

SOUTHERN LIGHTS

*Autumn: A Season that Speaks
to Your Very Soul*



... look into that which has been the accomplishment of self. For it is indeed not as a mirror that reflects only that which is before same, but rather it is the mental and spiritual mirror that becomes a helpful force if it is but applied in constructive ways and manners in the experience. 1404-1

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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 of the above topics, please email russell@edgarcayceaustralia.org or phone us on (03) 5345 2945.

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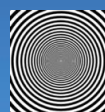
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*Global Manifestation of Oneness and the
Love of God and All People*

Editorial - 'Are You an NPC in Your Own Video Game?'

by Russell Bowey

One of my favourite recent movies was 'Free Guy', about a Non-Playable Character (NPC) in a game called 'Free City'. Normally NPC's are just a 'background' character in a game that has a pre-programmed set of actions or responses to 'real' people playing the game. An NPC has no free will or choice and its interactions with real players are always predetermined.

In Free Guy, the main character, an NPC named 'Guy,' played by Ryan Reynolds, 'wakes up' and goes 'off-script' causing all kinds of anguish and problems for the other NPC's (especially his timid bank-guard friend Buddy), and also the real players and the game developer.

Reflecting on the themes of the movie, I wondered how many of us actually go through life blindly following a pre-programmed script based on our belief systems and instinctual fears? As the bible says: '... now it is high time to awake out of sleep' (Romans 13:11 KJV).

The way Buddy reacted to Guy's new-found freedom of choice, and dramatically-expanded life, reminded me of 'The Jonah Complex', so named for the biblical prophet Jonah, who attempted to evade the mission imposed on him by God.

The psychologist Abraham Maslow used this term to describe the psychological condition inherent in human beings which sabotages their dreams of greatness, and relegates them to live in mediocrity and conformity.

The other parallel I drew was from an article by Frank Haronian: 'The Repression of the Sublime.' He says that we often fear the challenge of personal growth and avoid taking responsibility for our lives, and thus inherent risks, because it means abandoning the familiar and the known, and breaking old patterns, which results in feeling anxious. But he also states (quoting Maslow): "... everybody ... would like to be better than he is."

And, of course, there is the famous quote from Marianne Williamson in 'A Return to Love': "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? ... Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do ... And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

But he who would save his life, must lose it. In other words, we must let go of (crucify!) our self-centredness, which is the barrier to our recognising our Christ-Consciousness and thus Oneness with God.

Edgar Cayce on ... Drinking Water

Well to drink ALWAYS PLENTY of water, before meals and after meals - for, as has oft been given, when any food value ENTERS the stomach IMMEDIATELY the stomach becomes a storehouse, or a medicine chest that may create all the elements necessary for proper digestion within the system. If this FIRST is acted upon by aqua pura, the reactions are more near normal. Well, then, each morning upon first arising, to take a half to three-quarters of a glass of WARM water; not so

hot that it is objectionable, not so tepid that it makes for sickening but this will clarify the system of poisons. This well especially for this body. Occasionally a pinch of salt should be added to this draught of water. 311-4

... drink plenty of water every day, that there may be a flushing of the kidneys, so that the uric acid and the poisons that have been as accumulations may be removed. 2273-1

'On the Loss of a Loved One' (Part 2)

- by Russell Bowey

As I was returning home from my morning (mourning?) walk today, these song lyrics played in my head: 'When I'm feeling sad, I simply remember my favourite things, and then I don't feel so bad.' The song is, of course, 'My Favourite Things' from The Sound of Music.

On reflection, I realised that my favourite things mostly involved, or were shared with, Marija. The turning of the oak leaves in autumn, the song of the grey shrike-thrush, the chorus of eastern banjo frogs bopping on a warm night, or the silver-rimmed clouds clustered around a rising full moon. The thousands of diamonds glistening on the grass tips on a sunny autumn morning following a frost or heavy dew, and the heart-shaped rocks, petals, leaves or patches of moss discovered on every path. Also sitting on the couch, listening to the life-affirming songs of Van Morrison, while I massaged Marija's feet, and holding her hand on our daily walks. These are just a few of my favourite things.

A few days after Marija's death, I was walking past the local pharmacy. I was guided to stop and look in a display window. My eye was drawn to a poster, high up on the wall, which stated: "The best things in life are the people we love, the places we have been, and the *memories* we have made." Thank you Marija, for bringing that to my attention.

It is now 5½ months since her passing, and I have continued to have Marija appear in my dreams and to be aware of her guidance at other times. Some of these experiences include:

I dreamt that an earthquake was rocking the building that Marija and I were in. We were on a high floor and I ran to a window in time to see the tower next to us coming towards our building. I put my hand up and it moved away. Then our apartment just glided down to ground level and we were able to step out. The building 'super' was in his office and frozen from shock. We noticed that hordes of people were heading towards a supermarket to get food, but I told Marija that we needed to look for water (spirit?) as it was more important.

I dreamt that I was looking for Marija and I had an app on my iPad that showed her as 'Mum' and she was close by. I was concerned that I only had 2% charge on my battery. I walked past a building and saw Alex sitting with a group of people and realised that Marija must be with him.

I also experienced Marija 'plucking' my shirt as I stood in the bathroom ready to get changed for bed. It made the hairs on my arms and the back of my neck stand on end.

I fell asleep while watching the news on TV and woke up feeling Marija standing behind me and kissing me on the top of my head. I fell asleep again and awoke with someone pressing against the back of the couch behind me. Then I fell asleep again and awoke with the sense that Marija was in the room.

There was a card in my mailbox this morning from one of Marija's clients who had only just learned of her passing. The card cover was titled 'Sacred Marriage' and showed a beautiful tree painted by Sioux Dollman, with these words on the back cover:

Sacred marriage divinely intertwined
Together strong caring and kind
Illuminated by rainbow surf
Deep flowing within the earth
Reaching up to the heavens above
Filling our hearts with infinite love

Marija, I am so grateful for our Sacred Marriage. We were loaned an angel, but now she has returned to heaven.

Death - as commonly spoken of - is only passing through God's other door. That there is continued consciousness is evidenced, ever, by the associations of influences, the abilities of entities to project or to make those impressions upon the consciousness of sensitives or the like. 1472-2

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.

'Hypnosis as a Tool for Healing Body, Mind & Soul'

by Russell Bowey

In 1982, I travelled to Brisbane to attend a four-day international A.R.E. conference organised by the Brisbane 'A Search for God' groups. One of the speakers was Lawrence Follas, an A.R.E. member from New Zealand, who was a hypnotherapist.

During his talk, he shared a story about a young boy who suffered from asthma. In the hypnosis session, Lawrence described regressing him back to the causal lifetime, to see if he could alleviate the asthma. In that lifetime, he was a young lad living in England and working in a coal mine, where he led a pit pony pulling carts filled with coal out of the mine. He suffered with terrible lung problems, and I thought: "Of course, this is where the asthma started." So did Lawrence. However, in progressing him forward to his death in that lifetime, he was healthy, and was a passenger on a sailing ship on his way to meet his fiancée to be married. The ship was sunk in a storm and his dying thought as he drowned was that he would never see his beloved again. That was the source of his asthma, which was, incidentally, alleviated by the hypnosis session.

In his book 'Hypnosis and the Higher Self' published in 1980, Lawrence shares details of his sessions with subject 'Mark', who he regressed back to the days of Atlantis. In this fascinating exchange, the very nature of linear time is challenged.

Lawrence: "Is hypnosis practised?"

Mark: "It is common. Stops pain, so is used a lot to eliminate pain."

Lawrence: "Are you familiar with any particular person who practises hypnosis?"

Mark: "Keelan does it. He is in his thirties."

Lawrence had a feeling that the use of hypnosis was something learned in the distant past, in this case possibly associated with Mark in a former life. So he asked Mark some questions about Keelan's appearance and their relationship in Atlantis. Then he pursued this very interesting line of questioning.

Lawrence: "Has Keelan ever taken a subject back to a former life?"

Mark: "No. He has used it to eliminate small complaints and give his body complete relaxation and get spiritual peace."

Lawrence: "Does he know it can be done?"

Mark: "Yes, but he is more interested in controlling himself."

Lawrence: "Has Keelan ever hypnotised you?"

Mark: "Yes."

Lawrence: "Seek out such a time and go into the hypnotic state. Now speak to Keelan and tell him that I am speaking to him from the future, 11,800 years from his time. Tell him that Atlantis and all its technology will be destroyed and disappear without trace."

(This suggestion was followed by a very long silence in which Mark showed from his facial expression that he was in a very agitated state.)

Lawrence: "What has Keelan done?"

Mark: "This is not possible – he says."

Lawrence: "What has happened?"

Mark: "Keelan has gone off in a terrible rage."

The Edgar Cayce readings sometimes cautioned regarding the use of hypnosis, and its inability to remove the karmic influences. Perhaps the condition would then return?

The condition [aphonia] might be corrected almost instantly by the use of hypnosis, or by a series of some three or four such treatments; yet that overcoming that is necessary in the karmic influence of the body would NOT be met. Hence we would use the hypnosis method only as a last resort.

But, we find that it can be met in the manner here outlined, if there is that study, that prayer which will naturally arise by the meditations upon those portions of the promises of Creative Forces; for it will be met in Him.

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

‘A Work in Progress - Revisited’ by Russell Bowey

Four years ago I wrote an article for ‘Southern Lights’ (see Issue 8 Autumn 2016) titled ‘A Work in Progress’. This was just prior to the last federal election. With Australia’s 2022 federal election process now mostly concluded, and reflecting on the events that have transpired in the USA since 2016, I felt it timely to revisit what Linda Gerber Quest (LGQ) shared in her booklet ‘The Politics of Hope’, regarding the Edgar Cayce readings on the subject of politics.

In the Forward, LGQ states: “This is the politics of hope, the politics of tomorrow.”

The **3976** series of readings given by Edgar Cayce over a period of 22 years were largely about world events (and known as ‘The World Affairs’ readings), but with specific focus on problems in the US, especially the Great Depression and World War II. These readings warned of impending crises if the US did not live up to its motto of ‘In God We Trust.’

With the present conditions, then, that exist - these [groups and nations] have all come to that place in the development of the human family where there must be a reckoning ... 3976-8

... a new order of conditions is to arise; that there must be many a purging in high places as well as low; that there must be the greater consideration of each individual, each soul being his brother's keeper. There will then come about those circumstances in the political, the economic and the whole relationships where there will be a leveling - or a greater comprehension of this need. 3976-18

... we ARE our brother's keeper. Then if those in position to give of their means, their wealth, their education, their position, DO NOT take these things into consideration, there must be that leveling that will come. 3976-19

Then, today, we are to answer within our individual consciousness, "Am I my brother's keeper?" Not "What does the world owe me?" but "What contribution can I, as an individual soul seeking God, seeking to know His face, make that may

hasten the day of the Lord?"

For we as individuals, as we look about us, realize more and more that indeed we are live and move and have our being in Him ... 3976-22

Ye are to have turmoils - ye are to have strifes between capital and labor. Ye are to have a division in thine own land before there is the second of the Presidents that next will not live through his office - a mob rule!

.... Unless there is, then, a more universal oneness of purpose on the part of all, this will one day bring - here - in America - revolution!

3976-24

... peace must begin within self before there may be the activity or the application of self in such a manner as to bring peace in thine own household, in thine own heart, in thine own vicinity, in thine own state or nation.

... As for this own land, more turmoils will be in and following peace - not immediate - than there are in the present. These will be turmoils from within. Lack of godliness in the hearts of some of those that direct the affairs of groups.

... Raise not democracy nor any other name above the brotherhood of man, the Fatherhood of God! 3976-28

Know thy ideal. Keep abreast of same in being true to self. . . ye may find harmony and peace such as He gave—not as the world knows or calls peace, but that alone as comes from living and being of a useful service to thy fellow man. For he that will be and that is the greatest among you, as He gave, is the servant and the server of all. 1946-1

For groups and individuals alike, LGQ offers a set of 8 guidelines, including these two:

At-oneing voluntarily taken is pleasanter than at-oneing achieved after reckoning and leveling

The law of love is a sufficient basis for all human relations