

Circulating File

HYPNOSIS

**A compilation of Extracts
from the Edgar Cayce Readings**

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* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgarcayce.org/health/circulatingfilesinfo.html>.

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Introduction to the Cayce Readings on Health and Healing

No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled "Principles of Healing." Here, in essence, are the ideas found in that file. They may prove to be very useful to your more in-depth study of the specific ailment that requires healing for you.

The first fundamental idea about healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite -- that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle -- the need for self-responsibility -- can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement in the past. Often, if we'll look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective.

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces -- right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music -- symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations -- right down to the atomic level -- are adjusted in a correct manner. In essence, all healing is the changing of vibrations from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy -- and even rejuvenate itself -- if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion

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becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential -- the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this -- just as in other cases, surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- * Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.

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- * Optimism and hope. We're encouraged to expect healing.
- * Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing -- that is, in the physical body only -- yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed? The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.

Mark Thurston, Ph.D.
Education Department

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Categorized Extracts from the Readings *

Hypnosis

254-48, 3/7/29

7. (Q) Turning, then, to the educational phase regarding the lectures to begin the last Sunday in April, [by [900]], should these lectures take the form of an informal study class, or rather should they be a series of more formal lectures - more or less disjointed in nature, - such as the one I have named in this paper, for example? [See 900-426 on 3/6/29 referring to the same letter, apparently, then in his pocket, Par. 4-A.]

(A) In considering this phase of the work to be accomplished by and through the Association, be sure that first and foremost that presented will not too soon pigeon-hole the undertaking into any one line of exploration, or of research. Then, that of the informal study group offers the greater opportunity. This perhaps would appear to be the more reasonable manner to pursue, especially when there is considered there are so many different phases that are to be enlarged upon, rather than one individual phase accepted or studied - and following first those of the suggestions as are given in Hudson's Law of Psychic Phenomena, in Spiritual Experience, are the channels that may be well followed, for this is inclusive of not only the mental sciences as are being studied in the many forms of isms that are being called psychological analysis, new thought, unity, science and the like - but also that as is being seen in the application of that so often abused phenomena of hypnosis, and of those kindred actions of the mental telepathist, the ability of the individual to concentrate to the point of cosmic forces and spiritualistic realities; not spiritualism but spiritualistic realities, in the material forces. Then, correlating these first laws as are set forth in this book, with those principles as are written in the first portion of the letter here, we will find the basis upon which these studies should begin. This laying, then, the foundation of the broader fields of endeavor, as has been set forth in not only those correlating of the spiritual truths as have lived from those days of Un, and Og, and Magog, but also of Ur, of Moses, and of the greater truths in those of the various schools that have assumed proportions of the religious THOUGHT of people. Now do not mix religious thought with religion, nor Christianity, nor brotherly love, nor that of Confucianism, or Brahmanism, or zoism [Taoism], or any ism, but rather that of the awakening of the individual to the truth of the divine heritage in each individual that may respond to that of creative energy in the universal forces of EVERY thought, and that may be applied in the workaday, the material, the spiritual, the social, the EVERYDAY life of each individual, whether as to its association with its OWN household or its neighbor.

284-1, Male 38, 2/25/33

33. Throughout the experience the entity gained, for he not only accomplished the feat of living without self but being able to extend to others much of that aid that may be had through the field of activity in bringing about the change of thought in individuals, so as to affect them bodily. Not only as for their influencing to the extent as to heal physical

* Extracts will be repeated if they are appropriate to more than one category.

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conditions, but bringing about activities that were easily turned at times by others into detrimental influences in individuals' lives.

34. The entity did not take advantage of others, but saw the advantage taken often. Hence in the latter portion of the experience the entity began to doubt self. Hence the entity may be said to have been among the first in that particular experience to use the abilities for raising the vibrations in self for helpfulness, and also to raise them to the extent as to override the will-influence in the activity of other individuals.

35. In the present, then, the study of hypnosis, mesmeric and rote influence, is held askant; yet there are the abilities within self, provided these are basically in that principle gained in self even in that experience - that, when such influences are used for good, it is well - but when they are used for personal gain, bad!

294-4, Male 45 (Reading for Edgar Cayce), 11/27/22

1. EC: Yes, we have the body here. We have had this before, you see. Now, the body through the physical forces is a great deal better than when we last had it, yet there are physical conditions existing in the body at present that are abnormal to the body. Most of the conditions either physical, mental or spiritual that are abnormal at the present time have to do with the spiritual and soul forces, for the physical condition is subjugated to the psychical or spirit and mental forces of the body, and these produce the abnormal conditions as exist in the body at the present time. The congestion as we have through the nerves that govern the expression of vibration to the brain force, from or through the pneumogastric is at the present time surcharged with suggestion, when the body is in its wakening or normal state. In its present condition, now you see, it is amenable to the suggestion that the body will be normal, and through the physical manifestations of all of the elemental forces is at the present time, and under the present conditions, perfectly normal in all its functioning in every manner, see?

2. (Q) Mr. Cayce, what will relieve this body's headaches and what causes it?

(A) Suggestion to remove those conditions that produce the headaches will relieve the condition in the body, "that the circulation be so equalized as to remove any strain on any portion of the body or not to overtax the nervous system in any manner or form". The congestion produces the headaches to this body by being overtaxed through suggestion in the normal state, not in the spiritual or soul state. The overtaxation comes to the body in the normal and affects the action of the forces that have to do with the psychical, spiritual or soul forces of this body, see?

3. (Q) Mr. Cayce, would fresh air and exercises be good for this body?

(A) Exercise of the physical would be good for the body to keep or prevent the conditions. Follow as we have given with those suggestions as given, see.

4. (Q) Mr. Cayce, what do you mean by suggestion and who should do this?

(A) All force controlling any individual body, this body, [294], we are speaking of,
(continued on the next page)

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above other normal bodies, is reached to all the forces of the physical, soul or spiritual forces by suggestion, see, Suggestion we mean, say a thing is black, it is black, say a thing is white, it is white, say a thing is wet, it is wet, etc. to reach the suggestion to this body is to reach the body through the suggestions as has been outlined here: "The body will become normal when in its wakening state, the circulation will so be equalized as to remove all strain from any and every portion of the body", see. You say "you are not going to have any headache", and you wake up, you don't mean anything.

1497-1, Male 46, 12/10/37

38. The contacts and the abilities of the entity and the directions of controlling by suggestion, controlling by the mental self, arise from those innate tenets taught, innate activities that become material manifestations during those experiences....

59. (Q) What is the significance, in my present state of development, of my power to administer hypnosis when I was a young man, 27 years ago?

(A) As has been indicated, this is a part of the development - through the experiences. As to apply same, as such things are a part of the psychic or soul development - this study; not as for self but for help and aid; so that directing in psychological suggestions will enable the self to apply same in the present - not to self advantageously so much, but as the GOOD brings the good for ALL, it brings to others the help, to self the confidence, and the greater faith in the DIVINE within.

60. (Q) I have been told that I have, potentially, psychic insight. What use or development of this is indicated - if so?

(A) Just as has been indicated. These abilities arise from the experiences indicated in which there was the application of self both as to the astrological environs and the earthly sojourns; and the application of same in the earth has not always been proper, for soul development!

But study to show thyself approved unto God; a workman not ashamed; yet keeping self unspotted, unquestioned from thine own consciousness. For it is self ye meet. But if ye walk and ye talk with Him who is Life, the Way, the Savior, the Breath of Life, the Water of Life, drink DEEP - and ye will never, NEVER, thirst!

1901-2, Male 39, 4/9/40

39. (Q) Considering the physical condition of the body, would it be wise or advisable for him to undertake the development of any latent psychic abilities?

(A) When there has been the alleviation of those disturbances in the nerve system, this WOULD be very well. The positiveness of the mental body is excellent, and thus FITS the body for the control over other minds and bodies. DO NOT use or develop same unless it is EVER to be constructive for others, and not for self-indulgence or self-aggrandizement.

This may be made MOST helpful for minor ills and conditions in both mental and physical conditions for others. Never for experiments, as for what might be made a show or the like; but constructive, - and as ye give, ye will receive.

Do not attempt such until the physical body is in a better responsive condition.

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2048-1, Male 16, 11/25/39

REPORTS OF READING 2048-1, M 16

R1. 3/14/40 Miriam Belcher's letter to EC:

Dear Dr. Edgar & Mr. Hugh: -

I have just about completed PROOF on a recent mesmeric experiment - the results 100% which will stack up very beautifully with Prof. Rhine's Parapsychology tests - when PERFECTLY complete I will forward copy to you. You note I hope - that I do NOT compare my work to your magnificent gifts Dr. Cayce - how COULD I. For I KNOW that your manifestations are Beacon lights and my induced manifestations just Birthday candles!

I will be so happy to learn the exact date of your arrival in N.Y.C. and nothing will prevent my attending - also Mr. Doland and two or three of my interested friends would like to go with me.

May I be commercial Mr. Hugh? Could you not have a subscribers membership? At say \$5 per year which would entitle them to a 20% reduction on a reading at anytime within the year?

I am FAITHFULLY awaiting August when I KNOW Mrs. [2048]'s boy will return. And I BELIEVE that the reason that reading was couched in such Biblical terms was BECAUSE a religious group was responsible for his disappearance! The moment [2048]'s [boy] returns I hope will permit me to publicize the fact widely - & wisely. For the sooner criminals learn that their crimes cannot be HID - the better this world will be. I am waiting too the return of a man who is deeply interested in what I do. HE is a HYPNOTIST of the spectacular sort who THINKS that I can do what he cannot do & he is a PROMOTER! Of PRIZE FIGHTER!!

I had the pleasure of putting his prizefighter to sleep the SUNDAY before his last bout (which he WON) and through mesmeric passes & suggestion relaxed his taut muscle condition - a thing that no masseuse can do!! I am eager to see just where this strange contact will lead and I will certainly keep you both informed.

That jar of apple jelly was a very special breakfast treat in Florida! Next time I pass through Virginia Beach there will be a trophy from my own personal group - (NOT orange marmalade).

My cousin is hard at work on his violin - HE thinks it is because he has acquired a real Stradivarius - I KNOW it is because I re-created for him a RESPECT for his own genius! Through mesmerism.

Now I am just going to close - my paper reminds me that I have taken MUCH of your time.

With my deep and abiding respect and regards.

Ever Sincerely [signed] Miriam Belcher GARRISON-ON-HUDSON

R2. 3/16/40 EC's letter to Miriam Belcher:

Dear Mrs. Belcher;-

Thanks for yours of the 14th - will be very glad to have the report for a record, when you have same complete, for we are very much interested in gathering data of that nature that has proof with same. There are many many many things happening here and there, that makes all psychic work most interesting. (continued on the next page)

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Ah, but don't I know there are many much more gifted than I for of myself know I can do nothing - so can only work along trying to use as best can what little gift that may be accorded me.

The plans are to come to N.Y. about the 6 or 7th of Apr but haven't worked all plans out as yet, you of course will be notified - as to Where, when and etc. and will be very glad to see you and your friends again.

No, please not publicizing of any thing as related to this work. Hate begets hate, and were those that do such as grow out of hate, made aware, would only increase the power to such. Do you see just what I mean?

Will let Hugh Lynn write you regards a new kind of membership - all that is worked out by the Trustees of the Assn. Might be a good idea were we able to work more than twice each day.

Glad you enjoyed the Jelly - like to have same enjoyed for that is the purpose in the making of same, and do like to make it.

Hoping then to see you in the near future.

Sincerely [signed] Edgar Cayce

R3. 8/1/40 Mrs. Miriam Belcher [Mrs. Taylor Belcher]'s letter:

Dear Hugh Lynn:

Just to let you know that our missing Armenian [2048] was located in Los Angeles - June 28th - he returned home July 15th - (His parents going to L.A. to bring him back. So far they have been MOST VAGUE about it all! I went to ... last week but [2048] was not home so to date I have not been able to question him. It would be interesting to find out IF he had planned to return in August before he was discovered!! By one of his father's customers!

We have established the fact that the SUBJECTIVE MIND knows whether a person is dead or alive (so-called) for of all the Armenians I put to sleep not one said he [2048] was dead! Even his mother who "saw" nothing said - "He is alive."

2559-1, Female 40, 5/7/41

70. (Q) How may I completely free myself from the hypnotic influence of certain persons, which hinders me at times in my work?

(A) Surround thyself, ever, with the white light of the Christ-Consciousness, and all of these will pass away.

Know deep within self, - know in thy body, in thy mind, in thy soul, as He hath promised of old, - "I stand at the door - whosoever will, open - I will enter - I will ABIDE with thee always."

In that shelter no harm may come.

Keep that way open; close the doors to others.

2851-1, Female 48, 11/13/42

7. The entity would make a good hypnotist, but to the entity's own self this ability had better be used for the spiritual attaining of that the entity may accomplish.

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3348-1, Male 33, 11/4/43

29. (Q) Could good be derived for others and myself by my interest in and practice of self-hypnosis, or the general subject of hypnotism?

(A) This is far afield for this entity. There may be the interest, but we would not advise it for the entity itself. It may aid others. It is the desire to aid others, but there is too much ego, too much I AM - if the I Am is stressed in the correct emphasis - for hypnosis to be applicable in the experience of the individual entity.

4844-1, Male 15, 9/30/24

R2. 11/21/24 Mother's letter to EC: "I am writing to tell you about my son again as you asked me.

"Whether he is better or not, I don't know. He doesn't fall now, but he walks asleep night or day with his eyes closed. He moves like a shadow, noiseless, very swift, goes anywhere. He seems like he is in a trance. He will do perfectly normal acts during this trance - go to the table, eat, pass food to others, know when to get up, will answer questions part of the time, talk and tell some things, only answer one person in several, will not answer or notice anything the others may say. Seems he has his mind on this one, whoever it may be. Seems to tell if we are watching him, will hide, run away.

"No one knew his brother was in town one night last week. He was in his room working on his school work, he looked up, did just the same act as looking at his wrist watch, said, [...]s at the Hotel in room no. 242. All, a crowd of his schoolmates & brother were in the room with him. Of course, they told him no, he wasn't there. Tried to keep him from going (he is insistent, if you cross him and strong as iron) they had to let him go. They followed him. He went to this room, knocked the door. [...], his oldest brother WAS THERE in bed. He walked in, said hello [...], how are you?, turned around went on back to the barracks of school (he was in Staunton, Military School then). He [4844], says or tells in this trance he was hypnotized last May, tells all about and describes the man. Says the man told him he would be under his influence most of the time for five or six months and he would have some wonderful events to take place in his life during this time. All these things I have told you about took place last week. He stayed in this trance little more than 32 hr. before waking. We couldn't wake him at school. He said he had to go over to Fishburn School, 25 miles away to a certain man there and then he could wake up. Would answer his boy friend whom he knew at that school and friend of his at home. We couldn't hold him. We let him go. Sure enough, he went to this man, lay down on the bed and woke up natural in less than a minute, rubbed his eyes and forehead and was startled to know he was there and asks why he is there and what's the matter, always.

These events are startling the whole community. We are more than alarmed. We know not what to do. His physical health seems to be perfect in every way, good appetite, perfectly alright except this. He will go in these trances, walking along, sitting, asleep, anytime, anywhere. Sometimes it lasts a short time. If in any way, you will diagnose, or make another reading of him, please do, and as early as convenient, please. We are disturbed nearly to death over him. He is now at Johns Hopkins Hospital, Baltimore, Md. in Phipps Clinic, department 3. We had to put him somewhere for confinement. He ran away from us. Please make another reading and tell me (continued on the next page)

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what you find now. The maypop bitters I have gotten. Is this 4 oz. enough to give him? How long will the affect last? Hoping to hear from you at your earliest convenience. "P.S. He works examples, writes letters, goes to the P.O. and gets out his mail, gave the others to his brother, the act as normal as ever was performed."

5328-1, Male 21, 7/6/44

R2. 3/46 A.R.E. Bulletin carried this article reporting on Case [5328], which was reprinted in 7/54 FATE magazine:

"An Extraordinary Hypnotic Experiment" by Vaughan Shelton

(The following is a true account of an experiment in hypnotism conducted among a group of soldiers overseas. Among the GI's present were Hugh Lynn Cayce, manager of the Association, and Vaughan Shelton, commercial artist and writer of this article. The subject of the experiment, called "Paul" by way of concealing his true identity, had a life reading from Mr. Cayce 5 months before. Members of the Association will be interested in comparing the paragraphs from his life reading that deal with the Lawrence Vance incarnation with his own hypnotically induced recollection of it. It will be noted that his own memory was much more detailed and specific than the life reading. It is also worth noting that even under hypnosis he was very reticent about revealing a certain aspect of that incarnation which was only disclosed upon later investigation - Ed.)

The limit of memory is supposed to be within the present lifetime... But listen to the strange story of Lawrence Vance:

In November, 1944, our outfit was occupying an old chateau near Metz, in the French province of Lorraine. The siege of Metz, you will remember, had stalled the Third Army in its tracks, and we, like most other troops, were doing little else but waiting.

To help us occupy the winter evenings we were lucky to have an accomplished hypnotist in the company, whose supply of stage and parlor tricks would fascinate busy civilians, let alone G.I.'s with much time to kill. This was Bill Weldon, of McAlester, Oklahoma.

Bill's demonstrations included a number of applications of the hypnotist's control over his subject. He was successful in having some of the boys project themselves to other rooms in the chateau and describe what men were present there, and what they were talking about. He even gave one young man a very pleasant half hour at home with his family. Most impressive, though, were his experiments in memory, and almost all his subjects could be persuaded to recall a day in their early childhood in detail.

It was during an experiment of this sort that a strange thing happened concerning a young man we'll call Paul. He was a very intelligent chap who had been in college at the time of his induction. While in England before the Invasion he had had a Cayce reading. Naturally he was interested in the idea of reincarnation.

One evening Paul had been hypnotized and given a number of post-suggestions, including the suggestion that he wouldn't recall his name when wakened. Returned to consciousness by the usual device of counted to ten, he reacted to all the post-suggestions in order, also not being able to think of his name. After returning him to an hypnotic state Weldon repeated the question, "What is your name?" The reply was startling to those of us who had seen Paul's reading. He answered, "Lawrence Vance."

HYPNOSIS CIRCULATING FILE

Lawrence Vance, you see, was the name given in his reading as his during an experience in the New World. He had been told that he had worked as an organizer of young people's clubs in the frontier settlements. But, no other details of a specific nature had been given.

Weldon not having seen the reading, repeated the question and was baffled to receive the same answer.

After a whispered consultation with Hugh Lynn Cayce, and those of us who knew the background, it was decided to find out some more about Vance. A little reluctantly at first, Paul started to tell the story himself, now in the character of Vance. This experiment was repeated on other occasions and, as his confidence in Weldon increased, he talked more freely, answering all questions but one..."Exactly what part did you take in the American Revolution?"

Rather than retelling the account of Lawrence Vance in the piecemeal manner that Paul did, let's put it all together.

He was born in 1754, in a cabin near Fort Pitt (now Pittsburgh). His father and mother had a small farm, and neither was well-educated. This being a far frontier at the time, Lawrence had no formal schooling, but his father was able to teach him to read and write.

One of his childhood playmates was a neighborhood girl named Constance Moore. As they grew up together this friendship became a romance, and they decided to marry. The preparations for the ceremony were begun. But, in the few days before his wedding the fickle Lawrence fell in love with another local girl, Anne, and married her instead.

His first love took the blow badly. Shortly after that she married a man much older than herself and embarked on a desperately unhappy married life. She never got over Lawrence, and frequently came to his cabin, greatly embarrassing the young man before his wife. He did his best to console her but was always unsuccessful at it.

Later the Vances had two children. The oldest, a girl named Suzanne, grew up and married. But a son, also named Lawrence, was drowned in a river at the age of 11.

While still under twenty, Vance began to visit the different settlements to form young people's clubs similar to the 4-H variety. He had a small farm that his father had given him, but detested farming. He seems to have done well as an organizer, and these activities took him to all parts of Pennsylvania, Virginia, and Ohio. An interesting description of a meeting with "Mr. Washington" in the Virginia woods was given.

Vance appears to have had strong but unorthodox religious views. Little could be discovered about this, except that he was not a Quaker. He admired them and had many friends in the sect. He "had his own ideas about religion."

When the revolution started he was much in sympathy with the cause of the colonists and took part in the rebellion but, and this was repeated very definitely several times, he DID NOT BEAR ARMS. But, what part he DID take could not be brought out.

In the spring of 1794 Vance set out for the Ohio Territory on business. He had a bad cold at the time and his wife pleaded with him to postpone the trip. But his mind was made up, and he went. The cold became worse en route, and he arrived in Ohio as a very sick man. The exposure had apparently brought on pneumonia, and Lawrence Vance died at the age of forty in a wilderness camp. Friends buried him in the woods. Fantastic... Yet, if the reader is willing to consider the possibility (continued on the next page)

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that these experiences could be remembered, he will probably also see that Vance, the departed, could witness the burial of his body, and note the date.

Fantasy...or memory? All the witnesses, including an expert and experienced hypnotist, were convinced that Paul was in a genuinely hypnotic state. Also, when in the character of Lawrence Vance he wrote that name in a hand completely unlike that of Paul. He could write only with the pencil held between the index and second fingers, like a quill pen; and the signature ended in a flourish that underlined the name, in the fashion of colonial times.

Genealogical records for Western Pennsylvania contain a number of Vances, but none named Lawrence. But, the state archives have one, and only one. The United States Government confiscated all the property of a Lawrence Vance in 1780...for desertion from the Continental Army. This is from the records of Captain John Flynn's Company, 2nd Regiment of Foot, Philadelphia County. And the confiscated land was there.

If this were our Lawrence Vance, it would shift the scene of his activities to the other side of the state. Also, in 1754 Fort Pitt was in the hands of the French and known as Fort Duquesne. But, before we question the truth of the story, let's consider that a person under hypnosis retains his definite personality, and would try to withhold or hide an unpleasant incident in his memory.

Whether the story is accurate or not, the existence of subconscious memory of another experience is certainly indicated. Perhaps some other hypnotist would like to investigate further.

(The following are the paragraphs from the young man's life reading as given by Mr. Cayce July 6, 1944. (Case No. [5328] Ed:)

"Before this we find the entity was in the land of the present nativity during the early period of settling in the land, and in the areas when there were definite conditions, definite provisions, definite activities for groups under certain study. Yet these were for freedom, these were for brotherhood, these were for activities that would bring a united effort, and these are latent in the experience of the entity in the present.

"For the entity then was what might have been called a booster for the various groups of young people, in much the same manner, yet under quite different names, as would be the head of "4-H" Clubs in the present.

"The entity was then in the name Lawrence Vance and was quite active in organizing young people for definite services in definite group activities through the land. In the experience the entity gained and yet in the activity there came about little grudges of individuals, and these are the weaknesses in the present.

"Don't let self get over-riled because you become supersensitive to certain activities in either groups or in organizations, or for individual activities."

Hypnosis: Alcoholism

486-1, Male 55, 1/14/34

6. Either, then, through applications of subjugating the conscious mind through hypnosis or through those treatments that may be accorded in those places where both drink AND sedatives may be taken FROM the body in such a manner that will allow the physical to exert itself. For, unless there is the arousing, under such conditions, for the WILL of the body to maintain, to gain control, LITTLE may be accomplished.

HYPNOSIS CIRCULATING FILE

Hypnosis: Allergies

3125-1, Female 40, 7/31/43

TEXT OF READING 3125-1 F 40

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 31st day of July, 1943, in accordance with request made by the self - [3125], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Dr. Thomas L. Garrett.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10: 40 to 11: 00 A. M. Eastern War Time. New York City.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3125].
3. Now, as we find, the allergies in this body have reached such states and conditions as to form the pathological and psychological reactions. And, to be of any great material aid in correcting these conditions, there will need to be those preparations of the body, with the chemical changes prepared for the body, and then the use of the psychological reactions to create those coordinations between the sympathetic and the cerebrospinal nervous systems.
4. These, then, are conditions as we find them with this body, [3125] we are speaking of:
5. The blood supply is so acted upon by the nerve forces and centers in the lymph and the emunctory circulation as to become very much disturbed when in contact or association with a great many elements.
6. ANY that have to do with animal, or skins of animal, or that have to do with any pollen-forming plant, all affect the body in an irritating way and manner, and are exercised through the blood in the lymph and emunctory circulation.
7. The suggestive forces must react upon those centers in the nerve system, or bursa (sometimes called). These are not so disturbing to the organs of the central nervous system, nor to the organs of the body-forces, save sympathetically.
8. These as we find, then, may be materially aided, if applications will be made in this manner:
9. Each day for a minute to a minute and a half, for seven days in succession, we would apply the ultra-violet ray with the green glass projected between the ray and the body. Use only the Mercury Quartz Light, and not the Carbon Light. Do not use longer each time than a minute and a half to two minutes, at least not over three minutes, ever.

(continued on the next page)

HYPNOSIS CIRCULATING FILE

10. After the seven days of using the ultra-violet with the green glass (not before), begin with the suggestive treatment by a hypnotist, or through hypnosis; such as may be had by Kuhn or Garrett. As Garrett has undertaken this, Kuhn may be the stronger - with this body. Do this about twice each week, covering a period of at least twenty-eight to thirty days. Do not undertake the hypnosis until the electrical treatments are given.

11. As the suggestions are made, begin taking internally those properties to change the whole chemical reaction that forms the basis of this breaking between the sympathetic and cerebrospinal systems. Prepare a compound very carefully, in this manner:

12. To 2 gallons of Distilled or Rain Water, add - in the order named:

Yellow Dock Root.....2 ounces, Burdock Root.....1 ounce,
Calamus Root.....1/2 ounce, Black Snake Root, or Snake Root.....1 ounce,
Red Root.....1 ounce, Buchu Leaves.....1 dram,
Cincho Bark.....2 grains, Podophyllin (dry).....1 grain,
Elder Flower.....4 ounces.

Reduce by slow boiling, in an enamel container with an enamel or glass top (not tin or metal), to 1 gallon. When partly cooled, cut 4 drams of Gum of Elm in the alcohol - that is, cut 4 drams of the Tolu elm, or Balsam of Tolu, in 6 ounces of Grain Alcohol, and add to the solution.

13. The dose will be a teaspoonful four times each day, before each meal and at retiring.

14. Keep to those foods that are body-building, but little of the flesh. However, seafoods and fowl may be taken. Beef juices may be taken as medicine, for the strength and the helpfulness in same. Watercress, celery, lettuce and the like should be taken several times each week; preferably each day. Carrots, grated and eaten raw, or cooked, are good.

15. Do these, being consistent, being persistent, and we will bring better conditions for this body of [3125].

16. Ready for questions.

17. (Q) What causes the tingling in the sole of my left foot all the time?

(A) Because of the connections along the nerve centers, and these will be parts of the suggestions made under the hypnosis; that there will be the perfect coordination through the centers of the body - between sympathetic and cerebrospinal system. This is particularly indicated in the sacral and lumbar area nerves.

18. (Q) What causes the neuritis in my left side whenever I put on a pair of shoes, or brassiere, or glasses with plastic frames? How can I get over it?

(A) These, as indicated, are allergies through the sympathetic system, and are to be overcome through the suggestive treatments, following the light treatments as indicated, and through the same period the taking of the properties to change the chemical reactions in the body.

HYPNOSIS CIRCULATING FILE

19. (Q) What causes my finger joints to swell up and get sore?

(A) Do these things as indicated. We have given as to how the activities of the lymph and emunctory circulation, being charged - or through the allergies, cause the accumulations in any area where there are the larger patches of the emunctory or lymph bursa. There are a number of these patches, of course, in the feet, in hands, more than in other portions of the body, save in the soft tissue of lung and head and nasal passages. But do as we have indicated, for help for this body.

20. We are through for the present.

3125-2, Female 40, 11/19/43

3. As we find, there is the beginning of a great deal of help for this body. While those suppressions by the activities through the glandular forces of the allergies in body have not been overcome, they are being aided.

4. We would keep those suggestions. They will have more effect than all the dosages of other things that can be taken, but do keep up the Mullein and Saffron Tea. These should be taken at least two, three to four times each week. These will aid the body with the mind, the suggestive forces....

8. Hence the suggestions given. The deeper the body may be put into the unconscious state, with the retaining with the remaining of the ability of the body for the soul-self to be aroused to the using of all influence within self constructively rather than to secondary or destructive forces, the entity will snap right out of the conditions.

9. For, who healeth thine iniquities? Who forgiveth thy sins? Who keepeth thee in every way? The spirit of truth! The spirit of love, the spirit of helpfulness, the spirit of patience, the spirit of kindness, the spirit of gentleness! And all are found in the one Christ-consciousness! Then, as the cells of the body are aroused in themselves to that awareness that each cell is to perform a functioning to the glory of a glorified consciousness - not of self but of Him, who is life itself - we may overcome these disturbances. With the continuing of those things that attune the body to nature, and the suggestions that attune the body to truth, to consciousness, we will break down the allergies that bring from the associations of the mind (though not conscious of same) the experiences which have come as a result of the entity's abilities being used to have self's own way. Now you have to do as something else wishes. Let's change it - in Him....

11. (Q) Is there an injury in the left leg between the knee and the hip or near the hip joint? If so, what is it and how can it be cured?

(A) This we find is not a break, not an injury, other than a strain to the joint itself where the fibia enters the socket of the pelvic bone. A strain there, when there was a twisting of the body. With the other suggestions and the body-forces built up, this should disappear.

12. (Q) Is there anything wrong with the spinal column, spinal cord or individual vertebrae? If so, what is it and how can it be cured? (continued on the next page)

HYPNOSIS CIRCULATING FILE

(A) No - none that will not be corrected by the correct suggestions for normalcy through the body....

15. (Q) Who should give suggestions, and have they been done correctly by Garrett?

(A) As far as they have gone, they have been very well. Salter would be very well, as Kuhn is not available in the present.

16. (Q) Do you mean Slater or Salter? [See 3125-3, Par. R1.]

(A) We meant Salter. If we had meant Slater, we would have said Slater.

3125-3, Female 40, 11/27/43

4. As we find, there should be the efforts to apply those suggestions that have been made, spiritually as well as mentally and materially. To continue to stress in the mind the physical conditions to be applied by others, or to continue in the mind of self to find fault with those things that apparently disagree or cause allergies, is to continue to build that which is harmful for the body - as has been indicated. It is necessary that the body first, in its spiritual aspects, in its spiritual hopes and purposes set self right. Then those things that pertain to wearing apparel - as the brassiere, the glasses, the shoes, certain odors when it enters certain rooms, certain animals - will no longer have their effect upon the body; as the mind takes on those abilities to alleviate the disturbances produced by the resistance built up in the imaginative forces or mental aptitudes of the body-mind....

7. (Q) What Salter [See 3125-2, Par. 15-A, 16-A] is it that you have suggested to give hypnotic treatments, and where can he be found?

(A) Slater may be used, if you prefer to use him. If that does not work with the one using it, then keep the one that you have.

8. (Q) What causes my stiff neck, the burning and discomfort in my left hip and leg, and the tingling in the outside edge of the sole of my left foot?

(A) Lack of the proper circulation, as has been indicated. With suggestion, with the correct balance in the mental attitudes, this will be relieved.

9. (Q) What causes the sore lumps on my finger joints, the pain and itching in the left breast, and what makes my back get stiff and the leg muscles contract?

(A) These are the conditions in the lymph circulation. These are the physical effects of just those conditions suggested that produce them through the imaginative or the emunctory and lymph circulation. These may be controlled by the suggestion to self, by those who should be able to make suggestion - when the body is in the passive state. Do those things. Don't be over-anxious. Do correct self mentally, spiritually, and the physical results will be normal reactions.

HYPNOSIS CIRCULATING FILE

Hypnosis: Aphonia

2696-1, Female 31, 3/12/42

18. One if the subjugation of the body's consciousness by one that may overpower the mental body by suggestions to the psychic forces. But this we would NOT suggest, save as a last resort....

30. (Q) Was this condition originally caused by a stroke or by emotional hysteria?

(A) As indicated, emotional hysteria - as it arises from the PSYCHIC force of the body; PRODUCING a pathological condition, affecting those areas as indicated.

It is NOT mental.

Do these things, to be sure, as has been indicated.

The condition 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.

5708-1, Adult Female, 12/6/22

2. Now, these are conditions as we find them here in this body, Miss [5708], we are speaking of, you see: Through the circulation we find the body is very good save there is carried in the circulation the repression of fear from the nerve centers about the plexuses governing the sensory organism. There we gather in the circulation those factors that have to do with the replenishing of the system, so that when the cycle is reached that should be given the rebuilding cellular force for the muscles and nerves of the throat and the expression gives to the body the condition causing a partial paralysis of the nerves and muscles governing the inferior muscles of the vocal chords or box, hence the condition as exist. Throughout the rest of the system we find this expression is given only through portions of hypogastric plexus or nerve center, see. Through the nervous systems we find the body has had an overtaxed or overstrained nerve condition in the system until the control between the action of the cerebrospinal nerve centers and the symphatic [sympathetic] nerve centers and those of the sensory organism have been impaired in their co-ordinating forces, hence the condition as exists and produces this condition instead of being a purely pathological condition becomes a psychological condition. The functioning of the organs themselves we find are very good in their individual functioning, that is, those organs such as the lungs, the intestinal tract, the liver and the kidneys, though through the pelvic or pelvis proper we find some inflammation, and the condition existing in the hypogastric centers produces an overtaxed nervous strain, see. [This] affects reflexly the condition as we find in the vocal chords or vocal box itself. The condition specifically we find here is that the left side (continued on the next page)

HYPNOSIS CIRCULATING FILE

or chord does not vibrate, the right chord does, hence there is in the ability of the system to conscientiously produce sound with the vocal box in its present condition but through the psychopathic condition, it, the body would be able to produce the vibration necessary to give sound, so to bring the normal factor in the body to give the relief, we would give this body the suggestion through mesmeric or hypnotic influences, the post suggestion necessary to give the correct connection through this portion of the body, that is namely those about the third, second and first dorsal, seventh, sixth, fifth and fourth cervical by manipulation, deep, you see and by the force that would be applied through magnetic suggestion or by the electrical vibrations, the body would receive from a body giving the treatment and suggestion, see. Do that to bring the correct conditions so that they will not return to this body.

3. We would find under this treatment the body would respond almost automatically, yet bring the perfect unison would require three to four weeks only. Do that.

4. (Q) Mr. Cayce, who would be the proper person to give these deep manipulations?

(A) Anyone, who understands the condition as outlined here. It does not necessarily mean a physician. Anyone, who understands the condition and have the magnetic forces in their body and sufficient to give to the body, both in the wakening and semi-consciousness.

5. (Q) Mr. Cayce, how will you determine who has this magnetic force?

(A) There are thousand of them. Just find one.

6. (Q) Mr. Cayce, this body does not know of any such person, who could do this work?

(A) No fault of ours here.

7. (Q) Mr. Cayce, are there any other treatments besides those you have suggested for this body?

(A) We have given the one correct treatment for this body to regain the use and control of the power of speech to this body. There are thousands of treatments. There is one correct one. Do that.

8. (Q) Which is the correct one, Mr. Cayce?

(A) We have given it. We are through.

Hypnosis: Arthritis

3483-1, Female 26, 12/29/43

17. (Q) If treatments are carefully followed, is it indicated how long it will be before a condition of normalcy is reached?

(A) This will depend upon the attitude of the individual entity. As indicated, the psychological condition must be approached through the mental self. Begin with the study of self, which may be best done by suggestive forces to the body through hypnosis.

HYPNOSIS CIRCULATING FILE

Hypnosis: Atlantis

428-4, Female 47, 2/20/31

11. In the one before this we find in that land known as the Atlantean, and in that period when there were the beginning of the peoples harkening to those influences wherein one controlled another by the mental being. The entity rebelled against the mis-application, the mis-use of those forces; gaining in part and losing mightily in that the entity used for self that of which she accused others. In this rebellion the entity lost, in that the entity turned same to self's OWN interests. In the name Maeiioouu.

Hypnosis: Auto

136-72, Female 22, 9/17/27

TEXT OF READING 136-72, F 22 (Housewife)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 17th day of September, 1927, in accordance with request made by her husband, [900].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3: 50 P. M. Eastern Standard Time. New York City.

1. GC: You will have before you the body and the enquiring mind of [136] of New York City, and the dream this body had on the date which I will give you. You will give the interpretation and lesson to be gained from this, as I read same to you, and you will answer the questions which I will ask you regarding same.

2. EC: We have the body, the enquiring mind, [136]. This we have had here before.

3. The visions, the dreams, the experiences, of the entity are in keeping with that in which and through which the body has passed in its body-conscious building, and these have been and are presented to the entity that the lessons from same may be the closer applicable to the life, the action, and the wishes, desires, and the applications of the entity in its activities. Ready for dream.

4. (Q) Afternoon of September 13, 1927. About 3: 00 P.M., just after getting to sleep, talking direct to myself (not seeing myself talking, but myself doing the talking, but aware of myself doing it), saying: "Now my body is assuming its normal forces, and will be able and will give such information as is desired of it at the present time. The physical body will be perfectly normal and will give that information now. Now, I am in the same condition that Cayce is in when he gives a reading. Only my heart is beating and higher organs functioning. Wouldn't [900] or [4786] think it queer to hear me talking while in this condition? What would they think if they came in and heard me now? Now my physical forces - etc. etc. (right through the entire procedure of awakening word for word as in a reading right through until) Now, perfectly normal and perfectly balanced I will wake up." Then I did wake up. I jumped up, a little frightened and quite dizzy. I had a peculiar sensation at the back of my head. (continued on the next page)

HYPNOSIS CIRCULATING FILE

I felt hungry and after eating a little the dizziness passed away. The experience lasted about 25 minutes. Thereafter I went to sleep again, to sleep for quite a while, normally.

(A) Here we find presented to the entity that experience in which the body-conscious mind has reasoned often, and with the experience there comes the more reality, for in experience is the knowledge of conditions and the surrounding elements obtained. For, as seen, the entity - through that aid of those that have been, known, and understand the conditions of the mental attitude of the body towards this condition - has experienced that condition for itself, and the same experiences then are felt. The same conditions are experienced as the body experiences that the entity recognized self in that same state of being, and the body may, then, with this same application, gradually gain that better concept of the experience. Applying self in that direction, not with FORCING an issue, but being led by those forces that would guide in the same experience, see?

Ready for questions.

5. (Q) Was I in the condition Cayce is in while giving a reading?

(A) The same.

6. (Q) How was I able to give myself the suggestion to gain that condition and to wake up, whereas the suggestion is given to Cayce after he goes into the condition, becoming unaware of his achieving that condition, whereas I was AWARE of it?

(A) The guiding force being impelled or guided by one in the same sphere and plane in which the entity enters. Hence showing the more conclusive consciousnesses of a physical body, or being able to see self and recognize self as being self, as separated from the physical I AM, yet BEING the physical body, see?

7. (Q) Any other influence than my own mental consciousness at work - i.e. had my mother a hand here?

(A) As conducting the experience as just given, see?

8. (Q) May I do this again and present a subject such as physical disease, etc? How may I do it and how ought I do it?

(A) As the conditions are presented from period to period, the experience will change in the way and manner as will be conducted or presented by that entity, see? and in these various changes the various PHASES of various circumstances may be developed by the entity, just as has been given that will the entity apply self IN that way and manner, then the entity only acts in accord with that of its own inner self as to whether it will be used by those that would present these various phases or not.

Study these conditions, and in the experience and the various experiences that will be presented to the self in such manners gain that understanding as is possible for self to understand and gain. Then make within thine own self that application as to whether self will be guided by these conditions and use same aright. Or will self take advantage of such and apply self in an incorrect manner? For, as is seen, self may apply and KNOW that as has been given, and in that manner gain that which it EXPERIENCES.

9. We are through for the present.

HYPNOSIS CIRCULATING FILE

Hypnosis: Brain: Clots

3748-1, Male Adult, 7/8/11

6. (Q) What treatment would you prescribe to relieve these conditions?

(A) Never use force, that is, physical force, by over-powering of the body, or repressing those thoughts expressed by the patient at the time the condition comes over the body, but take the condition as we have it at the time of these spells. We humor, that is, we give in (force from the outside now) to these forces. We humor him in his acts and wants to what he expresses himself, until we gain control of the thoughts of the body itself and until we sink the body into a state of, not as it goes off at times, but through repression; or, as known, the control over the abnormal, or a state of hypnosis. Then we remove these thoughts from the body. A continuation of these forces, letting them gain power and control over himself, will bring him back to normal man and a normal condition in the body. Then, we will remove the rest of the conditions we have brought about over the system by this condition existing, as it has, through those of the blood forces and through the organs of the system in itself.

Or, we can remove this clot from the brain, by use of the knife, on the scalp itself.

Hypnosis: Children: Abnormal

146-3, Male 13, 2/23/31

16. (Q) Could hypnotism be used in his case?

(A) It might be used, but be MINDFUL of who would use same!

17. (Q) If you can, will you locate one?

(A) Charlie Daniel! [Charles L. Daniel, Hopkinsville, Ky.]

146-10, Male 18, 7/1/35

9. Since much has BEEN accomplished in the physical coordination in the body, we find that these conditions may be the more materially aided in the present by inhibiting the mental forces through psychopathic or hypnotic impressions - to arouse the MENTAL FORCES to the natural resistances in the body....

12. As we find, it would only require some eight to ten such treatments to induce the body - so long as it is in the PHYSICAL health as in the present - to overcome the condition....

14. (Q) Can the hypnotic suggestions be given by those in charge now?

(A) This, as we find, may be super-imposed by the spiritual reactions, but there is needed as much of the MENTAL and PHYSICAL reaction as the spiritual IMPORT upon the body.

If such suggestions were made continuously as the body loses itself in sleep, it would require somewhat a longer manner or way; but may be done by those in charge.

15. (Q) What hypnotist would you suggest as being the correct one to give the treatments to this body?
(continued on the next page)

HYPNOSIS CIRCULATING FILE

(A) As we find, such an one as Taylor - Chas. Taylor, New York - 54th St. - 57th - 54 St., as we find, is the address [Charles Francis Taylor Analytic Psychologist, 44 W. 57, NYC]; or Daniel [Charles L. Daniel, Hopkinsville, Ky.] or such as that.

16. (Q) If the decision is for those in charge to give the suggestions, just what suggestion should be given?

(A) That there would be, through the very vital forces of self, the raising of that vibration necessary for making coordinations in the activities of the responses in speech; THROUGH the powers of the spiritual activity in the body, in HIS name!

17. (Q) If the hypnotist is decided on, how often should the treatments be given, and how long?

(A) About every day for the first three or four days; then it may be every other day for the rest of the time. Ten to twelve such treatments should eliminate the greater cause of the conditions.

18. (Q) How long should the body be kept in the hypnotic state for treatment?

(A) From an hour to two hours.

19. (Q) Would the hypnotist be able to arouse the will to speak?

(A) To overcome that inhibition that is caused by the motivative activity in the impulsive forces of the body itself; yes.

20. (Q) What should be the suggestion to be given by the hypnotist?

(A) This is to be very powerful and strong. Various ones use different formulas.

2253-3, Female 8, 9/1/31

4. (Q) Is there anything we can do to get her to stop wringing her hands?

(A) Only applying those things that will alter the present nervous reactions in the system will change same. THIS body, would be well for the suggestions to be made under the influence of hypnosis, or auto-suggestion to the body as it sleeps. This must be made by someone in sympathy with the activities of the body, and THIS would relieve such stress on the general system.

5. (Q) Who would you suggest that could do this?

(A) Someone that's in sympathy, as has been given!

6. (Q) Is there anyone near present surroundings?

(A) We don't see 'em! We are not even looking for 'em! Do something for themselves, at least! We are through with these readings.

Hypnosis: Children: Abnormal: Ears: Deafness

2362-1, Male 4, 1/30/32

8. This, as we find, may be better accomplished by someone who may, through their finger tips and by their suggestions to the inner body itself, GIVE those impressions to

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the body that these WILL be accomplished in the physical body, WILL there be life and virility and a normal functioning of the body....

11. (Q) Would you suggest that could apply this treatment properly?

(A) This, as we find, would be through Taylor - 56th Street, or through those offices there may be added those that would work in conjunction WITH that body. It will necessarily require manipulation, and also the ability of those who may subjugate the physical aspects of the body - but, as to whether this is to be DONE or not; this must be determined by those upon whom the body is dependent for its life in a material plane!

Hypnosis: Dementia Praecox *225-1, Female Adult, 11/11/24*

6. THEN TO BRING THE BETTER CONDITIONS, for this body, we would subjugate the physical through that reaction of mind over mind, and while in such conditions give those suggestions that will reach the inner portion of the body and awaken the innate forces in the system. At the same time we would manipulate the organs of the pelvis and stimulate the first cervical, until we get a reaction through the pineal gland and the adrenal glands; that is, to the head, and the same as shown in the reproduction organs. With this, we will bring the better conditions to the body. [Osteopathy?]

7. Do not use narcotics to subdue the mind but rather use those subjugations of these conditions through the action of mental over mental, or mind over mind, and awaken the body from within.

300-1, Male 35, 3/16/33

11. Then, to reach this, we will find that the greater benefits may be derived for this particular body by the subjugation of the inner self to the will of a more mechanical mind, or one that may guide in a loving, direct, positive manner for the CONTROLLING of these influences through suggestion - and through the adding of those things also that may bring that impression upon the nerve activities of the brain centers themselves for specific or direct activity under given conditions that may be suggested or directed to the body at that period.

12. Hence that which has been termed hypnosis, or the use of a hypnotic - whether imposed by a mind that may overpower the impulse of the physical body or that which may be induced by the injection or taking of a drug that will effect same. And through such periods, positive, direct suggestions be made to the body for the activity to be positive in its concurrent and recurrent reactions in the mental and physical organism of the body. See?

13. Hence the manner of approach would be through that of definite periods - once to twice a week - when these conditions would be induced, and those suggestions made that along certain lines of endeavor, along certain lines of reading, along certain lines of study would the body-mind develop to meet the needs of the conditions existent in and about the body at the present time....
(continued on the next page)

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15. (Q) Will you give or word a suggestion that might be used while in this state?

(A) Such suggestion may be best directed by one knowing the environs, the surroundings, the conditions that are to be met day by day. But, as given through these channels, only one that has the desire within self for the producing of a manifestation of God's love, and in a loving manner present such, as to bring the correct or proper conditions. See?

4097-1, Male Adult, 9/16/22

4. We would stimulate the functioning of the spleen forces to an extent of taking, or calling forth from the blood and circulation from the brain to the spleen, so that we would supply a new force to the circulation entirely and give off its force to the brain force itself. This we will find will necessarily have to proceed through the action of the sensory system, or by impressions the body is to receive from other minds more powerful than its own at the present time. This would be accomplished by the body being subjected to extreme heat so that all centers of the nerve system become perfectly relaxed. When under this condition the body would be put into a subnormal state, that is hypnosis or mesmeric forces applied to the body itself when in this state.

Hypnosis: Dentistry: Surgery

137-123, Male 30, 7/28/29

3. Now, regarding the physical conditions as we find with [140], these, in a general way and manner, show some improvements from that as we have had. While there are specific conditions as cause some distress, this, we find, is produced by two conditions that cause uneasiness: One from the condition of the wisdom tooth on the side here, giving distress. The other from worry and anxiety. Were this tooth opened, so that there may be the normal developments for same, we will find this, with the proper anaesthesia for such conditions, or hypnotic conditions for such conditions, will relieve this distress. We would do that. In the general conditions as cause uneasiness, these are necessarily the reflections of experience in a physical reaction, and those conditions as will work for the reaction of physical conditions as related to sympathetic nerve reaction brings better results. Hence anaesthesia, or hypnotic influences through the properties given for the relief of the condition, will bring the desired results.

Hypnosis: Epilepsy

1699-1, Female 34, 10/3/38

4. We find that a great deal better condition may be brought for this body if there is the ability of the mental attitudes to be so changed as to allow same. And as we find, autosuggestion would be the manner through which this might be the better accomplished; combined with the applications for the physical disturbances, which we will give....

16. But soon after these are begun - the Oil Packs - we would have the auto suggestions, or those as may be had through hypnosis, to change the mental attitudes towards self, its environs and its surroundings....

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22. (Q) Any suggestions as to who would be the best to give the hypnotic treatments?

(A) Anyone that is in accord with the treatments given psychologically or through hypnotic forces.

3133-1, Male 31, 7/17/43

12. Then, after the tenth treatment or tenth week have the correction by suggestion in subjugating the conscious mind, so that the reactions will be sustained by the post suggestions in such a state to the body that the response may be the greater to the manipulations osteopathically given from then on.

13. It may be necessary that this be repeated every month or so. All making such applications should work in conjunction with the greater creative forces for the body of [3133].

Hypnosis: General

4506-1, Female 50, 3/22/21

5. (Q) Who shall put this body under hypnotic treatment?

(A) One of the people that has a clean mind themselves. The body is good to look at and it would not be well to put under the influence of one with ulterior motives or desires.

Hypnosis: Glands: Incoordination

458-1, Female Adult, 11/26/33

13. After the corrections of the subluxations are made, the condition may be reached through two methods. Either through the subjugation of the mentality through positive suggestion in hypnosis, or through gland injections and the application of electrical forces that will assist in purifying the blood supply....

15. (Q) How many and how often should the treatments be given to relieve the spinal condition?

(A) How many taps would there be on a splinter to improve or to make for perfect unison in making a splice?

Until the conditions (that will be found there by the examination) stay or remain in their positive positions; both in the coccyx and in the upper dorsal center. See? This may require only twenty-eight to thirty. It may require even less. DEPENDENT upon how well and how sincere the response is - that is, mentally and physically - from the body to whom the treatments are applied, in making the corrections.

THEN, when the corrections are normal, choose either the hypnosis or suggestive forces, or the gland and electrical treatment. Which would be better? Some who would give the one method of treatment would be better than some in the other, and vice versa. To be sure, the more positive may be had through the gland and the electrical treatment; that is, gland injection - provided the gland serum is ALWAYS CLEAN; for it is dangerous to ever inject serums into any live organism (continued on the next page)

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unless perfectly clear! It is also dangerous to submit to submerging of self through hypnosis, unless the body-mind of such an operator is in accord with CONSTRUCTIVE forces in a body!

Not impossible! The whole condition deserves the best. Do that.

Hypnosis: Homosexuality

1089-2, Male 20, 12/30/35

R2. 1/5/36 [1089]'s letter to EC:

"...I was so surprised to get the reading and was so delighted to receive your encouraging letter.

"Concerning my reaction to the reading: I am more or less in a state of indecision as to how to interpret it but all that I can understand about the conditions is that they are exactly as they exist. I do indeed realize that I should not take it lightly and I DO NOT. I feel as though I would be much more satisfied if it were all clearer to me. I also think that, I, after being with you, would be perfectly satisfied with whatever you would suggest through psychic readings.

"If I could talk to you, I could explain all that has occurred during my past life.

"I was bothered (mentally) before I went to school and went for the purpose of getting away from my thoughts - which I found impossible. I became so disturbed that I went to a psychologist and told him how I was affected.

"I am a homosexual and had a good idea that I was before he told me I was. He said that due to my condition (sex) that conflicts upon conflicts had arisen and that that was the existing situation.

"He tried about 12 times to hypnotize me and he never did and I don't know the reason because as far as I knew I was perfectly willing to it.

"As far as I can explain for a reason for my condition, I think masturbation has played a role in it. Of course I realize that environment and other things have also helped to bring about my state of mind.

"But still I am determined to carry out and believe anything that you say or suggest if it is different from what the psychologist because he never helped me and I have my doubts as to his knowledge of me.

"You see, I feel that if I were with you for a while, that you could straighten me out and I would feel that whatever we find out would be the exact thing to accept without doubt and the thing to carry out.

"If you still think that I should spend a short time with you, I'll exert every effort to make it possible for me to make the trip.

"I've decided that I won't go back to school until everything is cleared up because I would be wasting my time and still be a failure.

"I am unable to express my gratitude to you for your TRUE interest in me and for the reading and letter. PLEASE let me hear from you as soon as you find it possible to write..."

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4073-1, Male 41, 4/6/44

4. Thus as we find, there should be first the suggestive therapeutics, or the having of a good psychiatrist or hypnotist to give positive suggestions to the body in regard to refraining from such activities.

5. When these are removed, or to aid, give a low form of electricity. This may be given in the form of the violet ray (hand machine, bulb applicator). While these vibrations are high, they may be given rather low and be of a strengthening nature. Make the applications over the areas of the back of the neck, across the shoulders, across the diaphragm but from the back area, and across the lumbar and sacral areas. These electrical treatments should be given about once each week, but do not begin these until there are those changes in the mental attitudes - from the suggestions that may be made through hypnotic influences....

7. These inflammations may be activative by the low cellular forces of electricity, but had better be through suggestion. Find an honest hypnotist - there are some.

Hypnosis: Mental Illness

4879-1, Female 28, 12/5/30

TEXT OF READING 4879-1 F 28

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 5th day of December, 1930, in accordance with request made by her father, Mr. [...].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G c/o Dr. Alfred T. Gundry Time of Reading Athol Sanitarium, near
4: 20 P. M. Eastern Standard Time. Catonsville, Maryland.

(Physical Suggestion)

1. EC: Yes, we have the conditions as surround this body, [4879]. In the general condition, little is seen out of the ordinary, save how the functioning of some glands have affected the body. In the reactions mentally, as related to impulses, these we find do not coordinate with the physical activities of the body. As we find, these produce pressures on the impulsive system.

2. There may be, as we find, little accomplished either though medicinal application or those of a mechanical nature. The greater effect may be accomplished through the subjugation of the conscious forces through an influence over the physical and mental, and through or by the power of suggestion the greater good may be accomplished. Anyone with the proper MOTIVES, then, that may subjugate after several attempts would be able to be most beneficent, or beneficial for this body, [4879].

3. Ready for questions.

4. (Q) What suggestion should be given the body? (continued on the next page)

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(A) Just plain common sense! Just those as would refer to the conditions in the physical forces of the body, as related to the mental being! Hypnotic influence!

5. We are through for the present.

Hypnosis: Mental Illness: Tendencies

1553-4, Female 71, 6/4/38

15. (Q) Do the results of her resistance, yelling and crying, raise her blood pressure or cause reactions offsetting benefits of treatment?

(A) They have. Hence, as we have indicated, we will change the rate of the vibratory forces and work them with the body-influence or body-vibrations themselves - through the Radio-Active!

Make suggestions more and more; and if it becomes necessary, HYPNOTIZE the body.

Hypnosis: Mind: Aberrations

186-1, Female Adult, 4/6/26

12. Then, to bring about the better conditions for this body, and to bring the normal forces as near as will be brought through these, would be through the taking of that through the subliminal forces of the mental body, that which will build from within to that to be desired with the physical functioning of the body - that is, subjugate the normal physical body to that of the mind that would direct the physical aspectable functioning of the body [hypnosis - suggestive therapy?], and apply those vibrations in the Radio-Active forces, when ready for sleep, keeping this vibration for at least two and a half to three hours. AFTER such subjugation - not unless the subjugation is given should the vibrations be equalized in body. Do that. We are through for the present.

186-2, Female Adult, 4/26/26

2. (Q) Has any other former appearance on earth of [186] now influencing her?

(A) One just before this; in the way and manner, especially, in that as has and was in the early youth classed as eccentricities, and in that these have become such a portion of the body that the whole introspection of the entity is rather of the nature of such self-condemnation as to bring physical conditions of a detrimental nature. Hence the subjugation through those of a subliminal nature, to reach that inner self through the suggestion, see? As suggestion is to the Mind, the Builder, then we will find, by the subjugation of the own personnel [personal], or personality in the present condition, we would bring that, through proper suggestion, which would build in a normal manner. Hence, with the application of those vibrations for the physical condition that is as of an equalizer throughout the whole physical system, would bring the quick resuscitation of physical normal conditions for the body.

Some 6 to 10 such subjugations [hypnosis - suggestive therapy] should be sufficient, were this properly given. Then keep up the application of the Radio-active Appliance,

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that the equalization may be taking place in a normal manner for the physical forces of the body. Through this we will find the conditions will be better overcome, and there will not be the resistance, see, in the physical mind, against those better conditions that would assist in building physically, for the body; for, as we find at present, when suggestions are given for the physical benefit, these the body fights against. This must be broken down through subjugation of the subliminal, or the inner self. Suggestion lending that control, the personality, while in the suggestion, acts to that of building from within - the mental building, see? This must be done properly. Do not give the Radio-active forces unless these others are given, see, first. After the 3rd such suggestion, begin with the Radio-active forces, and we will find that these (the suggestions) should be given once each week, and by the time the 6 to 10 are given we should find the body more in a normal condition than it has been in a long, long, time, see? though the gradual normal development will succeed, or following this.

186-3, Female Adult, 9/2/26

5. (Q) Should mental suggestions be kept up?

(A) These should be kept up. The subjugation of the body physical should be carried out more thoroughly. The mental suggestions may be given by one while the body sleeps, would they begin - yet it would take longer, or require longer to accede to this, see?

1996-1, Male 19, 9/11/39

7. Also there should be suggestions to the body in the unconscious state, - or through hypnosis; making suggestions for POSITIVE reactions - with directions for greater creative influences, and the adherence to creative forces....

14. AND then hypnosis, with the directions for greater creative influences and the adherence to creative forces.

4285-1, Female Adult, 10/27/22

5. That is through the cervical, the dorsal, the lumbar and through these vertebrae regions, which would relieve this body. They will best be treated by suggestion to the body over that of the system when it is gained control of by a mind of greater strength than this, and at the first it will only be possible to gain those at periods when the body is most rational and freer of the influences as then received by the physical condition, and by the action of the mental forces that have been brought to bear over the body. It is better than it has been. This is on account of the surroundings that have been brought to bear in the body, but through that force known as hypnotic influence control may be gained that will assist the body to balance the mental forces not yet in perfect condition. See?

FEM: Yes, sir.

6. But when the body is in the hypnotic state, the body should then be treated, and not in its normal state, by deep manipulation and vibration to the body itself. See?

FEM: Yes, sir....

(continued on the next page)

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9. (Q) Or would it be better at some sanitarium?

(A) [Repeats question] Wherever the one may be that may gain control over this body. See?

FEM: Yes, sir.

If an operation is performed, it [hysterectomy] would be better at a sanitarium; such as we have at High Point, N.C.

4286-2, Female 46, 5/30/26

5. Now, these are the physical conditions to be met. Now, how may the body go about to meet those conditions then faces this body, under its present circumstances, present conditions. This can only be done by the body giving self in that way and manner as to where there are not OBTAINABLE for the body, and where these suggestions may be so given to the body as to overcome these conditions. Such a place will be found at Crab Orchard Springs, Ky., Atlanta, Ga., or Nashville, Tenn., Memphis, Tenn., or at Hot Springs, Ark., or at Mobile, Ala. All of these institutions are of that nature that such conditions may be treated, and the entity of necessity, for the sustenances of the physical and mental body, must subjugate itself and become amenable to those treatments, those suggestions, as will be found in such institutions, see? Through this way, through this manner, will this entity be able to overcome. In the present conditions there is none other, for the subjugation of the mental forces, as has been and as is created within the mind of the entity at the present, through the usage of such conditions, has brought that condition wherein the entity feels an abhorrence to all conditions in the physical world; yet the entity must awaken to that there is a place that the entity must ITSELF fill, for this cannot be filled by any other, for that we sow we must reap, and we must meet our own conditions as are created in our own minds, for the MIND IS the BUILDER, and when we build a barrier between ourselves, our associates, our friends, our FAMILIES, this we must, OF OUR OWN VOLITION, tear down, would we fill that place that is NECESSARY for each and every individual to fill that has its existence in the physical plane. That of the spirit forces as are innate may become so subjugated by the desires of the flesh that they become as nil, yet these are ever ready to be awakened and to exercise their prerogative in the life of each and every individual, will same be allowed to manifest itself, but SELF must be subjugated that such may come about. In the MIND then, in the inner self then, must the entity, the body, build, and coming to the realization that the body PHYSICAL has become so amenable, so low, as NOT to be able to control the appetite of a physical body, must submit itself to the will of another, that through same there may be created within the will, and there may be aroused within the spiritual forces, that element that may give life, light, health, strength, happiness to this body. Then do that.

Hypnosis: Narcolepsy

4506-1, Female 50, 3/22/21

T4506-001 F [Pg 2]

1. EC: Now, we have here the body of [4506], ... St., ..., Alabama. Now, these are the conditions as found here in this body. There has been brought into this physical body

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here some of the error that is inherent from the parent, so that the repression through the lyden gland - that is, that between the expression from the circulation in the pelvic organs giving off of the life-giving cellular forces of generation - a repression so that the vibrations from these in expressing them to the system - gives off too much of this, till we produce to the nerve ganglia in the brush end or in the fibrous end of the spinal column too fast a flow of the blood to the brain.

2. Thus we find that spasmodic conditions are produced to the whole system, causing what are termed these spells or sleeping sickness, or expressions to these portions of the body - so that the tautness of the muscles goes over the body, so that a repression to the heart action becomes so that all of the mucous forces that should be repressed pass normally below and begin operating opposite, so that the salivary glands give off in the mouth opposite to what they should, so that all repression that should be dormant suddenly is active in this body.

3. Now the repression or action over these can only be removed by an active mind taking of the soul-mind over this body, through the suppression of the normal mind of this body by that of a stronger mind - or an equal mind - to remove from this condition, so that the thought or the action given to the nerve force, to make the proper vibration in the body at this time, will receive its active principle from that of another mind than this one.

4. In other words, put the body under what is commonly called hypnotic influence to bring about the normal condition of the action of the body itself. This can be done. Then we will find that the body will be brought to a normal state. It will go through some three to four months of treatment, if followed as we have given here, yet it can return to itself if the body is allowed to think on these things. In this respect it is as we find in the Scriptures, as expressed in this body, "The sins of the father are visited on the children."

5. (Q) Who shall put this body under hypnotic treatment?

(A) One of the people that has a clean mind themselves. The body is good to look at and it would not be well to put under the influence of one with ulterior motives or desires.

4506-2, Female 55 (same woman as above, five years later), 5/21/26

2. EC: Yes, we have the body here. We have had this before, you see. Now, while there are many changes in the conditions in and for this body since we had this here before, we find that many of those physical conditions as were first given still exist in the changing form, as per the time, the conditions, the strains, the change of circumstance, environment, and the physical debilitation in change in physical time. Yet those same conditions in some respects show some improvement, and the conditions are such that, with the small improvement in physical manner, were these taken advantage of, could we used to assist in bringing better conditions for this body. Still we find that the subjugation of the mental-physical, by one that would correctly impress the subliminal or subconscious mind with the healing, and with the helpful, healthful, suggestion, would bring the greater help, aid, assistance, to the physical body. (continued on the next page)

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Yet there may, at the present time, be added those physical conditions that, with the changed mentality, find the reaction in same more perceptible.

3. This subjugation should be made by one that gives the massage and adjustments of the centers in the cerebrospinal system, or by one who gives the nerve centers the incentive for normal action. This may be begun by the one so manipulating insisting that the body (during the time of treatment) keep entirely quiet, and the OPERATOR TALK CONTINUALLY, with the suggestion necessary for the improvement in the body, physical and mental, see? for with these conditions, this would gradually bring about this subjugation with the centers where the cerebrospinal and sympathetic are at junctures with each other as seen in the cervical, the dorsal, and in the whole of the sacral and lumbar region.

4. The application also of the Radium Appliance would be beneficial for the body in creating, with this suggestion, with the manipulation, the correct metabolism for the system. Do that, then. These may be given either osteopathically or neuropathically, but one that follows the nerves and muscle tissue, rather than purely mechanical adjustments in cerebrospinal system. We are through with this reading.

Hypnosis: Narcomania

486-1, Male 55, 1/14/34

6. Either, then, through applications of subjugating the conscious mind through hypnosis or through those treatments that may be accorded in those places where both drink AND sedatives may be taken FROM the body in such a manner that will allow the physical to exert itself. For, unless there is the arousing, under such conditions, for the WILL of the body to maintain, to gain control, LITTLE may be accomplished.

Hypnosis: Nerves: Strained

4992-1, Female Adult, 9/23/11

9. (Q) What treatment would you prescribe to relieve these conditions, bring the body back to a normal condition?

(A) Relaxation or stimulation to the body through a natural means and not by abnormal and not from the condition in it now. Through that of the action on the mind from the rest of the body, more than that of the action on the body of the material, that is, the medicinal properties themselves, from the properties to eliminate or bring about the condition to rebuild the action we have through the other forces or a suggestion by Higher Power, than of self - through that of Christian Science, see, or through a mental suggestion of therapeutics or suggestion through the hand or manipulation through a Mesmeric condition or suggestion to the mind or action to the forces over the body by a natural means, not by an abnormal means - the condition we have at present.

We will, also, have to take something into the stomach to assist to build and strengthen the body.

10. (Q) What would that be that you take into the stomach?

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(A) Nothing now, we have the condition to be acted on through that of the suggestion to the body - the mind over the body, the application of the force of the hands or manipulation or suggestion or action with the hands over the body. Build to the digestion, also, take a sedative - sage, sugar, gin - action on the intestine or digestion in itself through iron. An action at the time of the over-stimulus of the nerve forces, which we will have from returned forces. Get rest and sleep, strength, and open air as much as possible; more oxygen to the whole organism of the body. Body will improve through these conditions.

11. (Q) Any other treatment for the present?

(A) We will have to follow closely along here, follow the thing and they will suggest themselves as she suggests herself. Keep the power strong through self and Higher up.

Hypnosis: Nervous Systems: Incoordination

341-4, Male 17, 8/7/24

7. This also in the upper dorsal is that impingement that affects the spleen in its elimination. Hence the inability of the body to, through mental forces, centralize when the sympathetic system is at a variance to the suggestion as is set for this center. Thus do we have the reaction through plasmatic blood supply to create the reaction from mental forces with the physical reaction created in brain and blood forces with suggestion. Hence the body would be very hard, VERY hard, to hypnotize.

1879-1, Male 21, 5/11/39

13. Hence there must be physical applications, - the stimulation of a neuropathic nature, by a physician understanding and seeking to know more of the nervous system; and the power of suggestion upon same.

14. WE would use, then, the combined efforts of Garrett and Kuhn. Both are hypnotists, but ONE should do the hypnotizing and the other the manipulations, but both work, labor in conjunction and in agreement.

15. And, AS these administrations are made - at least twice a week - we will give those suggestions necessary for the aiding.

16. Begin then with these. Find those centers where there are lesions along the cerebrospinal system. Make applications for the correction and reduction of these.

4432-1, Male Adult, 11/25/28

4. Now the question arises, where or what produced such conditions. There will be seen in the history of the body and its development, those conditions wherein through forces that deal with the continuity of life, the application of self towards self as respecting conditions happening in or through the leydig glands, and with that of the endocrine glands, and with those that affect the end of the pineal, (continued on the next page)

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those that caused this over-activity through the genitry system. This, then, in its reaction brought about these engorgements. Then that suppression through the activity of the body as respecting such relations. Then that of sorrow, sadness, and fear entered with this pressure. Now there is seen, by relieving the pressure along the cerebro-spinal system, especially in the region of those centers governing the leydig and the glands about the capsule of the kidney that add to the activity of those that engender in the genitry organism those activities in generation which act directly with the forces of the pineal centers, going to and through that of the medulla oblongata, these form the connection where, as given, relief may be temporarily had by the relieving of these conditions; yet there not being in the system that which will add TO that of the cellular forces as would replace the body activity in development as is reached after the age that is necessary for the engendering into the system of those principles that are added in the activity of the leydig gland, these are only temporary.

Now the condition having reached so far, necessary to add to the system that which will produce in the system that of hypnosis to the sympathetic and cerebro-spinal - these are hardships to be met. Had this been taken from six to seven years ago, easily might this have been corrected. Had there been added to the system those properties or those vibrations that would respond to the generation, or to the replenishing in the system of that stability of replenishing in cellular vibration. Yet these may be added to bring about bettered condition, and would the body RESPOND to these, these may be kept continually so, until we would find within six months to sixteen months a response that would bring bettered conditions, provided there were not the continuation of those narcotics in the system. So we have two conditions to combat. One entirely differing from the other. These may be added, then, through the addition of the vibration as would be set by the Radio-Active Appliance carrying Gold into the system, see? These should be given at least once each day, preferably just before retiring, or it may be taken in the afternoon and the dosage of the narcotic or hypnosis gradually reduced until the vibrations from the Radio-Active forces would be given in its stead.

The manipulations should be gentle each day, and stiff or deeper every third day, see? Two days gentle, one day then the deeper. Continue with these until they are able to reduce the amount of the narcotic or the hypnosis, or this may be CHANGED to a capsule that would assist in relieving the pain or the depression, and which would be EASIER removed, though of necessity there will have to be those of common judgement used, else we will find self-destruction coming to the front in same.

In these capsules we would use this, as a liquid, and this in each dose:
Eucalyptol, Oil of.....1 minim, Creosote.....1/2 minim,
Turpentine, Extract of.....1 minim, Canadian Balsam.....1 minim.
Needn't make more than two or three of these, for they will not last. These should not be given more than one every other day, see? This will of necessity not be begun until the dosage of the hypnotic is reduced to a very nominal or normal; but in sixteen months, with this careful training, this careful activity, the body should be near normal. We are through for the present.

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Hypnosis: Neurasthenia

3397-1, Female 37, 12/10/43

5. Then have suggestive therapeutics, or hypnosis. These applications indicated will prepare the body so that suggestion may be taken from one such as Slater [Ralph Slater, M.D., psychiatrist-hypnotist.] in New York City.

Hypnosis: Neurosis

5042-2, Male 21, 7/18/44

3. If there is the desire to give self over to someone else, then seek a good hypnotist and let self be submerged but the better manner is to fill the mind, fill the daily activities with the desire, with the purpose, with the reading of that type of literature as has been indicated. And this will bring better conditions, but follow through explicitly. Don't ask for that to be done for yourself that ye may do for yourself.

Hypnosis: Not Recommended

146-6, Male 13(epilepsy), 9/1/31

17. (Q) Would a hypnotist be able to hypnotize [146]?

(A) Would be able. Would not be well under the EXISTENT conditions.

543-3, Female 21(epilepsy), 8/25/30

5. (Q) Would hypnotic influence be applied to body through materia-medica or through hypnotherapy?

(A) Through materia-medica, for that as may come through the imaginative system - or hypnotherapy, or hypnotic influence is too dangerous in conditions of this nature.

567-2, Male 25(epilepsy), 6/27/34

4. As we find, under the EXISTENT conditions, it is NOT as helpful for the body to combine the hypnosis and electrical treatment in the present as MAY be necessary later on.

5. For the moment, we will analyze that which takes place in the physical body from the anatomical standpoint:

6. As has been indicated in portions of the body, as given in specific ways and manners, there are subluxations that have caused - and do cause - contributory conditions; making for engorgements where there should be the tendency for the influx or flow from impulses through the cerebrospinal and sympathetic system to enter the brain's reaction, and the impulses as they come from the sensory system or centers in the brain to respond normally in the body. And there has been outlined that there should be certain corrections with the coordinating of those portions of the body in its structural force, as well as in the muscular or nerve ganglia along various portions of the body that should be brought into a nearer subjugation or coordination, for there to be brought about the more normal condition. This we would advise to be done. (continued on the next page)

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7. Now, as to the electrical vibration that changes the vibrations to the body - and the subjugation (though it hasn't been wholly subjugated as yet) of the normal activity of the body through hypnosis: This is to FORCE the activity in and through the various portions of the body WITHOUT their being in the position for a helpfulness.

REPORTS OF READING 567-2 M 25

R1. 7/5/34 EC's letter to Dr. W. Lee Kapple in reply to his of 6/26th [See under 567-1 Reports]: "Yours of the 26th I have just received, and am very glad to know that you have had young [567] under your care. Here I want to say that I have recently received a letter from his father, and he spoke in the most glowing terms of you and your abilities; complimenting us almost beyond measure for our ability to have you interested in our undertaking. Then from other sources, even from reports that I had today, I feel sure you must be getting results.

"For your information, regarding the treatments by Capt. O'Donovan, you have no doubt seen the reading we received about this, suggesting that it would NOT be well to combine the treatments; that these might be helpful later on but not right now in conjunction with yours; that it would be necessary first for you to make a closer coordination between the sympathetic or imaginative system and the physical body before there would be much benefit from such treatments - in fact, they would be harmful. Of course, I haven't heard whether these treatments are being continued or not, since that last reading was given.

"I can only say that I appreciate your reports, and I'm anxious to know about Mrs. [515]. I have written her, but haven't heard anything recently. I'm hoping that in the early part of the fall we may be in Chicago, and that it may be possible for us to be of a great deal of assistance to each other - as I will want at that time to increase our membership and interest individuals there in the work of the organization, if it is in keeping with their best interest. I hope you will let me hear from you as often as you find the opportunity, and know that if there is any way in which I might be of a help, you only have to let me hear. We recognize the fact that we do not know it all, and there's possibly no channel that is infallible; for we are all human, but if we can only arouse the God-Consciousness in the individual, through whatever means is necessary, we may be of benefit to mankind; but we know that we are indeed very poor physicians if we cannot add something of spiritual value to the individual; for to save a body without a purpose or without a cause is worse than not to save it at all.

"Let us hear from you. With all good wishes and kindest personal regards, I am,"
Sincerely...

R2. 7/4/34 EC's letter from [567], rec'd after above letter, of course: "Now, Mr. Cayce, as you know, Capt. O'Donovan started hypnotizing me but did not succeed in COMPLETE hypnosis. My 3rd day in his office I started to have a turn and he pulled me out of it. He then said I would have no more. That has been 6 days ago and I have not even had a feeling of one since... Why not take hypnosis from the Capt. and continue taking tr. from Dr. Kapple? In this way I can become well quicker, with no ill effects to myself, according to Capt. O'Donovan. Dr. Kapple has your instructions and is following them to the letter."

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R3. 7/4/34 Father [643]'s letter: "In thanking you for the reading Mrs. [652] asked for regarding any other treatment we believe with you but at the same time in my anxiety to see [567] get started I did ask Dr. Howe of N.Y. [Hubert Howe, M.D.?] what his ideas were, NOT because any faith in your work was lacking but so that no stone would be left unturned.

"We have had many sure shot cures and of course these have their effects. I saw no other doctor and Howe was only because my brother knew him and no harm could result. And he advised keeping under control with Luminol which in itself must be criminally stupid.

"As for the hypnosis; it looked to me as though the influence or example of a healthy man and a healthy body would go along with [567]'s quite weak will and inspire him to leave the cigarettes and coffee alone. He is constant in his affection for them and naturally needs some influence to have him know that while these things MAY NOT harm him, still it is axiomatic that people do not raise babies on nicotine, caffeine, etc.

"He wants to be cured. He wants it to be done by others with no effort required of him. He is better and it looks certain that Dr. Kapple who is an exceptional man is getting results. Of course if you think, as written that Dr. K should have his chance without interference this looks logical to us and we shall hope to accomplish this thing.

"Please do not believe uncertainty or fear mastered me: in a mechanical way, this being my main job I have wanted to cover all angles as we went along.

"Mr. L. A. Weary [1/66 GD's note: Mr. Weary & family moved to VB yrs. ago.] is quite interested and says they are going to call on you before long. You will like them both very much.

"[567] is better and we attribute it to Dr. Kapple's fine work.

"He ridicules nothing, even chiropractic. I do not laugh at his work. I knew only one man and when he tried to cure a cold for me by gently moving my arm it was a joke to me. I have known that real osteopathy with brisk working of the muscles would do wonders."

R4. 7/5/34 Mother [652]'s Letter: "I feel that I am giving you a great deal of trouble, but I'm sure you understand my great anxiety.

"When [643] brought [567] home he took him, against my judgment, to a Capt. O'Donovan who has seemingly a long record in the British Army and U.S. Army for bravery in flying - and who, his manager says, is a graduate from Calcutta University, India, in medicine and surgery. His father was an Army surgeon who learned hypnotism in India and taught his son, who has been hypnotizing people for 40 yrs. His manager, Mr. white, was at one time purchasing agent for Montgomery, Ward, and is trying to 'put the Captain over' as he expresses it.

"Now, Mr. Cayce, in spite of my protests, [567] has been to him 8-9 times and finally he succeeded in hypnotizing him. After we repeatedly asked for a price, Mr. White came out yesterday to say that they wanted 5% of all our property, or 25% of the yearly income, or \$5,000, and this is the conversation. The Captain, says he, has adjusted the centers in [567]'s brain but hasn't sealed them, and I won't bother you with the threats he made if we don't let them finish. Now just what can they do to my boy? Can they at any time control him to his injury? and have they left a condition which will be dangerous? We told them that we were going to follow your tr. at all costs and have told them that [567] will not be back to them. Can they make him go back, (continued on the next page)

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or can they harm him?

"I know Mr. [643] is frantic with worry and I mustn't blame him for what he thought was right, and I now think I can control the situation.

"If [567] could be gotten out of Chicago where they didn't know where to reach him, would it help? Is there a man with you who could treat [567] and could he get the diet and complete tr. there? I think he is much better away from [643] just now and, frankly, Mr. Cayce, away from us all. There is constant friction that must be bad for him. Captain O'Donovan said he thought [567] was faking the turns and that he had been masturbating until he wasn't safe to have around. What can I do? I have made a friend of my children always and they have never been afraid to come to me with anything and [567] has talked to me always as he never has with his father - and I have given him my best judgment always. He has never been a liar, and while I understand anything can happen to a growing boy at school and elsewhere, I know he would trust me to help him. So I am rather stunned and altogether hopeless. Do tell me just what these men can do to my boy. I could not stop his going, but I surely can do something now that it is over - or is it over?"

"Thank you, and God bless you!"

R5. 7/7/34 EC's letter to Mrs. [652]: "Your special of the 5th has just come. Also I had a letter from Mr. [643], and a few days ago one from [567]. As yet I haven't answered [567], but will soon. I tried to explain to Mr. [643] what I felt was the correct thing to do in the situation. As I told him, the last reading indicated it would not be best for [567] to continue with the hypnotic treatments while Dr. Kapple is making the corrections. Mr. [643] seemed to be thoroughly sold on Dr. Kapple as a man, and also his abilities. It seems such a horrible thing for one with such a hypnotic power as Capt. O'Donovan to be so unreasonable or mercenary; one who has been given the ability (or has learned it, if he chooses rather to put it that way) to really bring help to others. I'm sure you haven't told me all the unkind things that have been said by Mr. White. As you may very well imagine, the scientists have said that I hypnotize myself when I give a reading, though this does not seem to me to be true - from my experience; and I have never attempted to hypnotize any other person. But that is what many scientists term my work. As to what these individuals might be able to do with [567], of course, I cannot tell. Possibly no one can. If Capt. O'Donovan is so unprincipled as to allow even his manager to make such threats, there's no telling what might not be done. But know this: Having been under your influence, it will be very - very hard - and I believe would require YEARS of practice - for them to make [567] do something that he doesn't want to do; though I'll have to admit that he has asked in his letter to me that I allow him to go on with Capt. O'Donovan's treatments. This may have been a suggestion from them, I don't know. "However, Mrs. [652], I believe I have a solution for the problem. We have no place here where [567] might stay and take the treatments, but we do have an associate and friend who runs a place near New York; in fact, he has a large treatment place in New York City and in connection with it a large Farm in New Jersey where people go for rest cures and also take treatments. The man who has charge of these places has handled quite a number of cases for us, following the reading suggestions, and I believe this would be the very place for [567]. The enclosed booklets will give you some idea of the two places, and I'm sure Dr. Reilly could arrange for [567] to be cared for at the Farm with all the necessary treatments. In fact, the young man [Gray Salter] whom Dr. Reilly has at the

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Farm to give the treatments was at one time connected with our hospital here and is quite familiar with our work and following the readings. In this way we could keep just as close in touch with the case as if he were right here at the Beach. So I believe it would be a good thing for you to write Dr. Reilly and make the arrangements. Write Dr. H. J. Reilly, The Reilly Service, 1908 Broadway, New York City.

“In the meantime, though, we are making an appointment to give another check reading on [567], just to see what we can find about this condition and if this suggestion about going to Reilly is plausible or feasible. This is for next Thursday afternoon, the 12th, between 3: 00 and 4: 00 o’clock Eastern Standard Time. You won’t have time to verify the appointment by letter, but if it is satisfactory, please wire me the exact address at which [567] will be during the hour set.

“This is possibly the answer, after all. I don’t know of another place.

“Of course, many individuals will accuse a person of such as Capt. O’Donovan did [567], especially in cases of this kind. We have had a number of cases - both sexes - where such has been a primary or basic cause of some disorder. So I believe that if such had been the case with [567] the reading would have mentioned it. However, we will ask that question specifically in the check reading Thursday, and if the place in New York - New Jersey - would be a practical, plausible, feasible place for [567]. I appreciate the stress that you have been going through. Know that if it is at all possible for us to be of a help, it is our sincere desire to do so.

“I appreciate your letter, expressing your confidence and faith; and I’m praying that it may indeed be possible for me in some way through the gift that has been granted me, I believe be of a help to you and yours at this time.

“With love from all to you and yours, I am...

“P.S. Be sure to wire me if the time is satisfactory, giving just where [567] will be during the hour. Also it would be well for him to remain quiet, all holding to the affirmation and desire that the highest possible information and help may be received at the time.”

R6. 7/7/34 EC’s letter to [567]: “I have yours of the 4th, and note what you say about the treatments from Capt. O’Donovan and Dr. Kapple. From some of the things that have come up, I’m sure there is a great deal of anxiety on the part of your mother and father, and no doubt yourself.

“In trying to analyze the information, [567], I believe there is something worth while in the reading and the treatments recommended for you. We know that all activities of the human body, whether a blood vessel, nerve ganglia or what, move - we might say - through a casing throughout the system. I’m analyzing it from the reading standpoint now; for, as you know, I am not a physician, but unless this information in the readings is plain common sense we can’t make it very practical. But my impression is that if Capt. O’Donovan was to force an impulse or an activity through a ganglion or a blood vessel or center in your brain or what not, when it was not relaxed, it would be very much like trying to force a three-inch stream of water through a two inch hose. It might work in part for a little while, but it would destroy the very thing that was the channel for carrying the impulse, wouldn’t it? Now it’s the same for you. There have been lesions, hindrances in your body, that the very thing that has produced these conditions - in attempting to be forced through - would bring about bad effects. (continued on the next page)

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Now, if these corrections are made by Dr. Kapple first, with the other suggestions in the reading followed along as given, it would be much better - and it certainly seems sensible; much more so than to force the issue without the corrections being made from the very basis. I have written your mother and father. I hope you will bear with me; not because I am trying to lay any claims for the information that comes through me as being infallible at all. I'm giving you the experience of thirty odd years, and of thousands upon thousands of cases. And I believe if that had been the best in the first instance the reading would have suggested it for you.

"However, we are making plans for a check up reading on these things for you for next Thursday afternoon the 12th, and we will try to get all these questions answered and clarified for you - and see just what can be done.

"I hope this is in keeping with the best, and that you will be able to grasp just what my feelings are in the matter, knowing that my whole purpose and desire is to do that which will bring the best for [567] at this time.

"With love and regards, thanking you for your letter, appreciating your faith and confidence, I am, with all good wishes..."

R7. 7/10/34 Mrs. [652] wired verification and [567]'s address, etc.

R8. 7/12/34 See 567-3.

R9. 7/14/80 GD's note: Today Capt. O'Donovan's son's daughter visited A.R.E. and in studying the epilepsy readings found her grandfather's name. She told me she met him only once, when she was about ten years old. She is going to send me copies of some old clippings about him which her mother has kept all these years.

567-3, Male 25, 7/12/34

3. We would, under these conditions in the present, continue with the CORRECTIONS only....

8. (Q) Has the hypnotic treatment by Capt. O'Donovan been harmful? If so, how may it be counteracted?

(A) So far, has NOT been harmful, as we find. But to CONTINUE, until the conditions in the nerve plexus are capable of being supplied with the necessary impulse for activity, would be to RUN DOWN the condition eventually rather than stimulating same. For, where the flexibility of any mechanical activity is forced, until it has either been oiled, massaged, or put in a position to be flexible for the use of same, it is EVENTUALLY a DETRIMENT.

1376-1, Female Adult, 5/29/37

1. GC: You will have before you the entity known as [1376] (at the above address), who seeks to develop her psychic powers and is willing to devote herself in service to her fellowmen in the expression of these abilities. You will advise her as to how to free

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herself from inhibitions and conscious interference so as to reach the highest possible development and expression in this experience. Answer questions.

2. EC: Yes, we have the entity here, [1376]. (Pronounced it like [...]) [EC mispronounced her name throughout, as if it were spelled - r-o - instead of - o-r -]
3. In giving that as we find which may be helpful to this entity, there might be first some questioning as to the declarations that are here made.
4. Are the purposes, are the desires for the expression through the psychic influences or forces, of self? or have there been such experiences that other influences are seeking for expression?
5. This should first be determined, then, within not only the physical consciousness but the deeper consciousness of the entity.
6. Again this question should be answered within self: What is conscious service to the fellowmen? Impelling them to think as self thinks? Or is it to enable such to find their own expression with their conscious contact with psychic forces?
7. Then again, what is meant, implied, by psychic development or a psychic experience of an entity?
8. Hence we see, in the question as is proposed, there is precluded in the consciousness of the entity that in which it believes as a manifestation or demonstration of psychic influences. Also, has the entity determined, and satisfied its mental and spiritual consciousness, as to WHOM the entity believes?
9. For as has been attested and demonstrated as of old, not every spirit, not every entity seeks to serve irrespective of self. Neither do all that may manifest seek to express or manifest other than that which has been the conscious, superconscious or subconscious desire of the ego.
10. What is thy purpose?
11. As we find, in defining then for the entity those questions, there must first be the purport - there must be the answer only within self - as to whom ye will serve. Is it God or man? Is it self or fame or fortune? Are there those grounds for common meeting of these influences?
12. For as the Teacher of teachers gave, as all who have pointed to a service to their fellowmen, there is ONE God; or "The Lord thy God is ONE" - and the expression should be, "My Spirit (not spirits, but MY Spirit) beareth witness with THY spirit (not spirits) as to whether ye be the child of God or not."

(continued on the next page)

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13. That witness, that attesting, that direction then, is only - ONLY - truly - in the temple of self. Or, as has been given of old, "Who shall I say has sent me? I AM THAT I AM!" That I AM then within self, responding to the I AM THAT I AM, is indeed the psychic or soul or of the soul self.

14. To arouse such then to an active service is to manifest the fruits of that spirit in conscious activity in a material world.

15. What then are these fruits? For the spirit itself may not be seen; for God hath not at any time been seen by man, only the manifested fruits of the spirit. (continued next page) Hence no hate, no dishonor; but patience, longsuffering, brotherly love, kindness, gentleness; not exalting of self but rather abasement of self that there may be the closer union, the closer walk with that I AM THAT I AM.

16. These be then those activities in which each soul may engage in a conscious material world. Not saying nor acting unkind things. No harsh words. None of these are a part of the soul, that seeks for soul or psychic development.

17. These be the manners then that one may develop one's self.

18. This entity, [1376] [?] - or [...] - (she should call herself by her real name!) - has the abilities through the manifested activities in the earth for becoming an acoustic vessel for the expression of influences in a high vibratory force that brings into the experience a desire that is at times fearful, at times glorious, at times - well, shaking - in the wonderment of whether there may not be a losing of self in the very activities that go about self.

19. Hence all the more necessity for the entity to determine, and satisfy self's own consciousness, as to the question, "For what purpose would I enter into active, conscious service for my fellowmen?" Is it that self may be exalted? Is it that self may be abased, that there may be the glory of God manifested among the children of men? or that an entity, a soul - as self - seeks expression that it, too, may use material consciousnesses for self-expression, self-glory? What witness does such an entity bear? That the Christ has come in the flesh, or that He beareth witness with thee in the deeds done in the body that are the fruits of the spirit of truth? or is it the indulgences into that which satisfies a longing for self-glory?

20. These questions must be answered, and may be answered in this:

21. Study to show thyself approved unto God, "a workman not ashamed, rightly dividing the words of truth; and keeping self in body, in mind, unspotted from the world."

22. These be the determining factors, then, as to what, as to how, as to when, as to what way [1376] [?] may develop her psychic abilities.

23. Ready for questions.

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24. (Q) Which of the following methods, if any, would be best for freeing this entity?
Violet light, scopolamine (drug), hypnotism.

(A) Neither of these. These have their place, in the physical forces of the body. Do not confuse that which is of spirit, and soul, and that which is of physical-mental and that is of the material. Put proper evaluations upon all phases.

For as the Triune is in the Father, the Son and the Holy Spirit, so is it in thy soul, thy mind, thy body. These are three, as the Triune are three, yet all in one.

What is the best manner? Enter into the holy of holies with thy God, for in the body are the manifestations of the Father, the Son, the Holy Spirit. Meditate, pray, read the Scriptures - these particularly:

The 30th of Deuteronomy, the 1st 7 verses of the 6th of Joshua, the 23rd Psalm, the 1st Psalm, the 24th Psalm, the 150th Psalm; 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. For as He hath given, "The earth, the heavens will pass away, but my words shall NOT pass away."

Know that the soul, the psychic forces of an entity, any entity, any body, are as eternal as that promise - for they are without days, without years, without numbers, but the WILL of man may make all at naught. For how CAN he be free unless will is a part of that Whole?

Thus, making the will one with Him, to be directed and guided by Him, you shall know the truth and the truth shall make you free - you - You - YOU!

25. (Q) In what specific direction should she direct her activities for the greater possible benefit of mankind?

(A) Healing!

26. (Q) Are the methods recommended by her controls the proper ones for securing financial support which is needed?

(A) "There is today set before thee good and evil, life and death - Choose thou!"

As we find, to be controlled or directed by an ENTITY that has not PROCLAIMED - Well, it is allowing will to be broken.

Do today the things thy hands, thy mind, thy body, find to do. Put thyself either in the hands of the I AM THAT I AM - or of the I AM that would seek first for self to be eased, or for self to be freed - or the earthly things and not the heavenly, the Godly.

27. (Q) Are the entities who present themselves as guides for [1376] the persons they represent themselves to be and how far may their suggestions be followed for her best development?

(A) Such questions are answered when those purposes, those desires have been determined within the inmost self of [1376] [?].

How spoke he [Archangel Michael] when he wrestled with the evil one regarding the physical body of Moses? Read that portion of Jude in which this is given.

Be ye not as the winds that blow about, as clouds without water; but be ye steadfast in the word of truth.

28. (Q) How can [Mr. [165]] be of the greatest help to [1376]? (continued on next page)

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(A) The greatest help would be to let her develop herself. Then aid in assisting and in applying a channel through which the abilities may reach material manifestations. [See 165-22, Par. 15-A p.m. same day.]

29. (Q) Can Dr. Thierer [A. C. Thierer, N.D.] be helpful in her work, of 640 Madison Ave.?

(A) If the choice is in that direction, and motivated by truth alone. (continued)

30. (Q) In what way, if any, can [1376] be of help in the work of the Ass'n for Research & Enlightenment, Inc.?

(A) By filling those purposes for individual application of the truths for individuals that may be presented from time to time, if the choice is set in truth.

31. (Q) Please explain how she may protect herself from these entities?

(A) As an entity, a soul, a mind, enters - as has been so oft given - put about the self the cloak, the garment, yea the mantle of Christ; not as a man, not as an individual but the CHRIST - that universal consciousness of love that we see manifested in those who have forgotten self but - AS Jesus - give themselves that others may know the truth.

For the promise has been, "If ye will call, I will HEAR!" "If ye will call, I WILL HEAR!"

That is the protection. Call - that the spirit of truth, that is manifested in the promises of an ALL-Loving Father, be about self in the seeking to aid, to bring cheer, hope, help, faith, courage to the weak, to the discouraged, to the disconsolate. These be the promises - and how hath it been said? "Though the heavens and the earth pass away, my words, my promises shall NOT" - unless ye supersede them by the promises of man!"

32. We are through for the present.

2696-1, Female 31, 3/12/42

18. One if the subjugation of the body's consciousness by one that may overpower the mental body by suggestions to the psychic forces. But this we would NOT suggest, save as a last resort....

30. (Q) Was this condition originally caused by a stroke or by emotional hysteria?

(A) As indicated, emotional hysteria - as it arises from the PSYCHIC force of the body; PRODUCING a pathological condition, affecting those areas as indicated.

It is NOT mental.

Do these things, to be sure, as has been indicated.

The condition 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.

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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.

3343-1, Male 36, 11/1/43

37. (Q) Under hypnosis, could I become a reliable vehicle for the transmission of clairvoyant perception?

(A) Best let hypnosis alone, for this body, unless you wish to hypnotize someone else! Practice it within yourself. Let it be self that would be subdued and give the authority to God, not man - through man, but to God.

3450-1, Female 55 (Parkinson's Disease), 12/8/43

15. (Q) Would hypnosis help the body conditions? If so, please give name and address of reliable hypnotist in or near Boston.

(A) Not as we find indicated here. Spirituality is the most help. Deep meditation, prayer, will be the most helpful.

4800-1, Female Adult, 12/20/23

6. R E L I E F - To give then the balance of force, and to prevent the cell in brain force forming a globule, or impression, that would become destructive to brain forces, we would through that of mesmeric forces (not hypnotism) mesmeric forces sub-ordinate the mental forces of this body. While in this condition, with electrical forces as may be applied to the body from the body of another, as heat or friction created, give that application at the first cervical, with those suggestions to create the balance and to correlate all elements in the system, with between times (see this should not be done too often) that of the gentle massage, either through neuropathic or the gentle massage of osteopathic forces, to keep the correct impressions to the NORMAL physical, mental forces of the body, [4800].

Hypnosis: Paralysis

1122-1, Female 20 (after effects of an injury), 8/15/29

3. IN THE NERVE SYSTEM, OR SYSTEMS - RATHER SHOULD IT BE HERE, here we find rather the cause or the seat of the conditions, for in the sacral and coccyx we find pressures that prevent the body in its NORMALCY from giving the proper reaction in the directions as are given by IMPULSES, even to the brain centers. This existent in the region where the activity of the pineal gland, with the development of the forces of the system itself, prevent a NORMAL reaction. Not that the impulses as come to the system through the development of the organs of the system, or those of impulses as to all developments of a normal physical body, through the adrenal or the lyden, or the upper portion of pineal, or those of the glands in the forces of the system do not coordinate - but those as from LOCOMOTION, from the lower portion (continued on the next page)

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of those of the sympathetics, with those of the plexus governing the left side, are such that these do not coordinate WITH those of the cerebro-spinal in the gray reflex forces in the nerve system itself. A PRESSURE exists in the coccyx and sacral. NATURALLY there are reflexes existent in the lower lumbar and in dorsal and in those of the head and neck. These are REFLEXES, however, and are results - not causes - of the condition. The injury as exists in coccyx and sacral, is the cause.

9. (Q) How can they control the mental state, as suggested by the Forces?

(A) Through those of what is primarily called hypnosis, or in that of the subservient condition of the mind - it may be done as the body sleeps, FIRST - see?

10. (Q) Is it necessary to have some special one to give this treatment?

(A) One who may be trusted, and one who may be able to do such. It wouldn't begin with the first - but such an one as A. C. Layne [Al C. Layne, D.O.], or such an one as Charles Taylor [Charles Francis Taylor, Consulting Psychologist]. Either of these would be well.

11. (Q) For the entire treatment or just that part of it?

(A) Entire treatment, except those of the sinusoidal rays. These then necessary to be given through electrical vibration. Neither of these are electrical vibrations in themselves, though they CREATE electrical vibration, so far as consideration is to the sympathetic nerve system.

1122-2, Female 21, 12/2/29

2. (Q) How long before voluntary motion of fingers?

(A) When the central nerve reflexes from the upper portion of solar plexus correspond with those of the sympathetic plexus in lumbar, we will find voluntary and involuntary set up - for these are from sympathetic and cerebro-spinal, as has been given or intimated in that relaxation occurs through subnormal consciousness, or through the activity of the sympathetic system. Establish that connection - that's why heat - that's why the sinusoidal low vibrations - why the applications of those internal - why the application of those mental - ALL aid in such reaction.

1122-6, Female 21, 1/20/30

5. (Q) What would you recommend for greatest relief of body?

(A) The subjugation of the mental being, as to be made to coordinate with that being administered for the PHYSICAL body! This has been given!...

8. (Q) To what extent should she have liberty of expressing itself?

(A) As has been given, the mental must be subjugated BY another. Now, that doesn't mean subjugation of the physical body, nor of the coordination of the physical AND mental - see? Then, talk all it pleases, do all it pleases - BUT under the care of one in SYMPATHY WITH that being administered for the body. Now do that! We are through for the present, with this case.

HYPNOSIS CIRCULATING FILE

1122-7, Female 21, 2/3/30

2. (Q) Are all treatments carried out satisfactorily?

(A) There has oft been given the suggestions of the subjugation of the conscious forces to suggestions. These have NEVER been carried out in the manner as has been suggested. In part, but in part these are ONLY of an AGGRAVATING nature [by Mrs. [2502?]], as they have BEEN carried out, as has been given....

6. (Q) Who would be suggested to give treatment regarding the subjugation?

(A) These have been given. [See 1122-1, Par. 10-A.] We find these as good or better than most that we may contact for this individual body.

1122-8, Female 21, 2/10/30

1. EC: Here we find with this body that conditions are gradually on the improve, and are as fast as may be EXPECTED UNDER the circumstances and conditions. Better were the subjugations, as have hindered, DO hinder, relieved through the processes as given. Better were the irritations mentally relieved from the body, for the better conditions in GENERAL for the physical forces of the body.

1122-10, Female 21 4/1/30

1. EC: We have the body here, [1122]. Not a great deal of change for the betterment since last we had same here. WELL, though, the body-physical has kept as good as it has, and may be considered on the improve; for life in itself is an activity, and either goes forward or backward. The suppressions of the body would be most beneficial; that is, of the imaginative forces. Would be well, in the study of the applications as have been given, that those of the physical body, the mental body, and the spiritual body, their attributes in each - those that interlap one with another, and the effects as are created in system be studied; for while the deviation in nerve impulse from condition as has existed in lumbar and sacral and coccyx is an imbedded condition, and causes the impulses such as they be. These, as we find - under subjugation of that as has so long called for [See 1122-1, Par 10-A.], the purely PHYSICAL reaction through the MENTAL forces may be aided materially. We would DO that, in CONJUNCTION WITH the rest - but DO NOT make them unless they are to COORDINATE and COOPERATE one with another in MAKING the applications! Do not have one blaming the other, or vice versa; for there must be cooperation, and coordination may be brought NEARER normal - not absolutely normal, but NEARER normal for this body. Ready for questions.

2. (Q) Could Dr. Job Taylor [Ph.D., Philosophy Professor later at Atlantic University] of Roanoke Rapids, N.C., give this body the hypnotic treatments required?

(A) First would be necessary that the STUDY of the body be made by Taylor! Then he may aid it!

HYPNOSIS CIRCULATING FILE

1122-11, Female 21, 4/14/30

1. EC: We have the body here. This we have had before. Not much change in the physical conditions of this body, and unless there may be added to that aiding through the subconscious forces in the manner as has been outlined, little - as WE see - may BE accomplished, other than keeping just that as IS manifesting in the physical life. While the body - for one that would study the body mentally, or psychiatrically, or psychopathically, or the pathology of the conditions would be interesting - but unless something is DONE ABOUT IT, what is it worth? Ready for questions.

2. (Q) Where can body get the treatments?

(A) Ones have been given! Why not try those? [See 1122-1, Par. 10-A.]

3. (Q) Would it be advisable to go to N.Y. for treatment?

(A) Unless there may BE the proper arrangements for same, going to New York won't get the treatments!

4. (Q) Could arrangements be made with Dr. Taylor [Charles Francis Taylor, Consulting Psychologist] in New York -

(A) He's in Brooklyn!

5. (Q) (Continuing) to give this treatment?

(A) Well, there would necessarily be some changes, and some conditions that would have to be changed and looked into before they would even be given, under those circumstances at present - though there are parts.

6. (Q) What procedure should we follow?

(A) Get somebody to give the treatments!

7. (Q) Who would you advise to give the treatments if the body stays at the hospital?

(A) ANYONE who may so control the mental forces as to bring to the active forces of the body those of the subconscious self. One that may do same will aid and BENEFIT the physical and mental forces of this body. We are through with this reading.

1122-12, Female 21 5/10/30

3. (Q) What should be done to correct this condition?

(A) Suppression of those forces as has been outlined.

2099-1, Female 12, 7/16/31

11. Or, these may be had through a sympathetic reaction of one applying those of vibratory forces that come from hypnosis, as would be produced by those of magnetic vibrations, adding WITH this same those manipulative forces as in the better applications apply with same through those of the schools of SUGGESTION, as may be had from those in Nevada, Missouri.

HYPNOSIS CIRCULATING FILE

Hypnosis: Paranoid Schizophrenia

3320-1, Female 60, 10/25/43

7. These are hard for thee to interpret in thine own set way and manner in the present.

8. Then submit to one who might - through the power of suggestion - correct thy mind and direct thy mind in the corrective manners for overcoming and meeting self.

9. Keep up those applications. But, unless there is the correcting in self, and unless the individual entity gets its own direction from the power of influence to control its own mind, very little physical help may come....

11. (Q) Would you suggest any particular person to give the suggestive treatments?

(A) This might be chosen, or had best be chosen by self - or those whom the entity may trust. But do not trust someone and then condemn him for his choice - as ye have done.

Hypnosis: Possession

2865-1, Female 31, 12/7/42

10. After the Atomidine has been taken for a few days, or the first five-day period, we would begin subjugating the body-mind by suggestion, - or hypnosis. Such an one as Dr. Kuhn* may be risked with this undertaking.

11. When there has been the second or third such subjugation, let the body rest from such suggestions until there has been some response in the system.

12. After there has been gained control of the body once or twice (by hypnosis), begin the use of the low Wet Cell Appliance carrying Gold vibratorially to the body - using at least one grain Chloride of Gold to each ounce of Distilled Water, but let there be at least four ounces of the solution used in the Appliance. Renew or change the Gold Solution every fifteen days. The attachments would be made as follows....

15. Have the Appliance ready when the suggestive treatments have been started....

17. When there has been a rest period from the first suggestive treatments, - then, after that, the second or third period of such subjugation should bring the return of coordination.

3075-1, Male 24, 7/2/43

14. Select some good hypnotist, such as Garrett or Kuhn, or both, and have the body put under those influences.

15. When aroused from this subjection of the subconscious to control, by the performing of such impressions, use the low electrical forces to change vibrations through the body. The hand machine violet ray should be sufficient. (continued on the next page)

HYPNOSIS CIRCULATING FILE

Apply the bulb applicator of this principally to the 9th dorsal, 3rd cervical, and the base of the brain. Not too long a period, just sufficient to disassociate the flexes as would nominally come as there is the regaining of the NORMAL reactions of the body....

18. The character of the flexes will depend much upon the type of suggestion that will be made while under the influence of another mind. We find that the body WILL respond, and it may be directed into any of those channels that may aid the body in becoming a useful, dependable citizen, and in helpful influence with others....

22. (Q) Advise regarding the type suggestion the hypnotist should use.

(A) This should be constructive, but directed towards controlling his own emotions....

24. (Q) How often should the massage be given?

(A) The hypnotist's treatment should be at least two or three times a week. The violet ray and the massage should follow each of these treatments....

26. (Q) Would the complete lack of girls, which he talks about often, have any bearing on his condition?

(A) This may be gathered especially from the suggestions indicated, and by the suggestions in relationships to such, as may be made by those controlling the body-mind.

Hypnosis: Psychosomatics

2312-1, Female 39, 7/25/40

5. Then, in connection with these, we would have the subjugation and the self-analysis as through Kahn or Garrett - or these combined.

Hypnosis: Regression: Recommended

2291-1, Male 34, 6/28/40

TEXT OF READING 2291-1 M 34 (Government Employee, Protestant)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 28th day of June, 1940, in accordance with request made by the mother - Mrs. [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. J. R. Burke.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Born November 23, 1905, in Alexandria, Virginia.

Time of Reading 3: 55 to 4: 10 P. M. Eastern Standard Time., Penna.

1. GC: You will give the relation of this entity and the universe, and the universal forces; giving the conditions which are as personalities, latent and exhibited in the present life;

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also the former appearances in the earth plane, giving time, place and the name, and that in each life which built or retarded the development for the entity; giving the abilities of the present entity, and that to which it may attain, and how. You will answer the questions, as I ask them:

2. EC: (In going back over the years from the present - “ - ‘30 - yes, disturbing - ‘28 - ‘29 - better - ‘26 - “ etc., on back to birth date.)

3. Yes, we have the records here of that entity now known as or called [2291].

4. In giving the interpretations of the records through the astrological and material sojourns, there may be drawn from these in the present experience that which if applied may become a helpful thing for this entity.

5. As we find from the records here in the present, merely to give astrological urges, or even a summary or list of the material sojourns, might mean very little to the entity, - unless that which has been and is a part of the present experience of the entity were taken into consideration.

6. For, the past astrological and material sojourns have so little bearing under the present existent conditions.

7. Rather had this information been sought rather from the Mental and Physical Reading, so that there might have been an interpretation or an analysis of the emotions and the influences which bear upon the body.

8. Not that there are not the abilities, nor the qualities that would make for an excellent executive - even - in any department that would have to deal with facts and figures. For these become a part of the entity’s experience, as they have been through the material sojourns in the earth.

9. Hence the very emotional natures of the body, as combined with the physical conditions and pressures as we find existent, make for periods in which the body-mind is not itself; and thus it does not even do that which the body-mind has proposed, is destined, or has intended to do or to have as a part of the activity or experience of the entity.

10. Not that the entity or body is possessed of disincarnate entities, but there are those pressures upon the sensory organisms that, combined with especially the emotional nervous system, tend to confuse the body as to its place, its position, or as to its purposes and intents.

11. Thus those conditions arise as problems, in which the body in its own appetites, its own activities, its own physical ways, has been carried away, or has been amiss.

12. These, then, are the influences as we find that need the greater attention.

(continued on the next page)

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13. This as we find, still, may be done best through that of psycho-therapy; that is:
14. First we would begin by making osteopathic adjustments in the physical forces of the body, of the subluxations which exist in the 3rd, 4th cervical, the 2nd, 3rd and 4th dorsal, and the coccyx. We would make these in series of some twelve to sixteen adjustments CONSISTENTLY taken.
15. These subluxations have come through PHYSICAL conditions that were existent.
16. Then, after the osteopathic adjustments have been made, we would have two, three to four experiences in which there would be the subjugation of the physical consciousness of the entity; in such a way and manner as may be done under the direction of such as Garrett or Kuhn, or these combinations.
17. Thus we would find quite a different capacity for the activities to be brought forward in such a manner that those conditions which are a part of the entity's experience from the former earthly sojourns may be made applicable for the entity.
18. Then, do those things first; the first things first.
19. And - those who are responsible for this entity - know that God is not mocked, but has given each soul that has manifested the opportunities not only for self but those souls entrusted to self's keeping, that ye may become channels of blessings to others.
20. In the application of those things indicated, be sincere, prayerful and earnest. Thus ye will find the outlook of the entity upon life, its principles, its duties, its obligations, will be changed, - yea, there will be even the abilities of the entity to accomplish those things whereunto it has been given the opportunity for expression.
21. We are through for the present.

Hypnosis: Sin: Crimes

1978-1, Male 28, 8/18/39

7. This as we find would be best accomplished by subjugating the physical consciousness and using the inner or soul consciousness to describe conditions that are to be eliminated from the consciousness; by hypnosis....
9. As has been indicated, then, there came the experience which has altered the personal experiences of the entity in this particular period, - and the rest would only become as more helpful when there is the removing of this suppression, and obsession; and then the seeking for the great spiritual enlightenment as may become a part of the entity's experience....

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13. Thus we would indicate, first, - have those experiences through which there may be removed that determined expression set, that has made the body soul-sick, that has set it as against others....

15. For through that grace and mercy and peace and harmony will come, from such determinations, - by the removal of those obsessions, those oppressions, and those activities in which those inner influences may be aroused, that may be the determining forces by subjugating the physical consciousness....

19. (Q) What should be the nature of the hypnosis?

(A) True hypnosis, there is only one. Subjugating of the physical consciousness for the interpreting of the obsession.

Hypnosis: Spirit Communication

3000-2, Female 55, 5/14/43

41. (Q) What is the entity that puts me into a hypnotic sleep at night?

(A) Beware of those influences that would prevent thee from being thine own self. Walk closer with those forces as promised in, "In my Father's house are many mansions..."

Hypnosis: Stomach

3619-1, Female 54, 1/28/44

4. As we find here, the relaxings of the body or through suggestions made as to almost hypnotize the body will help. This should be done by the power of suggestion at the same time that applications would be made for magnetic healing. This may be done by the very close associates of the body:

5. Place the right hand (of the one making these applications) on the back, opposite the pit or the cardiac portion of the stomach, and the left hand over the cardiac portion of stomach. Hold for three to four minutes. This should be directly on the body, not through the clothing. At the same time there should be those suggestions for the increasing of the flow of blood, the increasing of the flow of nerve forces, as to the relieve these tensions that have been produced there.

6. These forms or manners will be much preferable to attempting to use counter-irritants with any form of plaster, mustard plaster or musterole or minute rub or any of those combinations where mustard or other characters of counter irritants are used.

7. It will be well that this be done at least once each day for at least fifteen to eighteen days....

12. (Q) What should be done for the trouble in my head?

(continued on the next page)

HYPNOSIS CIRCULATING FILE

(A) This is mostly reflex. The adjustments made osteopathically in the upper dorsal and throughout the cervical, head and neck will relieve these tensions that are left after the corrections are made through the magnetic and suggestive treatments.

13. (Q) Will these treatments also correct trouble in my left side?

(A) They will.

14. (Q) Will these treatments also correct trouble in my circulation?

(A) Do these things indicated. The circulation is that that is disordered. Do these and we will bring better conditions for this body.

Hypnosis: Warnings

146-3, Male 13, 2/23/31

16. (Q) Could hypnotism be used in his case?

(A) It might be used, but be MINDFUL of who would use same!

315-4, Male 27, 6/18/34

15. Also the influences from the sojourn in Venus make for hindrances, for these are adverse with Mercury. Hence so oft do those that come in contact with the mental abilities of the entity judge same as being weird and out of place, senseless even at times, yet are influenced irrespective of their expression by the very presence of, the very associations, the manner of expression of the entity itself. And it is to the credit of the entity in the present sojourn thus far that the abilities in this direction and its influences upon others have not been used as yet amiss. And the greater warnings might be given the entity in that direction, for there are the abilities to use such an influence even to the point of where the entity might subjugate even the minds of others. Then, never use those abilities of what is termed within the influence of self as hypnotic influence; for as to the opposite sex and as to its own relationships these would become stumblingblocks in the entity's experience. And keep the feet LITERALLY, mentally and - most of all - souilly, on a firm foundation of truth and purpose in the earth, and in the present sojourn.

458-1, Female Adult, 11/26/33

15. (Q) How many and how often should the treatments be given to relieve the spinal condition?

(A) How many taps would there be on a splinter to improve or to make for perfect unison in making a splice?

Until the conditions (that will be found there by the examination) stay or remain in their positive positions; both in the coccyx and in the upper dorsal center. See?

This may require only twenty-eight to thirty. It may require even less. DEPENDENT upon how well and how sincere the response is - that is, mentally and physically - from the body to whom the treatments are applied, in making the corrections.

THEN, when the corrections are normal, choose either the hypnosis or suggestive forces, or the gland and electrical treatment. Which would be better? Some who would

HYPNOSIS CIRCULATING FILE

give the one method of treatment would be better than some in the other, and vice versa. To be sure, the more positive may be had through the gland and the electrical treatment; that is, gland injection - provided the gland serum is ALWAYS CLEAN; for it is dangerous to ever inject serums into any live organism unless perfectly clear! It is also dangerous to submit to submerging of self through hypnosis, unless the body-mind of such an operator is in accord with CONSTRUCTIVE forces in a body!

Not impossible! The whole condition deserves the best. Do that.

Physiology & Anatomy: Hypnosis

567-2, Male 25, 6/27/34

4. As we find, under the EXISTENT conditions, it is NOT as helpful for the body to combine the hypnosis and electrical treatment in the present as MAY be necessary later on.
5. For the moment, we will analyze that which takes place in the physical body from the anatomical standpoint:
6. As has been indicated in portions of the body, as given in specific ways and manners, there are subluxations that have caused - and do cause - contributory conditions; making for engorgements where there should be the tendency for the influx or flow from impulses through the cerebrospinal and sympathetic system to enter the brain's reaction, and the impulses as they come from the sensory system or centers in the brain to respond normally in the body. And there has been outlined that there should be certain corrections with the coordinating of those portions of the body in its structural force, as well as in the muscular or nerve ganglia along various portions of the body that should be brought into a nearer subjugation or coordination, for there to be brought about the more normal condition. This we would advise to be done.
7. Now, as to the electrical vibration that changes the vibrations to the body - and the subjugation (though it hasn't been wholly subjugated as yet) of the normal activity of the body through hypnosis: This is to FORCE the activity in and through the various portions of the body WITHOUT their being in the position for a helpfulness.
8. A comparison would be that it is like forcing more water (or the attempt) through a hose that is not of sufficient capacity to carry same. And it produces in the walls of the fibre itself that which becomes soon detrimental, or makes for constitutional conditions such that the reactions are not so well.
9. On the other hand, if the subluxations are corrected in the manner that we have indicated, in thirty to sixty days we would then give the changes. And it might be that the electrical vibration and the hypnosis as a combination would then be well, though it isn't indicated in the present; but this may be necessary, dependent upon the changes that are wrought in the meantime. (continued on the next page)

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10. And these subluxations that we indicated have been shown by the shadowgraphs or X-Ray, that in the axis, in the lower portion of the cerebrospinal system; that there are SPECIFIC centers wherein these subluxations have prevented - and do prevent - the normal flow at such periods.

Physiology & Anatomy: Hypnosis: Mind: Aberrations

186-2, Female Adult, 4/26/26

2. (Q) Has any other former appearance on earth of [186] now influencing her?

(A) One just before this; in the way and manner, especially, in that as has and was in the early youth classed as eccentricities, and in that these have become such a portion of the body that the whole introspection of the entity is rather of the nature of such self-condemnation as to bring physical conditions of a detrimental nature. Hence the subjugation through those of a subliminal nature, to reach that inner self through the suggestion, see? As suggestion is to the Mind, the Builder, then we will find, by the subjugation of the own personnel [personal], or personality in the present condition, we would bring that, through proper suggestion, which would build in a normal manner. Hence, with the application of those vibrations for the physical condition that is as of an equalizer throughout the whole physical system, would bring the quick resuscitation of physical normal conditions for the body. Some 6 to 10 such subjugations [hypnosis - suggestive therapy] should be sufficient, were this properly given. Then keep up the application of the Radio-active Appliance, that the equalization may be taking place in a normal manner for the physical forces of the body. Through this we will find the conditions will be better overcome, and there will not be the resistance, see, in the physical mind, against those better conditions that would assist in building physically, for the body; for, as we find at present, when suggestions are given for the physical benefit, these the body fights against. This must be broken down through subjugation of the subliminal, or the inner self. Suggestion lending that control, the personality, while in the suggestion, acts to that of building from within - the mental building, see? This must be done properly. Do not give the Radio-active forces unless these others are given, see, first.

After the 3rd such suggestion, begin with the Radio-active forces, and we will find that these (the suggestions) should be given once each week, and by the time the 6 to 10 are given we should find the body more in a normal condition than it has been in a long, long, time, see? though the gradual normal development will succeed, or following this.

HYPNOSIS CIRCULATING FILE

Edgar Cayce's Experience with Hypnosis



In order to help out his family financially, Edgar left school as a teenager and started working with an uncle on his grandmother's farm.

The following year, when his family moved to the city in Hopkinsville, Edgar got a job at the bookstore on Main Street. A few months later, he met, and fell in love with Gertrude Evans. They became engaged on March 14, 1897, four days before Edgar's twentieth

birthday, and decided to marry when he was able to support a family. In June of 1898, Edgar lost his job and worked for a while in a dry goods firm before moving to Louisville, Kentucky, in order to obtain a better paying job. His goal was to raise enough money so that he and Gertrude could begin their life together. During the Christmas season of 1899, he went back to Hopkinsville and formed a partnership with his father, Leslie Cayce, who was then an insurance agent. As a result, Edgar became a traveling salesman. It was the turn of the century, he was almost twenty-three-years-old, and seemed to be doing quite well. In addition to insurance, he sold books and stationery and he became quite confident that it would not be long before he could afford to get married.

Unfortunately, one day after taking a sedative in order to alleviate a headache, Edgar Cayce developed a severe case of laryngitis. At first he was not really concerned. After all, many people lose their voice for a day or two, but the condition persisted. Doctors were called in and later on specialists, but still Edgar was unable to speak above a whisper. As the days turned into weeks, he was forced to give up his job as a salesman and he began looking for something else he could do that did not require much speaking. The laryngitis persisted for months and for a time Edgar gave up the idea of ever speaking normally again.

Eventually, he found the perfect job in Hopkinsville as a photographer's assistant. There he could be close to Gertrude and his family, and with those closest to him nearby it would not bother him so much that his condition was incurable. Sometimes he regretted the fact that he had never been able to finish school, becoming the doctor and preacher he had dreamed of, but he found comfort in his loved one and in the Bible and he became content with the idea of settling down with a wife and children.

During the first decade of the 1900's hypnotism and stage shows were experiencing a renewed revival in this country. One showman, who called himself "Hart, the Laugh King," brought his comedy and hypnotism act to the Hopkinsville Opera House. Although not a therapist, Hart had witnessed some interesting experiences with hypnosis. Somehow he heard about Edgar's laryngitis and offered to try an experiment in an attempt to help the young man. In the first session, Hart hypnotized Cayce and told him that he would be able to regain his voice. To the amazement of everyone present, Edgar responded to any question asked of him in a normal voice. However, he would not take a post-hypnotic suggestion, and the laryngitis returned when Hart awakened him. The experiment was repeated several times; each time, Edgar was able to speak normally in

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his sleep state. Nevertheless, when the young man was awakened, his soft-spoken whisper returned. Even when Hart had to leave Hopkinsville because of other commitments, Edgar's predicament was not forgotten. The local papers became excited about the case. Many people became convinced that somehow hypnotism was the cure to Cayce's problem.

Knowing that some patients under hypnosis showed powers of clairvoyance, a New York specialist interested in the case advised the Cayce's to repeat the experiment but this time instead of suggesting that the young man's voice return, to ask Edgar himself to talk about his condition. His parents were against the idea. Ever since the first experiment with Hart, their son had lost weight. It appeared as though the sessions were a drain on his physical body. Gertrude let her fiancé make the decision, for with or without his voice they could have a life together - and besides, Edgar rather liked working with photography. In the end, Edgar consented to one further test.

A local man, Al Layne, was found who could give the hypnotic suggestions. Layne had educated himself. Not only had he worked with hypnotism, but he was familiar with osteopathy as well. Edgar offered to put himself to sleep - much as he had done when he had slept on his schoolbooks. Once he was asleep on the couch, Layne asked him to explain what was wrong with him and how he could be cured. And Cayce spoke back! While asleep, Edgar Cayce described his problem as a "psychological condition producing a physical effect." He went on to explain that the condition could be removed by suggesting to him while in the unconscious state that the blood circulation increase to the affected areas. After Layne made the suggestion, he and Cayce's family watched in amazement as the upper part of Edgar's chest and his throat turned a bright crimson red and the skin became warm to the touch. Twenty minutes passed before Edgar spoke again, stating that before Layne awakened him the suggestion should be made that the blood circulation return to normal. Layne followed the instructions. When Cayce finally awakened, he was able to speak normally for the first time in almost a year. The date, March 31, 1901, marked the first time Edgar Cayce would give a psychic reading. Edgar, his parents, and Gertrude were overjoyed that he could finally talk. The young man's plan was to continue being a photographer, getting married as soon as possible. He would never have given another thought to putting himself into the sleep state, except that Al Layne had witnessed something truly extraordinary and was beginning to have other ideas. For years, Layne had been bothered by a stomach difficulty that doctors had been unable to cure. Because he knew enough about medicine to realize what therapeutic suggestions could be harmful, he asked Edgar to try giving a reading on the stomach problem. Although skeptical, Edgar agreed. He felt obligated to Layne for having helped him regain his voice. The reading was given to satisfy Layne's curiosity. Asleep on the couch, Cayce spoke in a normal voice and described the problem exactly; he recommended herbal medicines, foods, and exercises for improvement. After one week of following the sleeping Cayce's suggestions, Layne felt so much better that he became even more excited about Edgar's ability and he strongly encouraged the young man to try other tests.

With this turn in events, Edgar Cayce felt as if he had been placed in a precarious position. On the one hand, this business of readings was very strange to him. He knew

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nothing about medicine or the diagnosing of illness or even the workings of psychic ability. He only wanted to live a normal life in Hopkinsville with a wife and a family. On the other hand, Layne argued that Cayce had a moral obligation if his talent could be helpful to people. Finally, after a great deal of prayer, after talking it over with his family, and after looking to his Bible for guidance, Edgar agreed to continue the experiments under two conditions: the first was that if he ever suggested anything in the sleep state that could be at all harmful to people, they would stop the readings, and the second was Layne had to always remember that Edgar Cayce was first, and foremost, a photographer.

[Taken from the A.R.E. Website: <http://www.edgarcayce.org/edgar-cayce2.html>]

Self-hypnosis used to calm asthma attacks

Venture Inward, January/February 2004

An asthma attack has both physical and psychological components. The anxiety that often accompanies an attack reinforces the physiological processes underlying the asthmatic response. Teaching the asthmatic patient how to use self-hypnosis to control the anxiety can be effective and may also reduce the need for medication.

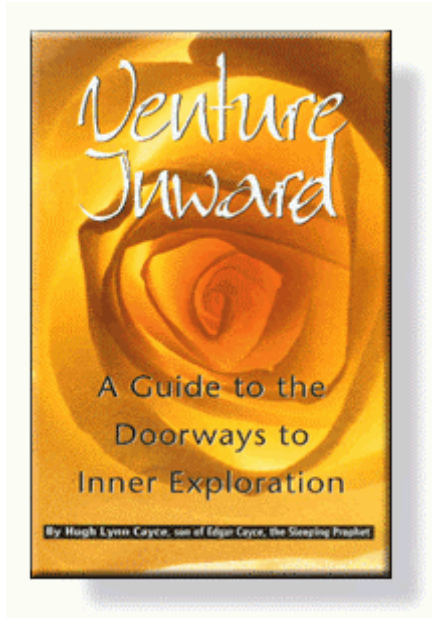
A 12-year-old asthmatic patient learned self-hypnosis by following instructions that she would imagine walking on a beach and lying down near the ocean to relax. She received, according to the report published in *BMC Pediatrics* by Ran D. Anbar, M.D. of the Department of Pediatrics, State University of New York Upstate Medical University, a post-hypnotic suggestion that when she touched her finger to her nose, she would enter a state of profound relaxation.

After two 45 -minute sessions, she was able to use the finger relaxation technique to calm herself. She had been using nebulized levalbuterol at least four times a day, but within two weeks of her training, she was using hypnosis instead half the time, and by three months she had completely discontinued use of the medication.

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Venture Inward: A Guide to the Doorways to Inner Exploration

Hugh Lynn Cayce



For those who desire a safe pathway into their inner selves, this classic book about psychic development is required reading. Written by the late Hugh Lynn Cayce, elder son of psychic Edgar Cayce, this book begins with the story of the “sleeping prophet” and his clairvoyant gift, which helped so many people. In later sections Hugh Lynn delves into different doorways to the unconscious, including mediumship and hypnosis among many others.

Dreams, meditation, and spiritual study in small groups are recommended as the safer doorways to opening one's mind to greater realities. Quotes from the Edgar Cayce readings emphasize the most positive direction to higher soul growth.

Automatic writing, Ouija boards, hallucinogenic drugs, and other approaches labeled by Hugh Lynn as “dangerous doorways to the unconscious” are critically examined and appropriate warnings are given for these methods of expanding one's

awareness.

A must-read for the new seeker; and excellent reminder for the seasoned spiritual searcher.

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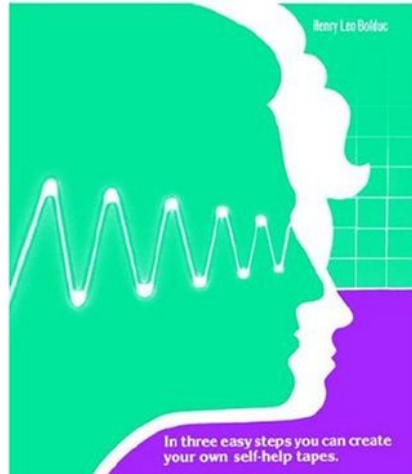
Self Hypnosis: Creating Your Own Destiny

by Henry Leo Bolduc

<http://www.henrybolduc.com/selfhypnosisbook/selfHypnosis.htm>

Self-Hypnosis

Creating Your Own Destiny



There is no limit to what you can do!

Here is a unique book that not only teaches you the theory behind hypnosis, but also gives clear and practical instructions on how you can actually make your own self-hypnosis tapes.

In three easy steps you will learn to create a personal self-hypnosis program based on tapes that you have created. Through the use of "cycles" (individualized programs for change), the author shows how you can reprogram your mind to control or eliminate unwanted habits, create a positive new identity for yourself, or develop your latent talents and abilities.

Each "cycle" includes a complete script detailing exactly what to do and say as you create your own self-hypnosis tapes. The finished tapes will utilize both the right and left sides of the brain to give you the maximum benefits you desire.

Choose from among 31 different programs, including:

- Preparing for Change
- Memory and Concentration
- Public Speaking
- Career Planning
- Developing a Sense of Humor
- Attracting Love
- Self-Health
- Sexual Fulfillment
- Cigarette Cessation
- Developing Psychic Ability
- Building Self-Confidence
- Attracting Abundance
- Sports Achievement
- Finding Lost Objects
- Enhancing Creativity
- Friends and Soul Mates
- Stress Management
- Your Slender Image
- Overcoming Insomnia
- Chakra Attunement
- And More!

Based on the author's 25 years of active work in the field of hypnosis, as well as his research into the readings of Edgar Cayce and the innovative techniques of the late Dr. Milton Erickson, *Self-Hypnosis: Creating Your Own Destiny* offers you a 100% natural way to remodel your life the way you want it to be.

"All hypnosis is self-hypnosis, says Henry Bolduc, as he shows you how you can visualize yourself into a healthier and happier life."

JESS STEARN
Author of *The Power of Alpha Thinking*

"I've personally experienced and constantly use the methods, wisdom and exercises detailed by Henry Leo Bolduc in this book. It works."

"And it's so easy to begin getting out of your own way and begin realizing every one of your dreams. The first step consists of your desire and Bolduc's effective guidance. Do it today."

PAUL ZUROMSKI Editor & Publisher of *Body, Mind & Spirit* magazine and author of *The New Age Catalogue*

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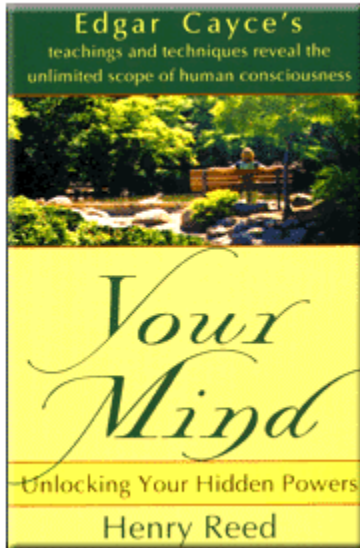
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Your Mind - Unlocking Your Hidden Powers

(Formerly titled "Mysteries of the Mind")

Teachings and Techniques to Reveal the Unlimited Scope of Human Consciousness

Henry Reed, Ph.D.



Today scientific research is exploring the vast frontiers of the human brain, but in his psychic readings, Edgar Cayce had already revealed the mind's unlimited creative energy. Now noted author Henry Reed examines revelations from the Cayce readings about human consciousness and discusses the enormous role these insights can play in our everyday lives. From the power of visualization to entering altered states, from premonitions to increasing our willpower and understanding our dreams, this book is a guide to discovering the power that resides within us all and to putting that power to work in our lives.

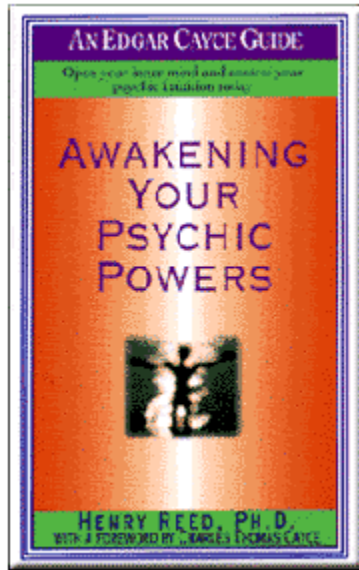
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Awakening Your Psychic Powers

Henry Reed, Ph. D.



We all have psychic experiences without even realizing it. Now you can harness the power of your inborn psychic awareness.

In his lifetime, American visionary Edgar Cayce introduced thousands to the wonders of psychic awareness. Now his carefully preserved writings are illuminated by well-known psychologist Henry Reed, Ph. D. In the words and spirit of Edgar Cayce, this guide will give you the knowledge you need to build a foundation for ESP and unlock the secrets of heightened awareness, including:

- Psychic sensitivity -- a natural part of perception
 - Exercises to develop your psychic intuition
 - Dreaming -- the psychic doorway
 - Learning to trust your intuition
 - Experimenting with clairvoyance, telepathic suggestion, and open channeling
- Meditation and recognizing the patterns that can change your life.

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Clinical Hypnotherapy: A Transpersonal Approach by Dr. Alien Chips

“Hypnosis Can Be a Good Suggestion” by Dr. Henry Reed
Book Review from *Venture Inward*, July/August 2001

Hypnotherapists are becoming the new transpersonal priests. The Edgar Cayce Institute for Intuitive Studies has a successful hypnotherapy program and enrollment is robust. It is a natural for the Institute, because of the association of Edgar Cayce's work with his intuitive skills in the hypnotic state. People are now drawn to the idea of helping others use hypnosis to contact their higher mind for guidance and healing. I myself have worked with hypnosis for several years and have experienced great results. I sometimes teach others what I've learned, not as a hypnotherapist, but as a “user” of hypnosis myself for spiritual work, not only for channeling the higher self (I wrote much of the book by that title while in hypnosis), but also for recalling soul memories and establishing deep spiritual connections with others. At the same time, I have certain misgivings about hypnosis as it is commonly understood and taught. I am pleased to note, therefore, the arrival of a book that speaks to these concerns in a constructive way. It is *Clinical Hypnotherapy: A Transpersonal Approach* (ETH Publishing) by Dr. Alien Chips, President of the National Association of Transpersonal Hypnotherapists and an instructor at our Institute.

My first concern is with the use of the word hypnosis itself, because of its unreliable suggestive power. “You are now entering deep hypnosis” doesn't really tell you anything but is nevertheless subject to wide, imaginative interpretation. Yet I've heard many recorded hypnotic induction tapes that contain exactly that statement. If you want to learn the skills associated with hypnosis and to make them your own, you must learn how to relax, to develop passive concentration, as well as gain control over other specific mental processes. If you develop these skills, and apply them constructively, you'll gain a true competence in harnessing the power of the transpersonal mind. You'll find these skills to be more like a meditation practice or a yoga exercise than some bizarre state of mind described by the mysterious word, hypnosis. What I find in Dr. Chips' book is a detailed explanation of the components of the hypnosis skill, relating it both to specific psychophysical processes and spiritual realities. Such an approach helps the hypnotherapist empower the client to learn these fundamental skills rather than keep the power in the hands of the therapist to induce “hypnosis” for the client.

It is fitting, then, that Dr. Chips describes his transpersonal approach, in fact, as “client-centered” rather than “authoritarian.” That says it, and more. It addresses another concern:

The true power of hypnosis doesn't come from a hypnosis authority delivering suggestions to the hypnotized client. It comes from the hypnotized client harvesting suggestions from the client's own higher self. I “finished” smoking, by the way, years ago, not by delivering hypnotic suggestions to my subconscious, but by following suggestions I received from my higher self while in hypnosis.

My third concern is that there develops in hypnosis a powerful bond of rapport between hypnotherapist and client. It can be used constructively. For example, I teach

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students of counseling how to put themselves into a state of hypnotic rapport with the client as a way of developing a profound intuitive empathy for the client. Yes, in this case, it is the therapist who enters hypnosis, not the client. In the history of hypnosis, in fact, it was common in the 19th century for people who were exceptionally skilled at entering into a state of hypnosis with the purpose of having deep rapport with someone else to become “medical clairvoyants” and diagnose illness. The story of Edgar Cayce, by the way, has a connection with that history. Today we see its remnants in the activities of trance psychics. As I show my students, however, understanding the components of hypnosis allows them to develop the intuitive power of hypnotic rapport without appearing to fall asleep in front of the client!

On the other hand, that same hypnotic rapport can be a source of contamination in a typical hypnotherapy session where the therapist guides the client into hypnosis. Hypnotic rapport can be truly telepathic, such that a hypnotized client can actually experience the subconscious mind of the hypnotherapist. Here is one origin of “false memory” syndrome. For example, the hypnotized person can experience a soul memory belonging to the hypnotherapist and believe it to be his own! Dr. Chips' book is the only one I've read that actually discusses the necessity of the hypnotherapist's own inner work. The book's genuine transpersonal orientation extends to instructions for the hypnotherapist's developing the purest of personal intent, including a period of meditation prior to any hypnotherapy session. Transpersonal hypnosis can have, God willing, the power of prayer and makes a great missal.

Henry Reed is an author, lecturer, psychologist, and teacher, who lives in Mouth of Wilson, Virginia.