

Circulating File

**PREGNANCY: GENERAL
Vol. 1**

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

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Enjoying A Holistic Pregnancy

by Carol A. Baraff*

Reprinted from *Venture Inward*, March/April 1984

The readings emphasize the spiritual aspects of pregnancy and provide guidance on attitudes, emotions, and physical care.

For many fortunate and well-prepared women, the experience of pregnancy, from conception through the birth of the child, constitutes a creative act without equal. The woman who conceives in love, nourishes herself and the baby taking shape inside her with care, and who learns to give birth joyfully and without fear, is partaking of the essence of life itself. The sense of awe and privilege which becoming a channel for new life can generate is echoed by the statement in Edgar Cayce's reading 480-30:

For no greater of fire is there for an entity to fill than to be a channel through which a soul may find the way of experience into the material plane.

Hence not that self or the soul may find that as an easier way, but that self is willing that those influences of an all-wise, an all-merciful, an all-just Creator, may use the body of self as a channel for the showing forth of the love of a merciful Father to the children of men!

Much of the special beauty and usefulness of the Cayce material about pregnancy lies in its holistic nature. The readings not only underline its spiritual dynamics and potential, as in the above excerpt, but they offer important advice about attitudes, emotions and physical care as well.

Cayce gave 68 readings for 29 women in various stages of pregnancy. They ranged in age from 16 to 38. Many of these women received two or more readings, as their pregnancies advanced. Although these readings were in every case given for individuals with individual needs, general statements were often offered, and some recommendations were repeated often enough to be construed as general advice. These readings give sample instructions for care during virtually every stage of gestation, dealing with normal and sometimes abnormal development.

Although the physical realities of conception, pregnancy and childbirth may seem so strong as to be sometimes overwhelming, the readings helpfully remind us that events in physical life merely serve as a mirror for what is happening in the spiritual. Both pertain primarily to the entrance of a soul into the material world and, in so doing, partake of such spiritual laws as soul attraction, soul choice and karmic responsibility.

In this vein, Cayce counseled several couples, who had either conceived or were preparing to do so, about the importance of holding an attitude of spiritual expectancy with regard to the soul to come. As reading 575-1 advised:

Keep the attitudes for the mother in the manner in which there may be known that those who bring a soul into activity in the material world have those privileges, opportunities, for the giving of an expression that with the development of that soul in the material world may not only make for joy and peace and harmony in the experience of that soul but be an added condition for manifestations of Gads love to the sons of men.

* Carol Baraff, a freelance writer from Virginia Beach, is the mother of a three-year-old and a student of the Cayce readings on health.

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Thus, the holding of a spiritually dedicated attitude during this critical period by the parents, especially the mother, might even determine which soul will actually enter the channel provided. More information on how this principle of attraction works is provided in reading 2803-6:

Here is something that each and every mother should know. The manner in which the attitude is kept has much to do with the character of the soul what would choose to enter through those channels at the particular period. This has been indicated as the attitude, "If ye love me and keep my commandments, I will love you-as ye do unto others, ye do unto me." Does this seem strange, or isn't it consistent with Gods plan of creation? That attitude held, then, during these periods, presents the opportunity for the type of character of soul seeking expression.

How can spiritual attitudes be cultivated? One vitally important way is to practice prayer and meditation daily. Also of importance is the holding of a spiritual ideal, finding ways to put that ideal into action in daily life. A great deal of information about these practices is already available in a number of publications.

As the readings attest, the woman whose attitudes become more and more spiritualized is at the same time becoming more and more potentially capable of attracting what is sometimes termed a "great soul." Moreover, as the Essenes knew long ago, desire for, and conscious preparation for such a soul may also influence the results. Reading 540-7 says:

Know that the body in its meditations, in its prayers, in its supplications, may make for the creating of those environs through which greater expectations or greater souls may manifest.

Reading 934-3 adds:

For as you each – now – are responsible for that channel through which a soul may manifest in materiality; then in love, in faith, in hope, in prayer, prepare that channel that that soul that may be drawn through those activities that are in preparation-may be as one that may be a blessing to not only those upon whom the body is dependent, but through that it may give of itself in and as a channel of hope, of blessings, to others.

Edgar Cayce's comments on positive attitudes and emotions are a logical extension of those regarding soul attraction. The readings emphasized that the attitudes held by both parents during the course of the pregnancy (and also, by implication, at conception and before) will be reflected in the character and temperament of their child.

Mothers-to-be were advised to consistently maintain a cheerful, constructive outlook, avoiding sources of contention, anxiety and overexcitement. This could be assisted through the cultivation of positive, congenial company and through spending time in pleasant surroundings. In accord with the law of "like attracts like," the pregnant woman would feel better as a result, and the positive feelings generated would in turn leave an indelible imprint on the personality of the expected child. The following advice was typical:

Keep in the attitude of creative forces. Keep happy. Do not let anxiety of any nature disturb. For it will have much to do with the nature or character of the individual dependent upon the body. (Reading 23-16)

Keep happy, and keep that expectancy of that character and disposition that is desired in the offspring; knowing and realizing in self-as should be in the companionship-that this is being a channel for the manifestation of Gods love in the

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earth. Not as a duty or obligation, but as the opportunity for being a handmaid of the Lord.

That attitude, that nature of all prayer in those periods of meditation and preparation, will keep not only self better, but the attitude of the offspring will be more in keeping with that desired. (Reading 2635-2)

The readings actually suggest that a form of creative visualization be practiced during pregnancy. The often cited principle of “mind is the builder” is apparently especially strong while the patterns forming within the developing body are not yet set. One expectant mother was given the following advice, which incorporated a prediction, in reading 1102-3:

Hope for, see, the son of thine own body becoming as an expression of love of the heavenly Father in the experience of those that would make His ways their ways; and we will find that such will be the experiences.

Keep happy! Keep in the attitudes of hopefulness.

Edgar Cayce went so far as to state that attitudes can even influence such supposedly uncontrollable factors as the sex and innate motivations of the child-to-be. Readings for several couples encouraged them to hold to their desire for a child of a particular sex, as the outcome had not yet been determined. Another woman was advised that the type of entity attracted would be shaped by the interests she chose to pursue during her pregnancy, whether these were artistic, mechanical or financial. Still another was cautioned in more detail regarding the possible effect of her working outside the home during pregnancy:

This is the formative period. Hence it depends upon what character of individual you hope to have! One that will be a work-a-day, material-minded, one looking for the making of money, the making of position, the making of this or that? Not that this would necessarily be the outward attitude, but the real innate attitude deep within the soul of the entity attracted. (Reading 2803-6)

The readings observed more than once that the second trimester of pregnancy is an especially critical period developmentally, because of the marked changes which occur during this time. Reading 903-8 noted that both parents would benefit a great deal from reading and study during this period, “for here we find the transition [of the entering soul?] and those forces that bring about that which will be attracted to those conditions, those attunements, set by these individuals.” Because of the critical nature of the second trimester, taking special precautions, both physically and mentally, is indicated at this time. The same reading advises:

Those changes as come about in the next month – fifth and sixth – we will find the changes more marked than at any period of the development. Hence more care should be taken in the next 60 to 56 days, than in any.

Positive thinking, creative visualization, studying, and associating with congenial companions in pleasant surroundings are all practices which nourish the soul at mental and emotional levels. These have a natural corollary in the care of the body during pregnancy. The expectant mother who keeps herself healthy builds a strong and well-coordinated body for her child at the same time. This body becomes her lifetime gift to the entering soul. Research has also demonstrated a direct link between nutrition and brain development, so a healthy body will enable the fullest expression of that soul’s talents in more ways than one.

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Edgar Cayce's health care suggestions were sometimes intended to meet the needs at specific stages of pregnancy, particularly his recommendations for the "morning sickness" experienced by many women during the first three months. It is during this time that many of the most radical hormonal and metabolic changes take place in the woman's body as the circulation is rerouted to supply the needs of the developing fetus. Experiencing some degree of nausea during this period was regarded as a normal condition.

The remedy suggested in six cases was a stomach-settling formula, also recommended in cases of motion sickness. It consists of limewater (which is a saturated solution of calcium carbonate in water), cinnamon water, iodide of potassium and bromide of potassium. The ingredients, however, often varied. In some instances, the iodide of potassium was omitted, and in others the formula consisted of equal parts limewater and cinnamon water. Extremely moderate dosage was always advised.

For another six women limewater alone was recommended, either by itself in water or in combination with other substances. Adding limewater to milk was suggested in three cases.

Another means of counteracting nausea advised in two cases was to avoid rising or eating too early in the morning. Other miscellaneous dietary suggestions included lime juice (or limeades), orange juice, freshly squeezed grape juice, and Coca Cola syrup in water.

The importance of one's diet during pregnancy was repeatedly stressed. Emphasis was placed on a balanced, highly alkaline selection of body – and blood-building foods such as fruits, vegetables, milk, eggs, whole grain products, seafood, and the lighter meats, such as fowl and liver. These foods strengthen the mother's resistance while building the developing child's muscles, blood, bones, teeth, skin, and other body tissues. The following guidelines from reading 2336-2 are typical:

Keep plenty of those things that are body and blood building, and that are not fattening-but that produce the greater quantities of the blood supply – the vitamin B-1, as in cereals and all yellow foods. In the latter portion of the period, take plenty of milk. But now have plenty of fresh vegetables – these will tend to keep bettered conditions for kidneys and for body eliminations; fruits and vegetables, and especially those that carry the vitamins B-1.

In some instances the readings recommended certain vitamins and minerals, including A, D and B complex, and calcium, chlorine [chloride?], iodine, iron, magnesium, phosphorus and silicon. Superior sources are such fresh vegetables as carrots, celery, cabbage, Jerusalem artichokes, squash, beans, salsify, onions and lettuce. Carrots, for example, are a source of vitamin A, and one expectant mother was advised to "eat a raw carrot once in a while if you want good eyes for yourself and your baby!" (1504-4) B vitamins are found in the yellow fruits and vegetables, the readings say, and in meats, eggs, nuts, soybeans and whole' grain products. Fruits often recommended, probably for vitamin C in particular, were citrus, grape juice and melons.

For the kidneys, drinking plenty of good quality water (between meals) was sometimes stressed. Liquids to be avoided, especially during the first trimester, included carbonated and alcoholic beverages and coffee.

One reading acknowledged that the sudden and sometimes bizarre food cravings which can occur during pregnancy were real, and they indicate a definite need for certain

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nutrients. Interestingly, it was also suggested that a positive attitude would keep a woman better attuned to her body's actual needs:

For there will come times or periods when there will be the demand from the system for the elements necessary, especially if the mental attitude is kept hopeful, helpful. (Reading 934-3)

The general stance of the readings in regard to dietary supplements was that few are needed, provided the health is good and the diet adequate. However, to meet the special needs of pregnancy, several different types of supplements were advised. Eleven women were advised to take a source of highly assimilable calcium known as Calcios. Reading 951-7 said that Calcios "is more easily assimilated, and will act better with pregnancy than any type of calcium products as yet presented." Reading 2316 added that, "This, to be sure, is for bone and teeth, and is needed for the body itself as it is drawn upon in the development of the [fetus]."

An average dose of this supplement, which is about the consistency of peanut butter, was an amount that could be thinly spread on a whole wheat cracker, taken about twice weekly with the noon meal. Calcios was most often recommended during the second and third trimesters of pregnancy.

To supply additional iodine to the system and especially to stimulate the thyroid gland, small doses of Atomidine were recommended in four cases. Additional dietary supplements occasionally suggested included wheat germ oil, Adiron, White's cod liver oil tablets, Ventriculin (without iron), Codiron and Zyrone.

Spinal manipulation once or twice a month was often advised to stimulate circulation, strengthen the muscles of the abdomen and along the spine, promote general relaxation and correct specific imbalances. A reading for one woman predicted – accurately – that if she received regular adjustments, the pregnancy would actually lead to an improvement in her health.

Massages were recommended almost as often as spinal adjustments. The benefits are stimulation of circulation, toning of muscles, and relaxation. The recommendations were mostly of a general-purpose variety, although attention to specific areas, such as the lower spine, lower limbs or abdomen was sometimes indicated. Typical substances to be rubbed into the skin included olive oil, tincture of myrrh, peanut oil and cocoa butter. Massages were typically to take place in the evening or when resting, and could be given daily or less often.

A critical requirement during pregnancy, according to the readings and other sources, is to achieve a beneficial balance between sufficient exercise of the proper kind and sufficient rest. The importance of daily, preferably outdoor, exercise was emphasized. Walking was repeatedly recommended, probably because of its strengthening and toning effect on the lower body, and because fresh air and moderate sunlight were regarded as aids to good health. The duration of daily walks might vary, depending on stamina, the stage of the pregnancy, and the weather. Spending much time in the open was generally advocated, especially during warm weather.

Other types of exercise were occasionally advocated. These included the head and neck exercise, a stretching exercise which involved rising on the toes and then bending from the waist, circular motions of the hips and lower limbs, steeping (squatting), rowing, swimming and dancing. Most exercises were to be done regularly, but in moderation.

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The need for enough rest during pregnancy received an equally strong emphasis. The readings cautioned against overexertion of any kind, including too much housework. Activities to be avoided included straining, pushing, pulling, climbing, running up and down stairs, heavy lifting and too much standing on the feet. This advice was sometimes applied to the time shortly after delivery as well. Sources of mental or emotional overtaxation, such as worry and too much excitement, were also to be avoided.

Various gentle methods of cleansing the system and stimulating the eliminations were suggested in several cases.

These usually took the form of enemas or colonics or mild laxatives such as milk of magnesia and Castoria. In some instances, precautions against excessive strain on the kidneys were advised, especially during the second and third trimesters. Sometimes this strain could be relieved through mild diuretic measures, such as eating certain foods (watermelon, cabbage, tuberous vegetables), or by drinking watermelon seed tea, Coca Cola syrup in water or plenty of water itself. At other times during the third trimester, even such natural diuretics were found to be best avoided, as they could overtax the kidneys.

The remaining recommendations made to these women were diverse and depended on the needs which evolved. A few were advised to have some local attention paid to their teeth—something most published guidelines on pregnancy advise as well. Several other women in the latter stages were encouraged to use a flexible abdominal support. Various herbal teas were occasionally suggested, including red clover (for mammary gland development), chamomile, saffron and slippery elm (for digestion), mullein (for varicose veins), and horehound (a common cough syrup ingredient).

Drugs, including sedatives, were never recommended during pregnancy. Electrotherapy treatments were also not generally advised.

Edgar Cayce was very much in accord with today's advocates of breastfeeding so long as the mother was healthy and there was sufficient milk for the child's needs.

It appears that most of the women followed the recommendations of their readings with great success, as there were many glowing reports on the outcome. Almost every pregnancy was concluded with the normal delivery of a healthy child. One woman who suffered from an advanced and painful urethral caruncle succeeded in giving birth to a normal child (by cesarean section) through following her reading. She attributed both her own life and that of her child to the help of God and Edgar Cayce. A child born to a mother with hysterical tendencies was also considered saved by the readings. In only one instance was a baby born dead, and this woman went on to have other children successfully. This group of women seemed particularly willing to follow their readings, and the results were quite impressive.

Finally pregnant women were often given special affirmations to use during prayer and meditation. The central thought expressed in these affirmations was a willingness to cooperate with the Creative Forces in being a channel of blessings for others. It was generally suggested that affirmations be reworded and thus personalized, by the user. One example, from reading 711-4, is:

Lord, make me a channel of blessings to others, through Thy grace, Thy mercy, Thy love, as manifested in Jesus, the Christ. Let me in my mind and body be always in keeping with Thy purposes with the children of men.

Enjoying a holistic pregnancy is a woman's incomparable privilege.

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BACKGROUND OF READING 262-103

B1. Subject of Reading - "Study Group #1."

TEXT OF READING 262-103

This psychic reading given by Edgar Cayce at the Edmonds' home, 611 Pennsylvania Ave., Norfolk, Va., this 20th day of December, 1936, requested by those present.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Hannah Miller, Florence & Edith Edmonds, Frances Y. Morrow, Hugh Lynn Cayce, Helen Storey and Helen Ellington.

R E A D I N G

Time of Reading 3: 20 to 3: 50 P. M. Eastern Standard Time.

1. GC: You will have before you the members of the Norfolk Study Group #1 who have gathered here seeking a reading which will give them a better understanding and deeper appreciation of the birth of Jesus, the Christ, which will be celebrated this week as Christmas 1936.
2. EC: Yes, we have the group as gathered here and their desires and their seeking as a group, as individuals.
3. In giving to these, then, that seek to know more of that circumstance, those conditions as surrounded that ye call the first Christmas: Do not confuse thyself. While to you it may be a first Christmas, if it were the first then there would be a last; and ye would not worship, ye would not hold to that which passeth.
4. For time never was when there was not a Christ and not a Christ mass.
5. But in giving that interpretation of what this Season means - that birth of Jesus as became the Christ - to this world: In giving the circumstance, much has been recorded as respecting this by the writers of the Gospel, especially by Luke; but little perfect concept may be gathered except ye as individuals seek to experience what such an advent meant or means to thy life as an individual.
6. For knowledge of a thing or a condition and the wisdom that is presented in that happening are two different things. What ye hear ye may believe, but ye will rarely act as if ye believed it unless ye have experienced and do experience that "God so loved the world as to give His Son" to enter into flesh, that flesh, that man, might know there IS an advocate with the Father; and that - as ye in thy material experience see - Life coming from out of nowhere to enter into materiality, to become a LIVING expression of those promptings of the heart.
7. That has been the experience of that SOUL in its varied spheres of consciousness, to give such an expression. That is the purpose for which it has entered - to give the more perfect concept of the relationships of man to the Creator.
8. Such we find as that happening in Bethlehem of Judea ages and years ago, when that channel had so dedicated itself to the service of her Maker as to become MOTHER, wherein the whole world is shown that this must come to pass in the experience of those who would make themselves channels through which the Holy Spirit of God may manifest; that the world may know that He, God the Father, keepeth His promises with the children of men!

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9. And the hour approaches when nature is to be fulfilled in the natural courses in the experience of the Mother, and His Star has appeared - and the angels' choir, and the voices of those that give the GREAT MESSAGE!
10. Who heard these, my children? Those that were seeking for the satisfying of their own desires or for the laudation of their own personality? Rather those close to NATURE, to the hours of meditation and prayer, and those that had given expression, "No room in the Inn!" For no inn, no room, could contain that as was being given in a manifested form!
11. For He came unto His own. For there was nothing made that was made to which He had not given life, to whom He had not given, "Be ye fruitful, multiply - " in THYSELF; IN THYSELF may there be the propagation of thine own specie, of thine own self!
12. Only then to those that sought could such a message come, or could there be heard the songs of the angels, or that music of the spheres that sang, "PEACE ON EARTH - GOOD WILL TO MEN!"
13. For this, then, is in EVERY birth - the possibilities, the glories, the actuating of that influence of that entrance again of god-man into the earth that man might know the way.
14. Thus this comes at this time to bring to the hearts and minds of those of that Glad period the fact that not only 1900 years ago but TODAY, He may be born into thine own consciousness, thine own understanding; He comes unto His own!
15. Art thou His? Have ye claimed Him? Have ye put on the Christ, even as was and is exemplified in that life, that birth, that death of Jesus, the Christ?
16. For He is thy Elder Brother, He IS the babe in thy heart, in thy life; to be then even now - as then - nourished in the heart, in body, in mind. And indeed do His words become more and more then of meaning, "As ye do it unto the least of these, thy brethren, ye do it unto me!"
17. For as ye behold the face of thy friend, of thy neighbor, of thy foe, yea thine enemy, ye behold the image of thy Savior.
18. For ye are all His, bought not only with the birth of the God-Child into flesh but with the death - that ye might know that He, thy Brother, thy Savior, thy Christ, has been and is the Way to the Father in this material plane.
19. For as He chose to enter, so YE have entered. As He chose to live, so may ye live. As He chose to give of Himself that there might be a greater understanding, a greater knowledge; yea, the showing forth of the wisdom of God that God IS love, poured forth upon the children of men in this experience.
20. And as these changes come and as ye make known that as has been the raising of that consciousness of His Presence in THINE experience, by thy dealings with, by thy conversation with, by thy life with thy fellow man, so may ye hasten the day when HE, CHRIST, may come into thine own heart, unto His OWN peoples, to reign; yes, in the hearts and lives!
21. Then indeed should each of you at this Glad Season make the hearts of others Merry by thine own happiness in the birth, the life, the death of thy Jesus, thy Christ!
22. Know this had no beginning in the 1900 years ago, but again and Again and AGAIN! And it may be today, He may be born into thy consciousness; not as a physical birth - but each moment that a physical birth is experienced in the earth is an OPPORTUNITY for the Christ-entrance again!

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23. Then what are ye doing about it in thy daily life, thy daily conversation? For not by might nor in power, but in the still small voice that speaks within, ye may know as He hath given so oft - "Peace - it is I! Be not afraid, it is I," thy Savior, thy Christ; yea, THYSELF meeting that BABE in thine own inner self that may grow even as He to be a channel of blessings to others!

24. For as ye do it unto others ye do it unto Him.

25. May the Peace, the Joy of His Consciousness, His Presence, His Joy be thine this day; yea, all thy days in the earth! For He is nigh unto thee, He is in thy midst!

26. Praise ye the Lord that gave, then, His Son; that ye might know Him!

27. We are through.

REPORTS OF READING 262-103

None.

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BACKGROUND OF READING 575-1 F ADULT

B1. Husband, Mr. [790], asked EC for reading for his wife who was in last stage of pregnancy - it was their first child, although his wife had children by a previous marriage. He wanted to make sure everything would be alright.

TEXT OF READING 575-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 7th day of June, 1934, in accordance with request made by the husband, Mr. [790], new Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by Hugh Lynn Cayce.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [790] and Mildred Davis.

R E A D I N G

Time of Reading 3: 15 to 3: 30 P. M. Eastern Standard Time., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body, [575].
2. As we find, the conditions respecting the body are developing in a normal manner; the BODIES being normal, and unless changes occur the presentation will be normal.
3. The turning has begun, and at a full period - which will be in the next ten days - the son will be born.
4. There should be precautions as to the pressure or disturbance with the kidneys.
5. And in the diet there should be more of the milk and Milk of Magnesia; these will aid in these latter days in making for the better flow to the body and in relieving the pressures respecting the irritations in the intestinal tract, making for general conditions of a better nature.
6. As to the activities in caring for the body, those who have ministered in the general developments are very good, and unless accidents or other unforeseen conditions appear - that do not present themselves in the conditions as we find here - these will be most satisfactory.
7. Ready for questions.
8. (Q) Is there any special recommendation as to diet before the event?
(A) As indicated, there should be more of the milk with lime, and Magnesia; these are the only additions as we find necessary.
In those periods before the labor begins, the massage along the spine - over the kidney area, extending even to the lower lumbar - with equal parts Olive Oil and Tincture of myrrh (heating the oil and adding the myrrh) would EASE the body and, as we find, make for the better general reactions. Other than these, we find the conditions are very good.
9. (Q) How often would the massage be given?
(A) Evenings, or when the body rests.
10. (Q) How should the milk of Magnesia or limewater be taken, and how much?
(A) The limewater would be better in the milk, you see. To a glass full of milk add a level teaspoonful of limewater. The Milk of Magnesia would be taken a teaspoonful once or twice a day.

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11. (Q) Are the medical and hospital arrangements that have already been made adequate?

(A) As given, as we find, they are most satisfactory.

12. (Q) What special treatment, if any, should the mother have after the birth of the child?

(A) As indicated, those special precautions regarding the activity of the kidneys.

These are the only conditions as we find where there will need to be the extra care or attention. And as to what this would be, of course, depends upon the general conditions that surround the event, see?

13. (Q) Please give the date and hour as near as possible when we may expect the child?

(A) As given, as we find, in due course or full time; which is, as given, in the next ten days - or at the regular period, you see.

14. (Q) What sex will the child be?

(A) As given.

15. (Q) Approximate weight?

(A) Eight - seven and a half to eight.

16. (Q) What name should the child bear through life?

(A) Wilmer.

17. (Q) Any other counsel or advice at this time that will be of benefit?

(A) Keep the attitudes for the mother in the manner in which there may be known that those who bring a soul into activity in the material world have those privileges, opportunities, for the giving of an expression of creative forces in an activative way and manner, that with the development of that soul in the material world may not only make for joy and peace and harmony in the experience of that soul but be an added condition for manifestations of God's love to the sons of men.

18. We are through for the present.

[GD's note: He seemed pleased with reading, said they had figured, from the moon, that it would be born between the 10th and 13th and would be a boy. However, the doctor had said the latter part of month, about the 27th.]

REPORTS OF READING 575-1 F ADULT

R1. 6/28/34 Mr. [790] reported that a baby boy was born on 6/14/34, as indicated, and that mother and son were doing well. They had not decided yet whether they would name him "Wilmer."

R2. 1/15/35 He obtained 790-1, Life Reading.

R3. 6/11/73 Mr. [790] died, leaving neither [575] nor their son as a survivor.

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INDEX OF READING 667-11 F 23

Doctors Suggested: Andrews, C.J.: M.D. Par. 12-A, 13-A, R3

Gynecology: Womb: Tipped Par. 7, 10

PREGNANCY

STOMACH: TIPPED

Supports: Abdominal: Stomach: Tipped Par. 8

PREGNANCY: GENERAL Vol. 1 CIRCULATING FILE

BACKGROUND OF READING 667-11 F 23

B1. See 667-10 on 12/11/37.

TEXT OF READING 667-11 F 23

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of February, 1938, in accordance with request made by the self - Mrs. [667], Check Physical Reading fee sponsored by Mrs. [489], L.I., N.Y., Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [667] and her sister.

R E A D I N G

Time of Reading 3: 20 to 3: 30 P. M. Eastern Standard Time., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [667]; this we have had before.
2. As we find, there are a great many changes in the physical forces of the body since last we had same here.
3. Most of these as we find are for the betterment of the general physical forces.
4. There are other disturbances, though, that with the changes coming about cause anxiety and disturbance for this body.
5. These as we find have to do with the position of the stomach and those disturbances with the pelvic organs having to do with the Periods and the gestation [GD's note: We did not understand at the time that this meant "pregnancy".] which is produced there in the present.
6. Thus we find disturbances at times caused in the digestive reactions; the pains which occur in the upper portion of the body - produced by the strain upon the system.
7. As we find, there needs to be rather the applications or treatments by a gynecologist that would correct the position of the womb; thus preventing the pressures and disturbances with the activities of the system at the time of the Periods.
8. Also the use of a stomach brace or belt will be required, that will hold the position and - with the general activities - bring about less of these pressures; bringing the normal forces of and for the body.
9. These then we would do.
10. Have the gynecologist to give first the CORRECTIONS by the POSITION of the womb; and with the packing that would be used in same, the antiseptic reaction would tend to make for a disgorging of the conditions in the tubes as well as the ovaries in the right side; and these would bring about the NORMAL forces in these directions.
11. Ready for questions.
12. (Q) Who would be the proper person in Norfolk to so treat the body?
(A) Any good gynecologist.
13. (Q) What about Dr. Andrews? [C. J. Andrews, M.D.]
(A) Very well.
14. (Q) Pain in right side - what causes it?
(A) As indicated, the reflex conditions from the pressures upon the tube to the ovaries in the right side.

Then the position of the stomach MAKES for the pressure upon those areas.

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15. (Q) Is the stomach swollen?
(A) Rather out of position.
16. (Q) What causes the burning at times between the shoulder blades?
(A) The pulling on the system from the position of the stomach, as combined with the disturbance in the pelvic system.
17. (Q) Is it harmful for this body for the menstruation periods to stop?
(A) It's harmful for ANYONE for there not to be the normal activities of the system!
Hence those suggestions that there be the correction of the position, as to allow the system to drain properly, and to make the correct position of the organs; thus relieving the pressure.
18. (Q) Is the womb twisted?
(A) Rather it's pulled to the side.
19. (Q) What produced these conditions?
(A) A strain and stress, and the general debilitation that has been combined with the conditions in gestation.
Do these and we would bring the better conditions for this body.
20. We are through for the present.

REPORTS OF READING 667-11 F 23

- R1. 2/16/38 GD's note to Mrs. [489], sponsor: Girl 23 years old.... THIS girl has been terribly rundown, following a tragic marriage when in her teens. For the past 5 months she has not menstruated, and her stomach is all out of position - makes her look like she had an enormous tumor. Otherwise she's a very pretty, attractive girl. Her stomach has only gotten this way since Christmas. We've sent her to a well-known gynecologist in Norfolk. Will let you hear further.
- R2. She could only afford to pay \$5 for her Check Reading.
- R3. Verbal report, 2/19/38: Went to Dr. C. J. Andrews, recommended by Dr. Richardson. Dr. A. laughed at the Reading, said she was 6 mo. pregnant. Advised the only sure way to find out was to get X-Ray, tho he was positive that was the trouble. So she decided to come down and ask Mr. Cayce whether she should get the X-Ray - which is \$15, and Dr. A. has already chg'd \$10 just for telling her that which she KNOWS can't be true. We advised her to get the X-Ray, and bring it to Mr. Cayce to read first - before going to Dr. A. again.
- R4. March 1938 - verbal report by Mrs. [1446]: "[667]'s mother has taken her to Ocean View. She is going to have a baby."
- R5. 8/2/38 Verbal report by Mrs. [1446]: "[667] has lovely baby boy, perhaps two months old now. [667] is badly broken, though; had to stay in hospital three weeks; all torn to pieces from the birth of the baby."
- R6. 8/2/38 Mrs. [1446] obtained Physical Reading for her own niece, Miss [1652], who also was referred in the reading to Dr. C. J. Andrews.
- R7. 7/11/39 See 667-12.
- R8. Subsequent readings used her new married name.

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INDEX OF READING 780-5 F 36

Alcohol: Not Recommended	Par. 6-A
Diet: Pregnancy	Par. 6-A
PREGNANCY	
Prophecy: Personal: Childbirth	Par. 2, 4-A
: Confirmed	Par. 2

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BACKGROUND OF READING 780-5 F 36

B1. See 780-4 on 5/29/35.

TEXT OF READING 780-5 F 36

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 13th day of August, 1925, in accordance with request made by her husband, Mr. [779].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. [779].

R E A D I N G

Time of Reading 4: 00 P. M. Dayton Savings Time. ..., Alabama.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the further improvement of same. You will answer the questions regarding this body that I will ask you.

2. EC: Now, we find there are changes in and for the body since last we had it here.

While those conditions as exist with the body are the normal for the body, this may be abnormal for other bodies, save under similar condition, see? The physical forces, as we find, are very good. There needs be only the care and attention given to self, that the full development and conditions of body may be completed with same, see? for these conditions, as we find, will terminate in the last weeks of November or first of December [Baby son was born 12/4/25], and the will's forces of each may yet, as conditions exist, bring to the sex that of either, see? The conditions are all normal at the present time, see?

3. (Q) What is the cause of the brown spots on the side of the neck and can same be made clear?

(A) This, as we see, the natural consequences of the change in circulation as is established in the body under the existing conditions of same, and with the greater change as comes to the body this will bring the change to the body, see?

4. (Q) We understand this body is pregnant. Will you please tell us what sex the child will be?

(A) As given, see, this may be either as yet, with the desire of the parents, see? See, the formation as is given to the stage wherein the change, the sex forces as are manifested, reach that stage or development wherein the mind forces build that in the system - boy we will see here - [Baby boy was born 12/4/25. Homosexual tendencies were evident in early manhood. See [318] series.]

5. (Q) How may the body exercise the will to that effect?

(A) Keeping in mind, intent and purpose, that for which this builds, see? Just as we see, all in the keeping then of the condition to be brought about, see?

6. (Q) Should the body continue with the medicine it has been taking?

(A) These, as we see, were for conditions to prevent the nausea in the system, when these conditions were being brought about, see? This needs only be kept occasionally for the body, see? and the general exercises as is necessary for the body to function the normal throughout.

The diet should be watched, see? keeping those of the light meats, of the much vegetable and much fruit, see? No stimulating forces, save as may be in that necessary for digestion, see? That is, of alcoholic forces, or of the forces that carry the narcotic developments in system; that is, of coffee or tea. These are heavy, see? and in very

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small quantities may be taken. No fermentations are good for system under condition, save as necessary for digestion and blood building for both.

7. We are through for the present.

REPORTS OF READING 780-5 F 36

R1. 11/11/25 See 780-6, her Life Reading.

R2. 12/6/25 Mr. [779]: “[318] weighed 8 lbs. and seems well and active. [780] too is well as can be.”

R3. 12/23/25 See 318-1 giving advice for baby and [780], and 1/3/26 Reports on how well both responded.

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INDEX OF READING 1186-2 F ADULT

PREGNANCY

Prescriptions: Camomile Tea: Liver:

 Kidneys: Incoordination Par. 4

 : Horehound Tea: Par. 4

 : Saffron Tea: Par. 4

Soul Development: Home & Marriage:

 Parenthood: General Par. 2

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BACKGROUND OF READING 1186-2 F ADULT

B1. See 1186-1 on 9/19/23 seeking to correct her physical condition so she can conceive.

TEXT OF READING 1186-2 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of March, 1927, in accordance with request made by her husband, Mr. [2265].

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 ... Ave., 10: 45 A. M. Eastern Standard Time.

Chicago, Ill.

1. GC: You will give the present condition of this body, with suggestions for the improvement of same, and will answer the questions regarding same I will ask you.
2. EC: Now, we find there are many changing and developing conditions with this body, and in the PHYSICAL, this nearer to that as of carrying out the purposes of life in the way and manner as is befitting those who would serve the peoples, the world, the All, the better.
3. In this state of becoming the mother, we find that development of the physical, and the mental, and the spiritual, coming rather as the joyous expectancy of such coming conditions.
4. In the carrying forward of the consummation of such - in its proper time and way and manner, MATERIALLY - only those conditions as necessary to be carried in the way of massage to give the body that whole oneness of cooperation through these conditions that will be consummated in their proper time and way and manner; and in the keeping of the system in that physical condition that brings the better coordination throughout eliminations and the whole active forces in the physical being, that the liver, the kidneys - that cause distress at times - are kept functioning normally, through these simple conditions: That of the massage, and of the simple remedies of teas in their various forms and manners - camomile, saffron, horehound. Such, in their various ways of usage, are those nature's remedies for such conditions, and in the fullness of the time there will be born that in which the body has desired for the companionship of the mother.
5. We are through.

REPORTS OF READING 1186-2 F ADULT

R1. 3/17/27, [2265], [1186]'s husband's letter: "I received your reading of March 10 on Monday March 14, 1927.

"I was disappointed in it because you did not answer the questions I asked.

"Your reading did not measure up to your general standard as I view it.

"Suppose you try it again. Any day will be O.K."

R2. 4/1/27 EC's letter to husband: "I should have answered yours of the 17th before this, but I was called away for a few days, and we are so flooded with appointments and requests I don't know just how we are going to get this in. But you know I shall be glad

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to do so if we possibly can. I was sorry we didn't get the information just as you wanted in the other reading, but you know I have no control over what's going to be SAID - for if I did it wouldn't be worth anything. But I will get it if it's possible.

"Let us hear from you whenever you have the opportunity."

R3. 5/14/27 Husband's letter to EC: "Am expecting to be a proud father soon. I never heard further from you and have often wondered why you did not give me the Reading as I requested.

"Will you please give a health reading for Mrs. [4484] [See 4484-1] who is my wife's sister now here with us.

"Please set early date and wire me when."

R4. 5/31/27 Husband [2265]'s letter: "I am glad to tell you Mrs. [1186] presented me with an 8-1/2 pound girl ([1939]) at May 23 - (4 a.m.) 1927 and I am bringing both of them home from the hospital at 10:00 a.m. June 1, 1927 so when you get your present rush work out of the way I would like to have a check up on Mrs. [1186] to be sure she is O.K. Any time suitable to you as I am going to keep her at home for some time. In so far as the doctor and I know both are doing well. Some day too I want a horoscope reading for [1939].

"We are certainly glad you helped us physically so we could have the little darling. Best wishes..."

R5. 8/4/27 See Life Reading for baby, 1939-1.

R6. 5/26/31 Husband's letter to EC: "I thank you for your letter of May 22.

"The time and date set for a health reading for Mrs. [1186] is satisfactory i.e. 3 to 5 p.m. EST, Monday, June 1. She will be at home - ..., Ill.

"I do not care to ask any questions as I do not think the old reading would have any conditions applicable today.

"You don't know it and I never told you then but what we wanted to know was why she never had children and after following out your reading we soon found ourselves with a girl [1939] now 4 yrs. and a boy now 2-1/2 yrs. after waiting 14 yrs.

"Mrs. [...] is not up to par and I hope to follow your reading and fix her up so she will be better. Best regards..."

R7. 6/1/31 See 1186-3.

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INDEX OF READING 2336-2 F 34

Diet: Pregnancy	Par. 16
Exercise: Walking: Pregnancy	Par. 6
Neuropathy: Pregnancy	Par. 8, 9
Osteopathy: Pregnancy	Par. 8, 9
PREGNANCY	
Prescriptions: Atomidine: Pregnancy	Par. 11
: Calcios:	Par. 12
: Codliver Oil, White's:	Par. 13

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7. There are the tendencies for lack of sufficient blood supply in self. This will also require precautions, as to the chemical reactions in the system; that with the characteristics of water supply and the like in the nominal environs of the body, there is supplied that which is lacking in the supply of calcium and iodine. These elements are necessary in the normal structural development of the foetus, as well as for the best condition and the least strain upon self.

8. The mechanical adjustments osteopathically, or neuropathically for this body, as we find would be the better manner or means for keeping the general physical forces in correct activity.

9. Such adjustments or treatments about twice a month should be sufficient, - unless conditions arise that are not indicated in the present.

10. As for the chemical forces:

11. Take one drop of Atomidine in a little water, - about half a glass of water, - each morning before breakfast, about three to five days out of each month. Take this three to five mornings in succession, rather than distributing the doses just once in a while - and do this each month.

12. Also about five times each month, or every sixth day, take sufficient quantity of CALCIOS to put upon a whole wheat cracker. Eat this preferably at the evening meal, every sixth day.

13. Each day for fifteen days each month take one White's Cod Liver Oil tablet.

14. Do these, and we will bring the bettered conditions for this body.

15. In the matter of the diet:

16. Keep plenty of those things that are body and blood building, and that are not fattening - but that produce the greater quantities of the blood supply, - the Vitamin B-1, as in cereals and all yellow foods. In the latter portion of the period, take plenty of milk. But now have plenty of fresh vegetables, these will tend to keep bettered conditions for kidneys and for body eliminations; fruits and vegetables, and especially those that carry the vitamins B-1.

17. Do that.

18. We are through with this Reading.

[Remarks after the reading: She felt the reading was right about the Chicago vicinity being lacking in calcium and iodine, as the sneezing, etc., only started after moving to Chicago.]

REPORTS OF READING 2336-2 F 34

R1. 3/4/42 She obtained a Physical Reading for her 3 month old baby daughter, [2695].

R2. 1/17/91 Her sister-in-law, [1523], reported that Mrs. [2336] died in a hospital in Gastonia, North Carolina, 12/10/90. She was 83.

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INDEX OF READING 2635-2 F 23

Diet: Pregnancy	Par. 7, 17-A
Doctors Suggested: Taylor, Waller: M.D.	Par. 13-A, R1
Exercise: Walking: Pregnancy	Par. 11-A, 12-A, 17-A
Home & Marriage: Parenthood: Preparation	Par. 14-A
Osteopathy: Pregnancy	Par. 6, 10-A, 15-A, 16-A
PREGNANCY: 3 MONTHS	
Prescriptions: Calcios: Pregnancy	Par. 5, 7
Psychosomatics: Pregnancy	Par. 4, 14-A
Soul: Attraction	Par. 4, 14-A
Work: E.C.: Quotations & Similes: "Keep Sweet"	Par. 17-A

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BACKGROUND OF READING 2635-2 F 23

None.

TEXT OF READING 2635-2 F 23

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of February, 1943, in accordance with request made by the husband - Lt. [487], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2635], Lt. [487] and Mr. [341].

R E A D I N G

Time of Reading 3: 50 to 4: 00 P. M. Eastern War Time.

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, [2635].
3. Now as we find, the conditions that exist are normal reactions. And in a general manner conditions are very good and very satisfactory.
4. There might be much given as to the attitude that should be held by the body throughout the period of gestation, as to the effect this has upon not only the character of entity or soul that may be attracted but upon the very own self in its body-unfoldment and development.
5. As we find, within the next two or three months there should be begun the supplying of those elements that make for structural development of the body-forces themselves; that there be not too great a strain or drain upon the body- building forces. Take, about twice a week, that of CALCIOS (or calcium). In this form (CALCIOS) it will be better assimilated by the body.
6. During the period of the third and fifth month, there should be at least two or three good, general osteopathic adjustments; owing to the body-conditions with the body [2635] itself. This will enable the body to assist in the unfoldment and developments through that period.
7. Do these, as we find; with general precautions as to diet. Plenty of those foods that are body-supplying; especially - in addition to the D that is attained or gained through Calcios, in its supplying elements for the body - the fresh or raw vegetables, that will supply A and G in the correct proportions - if these are taken as a part of the diet at one meal each day.
8. These as we find, for the present, should be sufficient in the warnings and in the activities of the body.
9. Ready for questions.
10. (Q) How soon should the osteopathic treatments be begun?
(A) As indicated, between the third and the fifth months, - or, within the next month or such a matter.
11. (Q) How much and what character of exercise should the body have?
(A) Walking is the better exercise, ever, for the body. No pushing, pulling or straining, or lifting of heavy things. These beware of, but the walking in the open is well.

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12. (Q) How much walking now should the body attempt?

(A) Just so there is some each day. Fifteen to twenty to thirty minutes, to an hour or hour and a half in the open; not all of this needs to be spent in walking, but about thirty to fifty minutes would be well each day.

13. (Q) Is there a specific doctor in the Norfolk area you would recommend to handle this case?

(A) WE would recommend Dr. Taylor. Waller Taylor. [See 2635-2, Par. R1.]

14. (Q) Please advise and comment on the attitude that should be held.

(A) Keep happy, and keep that expectancy of that character and disposition that is desired in the offspring; knowing and realizing in self - as should be in the companionship - that this is being a channel for the manifestation of God's love in the earth. Not as a duty or obligation, but as the opportunity for being a handmaid of the Lord.

That attitude, that nature of prayer in those periods of meditation and preparation, will keep not only self better, but the attitude of the offspring will be more in keeping with that desired.

15. (Q) Is there an osteopath in Tampa, Fla., that you would recommend?

(A) This may be suggested from any other osteopath who is in sympathy with the ideals of the suggestions here. This would be more in accord, if suggested from that source, rather than from here.

16. (Q) Just a general osteopathic treatment, or specific?

(A) The general osteopathic treatment, but the specific treatment will be through those areas from the 3rd and 4th dorsal to and through the sacral areas.

17. (Q) Any other advice or counsel at this time?

(A) Do these, and be mindful of those corrections to be made; and then the diets and the exercise.

And do keep sweet, self.

18. We are through for the present.

REPORTS OF READING 2635-2 F 23

None.

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INDEX OF READING 2635-3 F 23

Diet: Pregnancy Par. 5, 6

Exercise: Walking: Pregnancy Par. 4, 7

PREGNANCY: 5 MONTHS

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BACKGROUND OF READING 2635-3 F 23

B1. See 2635-2.

TEXT OF READING 2635-3 F 23

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of April, 1943, in accordance with request made by the self - through husband, Lt. [487], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2635] and Mr. [341].

R E A D I N G

Time of Reading 10: 45 to 10: 50 A. M. Eastern War Time. ..., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2635]; this we have had before.
3. As we find, conditions are very good. There are normal developments, and the general activities and the chemical balance in the body are very good.
4. DO take the walking exercise daily.
5. Do occasionally take the juice of carrots AND celery, combined. This will give more of the vital forces in the nerve forces of the developing body, as well as for the body itself. This would be taken rather as medicinal properties. As to the quantity, - balance more according to the taste. For, carrot juice is rather insipid. With the combination of celery, this will be altered, but near to equal parts, but leaving off or adding according to the taste; this about two to three times each week.
6. Then, after a month or six weeks, or when these balances are given again through these sources, there may be indicated as to the addition or the leaving off of these.
7. The developing of the structural portions in the present is very well. Keep those balances, but do have the exercise for self.
8. Ready for questions.
9. We are through with this Reading.

REPORTS OF READING 2635-3 F 23

R1. 6/4/43 See 2635-4.

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INDEX OF READING 2635-4 F 23

PREGNANCY: 8 MONTHS

Prescriptions: Calcios: Pregnancy

Par. 4

PREGNANCY: GENERAL Vol. 1 CIRCULATING FILE

BACKGROUND OF READING 2635-4 F 23

B1. See 2635-2 and 2635-3.

TEXT OF READING 2635-4 F 23

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 4th day of June, 1943, in accordance with request made by the self - Mrs. [2635], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2635], and Viola Bech.

R E A D I N G

Time of Reading 10: 45 A. M. Eastern War Time., Virginia.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2635]; this we have had before.
3. As we find, conditions still are developing in a normal manner. At the present there is little or nothing to even be anxious about; if there are the precautions not to be OVERACTIVE in that especially as indicated, of lifting, pulling, or things of that nature.
4. For another ten days we would continue, at least, with taking the CALCIOS in the manner indicated. Afterward we would leave it off.
5. As we find, there are those periods drawing near - and yet do not be anxious; only be prepared.
6. Ready for questions.
7. We are through with this Reading.

REPORTS OF READING 2635-4 F 23

R1. 6/29/43 Baby son, [3069], was born.

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INDEX OF READING 3767-1 F ADULT

Kidneys: Overactive: Pregnancy	Par. 9-A
Osteopathy: Pregnancy	Par. 3, 5
Physiotherapy: Baths: Sitz: Vaginitis	Par. 9-A
PREGNANCY	
: Sex of Child	Par. 1
Prophecy: Personal: Childbirth	Par. 1
Urethritis: Tendencies	Par. 7-A
Vaginitis: Tendencies	Par. 7-A

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BACKGROUND OF READING 3767-1 F ADULT

None.

TEXT OF READING 3767-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 8th day of December, 1923, in accordance with request made by self - [3767] via Mr. C. S. Wilmott.

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Mr. Kuhns.

R E A D I N G

Time of Reading 3: 30 P. M.

..., Oklahoma.

1. EC: Now, we find there are some abnormal conditions with this body. We find we have two bodies to deal with here, as this body is with child, you see, and in the end we will find this child will be delivered properly, provided there are some conditions that are looked after. The sex is a boy.

2. In this body, [3767], we find these conditions:

3. BLOOD SUPPLY, the blood supply is very good at the present time, being increased to meet the needs of the bodies that have to depend upon the conditions, and the system through natural forces of the entity is caring for those conditions.

4. The nausea, and the change in the position of the embryo, is caused through the change of the circulation through the perineurial gland and blood supply that comes to one under such conditions.

5. The condition of the blood in the lower extremities, where the pressure is created upon the nerves of the locomotaries in lower portion of the body. This should be corrected, that the circulation may be better for both bodies.

6. THE NERVE SYSTEM, in the nerve system the general condition of the body is very good. The body should receive, through the mental and physical, that care and attention that is justly due to one in this condition, and the forces of those better elements will give the better condition to both mother and child.

7. IN THE FUNCTIONING OF ORGANS, we find all under the control of conditions in the body, and the condition to be met would be that of the manipulation through osteopathic forces to equalize the circulation in the system, contract and relax those muscles and the nerves in all portions of the body, that will create and strengthen those muscles about the abdomen, and in and about the central portion of the nervous system of the cerebro-spinal, that is in the 9th and 10th dorsals. These we find so necessary to be done that the best may come to these bodies.

8. Do that properly. We will find the best for the conditions in the throat, larynx, and all portions of the body be assisted through this treatment [3767].

9. (Q) Will the stone in the right kidney of this body ever give any trouble?

(A) This condition we find is more from pressure than of stone, for there is none there. Only that condition where pressure is produced on these organs, and gives the extra amount of taxation to the kidneys and their functioning, this producing pressure upon the bladder, and causing irritation through these tubes connecting from kidneys to the bladder proper, as it also causes some irritation to the tubule or vagina proper.

With this treatment, as has been given, relaxing the body, and causing the tightening of muscles in other portions, we will remove these conditions. Sitz baths, of course, will be

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necessary, or the bath. This do as we have given. We will correct the condition for this body.

REPORTS OF READING 3767-1 F ADULT

None.

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BACKGROUND OF READING 4026-1 F 33

B1. 2/7/44 Letter from [4026] to EC: "Received your letter of Jan. 17, 1944 and the time designated for both readings will be very satisfactory. For the physical reading, March 23rd, afternoon 3: 30 - 4: 30 E.W.T. which will be 12: 30 - 1: 30 my time, and for the life reading, September 6, morning, 10: 30 - 11: 30 which will be from 7: 30 - 8: 30. For both readings I will be at my home, at the above address.

"I do not know if I have all the life reading data. I have the bulletin entitled 'Edgar Cayce', His Life and Work and have read the book 'There is a River', by Thomas Sugrue.

"I have checked over my list of my questions and believe I would like to add a few, therefore I will re-list the old over and add the new. However, in the physical reading, I would like a complete physical examination, if possible, as there might be conditions of which I am not now aware.

(1) What can be done to correct my defective eye sight, that is, other than glasses? (2) What can be done to correct a spinal condition and same condition in my left foot? (3) What can be done to improve my circulation - I have cold feet and hands, usually feel cold all over my body most of the time like having ice water running thru my veins instead of blood. (4) What can be done to eradicate the prominence of superficial veins on my legs and thighs? These are sometimes referred to as 'broken veins'. Is poor circulation responsible for this condition? (5) If I am pregnant, will I have a normal delivery? (a) What can I do to insure a shorter and less painful labor period and a normal healthy baby? (b) How long should I continue to do my present work (nursing) during this period? (c) What can I do to be able to breast-feed the baby? (d) What will be the sex of the child? (e) What foods should I avoid to maintain the best of health?

"I believe that covers all the questions. However, if there are any other physical defects, I would like to know about it - please advise what to do, and to whom I should go, if a doctor's aid is necessary?

"Thank you kindly for the reading." Yours truly, [4026]

TEXT OF READING 4026-1 F 33

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of March, 1944, in accordance with request made by the self - Mrs. [4026], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.)

R E A D I N G

Time of Reading 3: 35 to 3: 45 P. M. Eastern War Time., Calif.

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 those conditions, physical and mental, that are the disturbing factors in the better physical functioning of the body. These are as hindrances that have arisen from anxieties, with the combinations of cold and congestion, wherein there has been the creating not as of exactly subluxations but of lesions along the spinal area as to hinder

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circulation, and the lack of vital energies in the body to assist in creating from the chemical reaction the proper balance in the circulation. These are indicated with the changes coming about with the conditions of the body, as there is also the development of body with body.

3. These subluxations or lesions we find in the 3rd cervical, 2nd, 3rd, and 4th dorsal, 9th dorsal and throughout the lumbar and sacral area. Thus the feelings experienced by the body as though there were the lack of vital energies through the lower limbs, as of a heaviness and a fullness at times in the lungs, shortness of breath, the inability of the body to get a good, deep breath without a heavy sigh. These are the outward manifestations, as it were.

4. We would begin adding these to the system's activity:

5. Take one drop of Atomidine in half a glass of water each morning before breakfast for two days in succession each week - the same two days each week, say Tuesdays and Wednesdays.

6. This is to purify the activity of all the glandular system. Do this for three weeks.

7. Then leave it off for the time being and begin taking every other day (not before then) a small quantity of Calcios as a stimulation for the activity of the whole respiratory and perspiratory system and the whole circulation. Eat a whole wheat cracker thinly spread with the Calcios, every other day. Do this for three weeks.

8. Then leave off and take Atomidine for two weeks in the same manner as indicated.

9. Then leave this off and take the Calcios again, but only twice each week.

10. Begin at the same time that the Atomidine is first started and have osteopathic adjustments. At first these should be purely relaxing treatments, not stimulating treatments.

11. Do these and we will not only make better conditions for the body for caring for the offspring but in preparing the body for such, as well as correcting the conditions in the general physical forces of the body.

12. Ready for questions.

13. (Q) What can be done to correct defective eyesight, other than glasses?

(A) The osteopathic corrections and the building up of the general nervous system by the treatments to stimulate these, as well as the head and neck exercise taken regularly.

14. (Q) The condition in left foot?

(A) This will be corrected through the osteopathic adjustments.

15. (Q) What can be done to eradicate prominence of superficial veins on legs and thighs?

(A) These all will be changed by the change of vibrations and by the circulation through body being equalized.

16. (Q) How long should I continue to do my present work (nursing) during this period?

(A) This should be governed by circumstance, but should continue for at least another three to four months.

17. (Q) What can be done to insure a shorter and less painful labor period?

(A) Do what has been suggested here, consistently, persistently; we will find better conditions and not a great deal of trouble at these periods.

18. (Q) What can I do to be able to breast-feed the baby?

(A) This is not better for the body or for the baby, under the conditions that exist.

19. (Q) Any foods I should avoid?

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(A) Not particularly. Keep a well balanced diet, not tending towards acidity - else we would have disturbance with kidneys.

20. (Q) Is it indicated what the sex will be?

(A) This has not been determined as yet. Hold to what the body would desire.

21. We are through with this reading.

(Head and neck exercise: Morning and Evening: Standing or sitting erect, bend head forward three times, backward three times, to the right side three times, to the left side three times. Then circle to the right three times, circle to the left three times. Do this slowly. Do this regularly.)

REPORTS OF READING 4026-1 F 33

R1. 3/24/44 Her husband, Mr. [4003] obtained his first physical reading. See 4003-1.

R2. 8/24/44 [4026]'s letter to EC: "The date and time selected for my life reading (Sept. 6, 1944 - 7: 30 A.M. - 8: 30 A.M. - Pacific War time) is satisfactory. I will be at the above address.

"I am under the impression that each and every one of us were created to do some kind of work while here on earth and in that way we contribute something toward making this world a better place in which to live.

(1) Therefore what work am I best qualified to do? (2) How - when - where - shall I train for this work? (3) In what locality should I live - what city? (a) or should I live in a rural district? (b) If so, where? (4) Should I continue with the nursing profession - if so, what branch, in order to be of the most service to suffering humanity? (5) Will the work I am best qualified to do assure me of some degree of financial security? The reason I ask this question is that both my husband and I have worked 16-18 hrs. a day and many times were not able to pay for anything other than living expenses and our standard of living was very low.

"Thank you kindly." Yours truly, [4026]

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BACKGROUND OF READING 4074-1 F 30

B1. 8/27/43 [4074]'s letter: "I am positive you will be able to help me so will you please use the enclosed 3 cent stamp and write me what your charge for a reading is? I need help badly. The doctors have given me eighteen months to live, but I am sure you'll be able to tell me just what to do to heal myself. I'm only thirty, & have a darling little girl of two & a marvelous husband to whom I've been happily married for six years. I feel that the doctors are wrong & that God wouldn't want to tear such a happy family apart. I am in pain most of the time from this trouble of mine but we're still happy and hopeful so please, won't you try and help me?"

"Thank you very much..."

B2. 1/29/44 Mother's letter: "She is pregnant, and has a condition besides that is of grave concern - lost her first baby at five months pregnancy, second she carried by taking wheat germ -"

B3. 2/9/44 "She is somewhere near 5 months in pregnancy - we realize how great the danger is, also the future complications. One of the doctors wants to give her X-ray treatments, another wants Radium. They both agree that there is a very painful Urethral Caruncle."

B4. 2/21/44 [4074]'s letter: "My Mother has given me your letter in regards to the change to an earlier date for my Physical Reading; we are very grateful for it and for your help; I will be in my own home on that date and at the time you wish; ..., Dayton, Ohio; "The questions you asked for, are -

Is the condition indicative of cancer? What do advise as to treatment for cure, how soon should the treatments begin? When will the Baby arrive, will it be a girl or a boy? Will the Baby and I get through the delivery as we should, all right?

"My husband and I thank you kindly."

TEXT OF READING 4074-1 F 30

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 7th day of April, 1944, in accordance with request made by the self - Mrs. [4074], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by mother, Mrs. [5082].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.)

R E A D I N G

Time of Reading Set bet. 10: 30 to 11: 30 A. M. Taken 11: 05 to 11: 15 A. M. Eastern War Time. ..., Ohio.

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 - not so good.
3. As we find, other than the nominal developments from pregnancy, there are those disturbances that are causing great anxiety for the body as well as for the offspring. These have to do with the condition existent as related to the pelvic areas.
4. We find that rather than using the x-ray, radium or other means to allay, it would be preferable to take small quantities internally of Plantain tea and to use a Plantain poultice

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over the areas disturbed. Thus there would be the insurance of a much more normal reaction at the time of delivery and much better probability of the child not being affected by the use of such strong measures.

5. The Plantain tea and also the plantain poultice should be prepared fresh daily. Obtain the tender leaves of plantain just now beginning in this area to indicate itself. Use not the roots but the leaves. Cut these fine. Put a level teaspoonful in a teacup and fill with boiling water. Cover with a saucer or glass top and let stand for thirty minutes. Strain off and drink the tea. Do this once each day.

6. The poultice would be prepared in this manner, to be put over the pubic center:

7. Mix a tablespoonful of the tender leaves (cut fine) with a tablespoonful of thick sweet cream that rises to the top of the milk - not the heavy cream, not that soured, but the pure fresh cream skimmed from the top of milk. Mix these together and let come almost to a boil - using these properties, you see, to make the salve for the poultice. Spread on gauze and apply over the area. Do this daily,

8. Keep up the use of the Plantain tea as well as the poultice. After delivery, the poultice may be applied over the whole abdomen - which would require about four times as much of the Plantain, also the cream. For these are to be equal in measurement, not in weight but in measure. Leave on the poultice, about an hour or an hour and a half each day. Don't make but just so much at the time. Make in the measures as given, if this is cooked together it will be thick, and should not be spread so thin as not to be effective, - but about a quarter of an inch thick.

9. Do keep good eliminations for the body, but the use of vegetable laxatives; preferably those having a senna base and figs combined with same.

10. These, as we find, with the regular precautions that should be taken, should bring much better conditions for the body.

11. When there is the delivery and afterward, there will have to be a great deal of precaution because of infection. Keep these areas cleansed preferably with an alkaline cleansing fluid.

12. About three days after delivery, we would begin the use of the Ultra-Violet Mercury Light, at least thirty-seven inches from the body, with the projection of the green glass between the light and the body - about fourteen inches from the body. This should not be painted glass but stained green glass between the body and the Ultra-Violet.

13. Do these for better conditions for this body.

14. Ready for questions.

15. (Q) Is the condition indicative of cancer?

(A) Read what we have given for it and the warnings as to using the radium and x-ray, and you will see what it is indicative of.

16. (Q) Approximately when should the baby arrive?

(A) Near to normal time, which would be about the first of June.

17. (Q) Is it indicated as to what the sex will be?

(A) Better be satisfied with it being normal, rather than concentrating on either a boy or girl being injured by the use of such violence. For with these treatments indicated we can save mother and child, if there is not the becoming overanxious.

Trust in the sources of health, the sources of good. For if there had not been the need for this soul to be in the world, or in earth-consciousness, there would not have been conception.

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18. We are through with this reading. [See GD's note below.]

Copy to Self " " Ass'n file " under case number for indexing

(4/7/44 GD's notes: We would refer you to one of our members in Dayton who may be able to help you get started with these treatments: Mrs. J. A. McClelland, 803 Parkview Avenue.

If you have trouble securing the green plate glass, it may be ordered direct from The American Plate and Window Glass Co., Prospect Ave., East Orange, N.J., for \$2.50 per sq. ft. A piece about ten by twelve inches would be sufficient.)

REPORTS OF READING 4074-1 F 30

R1. 5/19/44 Mother [5082]'s phone request: "Baby girl born today, weighing three lbs., in oxygen tent but apparently normal; Caesarian performed but my daughter is getting on as well as can be expected - she said she knew everything was going to be alright since you said so or told her what to do."

R2. 5/23/44 Mother [5082]'s letter: "This is a report on my daughter. She will write to you when she gets home from the hospital. Many, many thanks for your kindness to all of us":

THIS IS A REPORT OF THE READING AND CASE OF [4074] MAY 23 - 1944. READING - APRIL 7 1944. BEGAN THE USE OF PLANTAIN AS PRESCRIBED BY THE READING. BEGAN THE FIRST FLOODING MAY 14-44. DR HAAS SAW HER FOR EXAMINATION AND XRAY MAY 17-44, and said "WHILE THE CONDITION OF PREGNANCY IS NOT GOOD, THE CARACAL [CARUNCLE] IS DEFINITELY IMPROVED." DR HAAS IS AN OSTEOPATH. BEGAN TO FLOOD AGAIN ON MAY 18-44. WAS AT ONCE TAKEN TO THE HOSPITAL AND CAESAREAN PERFORMED. BABY GIRL IS PERFECTLY FORMED, WEIGHED 3-lbs. and 10 oz. (3 lbs) MOTHER AND BABY ARE IN FINE CONDITION. MOTHER WILL CONTINUE WITH THE PLANTAIN AND OTHER ADVICE AS SOON AS SHE RETURNS FROM THE HOSPITAL.

R3. 11/29/44 [4074]'s letter: "No, you don't know me personally but I'm one of the many folks you and your grand work has helped. I'm the daughter of Mrs. [5082] who wrote for a reading for me which you gave Apr. 7th, '44. I was, at the time, rather disappointed in my reading as I'd asked for the sex of the baby expected and you said to not be thinking what it would be but that it would be normal, healthy and safely born. You told me to start taking Plantain tea and to use as a poultice. Well, I got over my peeve in no time and did just as you said and I feel that it was through the Lord and your advice that my baby and I are alive today. I do hope you don't mind this long letter but I do want you to know all about it as it should make you feel wonderful.

"My mother [5082] visited you at your home the first part of May when she had her reading and you showed her what you couldn't send to me in my reading. That part said that when I started to hemorrhage the child would have to be born by caesarian section and some other things I can't remember now. Well, mother got home the 14th of May and called me to let me know she was home & with no warning while talking to her I started to hemorrhage badly. We called the doctor but he was out of town so I did the only thing I knew, I got off my feet. I kept this up till Wednesday afternoon when it quit

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as suddenly as it began. I had that morning called the doctor again & he'd just come home so when it quit I called him again & he asked me to come in on Thurs. for examination and X-ray. I went & the X-ray showed the baby crosswise & the afterbirth formed at the mouth of the womb. Right away he said that when I started to hemorrhage again the child would have to be caesarian. Everything was fine when I went to bed that night but at five Friday morning I started in worse than ever. At 8 I called the doctor & he came at once & at 2: 10 that afternoon they went after the baby but had told me not to expect a live baby as they didn't think it possible. Well, as I said, at 2: 10 p.m. Friday, May 19th my 3 lb. 1/4 oz. daughter was born. They put her in an incubator at once with oxygen. The surgery of course was complicated but the next day doctor who performed it said another 8 hrs. & I'd have been gone & baby too as a strip 8"x5" of the afterbirth was infected & he couldn't understand how I'd lived or baby either as long as we had with that in such a condition as it takes a lot less than that to kill. I didn't have any complications at all and my [...] [baby] was perfectly formed, & a little butter ball even tho' she was 6 wks. ahead of time, (that's the doctors figure not mine, which I doubt because she had her finger & toenails, eye-lashes & eye-brows & the doctor said she wouldn't have weighed anymore than the 3 lbs. 1/4 oz. or been any longer than the 11 inches she was if I'd carried her full term. She was so strong that by Sunday night they had to take her from the incubator & oxygen and I got to see her when she was only 2 days old & the usual premature's stay in the incubator for several months & the mother only gets to see them after she's up & about. Now, I say all of this is due to your advising me to use the Plantain. The doctors couldn't explain it all but I'm sure the Plantain did all of this for me. I used it faithfully every day & have continued using it since. I've not been able to find an Ultra Violet Mercury light to continue the treatment for the Urethral tumor I have but as soon as I get a light I'm going to use it. I've had the green glass, you said to get, for a long time. I'm anxious to get the light & use it so that tumor will heal as it's very painful most of the time.

"God bless you for all you've done for us.

"We've been so anxious about you since we learned of your illness. We'd have sent you a remembrance if we'd known where you are but since we don't, please have someone get something you'd especially like to have with the money enclosed. We're praying for your quick and complete recovery every night and think of you so many times during the day.

"Am also enclosing a picture of us so you could see the family that's still together because of you. It's taken on the wooded lot that my mother gave us & we're standing in our future kitchen (see the string at our feet?). My hubby is building our home with his own hands & God's help as he's never built a house before.

"The baby is 6 mo. old now and weighs 13 lbs. 6 oz. & is 23 inches long. She's doing exceptionally well & is the best baby in the world. She smiles all the time and everyone adores her. Her 'big' sister has never been jealous of her & can't keep from loving her every time she's allowed near her.

"Do forgive me for this letter being so long but I tho't you might like to know that our love & prayers are with you..." [Enclosed \$5.]

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BACKGROUND OF READING 4280-7 F 38

B1. 7/3/26 Letter: "...Now, Mr. Cayce, I want you to help me, or rather advise me what is best to do in my condition. You will remember that I have not been at all well for nearly three years. Had a miscarriage at that time, and the doctor in Atlanta, that I had, gave me several shots in my arm that caused indigestion and I had a knot in right side, and a part of the knot is still there, and I'm still underweight and extremely nervous. I have been taking a 'Vit-O-Net' electric bath once every week or ten days. This seems the only means of ridding my system of poisons for past year.

"Now, I want you to see if I can still take these electric baths, as they heat the body very hot, without causing a miscarriage. I haven't seen any sign of menstrual for over six weeks now. I believe I am pregnant, as I stay so nauseated, all the time, and have been for the past two weeks, now.

"I am 38 years old and doctors Al. C. and Mary E. Layne are very much worried over my condition, as well as myself. Now, to questions: Should I take the electric baths, and how often? What can I do to relieve the terrible nausea? What exercises should I take to make the child healthy and strong? In my present condition can the baby go to nine months and be a strong child? (I was left terribly lacerated with the child we lost.) Now, both of my babies, [4281] and the one lost, were born with 'breech' Presentation, or hips first, and abnormal birth, with dry delivery. Please tell me how to avoid an abnormal birth, or 'breech delivery', as I do not have any idea what could cause it. All the doctors do not know. Can you tell me? Please tell me just what to do in case of a miscarriage. (The doctor in Atlanta said he didn't see how I could carry a child nine months in my condition!)

"Please name the kinds of fruits I should eat now. Name all vegetables I should eat. Name what kind of cereals and how often I should eat same. Suggest anything else you see that I should do. Will drinking lots of water prevent kidney trouble in this condition? Please see if I am pregnant, or could it be the 'change of life'? Please let me hear from you by return mail if possible, as I am very anxious, you must know..."

TEXT OF READING 4280-7 F 38

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 15th day of July, 1926, in accordance with request made by self - Mrs. [4280].

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 11: 15 A. M. Eastern Standard Time. ..., Ga.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the improvement of same, and you will answer the questions I will ask you regarding same.
2. EC: Yes, we have the body here. This we have had before. There are many conditions that have changed in the body since we last had it here. The general physical forces are developing near normal for the physical conditions as are existent in the system. Not well, however, that too much of the electrical treatment be given the body under the existent conditions, for this tends to over stimulate the nerve system and to quicken the conditions as exist in the pelvic organs, where the formations of the portions of body are

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beginning, for, as we see, pregnancy exists with the body, [See 5520-1, Par. 2] and the full manipulation, osteopathically given, will strengthen the body sufficient to care for this condition, would this be properly applied to body, strengthening the muscles and the tissue of the lower dorsal and the whole lumbar region.

3. For the nausea as exists, this may be assisted also by not eating soon of morning, not rising too early, and what little is taken early of morning be taken before the body arises, giving some lime water in the milk that is taken. Do not use tea or coffee. Coffee may be used during the latter period of the conditions, see? Fruits that are not too acid. No apples. Peaches and pears. Pears especially, as much as will agree with the body, and cereals. No heavy food at any time. Chicken or fish, but not any hog meat. The beef juices may be used, but not any of the fatty portions. Little mutton may be given, were this barbecued, but not in the regular, or in the Just preparing in the plain manner, see.

4. The body will find that by this manipulation, especially in the groin and abdomen, where lesions were formed by the lacerations in about the puba, these will assist the body in overcoming the nervousness and the nausea. This needs thoroughly massaging at least twice each day, see? then strengthening the muscles in the upper portion.

5. Keep those portions in the right side of body where lump has shown, and with the nerve condition is showing some exaggeration at present, bathed or massaged in the oil, adding myrrh with this at times. This will assist. A little lime water, with equal parts of cinnamon water, will also prevent nausea.

6. There is no need in the body not fulfilling this period, and the child being born normal, provided these conditions are carried out. Not necessary that a miscarriage again happen with this body, [4280]. Follow those instructions very closely. Ready for questions.

7. (Q) What exercises should I take to make the child healthy and strong?

(A) Under the existent conditions, as much outdoor exercise, or in the open, as may be taken in short walks and rides, drives, but the greater portion of the exercise should be the exercise of the body BY SOMEONE ELSE. Not that the body shall become dilatory, or lazy in any manner, for if the mind is not kept in the correct way and manner towards itself and of that dependent upon it, we will produce a dilatory condition, and a still-birth produced, or a mis-presentation; while if those properties as are given as food values, in the milk, in the diet, in the regular way, the regular activities of the body - not too much eating - don't lie down when the body sits down, see? and the exercising of the muscles and of the lower portion of the abdomen, and about the vagina, puba, and the whole lower portion of the body, where these nerves show their extenuation at times - we will find the correct presentation.

8. (Q) What kind of cereals, and how often should I eat same?

(A) Any kind the body desires. Mostly of those that carry as much whole wheat as is possible.

9. (Q) Will drinking lots of water prevent kidney trouble in this condition?

(A) Manipulation and plenty of water will prevent it. Neither alone would prevent it.

10. (Q) What vegetables?

(A) Those as have been outlined for the body would be the best for the body to use. These have been given. Any of the vegetables - those that do not carry too much acid, or PRODUCE acid as the digestion takes place in the system.

11. That is all the questions.

12. We are through for the present.

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REPORTS OF READING 4280-7 F 38

R1. 7/23/26 Letter (requesting 4281-15 for her little girl): "...Mr. [4283] is doing nicely in Jacksonville, and we shall be able to send you an offering soon. We have had so many obligations to meet the past month..."

R2. 6/22/27 Dr. A. C. Layne's Letter: "...Mrs. [4280] has a fine little son [5520], four months old last Saturday [born 2/18/27]..."

R3. GD's note: See 5520-1 for the baby which stated "...We have had this before..." This evidently referred to the mother's pregnancy reading, 4280-7.

R4. GD's note: Mrs. [4280] secured subsequent readings for both her children [[4281] and [5520]].

R5. 10/27/28 See her next reading - 4280-8.

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INDEX OF READING 4496-1 F 24 (?)

Glands: Pregnancy	Par. 7, 15-A
Nausea: Eliminations: Poor	Par. 2, 5
NEURASTHENIA: HYSTERIA	
Osteopathy: Neurasthenia: Hysteria	Par. 4, 7, 10, 15-A
Physiotherapy: Massage: Alcohol: Temperature	Par. 9
PREGNANCY	
Prescriptions: Cinnamon Water: Nausea	Par. 11
: Limewater:	Par. 11
: Potassium Bromide:	Par. 11
: Whiskey, Burnt: Eliminations	Par. 5, 6, 11, 15-A

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BACKGROUND OF READING 4496-1 F 24 (?)

B1. 7/14/27 Husband's wire: "My wife been sick in bed 3 weeks. Doctors don't seem able to reach trouble. Will you give reading soon as possible, find out trouble, cause, treatment, also if doctor's doing all possible."

TEXT OF READING 4496-1 F 24 (?)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 15th day of July, 1927, in accordance with request made by her husband, Mr. [...].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. Thomas B. House.

R E A D I N G

Time of Reading 12: 00 Noon - Eastern Standard Time. ..., Florida.

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 the treatment for the cure and relief of this body.
2. EC: Yes. Now, we find while there are conditions that are disturbing and are distraught to the physical forces of the body, yet these are of a natural consequence with that as has been existent in the body for some time back, and with the change taking place. As for that as produced - through the genitory system, and as gestation shows in the system, the disturbance to the whole system, the temperature as produced by this gestation to an overwrought nerve system, and the general upsetting to the mesenteric system, these produce the complications as exist; and the nausea, the condition in and of the mesenteric system, are the reflexes from that overwrought, overtaxed, system, through this condition.
3. To bring the better, the more normal conditions for the body, would be to have the body REST as much as possible, without being distraught by outside forces or influences - and this does not mean by being left alone, or not being minded as to those conditions of hysteria that appear at times with this distraughtness; yet too much is easily done.
4. Rather would the massage, osteopathically, bring the normal flow to the system in making, as it were, the whole body correlate itself in circulation, and in bringing about nearer equalization of the elimination and distributing forces as are upset, with the changes taking place through these portions of body.
5. Giving those mild emits to the body that will reduce the nausea, and that will bring better conditions in the mesenteric system.
6. Use, then, whiskey that has been BURNED; that is, the alcoholic contents, and only having the grain producing forces for the body. Burnt whiskey, then, with very little water in same.
7. Manipulations along the whole nervous system, especially that of the lower portion of the lumbar and the lower dorsal, and relieving pressure at the brain entrance, or 1st and 3rd cervical, until there is coordination with the glands of the base of brain with the central brain of body, or solar plexus, and the plexus of the lower lumbar.
8. These will bring the quicker, the better condition for the body.
9. Using at times, to reduce temperature, and to rest, the alcoholic rub for the spine. This will reduce, see?

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10. Give treatments daily. Not severe, except every second or third day give the deeper manipulation. Rather the gentle massage every day - these deeper manipulations added every second or third day.
11. The properties to bring better condition internally (burnt whiskey) may be taken sips every two hours, and there may be added when necessary those of equal parts limewater and cinnamon water, with two to three drops of ten percent solution Bromide Potassium, see? Do not use this unless the nausea increases from present condition.
12. The diet should be rather that of stimulants, and DO NOT overload or tax the system by forcing to eat. Broths or any STIMULATING diet.
13. Do that, and we will find we will bring the better and the normal conditions about for this body, [4496]. Ready for questions.
14. (Q) Is the condition such that it will be necessary to wire regarding the treatment?
(A) As given, the conditions are very troublesome, very aggravating, and there are complications. DO NOT have any condition prepared or done for body until these are carried out as has been given, see?
15. (Q) How often should she take the burnt whiskey, and how much at a time?
(A) As given, about every two hours she may be given sips - teaspoonful to two teaspoonsful. But do not give it raw! Burnt! Do not want the alcohol in system to add to the inflammation.
- The condition, as we see, is that of a complex condition set about by system not being able to adjust itself to the eliminations and the building forces necessary, and pressure produced on the glands from the genitry system and base of brain. Hence the temperature, the nausea, the hallucinations, or the ATTEMPT to become rather hysterical, see? Pressure along nerve centers.
- These do not coordinate. Hence the gentle manipulation every day - deeper manipulation second or third days, see?
16. We are through for the present.

REPORTS OF READING 4496-1 F 24 (?)

R1. 10/3/30 Husband's letter: "Our boy (that you saved) is three years old this month. All well."

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INDEX OF READING 4577-1 F ADULT

CIRCULATION: IMPAIRED

Glands: Mammary: Pregnancy Par. 1, 2

Physiotherapy: Massage: Pregnancy Par. 2

PREGNANCY

Prescriptions: Alcohol, Grain: Pregnancy Par. 2

: Clover Blossom Tea: Par. 2

: Sugar: Par. 2

Prophecy: Personal: Childbirth Par. 2

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BACKGROUND OF READING 4577-1 F ADULT

None.

TEXT OF READING 4577-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 15th day of May, 1924, in accordance with request made by self - [4577].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Mrs. Weglage and Mrs. [4577].

R E A D I N G

Time of Reading 3: 00 P. M. ..., Ohio.

1. EC: Now, we find this body - we have two to consider. While the physical in this is very good throughout, there are some conditions that may be changed in the physical body of this body, [4577], that will assist the conditions for that body depending upon this for its life in this plane. We see the effect of the circulation in the system. This is at present impaired to some extent, and also the conditions as are shown in the mammary glands may be improved so that the sustenance for the body that is to receive its life flow through these may be helped.

2. In the date, we find this will be completed at its regular time. In the sex we find this is the male, and in the corrections for the physical we would use that of the massage over the whole exterior portions, especially of extremities, and for the glands, as has been given, use a very weak solution of the sweet clover blossom as a drink, that the food as supplied through the mammary glands may be in accord with the condition of the child. Made in this manner: One to forty parts; that is, one ounce of the blossom to forty parts of water, and steep for from two to three hours in warm (not hot) water. Then strained and made palatable by the addition of three ounces of sugar and one ounce of grain alcohol. Drink as a tea.

3. Do this, and we will find we will come to the better development for both the mother and child.

4. As for the conditions that surround the body, in this we find there will be some changes, some of minor nature, that will in future years mean the great change. These at the present seem the best. The will will change or rectify or modify those conditions.

REPORTS OF READING 4577-1 F ADULT

None.

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INDEX OF READING 4880-1 F ADULT

Emunctories: Pregnancy: Toxemia	Par. 4
GLANDS: MAMMARY: BABY CARE : PREGNANCY : TOXEMIA	
Physiotherapy: Massage: Sulphur: Emunctories	Par. 4
PREGNANCY	
Prescriptions: Elm: Glands: Mammary	Par. 4
: Magnesia:	Par. 4
: Saffron, Yellow:	Par. 4
: Water, Lithia:	Par. 4
Prophecy: Personal	Par. 1, 6

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BACKGROUND OF READING 4880-1 F ADULT

None.

TEXT OF READING 4880-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 6th day of February, 1924, in accordance with request made by self - Mrs. [4880].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Mrs. [4880].

R E A D I N G

Time of Reading 3: 10 P. M.

Dayton, Ohio.

1. EC: Now, as to the conditions for this body at the present time, we find we have that of the two bodies to deal with. The conditions are normal for the condition, and with this body we will find these conditions will present themselves in the normal manner and way, and that the offspring will be well developed.
2. As to the condition that prevents the nursing of children, or that toxin as is being and is created in the system, through the mammary glands, and partakes of the lacteal forces, is from the toxins as absorbed in the system, and becomes a part of that fluid as food for the child. This is that that should have been overcome in times back. Not as much of this will be presented in the system at this time, and as the condition arises may be met at the correct stage, which will in this body begin in fifty-four days after the birth of the child.
3. Take this then in the system:
4. Let all of the water that is taken carry some properties of Lithia, Magnesia, Yellow Saffron and Elm. These will be in small quantities, but the effect upon the system is to cleanse the upper portion of the intestinal tract, or that which intestinal digestion and the lacteal glands absorb from the system. Use small quantities of sulphur in the glands in the system, rubbed in the body. This is of the mother we are speaking, you see. Arm pits, thighs, groin and across the diaphragm line.
5. Do this. We will find we will bring the correct influence for this body.
6. This body that is to be born will bring much joy to many peoples, for it will come under the influence of Uranus and Jupiter.

REPORTS OF READING 4880-1 F ADULT

R1. 2/11/24 Mrs. [4880] obtained a Physical Reading for her little son [4911].

R2. 3/6/24 She referred Miss [4351] for a Physical Reading

**Gladys Taylor McGarey,
Pioneer of Pre-Birth Communication**

by Elisabeth Hallett*

As we become familiar with stories of pre-birth communication, the way we look at babies begins to change. That change must be reflected in how we handle pregnancy and birth, and in how we treat our children. To the well-known family physician Gladys McGarey, babies are “old souls in new bodies,” aware and involved in the process of their own birth from before conception. And she has the experience to back up her beliefs.

Gladys Taylor McGarey is a doctor twice over, trained in both allopathic medicine and homeopathy. In a career spanning five decades, she has courageously faced opposition and explored therapies beyond the medical mainstream. She is a founder of the American Holistic Medical Association and past president of that organization. Still practicing in Scottsdale, Arizona, she also serves on the staff of NIH’s Office of Alternative Medicine. But Dr. McGarey is a hero to me for a more particular reason. Nearly twenty years ago, she pioneered the concept of “soul communication” with unborn children.

In her 1980 book *Born To Live*, Dr. McGarey makes the bold statement, “It is reasonable... to believe that we are in reality dealing with a ready-formed individual personality when we usher a baby into this world.” This respectful attitude toward babies underlies Dr. McGarey’s approach to the pregnant women in her care. “I often ask the mother to try to make contact with the baby,” she explains. “I ask her to record her dreams and see if she can contact the baby, also to write letters to the baby telling him how she feels about things, and talk to him, trying to establish an early, helpful soul communication.”

It’s no longer so unusual to advocate talking to a child in the womb, but it’s rarely suggested that we might also try *listening* and being receptive to impressions and communication coming from the baby. Dr. McGarey has been a pioneer in recognizing that pre-birth communication is a two-way flow. In *Born To Live*, she shares remarkable stories of contact between parent and child-to-be. As the attending physician, she has an insider’s view of these events and is able to put them in context of the mother’s life experiences and the family situation.

According to Dr. McGarey, contact happens in various ways. For example, she writes: “I have seen (pregnant) women who discover emotions foreign to their nature and experience, emotions they could not understand. As we watched their dreams, we began to understand that they were apparently picking up psychically the emotions and feelings of the incoming entity. The baby, of course, has feelings and emotions, residuals perhaps from an earlier incarnation.”

One story illustrates Dr. McGarey’s contention that family planning may be a mutual process, with the child-to-be playing an important part in the arrangements. This family already had four children and had decided that four was enough. However, several years after the fourth arrived, the mother was taking a shower and she saw a blue light

* Author of *Stories of the Unborn Soul: The Mystery and Delight of Pre-Birth Communication*.

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appear in the top corner of the shower. Instinctively, she knew what the blue light meant. Another entity was wanting to make its appearance. "Go away," she said, "You know I don't need any more kids!"

A month later, the blue light came back. Again the same dialogue. And again it happened. And again. Finally, the reluctant mother gave in to the persistence of whatever the blue light meant, and she became pregnant. Child number five arrived, a boy, and her family was larger. And more complicated, of course, but more enjoyable.

Two years passed by. The mother of five had not ceased to take showers. And the blue light came on once again. This time, she didn't have the energy to fight it any longer. It was almost as if she was getting a message from these two souls, as the blue light came on, that said, "Look, this is the place where I'm supposed to be. You are the people I am needing to live with, and this is the right time. So please get ready for me, cause I'm coming."

Dr. McGarey remarks, "It seems likely that babies do really choose their parents; only some, like the "blue light" babies, are more persistent than others."

The past twenty years have seen enormous controversy surrounding abortion. Dr. McGarey considers abortion from the viewpoint of the child soul, which she maintains is aware and telepathic and has some power of choice. In her new book, *The Physician Within You*, she writes: "In all the struggles between the pro-choice and pro-life factions, no one seemed interested in what the child thought." Dr. McGarey believes that in some cases communication offers an alternative to abortion.

In one instance, a young woman was facing an untimely pregnancy but did not wish to have a medical abortion. She made a practice of talking to the child, suggesting it would be better for him to move on, yet leaving the choice to him. One night, she recalls, "I was able to move my consciousness down to my uterus. It felt like a cavernous, secure shelter. In a rather suspended yet elevated space, this soul and I had some serious communication. It felt completely natural. I explained that it wasn't the right time for me to become a mother. With love I let him know that it had nothing to do with him. I urged him to find another mother." The following day, she spontaneously miscarried.

The story of Susan, from *The Physician Within You*, takes pre-birth communication full circle and illustrates the apparent flexibility of "family planning." Susan found herself pregnant at seventeen, just as she was about to enter college. She decided to talk to the child, whom she perceived as a girl. Speaking softly, she explained why it was the wrong time for her to have a baby, promising, "You will only be away a little while. We will be together again." Soon afterward, she miscarried.

Two years later, Susan's best friend Fran, who was older and married, had her first baby. The night of the birth, Susan woke to hear a child's voice announcing, "Mama, I'm coming back."

"As I heard the child's voice I jumped out of bed," says Susan. "I could almost feel her presence... A thrill of joy swept over me. In that moment I knew it was my little girl - a promise fulfilled. I could hardly wait to see her. Nobody thought anything of my rushing over to the hospital. I was family."

"From the beginning we had this special bond," Susan says, "like we both knew of our previous connection. I thought of her as my child. She would throw up her arms to greet me with the happiest smile. When she was able to toddle she would rush into my arms. I could see that Fran and her husband were amused."

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Wishful thinking? An important point is that Susan had kept secret both her own earlier pregnancy and her impressions of Fran's daughter. When the little girl was three, her mother was again pregnant and Susan was visiting. Sitting on Susan's lap, the child suddenly asked, "Do you remember when I was in your tummy?"

"No, honey," Susan said, "you were in your mother's tummy."

The child shook her head. "Not that first time." Uncertain of how to respond, Susan asked, "What did you do in my tummy?"

Sadly the little girl replied, "I cried."

"Why did you cry?"

"Because they said I couldn't stay. They said it wasn't the time. They pulled me back."

"Who were they?" Susan finally asked.

"The same ones that brought me to you."

Some doctors may wonder why they don't hear about pre-birth communication from the pregnant women in their care. While gathering stories for my own book, it was remarkable to me how often women confided that they had been afraid to share their experience with anyone. As Dr. McGarey observes, "These things really happen. Perhaps I hear about them because I am willing to listen to these women who have feelings and experiences they don't want to have disregarded or made fun of."

Dr. McGarey's holistic approach to medical care is detailed in her new book, with Jess Stearn *The Physician Within You: Medicine For the Millennium* (1997). Two chapters are devoted to pregnancy, birth, and babies. But it's well worth tracking down a copy of *Born To Live* for the full story of Dr. McGarey's philosophy of childbirth and many other remarkable stories of "old souls in new bodies."

References:

Gladys Taylor McGarey (1980), *Born To Live: A Holistic Approach to Childbirth* (Available from Gladys McGarey Medical Foundation, 7350 E. Stetson Dr. #120, Scottsdale, AZ 85251.)

Gladys Taylor McGarey with Jess Stearn, (1997), *The Physician Within You: Medicine for the Millennium* (Deerfield Beach, FL: Health Communications, Inc.)

This column is from the website Life Before Birth, "Birth Psychology":
<http://www.birthpsychology.com/lifebefore/concept6.html>

Also see: Life Before Birth, "Communication Before Conception: A Spiritual Frontier":
<http://www.birthpsychology.com/lifebefore/concept.html>

Abortion Averted

William A. McGarey, M.D.

Reprinted from *Venture Inward*, March/April 1991

When a pregnant woman came to us for prenatal care, threatening to abort for the 9th time, I recalled that years ago I had another patient, 25 years old, who was two and a half months pregnant and had started to abort. She came 24 hours after she noted the onset of vaginal bleeding. The bleeding had stopped during the night, but a deep ache in the pelvic region persisted.

Her first examination after the beginning of pregnancy showed a normal blood pressure of 100/60, temperature of 99 degrees, and pelvic findings of early pregnancy, including an enlarged uterus, and a cervix which was soft and bluish. Her last menstrual period was 13 weeks earlier. Our diagnosis: early pregnancy with threatened abortion.

We prescribed bed rest for the next 3 days, castor oil packs (without heat) on the lower abdomen, 1 hour 3 times a day for 1 week, then 3 times a week for 4 weeks after that. Follow-up revealed disappearance of the ache in the pelvic region within the next 3 days and no recurrence of the bleeding throughout the pregnancy, which terminated normally at 9 months.

Our more recent case involved a woman who had never carried a pregnancy through to term since her first pregnancy when she was 17 years old. Eight successive times she had aborted spontaneously at the 4 months mark. Now 35 years old, she had even tried complete bed rest as a preventative. Nevertheless, she aborted repeatedly. She was 15 weeks pregnant when she was seen the first time at the Clinic.

As part of her nutritional prenatal care, she was placed on our basic diet, given multivitamins, vitamins E and C with bioflavonoids, encouraged to use visualization and affirmations, and was kept at bed rest.

Castor oil packs (no heat), over the pelvic area were begun at once, to be used continuously, 24 hours every day. She maintained her pregnancy, but at six months, she began having contractions. She had stopped the castor oil packs because her obstetrician told her she was “out of the woods.”

The castor oil packs were resumed and she passed that crisis, but her doctor told her she would be lucky to make it to 32 weeks. She made it not just to 32 weeks, but on to 39 weeks when she delivered a healthy nine-and-a-half pound bouncing baby boy.

An interesting note – the baby was breech until seven and a half months, and the mother was told by her OB. that she would probably need a Caesarean section. We instructed her, however, to talk to the baby and explain the need to “turn” so that they could have a vaginal delivery together. Baby listened, and subsequently delivered in a normal vertex presentation

So what about this mystery of healing? Healing comes in so many forms. With the OB. patients mentioned in the last few paragraphs, the help came from something as unlikely as the oil extracted from the bean of the castor bean plant, called in the Middle Ages the “Palma Christi.” Edgar Cayce suggested this type of application often, and said once that it seemed to bring the spiritual energy down from above and let it act in the physical body much like oil on a rusty hinge.

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Healing also came for these women through the use of nutrition, for it has been said many times that what the body eats and what it thinks makes it what it is. So the importance of diet can never be downplayed. Our most recent patient used the mind to turn things around for the baby, asking it to assume a more normal position so it might be born more easily. This is no mean task, communicating with an unborn child.

But the mind was used in visualizing a healthier state of mind and body as the woman prepared herself to continue the pregnancy. And, I'm sure she prayed, which perhaps is not only the first thing one needs to do, but also the most important. So the body was used, the mind came into play, outside forces added their bit of help, and the divine influences were also part of the picture.

Both of these women had faith that the castor oil packs would work. When anyone believes in the therapy which is being applied, attitudes and emotions always come to their aid. Then, we need to remember that all emotions work through the glands, to be sure, and create their constructive or destructive activity in the physical body. Cayce spoke to one person about these things:

Do not become overanxious – for, to be sure, the Mental is the Builder; and overanxiousness may bring about barriers to proper reactions throughout the system; whether as related to the circulatory forces or the assimilation or eliminations of the body.

But these influences kept in a body-normal eliminations, near to normal assimilations -without accident, it, the body, reproduces itself in every phase of its experience....

Keep these physically, mentally, with a spiritual basis of CONSTRUCTIVENESS for the mental attitudes. 816-8

A woman left the Temple Beautiful program with a confirmation of her beliefs about the healing process. She said, "It has been an opportunity to renew my enthusiasm of what my soul knew all along: namely, that illness is not created by God, only good. Therefore I want even more than before to work with the opportunity I have created for myself in the growth process. My courage quotient has increased sevenfold."

We unravel the mystery of healing bit by bit, but isn't it truly fascinating when we can approach an illness of the body or the emotions and come out victorious, knowing that we have touched into something divine in the process? We move, in this manner, closer to that destiny that lies ahead of all of us - Oneness with that Force, that Power that brought us into existence in the very beginning.

Dr. McGarey, chairman of the board of the A.R.E. Clinic in Phoenix, Arizona, is the author of:

Healing Miracles: Using Your Body Energies

The Oil That Heals: A Physician's Successes With Castor Oil Treatments

Heal Arthritis: Physically, Mentally, Spiritually, The Edgar Cayce Approach

Physician's Reference Notebook