

# SOUTHERN LIGHTS

*Summer: An Ideal Season for Walking  
in the Open Air*



**Save the Date:** Edgar Cayce Australia presents a free one-day Zoom seminar '**Inner Life Guidance**', covering topics including dreams, intuition, & planetary sojourns.

**Saturday 18 March 2023 10am to 4pm AEST**

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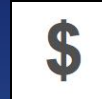
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*Global Manifestation of Oneness and the Love of God and All People*

## 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 - 'What is the Value of Your Soul?'

by Russell Bowey

Last month I was reading a blog by Charles Eisenstein titled: '2023: The More Beautiful World our Hearts Know is Possible.' In it he stated: 'The wealthy seek relief from their poverty. The powerful cry for deliverance from their helplessness. The comfortable sabotage their orderly arrangements. The warlike and violent pray secretly for their fear to lift. The void beneath the power, the wealth, the control, the comfort grows intolerable. Cracks spread through the superstructure. Truths long denied seep out through the cracks. Contradictions erupt through the broken crust. People stop believing the stories that held the world in place. They just repeat the rituals, go through the motions, and enact the habits of a past that is less and less aligned with their consciousness.'

In February 1938, 85 years ago, Edgar Cayce offered this advice in a life reading for an 18-year-old female:

*Have thy ideal, yes - in the material, in the social, in the economic; but above all in the spiritual. For unless all of these - while they are one - are founded upon the spiritual, they will turn upon thee. This indeed is what is meant by that given, "What profit it a man if he gain the whole world and lose his own soul?" or what profit a man who lays up treasures where moth and rust do corrupt, and where thieves break through and steal?*

*Rather lay up the treasures in the heart, the love, the spiritual things. For these bring the harmony and peace in the experience of the individual that may become the stay, and that upon which one may rest with when the storms of life come about that are in the experience of all. 1532-1*

The expression 'For what shall it profit a man, if he shall gain the whole world, and lose his own soul?' is found in Mark 8:36

(KJV), and similarly 'For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?' is found in Matthew 16:26 (KJV). So what were both Jesus, and Edgar Cayce, referring to?

The following reading explains it particularly well.

*And unless each soul entity (and this entity especially) makes the world better, that corner or place of the world a little better, a little bit more hopeful, a little bit more patient, showing a little more of brotherly love, a little more of kindness, a little more of longsuffering - by the very words and deeds of the entity, the life is a failure; especially so far as growth is concerned. Though you gain the whole world, how little ye must think of thyself if ye lose the purpose for which the soul entered this particular sojourn! 3420-1*

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## 'The First Ten Minutes After Death' by Edgar Cayce

To tell a person what his experience might be in the first ten minutes after death would be like trying to tell a bride how she will feel the first ten minutes after marriage. No two would feel exactly the same.

It stands to reason, however, that as we live day by day, as we apply the abilities and talents that we have, we shall have with us after the transition called death exactly those soul qualities that we have acquired on earth. When we pass over our experience will not be very different from passing from one room to another; for "In my father's

house are many mansions; if it were not so I would have told you." It is up to us as to how we furnish our room in that other mansion. If we furnish it with beauty, then that will be our first experience on awakening in the shadow-land. If ours has been a life of malice, selfishness, and hate, then those things must be met in exactly the form we have built them, either in this life or the next. If it has been a life of love, a life of self-sacrifice for another, then love will be our reward as we enter into the other experience.

*Extract from 'What I Believe' by Edgar Cayce*

# 'So This Is Christmas'

by Russell Bowey

'So this is Christmas, And what have you done?  
Another year over, And a new one just begun ...'  
John Lennon 'So This Is Christmas'.

Late last year I was drawn by a small, hand-written sign on the fence of a local church. 'Christmas day service – 9am'. I decided that I would attend that service, even though I hadn't been to a church service for many decades.

There were 19 of us attending the service that Christmas morn, the vast majority over 55-years-old, and everyone was very friendly, the hymn singing was familiar, but muted, and the sermon was enthusiastically delivered. The minister told a story of a farmer who, on a cold winter's night, was disturbed by a flock of birds hitting his window and falling stunned, one-by-one, into the cold snow outside. He wondered what he could do, as the birds were obviously attracted by the light from his window, and thus the possibility of shelter and warmth.

The farmer decided he would open the doors to his barn, and turn on the lights in there, to attract the birds. Unfortunately, even after he opened the barn, the stunned, confused birds did not fly to it, and he realised he would have to be able to speak 'bird language' to direct the birds to the safe haven he had prepared for them.

For me, the moral of this story was that even if you are able to offer the most wonderful opportunity to everyone to transform their lives for the better, if they are not aware of it, or you can't 'speak their language', they will not take advantage of whatever you are offering.

At the beginning of Chapter 14 of John (KJV), Jesus stated: "Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and

receive you unto myself; that where I am, there ye may be also. And whither I go ye know, and the way ye know."

The Edgar Cayce readings placed great emphasis on reading and applying John, Chapters 14 to 17, and to believe that the words Jesus is speaking in those chapters are directed at you, the reader, in your language.

*So read and study the 14th, 15th, 16th and 17th chapters of the Gospel according to St. John not as rote, but knowing that these words are to be directed to self. And let self find that the voice is speaking from within and directing to self what the self may do in its relationships to others. Make these a portion of self and of self's attitudes towards others. Let it become so that the body feels inwardly, "To me .... He is speaking: 'Let not thyself be troubled! Ye believe! Believe in me!'"*  
**770-1**

*Turn then to John 14, 15, 16, 17 and know that it is to thee He speaks, not merely to those who were physically present. For the earth is the Lord's and the fullness thereof, and without Him, the speaker there, Jesus, as ye call Him, the light - as He is in the mind and soul of individual entities - without Him, there is no way to the Father. He speaks to thee, "Ask in my name". "Love ye one another" is His last command - pure, simple; not possessive, but love that casteth out fear; that putteth the heart, the mind, the soul at ease and not in doubt and in fear.*  
**3684-1**

*Then turn to John 14, 15, 16, and 17. Know these not merely by heart but say them, feel them in thine own being; that these promises are all to thee - for thee to use in the ways and manners in which ye have need of in the present.*  
**3406-1**

*... and know John 14, 15, 16, 17, not merely by heart - as rote - but as the spirit of the law, the love, the grace, the mercy, the truth that is expressed there.*  
**1376-1**

## ‘Always Look on the Punny Side of Life’

### by Russell Bowey

There is an Edgar Cayce reading (given for the original Search for God Study Group) that reflects for me how I love to lighten the mood of a conversation by always speaking kindly, and looking for opportunities to use puns to create laughter with individuals or groups.

*As the opportunity, day by day, is given, be not unmindful of speaking when there is the opportunity; not that self becomes offensive, no! Kindness has NEVER been offensive, will NEVER be offensive to anyone! The kindly thought, the kindly act - for "He that gives the cup of cold water in my name shall not lose his reward." This is oft interpreted as reward for self. Rather is it the knowledge that comes from a true within, that "His Spirit beareth witness with thy spirit" that ye are KNOWN of Him AMONG men. In this manner may the body act as the missionary, as the emissary. That there may be harsh words, there may be slight remarks oft, is apparent - but be so CLOSE, that you can smile with those that would make of thy acts puns, even. Be able to make them with them, yet so kindly that they heap coals of fire upon the heads of those that laugh. 262-9*

My focus on looking for puns extends to my dreams and also for those who offer their dreams to me to help them with dream interpretation. It is highly likely they were given such a dream because their dreamer within knew in advance who they would ask for help.

The following very simple dream was shared with me many years ago. "I was in a room with a group of people. There was a tiny elephant in one corner, which started to grow and eventually was so huge that everyone was being pushed into just one corner of the room."

The dreamer had been having this same dream over many nights, so her life situation was not being resolved. I suggested that 'the elephant in the room' represented an issue in her life that was being unacknowledged, but was becoming very 'pressing'.

Also, an elephant never forgets, so it was possibly an issue that she needed to let go of, perhaps involving forgiveness. The dreamer immediately knew what the issue was and after resolving it, she never had that dream again.

Another dream shared with me had a pun at its core. "It was night and I was hiding behind some trees next to a railway line, and I started firing shots with a rifle at the headlight of an approaching train. But I was worried that someone may be hurt."

Now the dreamer would never do that in her waking state (and had never fired a gun), but straight away I intuitively was 'told' that hiding and firing a gun is the act of a sniper, but that 'sniping' can also mean talking negatively about someone behind their back.

It turned out that the evening before the dream, she had gone to a meeting where a usual participant was absent, and the group had been talking about the absent woman 'behind her back'. The dream was pointing out to the dreamer the potential dangers of sniping, because someone 'could get hurt'.

A few years ago I was having repetitive dreams of being caught in masses of spider webs, and the spiders were coming towards me. Fortunately I always awoke before they got to me. Now, like many people, I don't like spiders and it was always my task to capture them and release them outside. Because I am tall, reaching with a duster to remove their webs was also one of my household duties.

The dreams finally stopped when I realised the message - I was spending too much time on the internet (I was caught on the World Wide Web). I started to create a better balance between that activity and other parts of my life. Another play on words!

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# 'Atlantis - A Cautionary Tale for Our Time'

## by Mark W. Finnan

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Whether fact or fiction, the story of ancient Atlantis, a highly advanced civilization that eventually self-destructed, is certainly a cautionary tale for our time.

According to the Greek philosopher Plato, mighty Atlantis was destroyed in a single day and night by a cataclysmic event that sent it to the bottom of the Atlantic Ocean around 10,000 BCE. As penned by Plato in his writings *Timaeus and Critias*, Atlantis' demise was due to abuse of power, war and disregard for the gods. The downward spiral of this once great civilization reads like a rear-view image of our own civilization's self-destructive trajectory.

Plato's *Dialogues*, as they were called, written sometime prior to his death in 347BCE, describe Atlantis as an idyllic state that had existed in the vast ocean beyond the Pillars of Hercules (Straits of Gibraltar) more than nine thousand years earlier. His source was the Athenian statesman Solon who, while on a visit to Egypt in 570 BCE, had been told about Atlantis by an Egyptian priest in the city of Sais in the Nile Delta, where its existence had been recorded in hieroglyphs.

Fascinated as a boy by lore from Ireland's prehistoric past that told of a bountiful land to the west long lost beneath the waves, and the supernatural nature of some of Ireland's earliest inhabitants, it was perhaps inevitable that I would later become interested in the story of Atlantis. That was triggered during my twenties when, as a young actor and writer, I attended a presentation on ancient civilizations at Dublin's historic Shelbourne Hotel.

During the course of the wide-ranging talk, the speaker mentioned that the renowned American seer Edgar Cayce, in his several discourses on Atlantis, had said that one of its islands was called Og. This naturally had me wondering if the Irish legend of Tir na n'Og and other pre-historic lore in *Leabhar Gabhala na hEireann*, the Book of Invasions of Ireland, owed its origin to a chapter in human history long enshrouded in the mists of Celtic myth.

So began my interest in the Edgar Cayce material.

A past-life experience of being in an Atlantean temple while performing on stage in a T.S. Eliot play in the city's Christ Church Cathedral set me on an odyssey that, spread over several years, took me from Ireland to Canada, where I met with author and explorer David Zink (*Stones of Atlantis*), and to the Association for Research and Enlightenment (A.R.E.) in Virginia Beach, Virginia, the organization created to preserve, publish and promote the Cayce material.

Cayce, who possessed an authentic and proven psychic gift that he used mainly to help and heal people, also provided information on many other topics, including Atlantis. His trance discourses gave detailed descriptions of the nature of the people who lived there, their remarkable accomplishments and the cause of this ancient civilization's eventual demise and disappearance.

Apart from the records of Cayce's psychic information, the library at the A.R.E. contains the largest collection in the world of material on the topic. My research eventually led me to the island of Bimini in the Bahamas, which Cayce said was a small remnant of Atlantis, and to Yucatan, to the library of the National University, the Gran Museo del Mundo Maya in Merida, and finally to the awe-inspiring Mayan ruins at Chichen-Itza.

Although its historical veracity has long been discredited by most archaeologists and historians, who regard Plato's story as merely a contrived fable, the fact that references to a sunken kingdom appear in other Egyptian texts, and that Plato's teacher Socrates and the Greek philosopher Proclus also believed Atlantis existed, adds credibility to his account.

The sixteenth century Spanish historian Bartolome de las Casas claimed that Christopher Columbus was encouraged by Plato's story and other lore about an idyllic kingdom existing to the west.

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# 'Atlantis - A Cautionary Tale for Our Time'

## by Mark W. Finnan

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Continued from Page 5

One of Columbus' fellow explorers Ponce de Leon even set out along the coast of Florida on a quest to find the fabled Fountain of Youth, said to have been a feature of Atlantean life.

The cleric Francisco Lopez de Gomera, in his *Historia General de las Indias*, said that the new lands encountered by Cortez were either Atlantis or the land beyond it that Plato's story also referred to. The cross-cultural lore of a former paradisiacal land, an Avalon, a Land of Youth or Isle of the Blessed, most often referenced as having existed in the then unexplored waters of the Atlantic, captured the imagination of adventurers, poets, philosophers and writers for centuries right up to the known European landfall in the Americas. In the seventeenth century it was a source of inspiration for such educated and serious-minded men as Sir Thomas More, who wrote *Utopia*, and Sir Francis Bacon, whose *New Atlantis* depicts a civilization in which spirituality and science, in service to the common good, play parallel roles in creating a peaceful and prosperous civilization.

Serious interest in the possibility that Plato's account of Atlantis might in fact be true resurfaced some fifty years ago with the publication of *Atlantis*, by Soviet engineer N.F. Zhironov in 1970, and the *Secret of Atlantis*, by the German physicist Otto Heinrich Muck, a few years later.

Not that it ever completely went away. In fact, it is believed that ever since the appearance of *Atlantis, the Antediluvian World* by U.S. congressman Ignatius Donnelly at the end of the nineteenth century, more books - pro and con - have been written about Atlantis than any other topic outside of the Bible. While it has attracted the attention of serious researchers and writers, it has also spawned highly speculative movies, documentaries, novels, comics and video games. There is no doubt that Atlantis - fact or fiction - continues to exert its hold on the human imagination just as it did during the early days of trans-Atlantic exploration.

Oceanographic research has already revealed the presence of megalithic ruins in Caribbean waters and we now know that a major upheaval occurred in the mid-Atlantic prior to the present geological era.

With every passing year and every new discovery, we are becoming more knowledgeable of the existence and nature of cultures that have long lain buried beneath the ever-shifting movements of sand, sea and soil. Recent developments in deep ocean exploration bring the discovery of the ruins of Atlantis ever closer.

Plato's account aside, myriad myths and legends worldwide that mirror the Biblical story of the Flood, tell of a great global catastrophe in ancient times. The most prominent of these being the Sumerian story of Gilgamesh. Indigenous lore on both sides of the Atlantic also makes reference to a long-lost land from which early visitors came ashore.

With the same destructive forces that took Atlantis down playing out on the world stage today, we would do well to take to heart the warning inherent in Plato's account of Atlantis' tragic demise, and further emphasised by Cayce, that with the pursuit of power and material progress alone, humankind would risk repeating the same calamitous scenario unless we developed a more spiritually-focused and harmonious way of living, interacting with each other and the natural world.

*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.*