

# SOUTHERN LIGHTS

*Summer: Even When the Sun Finally Sets -  
the Light Still Lingers to Halt the Darkness*



... to *SOME* the song of the spheres is necessary for their comfort - to another the beauties in the sunset, in the water, or how, yet all are **ACKNOWLEDGING** the power of the Christ in the activative forces of **NATURE**, life, material, itself!  
**281-8**

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:

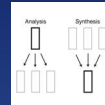
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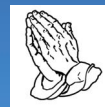
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*Global Manifestation of Oneness and the  
Love of God and All People*

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

## Editorial - 'The Age of Synthesis'

### by Russell Bowey

I recently came across the expression 'The Age of Synthesis' to describe the coming new world age that will replace the current 'Age of Analysis'. Synthesis is a term generally used to describe the combination of components or elements to form a connected whole. So this coming age will reflect an holistic approach to life.

The Edgar Cayce readings expressed this approaching age as a time when spiritual influences would 'rule the world'.

*Be GLAD you have the opportunity to be alive at this time, and to be a part of that preparation for the coming influences of a spiritual nature that MUST rule the world. These are indicated, and these are part of thy experience. Be happy of it, and give thanks daily for it. 2376-3*

Our Search for God group last night read this statement in 'Cooperation': 'These are the goals for each of us to reach in our varied experiences: unity of purpose, oneness of mind - in that

His will, not ours, nor our personalities, may be manifested in all that we do and teach. Let us be patient and untiring in seeking this cooperation, for we will be preparing ourselves to go on in the study and understanding of spiritual forces, and will become active channels for these higher forces. We will be better husbands, better wives, better neighbors, and better friends. The little world in which we live will be happier for our being a part of it.'

The readings emphasise the importance of Oneness:

*Ye crystallize, ye demonstrate, ye make an at-onement by thine own attunement to His conscious presence that becomes a reality in material expressions as Creative Forces can, do, and ARE in those who are of one mind, one purpose, one intent, one desire. 1158-9*

*For, the answer to every problem, the answer to know His way, is ever within .... but know .... attunement, atonement and at-onement are ONE. 2174-3*

*A house divided against itself does not stand. A doubleminded individual fails to impress anyone or to make for peace or harmony within self's expression. 1244-1*

And this reading asks us the question: 'What manner of world are we helping to prepare for our return in our next incarnation?'

*For know that ye are in the present experience, in the present environ, in the present years of thy activity more productive, more far-reaching in the influence ye have, in the opportunity that ye will have for making the earth a better place to live in for those to come. And remember you'll be back again! What do you want it to look like? You have a greater opportunity at the present time than you will have at any other period of this particular sojourn. So you'd better be up and doing, keeping self in accord with God's laws. For remember, God is not mocked and whatsoever a man soweth that must he also reap, spiritually, mentally and materially. 4047-2*

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## Edgar Cayce on .... Practising Patience

*(Q) Is there any message for me that will help me to more perfectly practice patience in all my work and under all conditions?*

*(A) Be faithful to that which is given in thy charge day by day, for he that is faithful over the little things will be made the ruler over the many. Those who have gained that consciousness of the indwelling of that Spirit, that is abiding with those who seek to know His face, have the consciousness that this IS the day, the time, when all men must*

*seek to be patient one with another, under all conditions and circumstances, that they may be one with Him who in patience endured all that we might have the access to the Father, through the patience, the love, the consciousness, shown in a material plane. Be faithful to that thou KNOWEST to do. Question not what nor whether another has chosen. Rather do that THOU knowest to do. 262-25*

# 'On the Loss of a Loved One' (Part 1)

- by Russell Bowey

The grief that follows the sudden, unexpected death of a spouse is real and overwhelming. For days after Marija's death I felt eviscerated, as though all the organs from my stomach up to my throat had been ripped out. And numb. I didn't know what to do, what to say, even what to think.

But eventually, there came a strength that I knew emanated from Marija. She was propping me up, and giving me the fortitude to cope with the loss and separation. And of course the children, family and friends were there to support me, and each other.

I began to dread the approaching funeral. How would I cope in front of all those gathered to celebrate her life? And what would I say?

Marija's influence started with the phone calls to possible funeral directors. The first one felt cold and 'reading from the script.' The young woman who answered my enquiry to the second one I phoned was genuinely warm, compassionate and caring. And, as it turned out, she seemed like a younger version of Marija herself. And one of Marija's best friends offered herself as the celebrant.

At our study group meeting the group asked if I knew what prompted Marija's sudden departure? I 'heard' her say: "I had completed everything that I came to do in this lifetime so I was given a choice. I could 'stay and play', or I could continue my work from the 'other side.'" I felt sad that we couldn't have years of 'play' together, but I knew that her choice was the right one.

Two days before the funeral I had still not commenced writing my tribute. But I woke up with the words of a song playing over and over in my head. "You fill up my senses like a night in a forest, Like the mountains in springtime, Like a walk in the rain, like a storm in the desert, Like a sleepy blue ocean. You fill up my senses, come fill me again." It was 'Annie's Song' by John Denver, and I hadn't heard it in decades. Thank you Marija – that exactly reflects how I feel about you, and was the perfect start to my tribute.

Early on the day of the funeral, the family arrived for a 'viewing'. The chapel was full of flowers and candles, and soft music was playing. As I walked in and stood beside Marija's open casket, she drew my attention to the song playing at that exact moment – it was 'Annie's Song.' Thank you, again, Marija.

Back home to have a quick lunch and to change into more formal clothes, I was brushing my teeth and was 'told' to look at the shirt I was wearing. "You're not going to change that shirt, are you? That is my favourite shirt – I love to see you wearing it," I 'heard' Marija say. So I came to the funeral in the same clothes I had worn to the viewing (plus a tie!)

Prior to the service commencing, I stood in front of the chapel greeting, hugging and comforting family, friends and Marija's clients (almost all of whom had become her life-long friends). I realised I was 'channelling' Marija herself – I could never have done this without her love and strength. It was an incredibly powerful moment.

The funeral service, and the setting, were stunningly beautiful and a fitting tribute to Marija's extraordinary life.

Two days after the funeral, I started sorting through the enormous pile of ironing that had accumulated over the past month. As I began to iron my first shirt, I 'heard' Marija say: "You know, we don't have to do that here", in a cheeky way that made me laugh out loud. (To be continued in Part 2)...

*Let that mind be in thee which was in Him, who gave, "I and the Father; God, are one." So become ye in thine own mind, as ye contribute, as ye attune thy inner self to those greater ideals; for it is not all of life just to live, nor yet all of death to die. For, they that put their whole trust in Him have passed from death unto life. And to such there is no death, only the entrance through God's other door. 2927-1*

*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 Right Spiritual Attitude Through Fasting & Prayer’ by Russell Bowey

The Edgar Cayce readings offer a very different approach to using fasting as a means to spiritualise ourselves. This rarely had anything to do with food. Instead, the readings suggested that fasting was more a ‘diet’ of: ‘Not my will, but Thine O Lord’.

*... yet this [a program to develop assistants to Edgar Cayce] must be approached with prayer and fasting, for such can only be accomplished through prayer and fasting. Not as man counts fasting - doing without FOOD; but one that would abase himself that the creative force MIGHT be made manifest. This will be presented even as such is made known to those studying such phenomena, as physically called, in the process of operation. 254-46*

*For, fasting - as is ordinarily termed - is as the Master gave: Laying aside thine own concept of HOW or WHAT should be done at this period, and let the Spirit guide. Get the truth of fasting! The body, the man's bodily functioning, to be sure, OVERDONE brings SHAME to self, over indulgence in anything - but the true fasting is casting out of self that as "I would have done", [replacing with] "but as THOU, O Lord, seest fit - use me as the channel, as the strength comes by the concerted and cooperative seeking of many to give Thy strength to a body!" 295-6*

Edgar Cayce's own son, Hugh Lynn Cayce, was told in a reading: *Just as great a sin to OVER eat as to over drink; to over THINK as to over act! IN that thou buildest, do even as He. Make thine body, thine MIND, ready for EVERY occasion that arises in the life. Think well on what was given, "WHY could not WE cast him out? Such is done only - ONLY - through fasting and prayer." 341-31*

Hugh Lynn, in the same reading, was also told:

*When thou prayest, enter into thine closet - that is, within self - not shutting oneself away from the world, but closing self to God's PRESENCE, and pray in secret and the reward will be in the open; for, as was given, "Men do not light a candle and put it under a bushel, but it is set - SET - on a hill, that it may give LIFE, light, unto all." 341-31*

The following reading was given for a medical doctor, who in 1926 was being considered to establish, or work at, the Cayce hospital in Virginia Beach:

*(Q) How may he gain the right spiritual attitude?*

*(A) By fasting and prayer.....*

*(Q) Is there anything abnormally wrong with the body of [2739]? (A) Nothing physically abnormally wrong. Spiritually - that would be different, for the body spiritually must gain the proper relations as must exist between the mental body, the physical body, and the spiritual body. The application of the one without the other is NOT the whole body. Hence [in] an entity there is the spiritual body, there is the mental body, there is the physical body. To be a physical [healer], or a physician of the material body, without a knowledge of the mental body, and [without] the ABILITY TO APPLY THE SPIRITUAL FORCE, [THERE] IS EXPENDED just part of healer, and a healer for dollars and cents! HEAL FOR THAT OF MAKING THE BODY ONE WITH THE WHOLE! Hence the spiritual insight that the body, the entity, may gain through that of prayer and fasting. 2739-2*

The following reading was given for a 53-year-old woman who was told: *For thy body is indeed the temple of the living God. Therein ye may meet Him in prayer, in meditation, in psalm singing, yea in the activities of fasting, in not only the foods but in opening the mind, the consciousness, consciously to that which may flow in from music, from prayer, those influences which may flow in from deep meditation, which may be gained in having regular periods for this shutting out from self of the voices or the sounds of nature and listening to the still small voice within. 3630-2*

And more from Hugh Lynn Cayce's reading:

*So, in conducting thine own life - make the physical corrections necessary, yes - but make also thy mind and thine body, thine going in and thine coming out, thine activities day by day, consistent WITH - and the reward will be - an exemplary life, a GOODLY body, an OPEN mind, a LOVING spirit! 341-31*

# 'And the Truth Shall Make You Free'

by Russell Bowey

In his book 'Your Life – Why It Is the Way It Is and What You Can Do About It' author Bruce McArthur states: 'Truth is at the heart of the Master Law of Transformation which was taught by Jesus':

*... know the truth and the truth shall make you free.*  
**2809-1**

During a 'Work Reading' given in 1935, Edgar Cayce was asked: *... kindly inform us of Thine Identity and the source or sources from which you bring us the information given in answer to our questions ...*

He answered: *From the universal forces that are acceptable and accessible to those that in earnestness OPEN their minds, their souls, to the wonderful words of truth and light.* **254-83**

So we need to earnestly open our minds to truth, and its secrets will be revealed in all of our experiences - that we are given for our growth and understanding.

A female writer was given the 'ultimate truth' in this reading: *... ye in thine experience have become aware of that truth that is ALL TRUTH - that God IS!! And they that would know Him must seek Him, not in heavens nor in the uttermost parts of the earth, but Lo, within thine own self! For THERE the temple of thy soul abides, and there He hath promised to meet thee. And there the covenant is made. And there the choice is taken.* **1152-4**

And a 49-year-old woman asked how to finish the earth experience in her present lifetime:

*(Q) If possible, what can I do to finish my earth's experience in this life?*

*(A) It is ever possible. Studying to show forth the Lord's death till He come again!! What meaneth this? Just living those that are the fruits of the spirit; namely: peace, harmony, longsuffering, brotherly love, patience. THESE, if ye show them forth in thy life, in thy dealings with thy fellow man, grow to be what? TRUTH! In Truth ye are FREE, from what? EARTHLY toil, EARTHLY cares! These then are not just axioms, not just sayings, but LIVING truths!*  
**987-4**

God, Law and Love are all one with Truth!

*Thus the entity finds itself unstable as to what is to the entity truth indeed. Truth is the unalterable, unchangeable law, ever. What is truth? Law! What is Law? Love. What is love? God. What is God? Law and love. These are as the cycle of truth itself.* **3574-2**

These readings offer more insights into how truth may grow, but be unchanging:

*... Truth is growth! For what is truth today may be tomorrow only partially so, to a developing soul!* **1297-1**

*For truth, while a growth, is indeed ever the same; and is the stepping-stone to material, mental and spiritual success.* **1538-1**

Truth comes from God, but we can alter it: *Truth and life emanate only from one source. Man - the offspring of the Creator - may diffuse, disseminate or alter same as to cause half a truth to appear a living truth. But analyze all. Know the author of what ye believe, and let that author be that living truth which fadeth not - who is able to keep EVERY purpose, every hope, every desire against ANY disturbance that may arise in thy experience, - mentally, spiritually, materially.* **2537-1**

In 'Your Life', Bruce McArthur quotes Eric Butterworth (from his book 'Discover the Power within You') with this beautiful explanation of the power of building your life on truth:

*... know that Truth is not something you learn or accumulate in memory, but something you unfold within yourself... you can release the hidden potential of your inmost self to give expression to the Truth that is the very law of your being. If you insist that Truth is limitless, and if you meet all things in the consciousness of the limitless Truth of God, then the rain may descend and the floods will come and the winds will blow – but the house will not fall, for your life is built upon rock.*