, mental and spiritual guidance offered in those readings.

They focussed especially on the life of Faith Hope Charity Harding, a child who became known as the ‘Little Prophetess’. Edgar Cayce’s reading described her as a ‘chosen channel’ whose previous incarnations included Elizabeth, the mother of John the Baptist, and also as Saint Cecilia. This, and a subsequent reading, warned Faith’s parents about their responsibilities for this special child.

At the end of the second reading, a wind blew through the room and the Archangel Michael spoke a warning to the group that rattled the windows. Unfortunately, the divorce and custody battles of her parents and mistreatment in psychiatric clinics, led to Faith losing her clairvoyant abilities.

As with George Conjar, the Kirkpatricks had brought Faith with them to Virginia Beach. She was invited up to the stage to answer audience questions. A most gracious woman with a keen sense of humour, but little recollection of her early life as the ‘Little Prophetess’, Faith was warmly welcomed.

These are just some of the thirty or so heart-warming stories vividly presented in Sidney and Nancy’s new book ‘True Tales from the Edgar Cayce Archives’ and subtitled ‘Lives Touched and Lessons Learned from the Sleeping Prophet’, released earlier this year by A.R.E. Press.

One of the most moving stories for me is about ‘Little Anna’ Seay, a favourite childhood friend of Edgar’s. They were inseparable, and she shared his gift of communicating with unseen spirits and nature ‘sprites’. Unfortunately, she contracted pneumonia and subsequently died, along with her father Barnett, also succumbing to pneumonia after nursing her.

Nearly five decades later, Edgar received a request for a reading from Beatrice Coffing, a 29-year-old bookkeeper. She wanted a reading for her fiancé, Richmond Seay, who was almost blind from cataracts. The treatments recommended in the reading were successful and Beatrice requested a reading for herself.

This revealed many lifetimes lived in relationship with Edgar, including her most recent – as ‘Little Anna’, and that Richmond, who she nursed to recovery from cataracts, had been her father Barnett. So resumed a ‘soul friendship’ begun in childhood.

As the Kirkpatricks share in the Introduction to their book... *‘it is not just Edgar that keeps us coming back for further research and study, but the many people whose lives gave shape and meaning to his trance readings.*

Understanding their challenges, triumphs, failures, and desires is to understand the higher purpose of our own life’s journey. This is what is meant by “Cayce’s work.” It’s not just his work, but our work, too.’