

Circulating File

DIET: "MEATLESS"

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

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DIET: MEATLESS CIRCULATING FILE

Circulating Files are collections of verbatim quotes of what Edgar Cayce said during his readings on a given subject or, in some cases everything. We have medical circulating files which focus on the over 9,000 health-related readings with subjects from Acidity-Alkalinity to Weight Loss. We also have non-medical circulating files on a broad range of topics, for example *Egypt: Sphinx, Pyramids, and Hall of Records*, *Fear and Its Far-Reaching Effects*, *Advice to Parents*, *Serving in Accord with Ideals*, and *Business Advice*.

Each circulating file is simply a collection of reading quotes or full readings given for different individuals on a similar subject or disease. The A.R.E. cannot and does not suggest treatments for physical ailments nor make claims about the effectiveness of the therapies. We encourage anyone working with the health readings to do so under a doctor's care and advice.

The circulating files support the research aspect of the Cayce work. We appreciate any feedback informing us of progress made in improving one's life or achieving good health by applying suggestions given in the readings. Please send any feedback (testimonies, experiences, results, etc.) to:

Library: Circulating File Desk
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Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, EdgarCayce.org or on CD-ROM.

Some circulating files contain commentaries or summaries written by physicians. These reports are to be used as a basis for further research in the form of controlled studies, and should not be misinterpreted to be either a refutation or an endorsement by the doctor. Referral doctors wanting to borrow a file for an extended period may do so by writing to the Library: Circulating File Desk.

Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

There are in truth no incurable conditions.... 3744-2

This Circulating File consists of the Edgar Cayce psychic readings on "meatless" diets. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles may be included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: www.baar.com or call 800-269-2502.

Diet: “Meatless”

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C. Related Circulating Files and Research Bulletins*:

1. Acidity Alkalinity
2. Anemia
3. Diet: Nightshade Family
4. Principles of Healing

(Q) Mr. Cayce, should this body have any special diet?

(A) Live only on those things that are green and grow above the ground.

(Q) Can this body use meat at all, Mr. Cayce?

(A) That is not green. Does grow above the ground though. 4188-1

Correct these conditions and we will find this body will be able to pass the century mark on this plane if it so desires....

Let the diet be only vegetable forces. Do not lower the plane of development by animal vibrations. 1010-1

(Q) Is my vegetarian diet good for me, and should I stick to it?

(A) Rather as has been indicated, this from the material angle is not an absolute necessity - but in all good conscience keep that as thy SOUL (we didn't say HEART) - thy SOUL - desires.

Vegetables are nature's way, the natural, the correct, the cleansing. Keep it, then; but these are as to the needs of the self, depending upon the manner of expending energies. So long as there is the expending of self in mental, yes.

When it becomes active in great physical exertion - as it will, in thy experience - then there will be the needs for some changes to be made. 1554-6

(Q) Is it necessary for this body to have meat?

(A) It would be alright to leave it out if you'll add protein in other ways and manners. But meat has been a part of the diet in the body. Meat or its equivalent, then, is necessary. Not too much of same. 5313-4

(Q) Will the elimination of meat from my diet have a weakening effect temporarily?

(A) No. Only so far as the mental forces allow same, for there is as much VITALITY in the outline of those things the body SHOULD eat as would be with the meats, and when conditions are of the nature as has been given, MEATS aggravate, while vegetables, or characters of meats that build - that is, such as fish, shell fish, liver or fowl, these do not carry those vibrations that aid in accentuating such pressures as disturb this body - but rather give the tendency to give more strength and endurance to a physical body. 5459-5

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

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system. . . Hold to that KNOWLEDGE - and don't think of it as just theory - that the body CAN, the body DOES renew itself! 1548-3

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

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

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

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

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

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half-truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. Keep in mind this thought: what those chemicals can do is temporarily - and somewhat artificially - give your body an experience of greater oneness.

Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again. 976-1

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

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

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

- Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope. We're encouraged to expect healing.
- Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

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

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

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . But first the change of heart, the change of mind, the change of purpose, the change of intent. 3124-2

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

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

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that

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individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

It is also important to remember that each reading was given for an individual. It must be emphasized that no suggested treatments for any particular ailments should be "lifted" from any individual reading and tried by another individual except under the supervision of and with the cooperation of a physician or licensed health care professional. However, there were many suggestions that were given over and over, and these can be studied to find how they apply to ourselves. These healing principles can be grouped in four categories that referred to as CARE.

Circulation – moving the blood around the body through therapies such as massage or spinal manipulation

Assimilation – encouraging the body to pull the proper nutrients from the food by eating the proper foods and in the proper combinations

Relaxation – taking time to rest and let the body recuperate and counterbalance the daily activities

Elimination – removing the waste products from the body through therapies such as sweats, colonics, and fume baths

For more information about CARE and recommendations on the lifestyle described in the readings, please see Dr. Harold J. Reilly's *Handbook for Health*. There are also many verbatim collections of the readings in other Circulating Files, Research Bulletins, and Treatment Plans for individual diseases which may be purchased through Customer Service at 800-333-4499.

The A.R.E. is interested in having all the material in the health readings reviewed by physicians and health care professionals who also provide summaries of their findings in the hope that the information may prove beneficial to others. When time and finances permit it is planned to have all the information in the health readings read by one or more physicians and the subject matter summarized. Please send any feedback to

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To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or Baar.com.

We do not advocate a do-it-yourself process. Please seek out the advice of a health professional before implementing any recommendation.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. "Those that expect little of the Lord receive little; those that expect much receive much - if they live it!" 1424-1

Blessings,

A.R.E. Member Services Team

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TEXT OF READING 29-1 M ADULT

This psychic reading given by Edgar Cayce, this 6th day of January, 1923.

1. EC: Yes, we have the body here. Now, the abnormal conditions as we find in this body have to do with the organs direct, and with the functioning of the other organs of the body, and with the circulation. Now, these are conditions as we find in this body, [29] we are speaking of.
2. The blood supply in the system, we find, is weak, and the resistive force, so far as building in the cellular force of the body, is below the normal, produced not only by the condition as the blood receives through the pulmonaries, but with improper eliminating through the liver, especially, and reflexly through the kidneys, it makes the condition harder to combat.

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3. The number of red blood cells are good, considering the conditions as exist. The number of white are above the normal; though their resistive force wavers at times, they are equal to the condition. Again they give way under the influences of the condition in the hepatic circulation.

4. The nerve forces in the body are very good. The brain in its ability to produce coordination throughout the nervous systems, is very good. As for the resistive forces, with the impulse received through the sensory system and connected in the brain forces, the body does not meet the resistive forces through the nerves of the system as it is capable of doing, and through this force to give any relief, the body must be considered.

5. As for the organs themselves, we find from the mouth, the tonsil, where they are and belong, the larynx and the bronchials show the effect on the conditions as exist through the circulation. The lung forces themselves meet the conditions as exist in the body very good, for the inroads that have been made.

6. Through the digestive tract, we find, the stomach itself is very good at present. Much of the condition under which the body labors, at present, is produced by the condition through the stomach, and the condition and effect it produced in the liver, causing the congestion, the atrophy, the condition arising in the lobes, and the effect this overtaxing has put on the liver and the kidneys.

7. To give the best condition for this body, under present conditions, and to assist to regain its equilibrium, and to meet the resistance in the body, would be to assist first through the mental attitude toward itself, and the relation it bears toward others. That will be through suggestion, you see.

8. For the physical condition we would give this: To one gallon grain alcohol put into a three gallon container charred and of wood, put in:

Eucalyptus Oil.....1 ounce,
Benzosol.....1 ounce,
Terebin (or Canadian Balsam)...1 ounce.

9. This would be so arranged that the gases that form in the space above, in the container, by being heated, would be made twice each day. The gases would be inhaled into the lungs through the mouth so we would reach the condition in the larynx, throat and bronchials.

10. For the condition in the intestinal tract, the liver, the kidneys, we would prepare this: To one gallon of water would add eight ounces of dried sage, reduced by simmering, NOT BOILING, to one quart. Strain. While warm add: eight ounces of cane sugar dissolved in sufficient hot water to dissolve it; fifteen grains ambergris, dissolved in one ounce of grain alcohol; six ounces of Gin (Gordon's Gin preferred); and three drams of cinnamon. This would be well mixed and shaken before the dose is taken, which would be a teaspoonful three times a day. Do that, and we will give relief to the body.

11. Keep the diet of those that give vitality to the body, but do not use meats if possible, see, for we must overcome the condition through the hepatics, that is of liver and kidneys, if we would meet resistance to cure the condition through the larynx and lungs and blood supplying forces. [29], Cragmore Sanitarium, Colorado Springs, Col.

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12. (Q) Is the treatment that is now being given correct?

(A) We are not overcoming the condition in the hepatic circulation with what he is receiving at present.

13. (Q) Is the functioning of the body being improved in any part?

(A) The condition arises just as we have given. The system builds up for a time, then with conditions that arise, it breaks down. There are good times and bad times. Meet both conditions if we would give the better relief for this body.

14. We are through.

REPORTS OF READING 29-1 M ADULT

R1. 1/26/40 HLC wrote Gragmore Sanitarium asking for information re. Mr. [29] but received no reply.

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BACKGROUND OF READING 105-1 F ADULT

None.

TEXT OF READING 105-1 F ADULT (Theosophist)

This psychic reading given by Edgar Cayce in Birmingham, Ala., this 14th day of October, 1922.

2. Mr. Cayce, you have had this body before you a few days ago and gave us a splendid reading, but the stenographer failed to get your dictations. I want you to please go over this again as if you have never had it before you and give us a thorough reading, and tell us what her trouble - what her eye trouble is, and what can be done to relieve the eye trouble, or any other ailments that you may find within this body; [105], she is present in this room.

3. EC: Yes, we have the body here. We have had this before, you see.

4. Now, we have much of the same conditions within this body as we have had before. Now, these are the conditions as we find at the present time. This body, this whole or entity of the body, you see?

5. Is well developed along the lines of the development of the spiritual, mental forces, and with the action of the abnormal condition in the physical we have those ailments that show how the condition has come about; also those factors necessary to bring about the perfect equilibrium within the body and for the spiritual and mental forces to overcome the physical and bring to abeyance, to their command and orders as it were, in this physical body here. Through the blood supplying forces in this body we find about the centers that are governing the sympathetic and sensory nervous system those forces showing how the deflection of the circulation has been carried that has brought about the condition within the physical body here.

6. Mrs. [105], we are speaking of. The action of the physical here may be said to have been given in this individual body, that the personal effect of the action of the spiritual and mental forces may be better or more strongly developed than this individual body itself. To reach the forces necessary to bring about the condition, the body must keep under abeyance all of the mental forces acted on by the cerebro- spinal force, and bring that in accord with the action of the sympathetic forces, so that we have the same vibration between the sympathetic

and cerebro-spinal forces, so that we may carry the proper equilibrium to the nerve force governing those of the sensory organism; especially the condition as exists with the eyes here in this body.

7. The condition specific as we find in the eye at the present is with that - along with that nerve governing or carrying the impression as received through the lens or retina of the eye does not respond wholly and entirely to the vision as accepted by the organ itself, but through the lack of nutriment or of nourishment to the glands and fibrous nerves and fibrous blood vessels governing the optic forces that have choked off the vision itself, so that it remains, as it were, a blur and not a positive condition as accepted by the cerebro forces themselves, or the brain force in themselves.

8. And we do not have the proper co-ordination between the action of the sensory forces to the sympathetic forces.

9. The body must gain the better control of self.

10. Submerge self and exalt the higher spiritual forces within the individual body, to bring the proper incentive to the nerve and blood forces that govern the organism of the sensory organism.

11. (Q) Yes, sir. Mr. Cayce, can you suggest a remedy for the eye trouble?

(A) We have just given the conditions we have - must be brought about in this body to correct the eye trouble in this body.

12. (Q) Mr. Cayce, are there any other physical ailments within this body?

(A) We have not given others.

13. (Q) Then, Mr. Cayce, we take it from that that there are no other physical ailments within this body.

(A) (Mrs. [105]: I did want to ask what diet is recommended for this nutrition.)

14. (Q) Mr. Cayce, what diet would be recommended for this body?

(A) We find no other physical ailments within this body. This body is well developed, good in all particulars, so far as the functioning of the organs themselves. We have given the conditions that exist that are abnormal with the body, whyfore, or the reason that these were given or expressed in the body, we have given, here.

As to how they could be helped or brought to the correct vibration, to be the metes and bounds for the reason of this body, and the action within this body, we have given here; you see?

As to what diet shall be used in this body, we would give only those that are of the vegetable kingdom.

No meats. As much of those that carry the life in the vegetable itself, that is, as much of it green as possible.

You see this body understands the conditions regarding this.

FEM: (To Mrs. [105]) He says you understand the conditions yourself.

[105]: (To Mr. Mohr) That I do?

FEM: Yes.

[105]: Yes, in a way I anticipated this thing. That is what I noticed the other day.

FEM: Yes, on the same line.

[105]: Yes, it is the same thing exactly, except that it is quite -

FEM: Just wait a minute. He has some more to say.

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EC: Yes, it is vegetable diet, without meats.

15. (Q) Without meats. Mr. Cayce, have you any further recommendations to make for this body?

(A) Mr. Cayce, have you any further recommendations to make for this body. Follow these as we have given here.

Those of the diet to produce the blood supplying forces shall be all those that are of nature and of the vegetable, which gives to the higher order of nerve and of blood supplying force to man and the body.

To keep as much on the outside, not indoors, but outside, within the spirit forces of the body, as possible. Follow these lines and these channels, - we will lead to the better development and the more rounding out of all the forces that lie within this body here. We are through.

REPORTS OF READING 105-1 F ADULT

R1. 10/28/24 Letter: "Mr. Cayce, I have become more and more impressed with the 'reading' you gave me when you were in Birmingham, and I am still fighting for that beautiful balance that was indicated as necessary for a physical healing."

R2. 5/22/26 Mrs. [105] referred Mrs. [3935] for Life Rdg.

R3. 1/31/28 See 105-2, a Life Reading.

R4. 4/2/28 Letter: "I am sure you were right in your diagnosis of my eye trouble four (?) years ago - 'nervous shock' resulting in a disturbed relation between the sympathetic and cerebro-spinal systems, but the cause remaining makes the cure problematical. I became discouraged at not being able to control the 'cause behind the cause' - but again have taken up the exercises prescribed and feel better in that respect."

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: Tolu, Balsam Of:	Par. 4, 5, 8
: Water, Drinking:	Par. 6
: Wild Cherry Bark:	Par. 4, 5, 8
Sensations & Symptoms: Ache: Back: Assimilations: Eliminations: Incoordination	Par. 3
ULCERS: STOMACH	

BACKGROUND OF READING 207-2 F 35

B1. 7/10/20 She obtained 207-1 for correction of condition apparently resulting from childbirth.

TEXT OF READING 207-2 F 35

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of June, 1926, in accordance with request made by her husband, Mr. [...].

1. EC: Yes, we have the body here. We have had this before. Now, we find there are many changes in the conditions in this body at the present time from that as we have had here before. Not many of these but what show some exaggeration, or increased severity of the conditions as were seen. Many have changed a great deal in the effect that the conditions are producing, and as have been produced in the body from time to time.

2. In the general conditions, then, we would say the condition is not on the improve, but gradually, as the strength and vitality is taken up by the lack of renewed or replenished forces in various portions of the system, this is becoming weaker in resistance than even as we had here before.
3. The general condition of which the body should be warned at the present time is that condition of the stomach and the intestinal system, with the effect from this as is produced in various portions of the system. This is in a form and manner of the ulceration, with the drosses or dregs from same shown in the intestinal tract, lacerations or ulcerations being more pronounced in the pyloric end of the stomach. The general condition as is produced throughout the system from this is as one being interfered in the assimilation, or in the abilities of the blood supply to eliminate sufficient through its normal channels, though over or extra amount of inflammation and of destructive forces in system brings distresses in various ways - as the headache, pains across the back, the bearing down pains at periods in the body, and the general strain or tendency of feet to swell or be sore. All of these are the effects as are seen of the various conditions.
4. To overcome this at the present time we would use this for this system, taking internally these properties. First we would prepare this as a carrier for the properties:
5. Take 3 ounces of ragweed (green). Add this to 8 ounces of water. Reduce this by simmering (not boiling) to about 4 ounces - that is, half the quantity. Strain this off - set it aside, see? Then take 16 ounces of water, with Wild Cherry Bark 8 ounces, and reduce to 8 ounces, see? of water. Strain this off. Add these two together - that is, that of the ragweed, that of the Wild Cherry Bark, and then to this add 4 ounces of sugar, first dissolved in 1 to 2 ounces of hot water, see? Then add to this 2 ounces pure grain alcohol, with 2 drams Balsam of Tolu cut in it. As this is cut, add 3 to 5 minims of Oil of Sassafras. The dose of this will be teaspoonful 3 times each day.
6. Do not eat meats. Drink plenty of water.
7. Use high enemas to cleanse the colon - such as is found in the Cascade [Tyrrell's Cascade], or the elevator that takes HIGH enemas, see? and wear across the lower portion of back the Radium Appliance. Do that.
8. One quantity of the medicinal properties should be sufficient, see? The Radium Appliance should be worn continually. In the evenings it would be well to lay it across the abdomen for at least twenty-five to thirty minutes, see? recharging it in sun at least once every day, see? for ten to fifteen minutes.
9. We are through for the present.

REPORTS OF READING 207-2 F 35

R1. 6/28/26 She wrote: "Reading was good, as I knew there was a stomach trouble. However, there seems to be other trouble also. Have lost hearing in one ear, and there also seems to be a female trouble. I expect to carry out suggestions made."

INDEX OF READING 208-1 M ADULT

Appliances: Radium: Ulcers: Stomach Par. 5, R1, R2

CANCER: TENDENCIES

Diet: Ulcers: Stomach Par. 5

Eliminations: Poor Par. R1, R2

Karma: Physical: Ulcers: Stomach Par. 2, 4, 6

LOCOMOTION: IMPAIRED

Prescriptions: Elm Water: Ulcers: Stomach Par. 4

: Saffron Tea: Par. 4

ULCERS: STOMACH

BACKGROUND OF READING 208-1 M ADULT

B1. 1/5/26 His sister wrote: "I am writing you in regard to my brother, [208]. The doctors have quit doing anything for him, and his suffering is terrible.... If there is anything that will relieve him. Do it for humanity's sake and mine. He has had several hemorrhages from his stomach, and he is so painful all over his body, and can't walk at all - only about the house once a day with crutches, and it is painful for hours afterward. We live at ... He is in a rolling chair in the day, in the right-hand side of the front room, and at night on the left. Write to me, as he can't write at all. Be honest and tell me what you think, either way, if he can be relieved or if he can't...." [Stomach ulcers? Cancer?]

TEXT OF READING 208-1 M ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 19th day of January, 1926, in accordance with request made by his sister, Miss [...].

2. EC: Yes, we have the body here. There are many abnormal conditions for this body. Many of these have been created, or brought about in the physical forces of the body, as the body has cared for self. Now the physical forces must respond, or pay, for abuse of same.

3. The physical condition as exists has to do with that condition as exists in the duodenum and the cardiac in stomach proper.

4. These may be HELPED, not cured, by the application of those properties taken internally, as will be found in mild Yellow Saffron Tea, with small quantities of elm (slippery elm) in all water that is taken, see? Mild stimulants, or stimulation for the system, may be made of the tea, see? These only as medicinal properties.

5. Much of that as is used for diet should be raw eggs, and the Junket, and the Arrow Root, see? and for the GENERAL condition, use those vibrations as found in Radium Applicator, as would be obtained from Radium Applicator Company, Bradbury Building, Los Angeles, California. See?

6. These we would use for the body at present. As the strength is gained, then we would give other conditions to be met; for indiscretion causes the greater portion of the condition in body, and there are many things that need correction, as for the whole system. Do that at present.

REPORTS OF READING 208-1 M ADULT

R1. 2/28/26 Sister wrote: "I do thank you for trying to help me. I do pray God it will be the means of turning [208] to the Savior for relief of body and soul. I am doing just as the rdg. tells me, as near as I can. I am impatient for the Radium Applicator to come. [208] said it was a hoax, but I got the money and sent for it, and I think he will try it alright, if there is any virtue in my persuading... Have not succeeded in getting the Saffron, have written to Memphis to see if can get it there. [208] seems some better the past 3 days, but has been suffering dreadfully - had to take a dope - suffered so he could not sleep... He is not quite so pale. Suffers with constipation to some extent. Takes soda twice a day, has so much gas on stomach, but it does not act on his bowels. Has taken 2 doses of Milk of Magnesia, just a tablespoonful at a time, it did not act...the groaning has not been near so bad yesterday and today. The pain has not been so bad; as near as I can judge he is some better. I will do my best, with patience and persuasion, to carry out all you say."

R2. 5/4/26 Sister wrote: "I have not written you, for I did not know what to tell you in regard to [208]. I have at last gotten a little whiskey for him, and I really think it has helped him. I will tell you how he seems to me. His constipation is so much better, and he really looks as though he has gained some flesh. His bowels move regularly every morning, and they are healthy. But he gets wild every night for 2-3 hrs. He really does not moan so much as he did, only at times, and complains so of his flesh being sore. He is very nervous; I think he is somewhat hysterical at times. I am really afraid he will lose his mind. Suffers so with gas on his stomach. I have the promise from a druggist to get me the Yellow Saffron. [208] has been a little contrary in doing what you said but does it now very well. He wore the Radium pad for little over a month, but will not put it on any more. I will still try to persuade him, if you think it did him any good, or you see he has improved any. I pray you may have power to see what will help him, and may the united efforts of us all, with prayer, relieve his body and turn him to the Savior for help. He chews tobacco, and right now his mouth is full of ulcers. He is so contrary, and he thinks his stomach is the cause. Please give directions how much and how often the medicine is to be taken, as the doctor has not been here in over a year or thereabout. Now, when he took a turn for the worse about a month ago, he suffered so much pain and griping pains in his stomach, and after he was in bed for a week, he would not put the Radium belt back on, and he would not be satisfied until I gave him Sal Hepatica. He took two doses, and

DIET: MEATLESS CIRCULATING FILE

when his bowels moved again of themselves the stools were all encased in a brown mucus or membrane, and he was more comfortable. Now it is no more, just natural. The swelling has gone down in his hands, but it is worse in his knees and feet. He complains so of his leaders [tendons] drawing in his legs. He can't straighten his knees out when he is lying down, and it seems to affect his mind.

"Please in your rdg. see if the tobacco does him harm. He chews so much of it when he is up in his chair.

"I surely thank you, and I ask our Father to prosper you in your work and enable you to see and direct the right things to do, and to put it into the minds of the people to do as you direct."

R3. 5/17/26 EC wrote that he had been delayed due to being called to Ky. on account of illness of his mother, but that he would get to the ck. rdg. as soon as possible.

R4. 5/24/26 EC gave Ck. Rdg. 208-2.

INDEX OF READING 208-2 M ADULT

Appliances: Radium: Ulcers: Stomach Par. 4

CANCER: TENDENCIES

Diet: Meatless: Ulcers: Stomach Par. 4

: Ulcers: Stomach Par. 4

Habits: Chewing Tobacco: Ulcers: Stomach Par. 5

LOCOMOTION: IMPAIRED

Prescriptions: Elm Water: Ulcers: Stomach Par. 3

: Magnesia, Milk Of: Par. 3

: Saffron Tea: Par. 3

ULCERS: STOMACH

BACKGROUND OF READING 208-2 M ADULT

B1. 1/19/26 His sister obtained 208-1 for him for stomach ulcers [?], cancer [?].

TEXT OF READING 208-2 M ADULT

This psychic reading given by Edgar Cayce, this 24th day of May, 1926, in accordance with request made by his sister, Miss [...].

1. EC: Yes, we have the body here. This we have had before, you see.
2. Now, we find there are some changes in the physical conditions of this body, from those we have had here before. There is some improvement in the conditions, and were the body to follow more closely those conditions as have been given for the body we find these would, with this general improvement, be better assisted.
3. Keep more of those properties as have been given [in 208-1] to allay the condition in the duodenum, for these lacerations, these conditions, show some improvement, but the over stimulation as is produced by digestion prevents the system from healing properly. More of those properties of the Saffron water, and the properties in the elm, will heal and assist this condition to improve. Well, too, that those properties of the Milk of Magnesia be given occasionally, see?
4. Keep the system in that way as has been given in respect to the diet. Never any food in the system that is hard of digestion. Never meats! The juices in liquid may be given at TIMES, but not MUCH of that. The vegetables, preferably the green, as much as possible, and the application of the Radium applicator, as has been given, should be worn more consistently, would the body gain that radiation from the applicator that brings the equalization and the assistance in the healing as is given through that radiation.

DIET: MEATLESS CIRCULATING FILE

5. Not so much tobacco chewed by the body, for this irritates the digestion. This in small quantities and not so often, for the stimulus is good, yet too much causes irritation.
6. Follow close in that way as we have given, if we would bring the best conditions for this body, [208], we are speaking of.
7. We are through with this reading.

REPORTS OF READING 208-2 M ADULT

R1. GD's note: Some months later we heard that Mr. [208] had died.

INDEX OF READING 237-1 F 51

DEBILITATION: GENERAL

Diet: Meatless: Debilitation: General Par. 12
: Vegetables, Raw: Par. 12

ELIMINATIONS: POOR

Eyes: Kidneys Par. 3, 4, B3

Feet: Wet: Warnings: Debilitation: General Par. 13

Intestines: Enemas, High: Glyco-Thymoline:
Eliminations: Poor Par. 10

Physiotherapy: Rubdowns: Water, Cold:
Debilitation: General Par. 11

Prescriptions: Alcohol, Grain: Debilitation:
General Par. 7, 8, 14
: Calisaya Elixir: Par. 7, 8, 14
: Capsici, Tincture: Par. 7, 8, 14
: Elder Flower: Par. 7, 8, 14
: Podophyllin: Par. 7, 8, 14
: Sarsaparilla Compound: Par. 7, 8, 14
: Sassafras Oil: Par. 7, 8, 14
: Stillingia, Tincture of: Par. 7, 8, 14
: Sugar, Beet: Par. 7, 8, 14
: Tolu, Balsam Of: Par. 7, 8, 14
: Water, Distilled: Par. 7, 8, 14
: Water, Drinking: Eliminations: Poor Par. 9
: Wild Cherry Bark: Debilitation: General Par. 7, 8, 14

Prescriptions: Yellow Dock Root Extract:
Debilitation: General Par. 7, 8, 14

Sedation: Narcotics: Not Recommended Par. 13

BACKGROUND OF READING 237-1 F 51

B1. 10/3/26 She wrote: "I wish you would give me some of your valuable advice as Mr. [936] says you can help. Tell me how I can improve my condition and be more successful in my surroundings...."

TEXT OF READING 237-1 F 51

This psychic reading given by Edgar Cayce, this 20th day of October, 1927.

1. EC: Now, we find the body here, and we find while many of the physical forces are very good, there are those conditions that bring distress at times to the better physical functioning of the body. These have to do with many causes. While there are some specific conditions that are to be met, yet the general physical system must be builded to that condition wherein the applied conditions for those of the more specific nature as existing in portions of the system, disturbed by this general debilitation, can bring any nature of being to aid the permanent relief.

2. These are the conditions, then, as we find must be met at first, and then those of the more specific nature may be brought to a normal condition wherein the body will function the more perfectly.

3. IN THE BLOOD SUPPLY, we find there are those lacking conditions in the supplying of the rebuilding tissue, as WELL as those elements carried in same wherein the system becomes overcharged, or poor eliminations are seen by the sluggishness in the way the system eliminates through the various channels, for these are not balanced in their proper way and manner. Hence not only do we find distresses produced by portions that should be eliminated through the kidneys carried back into the system, and the nerve ends especially in joint and in ganglions where radiated the effect OF nerve energy showing this condition - but we find also in the capillary circulation - from the non-elimination in proper order through the LIVER and capillary circulation - drosses in the system through that condition as is produced in the cuticle and in the outer portions of the circulatory system.

4. As well do we find there are hindrances to functionings of the sympathetic system, especially in its relation to the sensory organism. These conditions in the sensory system, [eyes?] however, are secondary, though bring great distress at times to the body through this surcharged or overcharged condition by poor eliminations.

5. Also we find specific conditions in the intestinal and in the stomach or digestive system. These being rather the seat or causes of these disturbances, though not specific in their manner. Rather the debilitation, the taxation, the worry - those conditions that have to do with the whole general system have that effect upon the system, and these are the culmination or combinations of these conditions.

6. Then, we will meet that of the general condition first, and build that in the system wherein the vibratory forces of the body - the eliminations, the assimilations, and those portions of the system that are to rebuild through their regular channels - will have the proper incentive and bring to those ganglions and those reflexes of the body that which is as healing to the general building system. Then we may meet - in their proper form and manner - those other conditions that have to do with other portions of the body.

7. First, then, we would take these properties in the system, preparing these in this way and manner: First we would take one-half (1/2) gallon of distilled water and to this add four (4) ounces of Wild Cherry Bark.

Reduce by simmering to one-half (1/2) the quantity.

DIET: MEATLESS CIRCULATING FILE

Then add four (4) ounces of beet sugar, reducing again until we have one pint and one-half pint, see? Then to this whole quantity, add:

Compound Syrup of Sarsaparilla.....1 ounce,
Tincture of Stillingia.....1/2 ounce,
Oil of Sassafras.....1/4 ounce,
Extract of Yellow Dock Root.....1/2 ounce,
Elixir Calisaya.....1/2 ounce,
Podophyllum (dried).....1 grain,
Fluid Extract, or Tincture of Elder Flower.....1 ounce,
Grain Alcohol.....1 ounce, with
one-half (1/2) ounce Balsam of Tolu cut in same,
Tincture Capsici.....5 minims.

8. Shake this solution well to-gether before each dose is taken. The dose should be teaspoonful four (4) times each day, before each meal and before retiring.

9. Keep plenty of water in the system.

10. Occasionally - every two or three or four days - whenever there is seen necessity of keeping the system cleansed - use high enemas, in which there is put (to half a gallon of water) Glyco-Thymoline as an antiseptic. Be sure the system is cleansed thoroughly by such enemas. Use tepid water for same - not hot, not cold - tepid.

11. Each morning massage the whole cerebro-spinal system thoroughly, rubbing same down after the gentle massage given from base of brain to the end of spine with very cold cloth of the rougher nature, wiping same dry and rubbing to a glow from the friction.

12. When the foods are taken, let these be in keeping with that that is easily digested or assimilated by the body. Very little meats should ever be taken, though the broths from same may be taken occasionally. At least one raw vegetable each meal - at least ONE raw vegetable each meal!

13. Keep the feet dry, the head clear from narcotics.

14. When these whole properties have been taken - the whole quantity we would give the further instructions for the full correction of conditions with this body.

15. We are through for the present.

REPORTS OF READING 237-1 F 51

R1. 10/6/70 GD's note: We never heard from her again.

INDEX OF READING 341-37 M 25

Bible: Books Of: Acts 9: 5	Par. 10-A
: Acts 26: 14	Par. 10-A
: I Corinthians 6: 19	Par. 10-A
: Matthew 7: 16	Par. 9-A
: Matthew 7: 20	Par. 9-A
: Romans 14: 8	Par. 3
: I Timothy 6: 12	Par. 10-A
: II Timothy 2: 15	Par. 2, 9-A
: II Timothy 4: 8	Par. 10-A
Diet: Meatless	Par. 7-A
Exercise: Head & Neck: Eyes	Par. 8-A
Meditation	Par. 5-A
Osteopathy: Spine: Subluxations	Par. 8-A, 9-A

BACKGROUND OF READING 341-37 M 25

B1. See 341-36 on 2/10/32 giving advice for making the physical body and the conscious mind better channels for the spiritual forces.

TEXT OF READING 341-37 M 25

This psychic reading given by Edgar Cayce at his office in Pinewood on Lake Drive, Va. Beach, Va., this 6th day of April, 1932.

1. GC: You will have before you the entity [341], present in this room, who seeks guidance in his efforts to bring the physical and mental forces of his body in attunement with the spiritual creative forces within himself and in the universe. Please give him that counsel which he needs at this time and answer the questions which he will ask.
2. EC: In bringing the activities of a body in accord with its purposes, aims, desires, both mental and physical, that accord with the spiritual influences of the body, no better injunction may be given than "Study to show thyself approved unto God, rightly dividing the words of truth", rightly DIVINING the words of truth.
3. In physical conditions, these then become subservient to those forces as are creative in their activity through a physical body; for "whether I live or whether I die, it be of the Lord". Then, there are those losings of self in the activities as are seen in ones conducting themselves through that that brings the channels of activity, dependent upon the spiritual influences, whether they be the mental or the physical being.

4. In the physical forces, keep those as near in accord as possible with that as has been attained in the knowledge of the physical being, as accorded with those with those of the correct rules as respecting the care of a physical being. These, then, accord with nature in its activity. Guided by the mental and spiritual must bring the very best as may be accorded by that entity in its activity in any given or specific experience. Ready for questions.

5. (Q) Would you suggest any changes in the type or time of the meditations I am holding?

(A) If changes are made let these be as suggestions from the meditation itself.

6. (Q) Any studies that would be recommended for the mental body at this time?

(A) Anatomy would be very good.

7. (Q) Should this body gradually discontinue the use of meats in its diets?

(A) If that is where the spirit leads the body for the cleansing, that there may be the better activity of the forces in the mental and spiritual nature, then lead in that direction. Meats do not defile the body unless there be the inability of the changing of the vibrations in same; for oft we will find the necessity of returning to same for strength in the physical.

8. (Q) Has the body had sufficient number of osteopathic treatments, or should they be continued?

(A) They should be continued occasionally - be well that these be kept. If the head and neck exercises are taken, not necessary to be so often.

9. (Q) Would once or twice a month be sufficient?

(A) That depends upon the conditions - the body will feel those, just as will the desires. Understand what it means, studying to show self approved. As the desires come, as those things that are in accord or adverse to variations bring about the differences in conditions in body, these will be indicated by the results - for, "By their fruits ye shall know them."

10. (Q) Any other counsel for the body at this time?

(A) Keep that as has been committed unto thee inviolate, knowing there will come that that will make for those approvals; not so much OF self, but IN self. Fight the good fight, for henceforth there is laid up the crown of righteousness, for whom He did call He did predestine. Kick not against the pricks, nor become rebellious in any manner; for He is in His holy temple, and WISHES to meet thee there.

11. We are through.

REPORTS OF READING 341-37 M 25

R1. 10/4/32 See Ck. Physical 341-38 in re eyes, drowsiness, etc.

INDEX OF READING 443-6 F 45

[edited]

APPLIANCES: ETHERONIC

Attitudes & Emotions: Constructiveness: Healing	Par. 15-A
Beauty: Definition	Par. 15-A
Bible: Books Of: Luke 11: 26	Par. 18-A
: Mark 7: 20	Par. 17-A
: Matthew 12: 45	Par. 18-A
: Matthew 15: 11	Par. 17-A
: I Timothy 5: 8	Par. 18-A
Diet: Meatless	Par. 17-A
: Spiritual: General	Par. 17-A
Doctors: Cold, Paul E.: N.D.	Par. 1
Ideals	Par. 4-A
Numerology: Sex: General	Par. 8-A
Psychic Development: Healing	Par. 10-A

BACKGROUND OF READING 443-6 F 45

B1. See 443-5 on 1/9/34.

TEXT OF READING 443-6 F 45 (Society Leader, Theosophist Background)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1934.

1. GC: You will have before you the entity known as [443], present in this room, her manifestations in this life and the information which has been given her through this channel. You will answer the questions which she will ask, regarding her development and work with the instrument, present in this room. [Dr. Paul E. Cold's instrument]
2. EC: Yes, we have the entity here, [443], and the information that has been given the entity, the body, through these channels.
3. Ready for questions.

4. (Q) You have told me in my Life Reading [443-1] that I had many impulses. Will you now show me how to so harmonize them that my mind and emotions always work together?

(A) As may be seen by the experience of the entity, while the emotions and the impulses at times vary, this for many an individual - and for this body - is a natural manner of expression; and if the ideal is always kept as the measuring stick, as it may be termed, the developments will come in the natural order of things or experiences.

Hence in harmonizing, only let the impulses and the activities in those impulses be gauged by the ideal, and it will make for harmony in the experience of the entity in its development.

That impulses and desire often make for contending influences will at times become apparent to this body, yet if the ideal is set, if the ideal is held, if the ideal is made the point of harmonizing or measuring or holding to as the gauge, the guide, the rule, these will make for developments in the proper way and manner.

That the body-mind or the impulse for activity often becomes, as it were, bubbling over with enthusiasm for the moment and then, while not cooling - yet calls for in self what others may term as a saner, more rational manner of approach - is that for the moment the ideal, in enthusiasm, may be lost sight of. Hence ONLY harmony may come if this is kept first and foremost.

5. (Q) Instruct me how to operate this instrument, so that I may be a benefit to humanity.

(A) In the first there is, as indicated from that given, the necessity to know within self what is to be done or desired to be done respecting self's influence upon the individual, or group, or people's to be aided, see?

Then, in making the contact for aid, the necessary divining - or divining of the reason for the approach, and what's to be accomplished by same - is to be gained in self's own consciousness.

Then, in adding of self in the abilities of self make those connections or vibrations that will aid in neutralizing or revivifying in the activities of the mental and the physical forces of those that the body would aid.

In the mechanical application, this raising within self, this seeing that which is to be accomplished, must harmonize or work with much - as has just been given - as to what would be the ideal condition for the individual as related to its present or existent conditions. And there will be gathered through the forces those sources of activity as to bring that about in the experience of self, as well as those whom the body would aid.

6. (Q) What is the best method of using the dials?

(A) As indicated. The left for the tuning or toning of self. The right as of getting for the individual the correct attunement to self and the instrument's raising. And the center as centralizing or making for the raising of the power to that of carrying the influence to those that are being aided.

Hence the left is self. The right is the body being aided. The center as centralizing or raising the power in activity.

7. (Q) Is "self" me or the one I am treating?

(A) Self IS the individual using the machine.

8. (Q) Has the human body a number system? If so, what is it?

(A) Those fall into the natural sequence of certain influences. As the male, is either from or to those sequences of twenty-three; while the female - the natural sequences of twenty-eight. Or one the perfect whole number, the other the perfect odd number. And in gaining or obtaining for each its relationship to those vibrations of the sex, in their relationships one to another, that either of the direct application of the anodes or plates or from the smear that may be effected by determining that portion to be aided. For, we would set or begin same with these numbers, dependent upon that to be aided, see?

9. (Q) Do I use the same method to accelerate circulation as to quiet it down?

(A) The same method. For, in making for acceleration is to make for the proper vibration of relation in all portions of the system. That which creates any disorder is the incoordinating of one portion of an organism as is its relationships to another. And in the accelerating of the vibrations, either through pulsation or through nerve plexus or radial activity from nerve plexus, is to make the PERFECT activity; and this NEUTRALIZES that which is disordered in its association or connection with that being acted upon or from, see?

This may be as an illustration in making an application for an individual: We have a body that is disturbed by dysentery and the body itself (in making application, the director of the treatment now for the body) - this we will say is female also, see - the vibrations of self - as may be determined by self from day to day by its own application of its own smear (operator) as to its vibration in that period of treatment, see - is set. That's on the left dial. Then the vibration of the individual who is to be applied or treated is set. The twenty-eight on the right dial. Then, as there is the change necessary in making the application to the metals or the conductors or non-conductors that make the awareness to the treater of that which is being set, then the necessary height to which it is to be treated is turned not only on the right dial but as to make for meeting the raised in that on the central dial, see? Hence we would find in nine cases in ten that point to which it would be raised is the directing of the application for the change in the vibration of nerve impulse to the circulation, through the plexus which governs the hepatic circulation through the lacteal ducts, as aided through the activity of the pancreatic reaction to the ducts of the gall bladder itself. The ducts, not the bladder, see, in its activity. This, then, would bring the vibration to between thirty-six and thirty-eight on the right dial, to most individuals, dependent - of course - upon the seriousness of the disorder or the long-standing and the vitality of the body itself at such a period. This is determined by the operator or director at that period of treatment. Self, then, has been harmonized, see, by its own activity in that particular period of application or manifestation, and that necessary to produce harmony for the body being treated is set to make for the radiation of the influences of such a machine that brings what? Those influences active within the body creating a perfect flow to meet the needs of the disorders in the various sections or parts of the body from cosmic or those influences from without.

10. (Q) What length of time should a treatment be?

(A) This will be dependent, of course, upon the individual itself to whom the application is made, but there should be - and will be found to be - much more

harmony reached as long as quiet in self may be maintained by the individual being treated. Then this makes for quite a variation. Some individuals may be quiet for two minutes. Others, over two minutes would become nerve racking. Others may be quiet for twenty minutes to an hour of treatment. But these will be governed by the varied experience and the ability of the director or the one making the application, to HOLD the body being treated. Hence why the psychic, or how the psychic influences of some that are treating or operators have a great difference in their abilities to aid fast or hurriedly or immediately.

11. (Q) How can I know where a condition does not warrant the use of the instrument?

(A) By the rap or by the vibration that comes from contact with the individual's inner vibrating self.

12. (Q) How would I know the difference between positive and negative rap when tuning in?

(A) That which would become - Self has already been changed first, see? Alright! That which, then, becomes abhorrent or to self of such violence as to almost unseat self, don't try to work it - you can't! Be well for making the preparations, or in testing first in plant life, as given; for the flow of vibrations here is that which may be seen even with the naked eye, and activities where scab, smut or any infectious forces will make for an easy attunement or applying to physical bodies. Where, as indicated, there are infectious forces from conditions that are of the nature that do not work the more with the impulse and the circulation, or the nerve and blood supply, but as of the advanced stages of cancer, or advanced stages of leprosy, or the advanced stages of even measles or such conditions - but those in their incipiency WON'T vibrate the same, see? for these are where cellular forces grown cold or inactive or low vibrations have allowed outside influences, or such bacilli to enter as to become active in itself. When any condition has reached so it's activity within it - self, and draws FROM the body - then it will not work, see?

13. (Q) What number would you tune in for plants?

(A) Twelve on the left and twenty-seven on the right.

14. (Q) Any particular type of plant that would be best?

(A) All those through which the life flows, that are the most numerous - you see. Nettles, or tobacco, or ferns, or cactus - especially. That's why we have told him to take it out west, you see! There's plenty of them that haven't had anything but life even through their thirst for a long time!

15. (Q) What personal preparation will help me to be more sensitized to the patient and instrument?

(A) Very much the manner that has ever been for the initiates or the higher sensitized natures or activity. PURIFY SELF! mentally, physically, and not that these become mere rote - but that as the intuitive influences of self give as necessary for the immediate action at that time. Hence, as given, more readily may it be seen how that in giving out through the use of the Infinite forces in such an instrument, where there is being called into same - as it were - those influences and forces that make for a radiation or activity of the influences in self's experience, it heals self in healing others. Then, a natural consequence

when - as seen; for if self is purified, if self is consecrated to a service of constructive influences, how may any other come into self's own experience? BEAUTIFUL, if followed and kept sincere in the necessary qualifying of self - and especially in that which indicates to self being qualified. Never when anger, resentment, hate or any of the influences have torn - as it were - the emotions of the body, attempt to use such an instrument - or do so to self's undoing. For, when there is given into the hands of a soul such an influence that may be so effective upon the minds, the souls, the bodies of others, one takes hold on such with - as has been termed - fear and trembling, but fear and trembling in this sense or connection means rather doing so with the freewill of self making the desires and the outcome in accord with the sources of the supply that aids. That's beautiful, if it's kept properly. For, Beauty is a thing, a condition, an experience, being that which it should be.

16. (Q) Does my dieting help or prayer?

(A) Both.

17. (Q) Does meat affect one's spiritual understanding?

(A) If there is that consciousness in self that it is affected. But rather, as the conditions, the experiences, the surroundings of each soul become spiritualized; for "It is not that which goeth into a man that defileth him but that which cometh out."

But to attempt, where the bloodstream - where the body- building forces of the nature's warriors within self have been builded for generations, those that have required the stability or stamina of meat - to relieve self of same entirely is to take from the revivifying influences of that body. For, spirituality by the flesh is as the spiritual life in its essence, a growth.

18. (Q) Can healing be instantaneous or is it always progressive?

(A) The NATURAL bent is progressive, but this does not indicate it may not be instantaneous. For, as the operator progresses in the experience, to be every whit whole in any way, either in self or the one being treated, is to be IMMEDIATELY healed. But, as has been always - and ever shall be, the progress, or the maintaining of that attained is through growth. For, to be healed immediately and then be separated and gradually lose self - how has it been given as of old? He that looketh, and he that has gained the concept of the spirit of the influences in the Infinity and turns back - the last estate of that man is worse than the first!

So, as each individual and each operator that sets about to use those influences, when you have once put your hands to the plow and then turn back - "He that looketh back is worse than the infidel."

33. We are through for the present.

REPORTS OF READING 443-6 F 45

R1. See subsequent notations under 443-1 and 443-3 Reports.

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TEXT OF READING 1010-1 F 51

This Psychic Reading given by Edgar Cayce, this 24th day of November, 1922.

1. EC: Yes, we have the body here. Now, we find this body is very good throughout. There are some abnormal conditions in the physical that may be corrected to give the longer indwelling of the mental and spiritual in this physical body, Mrs. [1010], we are speaking of, present here in this room.
2. In the circulation of the blood we find the blood very good. There is being carried in it the expressions of the condition that exists through the hepatics. There is, also, the expression of the action of mental force of self over these same conditions expressed in the action of the warriors within the circulation to take care of the condition that exists. The number of red blood cells are sufficient, the number of the white are above the normal, especially, those necessary to combat with the bacilli carried in the system on account of imperfect elimination through the emunctory forces in the hepatic circulation that including the circulation of the liver and kidneys, especially the eliminating organs of the physical.
3. The nerves through the system are very good being well balanced between the cerebrospinal and the sympathetic organism, or the body co-ordinates well in its expression of force both through mental and spiritual forces, and the action of the spiritual and mental over the physical through the sympathetic nerve forces are above the normal action in this body, see, that is, as we have, the mental capacity of this body is superseded by the sympathetic or spiritual and soul elements in the body, and its action in the control of much of the physical forces manifest this condition in this body.
4. The sensory organism in the body gives further evidence, as it were, of this same manifestation. The body in its physical attributes of this action of the sensory system only needs to further this same manifestation to regain the full control of the sensibilities made manifest in the system to overcome the ordinary conditions that come to mortal force on this plane.

5. The functioning of the organs of the physical within this body, we find the action in these are very good. Through the intestinal tract, we find in times back, this body has had an overstimulus to the organs of digestion, which produced through the system an overtaxed condition causing much trouble through the cardiac end of the stomach, that is, just after foods were taken in the trouble began, you see, and we have the conditions existing in the liver, the pancreas and a reflex of this condition is shown in the glands that are caused to function by the action of the ilium plexus. We find the liver at present in its functioning, at times becomes lazy or laggard in its excretory functioning. This causes the expression to the body as of a burning sensation in the stomach followed by belching, see. The reflexes from this body through the pelvis and across the region of the kidneys, pains to the locomotory centers, also, some extend upward along the right side at times until we find under the right shoulder blade, as it were, discomforting feeling.

6. Correct these conditions and we will find this body will be able to pass the century mark on this plane if it so desires. These we would accomplish by keeping the ever rebuilding thought in the mind and spiritual entity of the individual and have as physical forces to give the correct incentives to the functioning of the hepatic circulation, this of course including the whole digestive tract.

7. Take this in the system only when the body feels it is needed to give the balance, so should be kept on hand and only taken occasionally: Take two ounces of the rag weed in its green state gathered as we would find at the present; this we would put into six ounces of water and steep until reduced to four ounces; to this we would add the same quantity made from the green plant known as hore-hound; add to this four ounces of grain alcohol with two drams of sweet gum dissolved in it. Do that. Take teaspoonful when necessary for the correction of the condition through the intestinal tract.

8. Let the diet be only vegetable forces. Do not lower the plane of development by animal vibrations.

9. (Q) Mr. Cayce, the body wants to know whether you find gall stones?

(A) We do not find gall stones. There are improper secretions at times in the system from the functioning of the liver. With these properties we have given we are to relieve this condition through the excretory system, both in the liver and the kidneys where we find the same sedimentary forces that are, at times, left in the system. In the kidneys we find more expression at times through the bladder, that is, the urinary canal. With the mind correctly governed and with the properties to give the correct incentive to the functioning of the digestive tract or with the proper balance created through the alimentary canal, we will find the body sufficiently balanced to throw off all of this refuse matter from the system. Do that. We are through.

REPORTS OF READING 1010-1 F 51

2/6/23 "I am well, better than I have been for years, since I have been following directions given in the rdg. you gave me."

INDEX OF READING 1554-6 F 47

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TEXT OF READING 1554-6 F 47 (Housewife, Translator)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of March, 1938.

1. EC: Yes, we have the body, the enquiring mind; the information which has been given regarding the experiences of the entity in the material plane; associations and activities.
2. In considering associations wherein, as indicated, there was the accomplishing of those influences which brought so much into the experiences of so many, we find:
3. This aside from and yet becoming a part of the whole of the present experience, stands as we find the first and foremost; not only in the manners in which the accomplishments may be brought about but as to the great numbers that will be affected by those individual or particular activities.
4. It must be remembered ever by the entity that all, no matter how lowly or how high in the scale of social associations or positions, are affected by the entity.
5. Not that this is not the common lot of man in many respects, but as has been given, it is the spirit with which the presence is felt, in which the words are spoken, or in which the look or feeling is given, that gives greater force and power in this respect to this entity.

6. This in all its dealings with its fellow men must ever keep the entity not only humble but queenly in its expressions, in its manners; yes, in its purposes with those whom the entity contacts.
7. With such kept, there need be little fear, ever, in the experience of the mind respecting what or how that which is determined within the inner self to be gone about is to be accomplished.
8. For, there are ever those influences of good, of hope, of sincerity about the entity.
9. Then, do all in good conscience, answering to that within which is the impelling influence.
10. Thus we will find thy activities, thy associations, growing more and more in attune with the infinite.
11. Ready for questions.
12. (Q) Regarding my Gobi companion, of my Indian incarnation: Which is the best way to have him so interested that we may work together?

(A) That these experiences which arise are from the sojourns there, and that the finding of such records or indications will become proof of what has been or was accomplished; or it is better to say IS accomplished - for the time is ever now.

Interest him then rather in bringing that proof to light, not only of the city in the Indo-China land but the City of Gold in the Gobi land. To be sure, one at the time.

And in that manner, with the truths thus established, there may be brought those activities which may mean much to many. Though, as indicated, they become as rebellious or repulsive in a nature one to another at times, know that it is the extremes - then, as now - that make for the flowing of that which gives to man, in his search for his relationships to the Creative Forces, and expressed in the relationships one to another, the greater good, the greater development. In that manner, then, may these be brought about.

13. (Q) Can we work and do big things for humanity without being married together?

(A) Without being married together in the present experience. For, that association in wedded life brings the convention of the material nature which lowers the abilities of activities of each. This is the real question as purposed by the Apostle who gave that he that marries does well, but he that marries not does better. This oft is misinterpreted.

But in the application in this, the individual entity must be FREE! yet the associations will ever bring that bond of being bound by the PURPOSE of the greater good to be accomplished for mankind, as a whole.

Not only will there be those things that become in EVERY PHASE of man's experience an advancement but, as just indicated, there will be carried in same the understanding as to man's relationship to Creative Forces or God - that manifests in the dealings or relationships to the fellow man.

14. (Q) How can I bring about the feeling of closeness when we are together, so that we can work together harmoniously?

(A) Take, or choose those things and conditions that are of a universal nature in their relationships of man's well-being - or man's relationship as it should be borne one to another. Dwell rather upon these, than upon things or outward conditions of the individual aspects of experience. Then gather, and foregather, and dwell upon the common good for ALL in the experiences. And these will bring then that arousing gradually of those influences and forces which drew the two together during that sojourn, and that are the impelling influence between them in the present.

15. (Q) How should I approach him for him to realize that we have much to do together?

(A) In that same vein of thought, or purpose; that there is a way (which has been manifested in self) in which there CAN be an understanding of man in the dealings or relationships as one to another; founded, to be sure, upon the relationships of the individual soul to the Creative Forces - and that only finds expression in the dealings as one to another.

These dwelt upon, these made not - of course - as something that is intangible, but as something that may be made more practical and PROVEN - may become a part of the experiences of all. Not only by the uncovering of those things - which would necessitate, to be sure, the entity's journeying into the land of the Gobi, and again into the Indo-China or Siam land - but these would become the BASIS of the conditions in which there might COME a union of efforts; one physical, the other in the mental and financial - and in the purposes of same. These will draw closer and closer together.

16. (Q) Regarding A...: Would he be free to marry me, as the astrological chart for his wife D... predicts?

(A) As we find, this adverse influence is not necessarily that in which the entity Dorothea will succumb physically, IF there is the arousing within the consciousness of each that their full purpose is not yet completed - and that this must be completed now!

O that every soul would gather that knowledge, that comprehension, to meet the issue NOW! For it is not easy to undo, nor to do over again.

We do not find it as a truth, then, that he would be free; or that if he WERE free it would be for the greater accomplishment of the SELF - this entity - in that connection or association! There would be again the LACK of freedom.

While indeed in spirit, in mind, truth makes one free - there are conventions in BODILY associations that are builded by man, and are not of a mental nor of a spiritual inception; though oft claimed by man (mostly in his ignorance) to represent or to present same.

But truth is a growing thing, as infinity, as Creative Force. For it is a constant growth. Only good lives. (But that is the entity's philosophy!)

18. (Q) Regarding my work: After I have finished the book I am translating myself, what work should I begin?

(A) It will, must be soon after that the time for the beginning of the first of the journeys upon the expeditions that will set in motion those activities in the centers and places as given; in which there will be the establishing of that activity which will keep in greater growing force those influences as indicated.

19. (Q) Should I LEARN something, or have another work?

(A) This would be contrary to that just indicated. For these are all one. As life itself is one, so is the work one. The work in the present is a growing or a preparation for the next step.

For ye are indeed (this is not merely philosophizing) gods in the growth. And as ye apply today, tomorrow's step is given thee.

21. (Q) Does it appear that I will get into my own money again and have independence? If so, how and when?

(A) Independence? Own money? These should come beyond all needs. Well, there will be so much we won't know what to do with it - except that it IS for that purpose indicated. For with the City of Gold there will be found - Well, there is not so much now even in the treasury or vaults of the U.S.A.!

25. (Q) Which is the most important month this year for me, spiritually and materially?

(A) To set months and days for this entity almost begins to be limiting self. To be sure, influences astrologically make for periods when there are the urges in this or that direction. But as we find, June then will be the more favorable for the spiritual; while the mid or late summer would be the periods more racking or drawing upon the strength in the MENTAL manners for a spiritual settlement; and a little later for the greater financial. However, as has been indicated, and as the entity will gain - TODAY, if ye will hear His voice, enter in! There is ever then no influence greater than, "I WILL arise and go to the Father!"

26. (Q) Will I be able to develop my spiritual practice to such an extent that I will be a reality?

(A) This may be developed; it is seen in the present. BEING this only requires the holding to that, "I will go - I WILL go!"

27. (Q) Why do all my big experiences begin near the water or on the water?

(A) Is not water the mother, the life of all material experiences? Is it not a natural law? Is it not as He, the great teacher gave? that ye are born of the spirit and of water? Hence all become a part of the creation as related to MANIFESTATION.

For as was given - which, to be sure, is the symbol of man's experience - the firmament above the firmament, and these were separated and came into what ye know as materiality. Hence WATER - the most flexible, the most solid; the most destructive yet the most necessary; three-fourths of the universe, three-fourths of the human body; three-fourths of all that is - contained in water.

Hence all expression as manifested in a three-dimensional world arises from same. For, it is three-fourths of the whole.

28. (Q) Is my vegetarian diet good for me, and should I stick to it?

(A) Rather as has been indicated, this from the material angle is not an absolute necessity - but in all good conscience keep that as thy SOUL (we didn't say HEART) - thy SOUL - desires.

Vegetables are nature's way, the natural, the correct, the cleansing. Keep it, then; but these are as to the needs of the self, depending upon the manner of expending energies. So long as there is the expending of self in mental, yes.

When it becomes active in great physical exertion - as it will, in thy experience - then there will be the needs for some changes to be made.

29. (Q) What would be the reaction if I occasionally indulged in liquor?

(A) You would rather belittle self and hate yourself for it! Don't do THIS!

30. (Q) Why am I so protected, and by whom - or what?

(A) Whom? The gods have loved, they do protect. And as the purpose in self is set as for that which IS creative in the experiences of others, it is then the fulfilling of the promises of the Creative Forces, or the Universal Forces, to protect that which is its own.

Then it is a natural law. They that are His, He abides with them - and is the protective force then thereof. That is the why, that is the what, that IS!

31. We are through for the present.

INDEX OF READING 1703-3 F 52

[edited]

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BACKGROUND OF READING 1703-3 F 52

2/27/39 She submitted questions for the Life Reading. What subject matter should I take up, now that commercial work is on the decline? Have I made sufficient financial provision for coming years?... There have been abrupt, radical changes in the past, in this life; can I expect more?... What vocation or avocation will gain the goal of the Ego for this incarnation?

TEXT OF READING 1703-3 F 52 (High School Teacher, Theosophist)

This Psychic Reading given by Edgar Cayce, this 8th day of March, 1939.

4. In giving the interpretations of the records as we find them, these are chosen with the desire to make this experience a helpful one for the entity; that in the application of those tenets which have been and are a part of the entity, there may come the greater awakening to the relationships between the entity and the Creative Forces. And, applying them in the present experience, there may be an enlargement of the vision of the entity to so live that the oneness of purpose for which the entity enters this experience may be magnified in its dealings with its fellowman.

5. The virtues, the faults are given, that there may be a better comprehending of the necessary forces and influences to bring an at-onement of itself with the Creative Forces.

6. These we find latent and manifested in the experience, - but irrespective of what the entity has in the present done about urges:

7. One versatile in many phases of material activity, owing to the application of self through material sojourns.

8. One inclined to be - or oft leaves the impression of being very hard or cold and dispassionate; yet innately the entity seeks for expression to bring love into the experience. Yet the entity so expresses self by and through its self-assertiveness as to oft leave those COLD who would seek or who feel drawn to the entity, and wondering as to what IS the impelling forces innate and manifested in the activities of this entity.

9. One especially gifted in the ability to write; and as to literary abilities.

10. And the entity may in the present write what might be called a "best seller." Necessarily this should be both of fact AND fiction; fact told in a fictional manner; truth clothed in the message that may arouse that which IS innately sought within the inner self, - love for the UNIVERSAL consciousness of individuals or groups.

13. For, as each entity, each soul will find in its journey through materiality, it is the will in self to do this or that, or to attempt to force that which is the desire or purpose in self; and thus it may build that as may become a barrier to even that innately sought, or it may bring the awareness of the universal consciousness of love.

14. Love in its broader sense is the motivative influence, then, as to that which is creative. For love is giving, and the spirit of same is NEVER demanding.

15. Then, so long as that which is manifested is the pronouncement of self of the own self, love is kept in the background of the experience of the entity.

19. These are periods when decisions are often made. Hence the entity to many becomes a SEVERE extremist, - when, as indicated in the spirit of love, it is universal and gives and takes; is patient, is kind, is forbearing, shows brotherly love.

20. For it is only in such that one becomes, in materiality, aware of the closeness of relationship to the Creative Forces or God.

21. As to the appearances in the earth, - these we find quite varied in their experience - as they are judged or would be judged by a historical fact or condition. But as we find, these are the ones that make for the innate urges in the present, - though not all, of course, are given here. For each cycle is as a grade in the experience of an entity or soul, and as application is made does the material experience become an urge in the present influence or force.

28. Before that we find the entity was in the Holy Land, during those periods when there was the interpreting and the attempt to write or correlate those teachings of the Master, as well as of those who were in such close companionship to Him.

29. The entity was close to the younger of the disciples, John; and it was to the entity that one of his last letters was addressed, - to the lady. For to that entity, John, who should come again soon into material experience, seeks a means, a plane of expression.

30. Through those periods the entity gained in attempting to give to the various groups in the many divisions of the church, as it might be called; though not considered such in that period.

31. The name then was Cleopus.

32. From the activities in that sojourn much might be gained, if there would be the turning to the inner self for recognition of that which is the impelling force that motivated the activities of John through that experience - of which the entity caught a glimpse oft, - and yet was hardened in the experience through the disappointments not only of those in authority in the various groups or congregations but through the intent in self to impress others with the feeling of superiority owing to its close affiliation with one known and spoken of as the Beloved.

33. Understand, this is not the John, author of that called the Gospel, but rather the Epistles, the letters, - the elderly man then, - the last of those in his period PERSONALLY in association with Jesus of Nazareth.

34. Study those letters, then, for in them ye may find much that may give thee an insight into that ye have sought so often through this experience. For know, as he gave to thee in those periods of counsel, in those periods of direction, there is NO NAME given under heaven whereby men may be saved but He, the begotten of the Father, - even Jesus, the Christ!

39. Before that we find the entity was in the Egyptian land, during those periods when there were the turmoils materially between the King and the Priest, and when the Atlanteans came into the Egyptian land during the return of the Priest and the reestablishing and rehabilitation of the land.

40. The entity was among those first born of the Atlanteans in the Egyptian land, - hence grew under those instructions and activities of Ajax, Ajalon, Ra-Ta and Araaraart, for the activities in the temple service - where all forms of the animal were rejected in relationships to sacrifice or to service in any manner.

41. Thus we find the innate urges in the entity at present, - the desires to be free from those things pertaining to that as brought so much destructive forces by the mingling of purposes of man - as in spirit - with the material and animal forces in the experience.

42. The name then was Asmyan.
43. As to the abilities of the entity in the present, then, - that to which it may attain, and how:
44. Study to show thyself approved unto God, a workman not ashamed, but rightly divining the words of truth, and keeping self - in thine own consciousness - unspotted from the world.
45. Find not fault with thy neighbor, nor thy friend, but rather by example than by precept LIVE that thou art in such a manner that when ye HAVE found the truth ye may STRENGTHEN thy brethren.
48. (Q) What is the reason for having so few near relatives?
(A) Choice of thy forefathers.
49. (Q) What wrong living in a past life brought ill health now? How can I live, now, to make amends, and live long and well?
(A) This is more thine OWN imagination than because of past experiences. But as ye apply thyself in the present to the tasks, the duties, the opportunities, these may be better unfolded to thee within.
For it is not who shall descend from heaven, or come from over the sea to bring a message, but lo, it is within thine own consciousness, and thine own mental nature. For THERE the promise is that He will meet thee, to bless thee! And only those who have expected and do expect, and wonder at His mercies, attain the full understanding.
50. (Q) Is there a psychic, mystic, or occult reason for bad eyes?
(A) Rather a psychic, - from that of race consciousness.
51. (Q) Did some karmic tie lead me to go to Egypt and into the activity following? If so, what? Will that activity yet bear results? If so, what?
(A) As has been indicated.
As to results, - depends upon the application of SELF. It is within thy abilities to use. Apply same.
54. (Q) Which person, or group, today, has the nearest to the correct teachings of Jesus?
(A) This would depend upon who is the judge. The teaching, the consciousness of the Christ-life is a PERSONAL thing. And hence they that are aware of His abiding presence are the nearer.
Who? They that walk with Him and do not, CANNOT, WILL not, force themselves on others - even as He!
55. (Q) What spiritual teacher should I follow?
(A) John.
56. (Q) Or should I continue to glean here, there, and everywhere?
(A) JOHN!
57. (Q) Is there a physical reason, such as congested Kundalini, curved spine, or loosely connected etheric body, or any karmic reason, for my not hearing The Voice of the Silence or getting SELF-Realization?
(A) Only within self. For He has promised. He will speak if ye tune in.
58. (Q) How can I overcome it?
(A) In thine own consciousness. Walk with, talk with, Him.

59. (Q) What was the significance of writing to music? Is it of importance personally, publicly, or both?

(A) As has been indicated, it may be the channel or the means through which that as may be the greater work of the entity here, now, may be done.

60. (Q) Why do I feel so frustrated with life these past years?

(A) Lack of the peace and calmness within.

61. We are through for the present.

REPORTS OF READING 1703-3 F 52

R1. 3/13/39 Mrs. [1100]'s letter: "...Miss [1703] called and told me about her life reading. Seems to be quite pleased and is hoping to get down to see you. She seems to think that she is the lady to whom John wrote the 2nd Epistle, - I am under the impression that mother [1010]'s reading said it was written to her. However I did not mention this to Miss [1703]. She is indeed a remarkable person..."

INDEX OF READING 2264-1 M ADULT

Appliances: Wet Cell: Nervous Systems:
Incoordination Par. 3, 4, 5-A--8-A

Catarrh Par. 9-A
Cold: Congestion: After Effects Par. 1

Diet: Meatless: Nervous Systems: Incoordination Par. 8-A

EARS: DEAFNESS: NERVOUS SYSTEMS: INCOORDINATION

Eliminations: Poor Par. 9-A

EYES: NERVOUS SYSTEMS: INCOORDINATION
NERVOUS SYSTEMS: INCOORDINATION
SPEECH: IMPAIRED: NERVOUS SYSTEMS: INCOORDINATION

TEXT OF READING 2264-1 M ADULT

This psychic reading given by Edgar Cayce, this 24th day of November, 1922.

1. EC: Yes, we have the body here. Now, we find with this body the abnormal conditions that exist in the sensory organism of this body have not been in this condition since its birth, but have been brought in the body by the improper coordination of the nerves that reach to the trunk portion of the body from the nerves that govern the auditory, the vocal and the eye, see. In this body we have a condition where the ends of the nerves reaching to those portions of the body from which they are fed by the nerves from the pneumogastric and the supercilious nerves of the sympathetic and cerebro-spinal do not reach their correct vibrations in these ends, see, though we would find the organs of each of these functioning in their normal way, save, vibrations do not come in perfect accord to the brain centers. It is not the defect from the connections in brain force, but their connections in the segment centers of the spinal column and the connections with the nerves at the second, third, fourth, fifth and sixth cervical vertebra. This has been caused by congestion to this body when the body was developing or when it was small, but it was not born that way, see.

2. We would find in the eye, the action of all of the nerve energy needed in any of the lateral or spiral cords from the retina to the optic center or as normal as we would find in any. Their responsiveness to the action of vision is hindered by the nerves supplying the nutriment necessary to feed the proper cell centers of units to rebuild that, that necessarily must come from all of the body, see. The same we would find would apply to the condition with the ear. We would find if we examine with the normal ear, the body should hear. Why doesn't it? The forces that give the vibrations or the rebuilding cells to the circulation carrying now life does not respond in the proper manner, hence the gradual giving away of these forces in this body, see.

DIET: MEATLESS CIRCULATING FILE

The same would apply to the condition that produces vibrations to the vocal organs. All are under the direct influence of the sensory nervous system and with the cerebrospinal and sympathetic systems in according or in producing coordination properly at the second, third, fourth, fifth and sixth cervical segment centers. Along the sides of these we find the nerves pass, that is, the sympathetic nerves, pass the cerebrospinal cord giving off from each one, those impulses to carry circulation, lymphatic, emunctory and blood forces to these portions of the body. The rest of the system with the correction of this condition would remain or be brought in its normal forces.

3. We would assist to bring this to a better co-ordination by producing the proper vibrations to this body. We would apply the vibrations as would be found in this:

4. To two gallons of water, rain water preferred, we would add one pound of plain charcoal, one pound of copper sulphate, two ounces of sulphuric acid, C.P., one ounce of zinc. This solution is then to be charged with a low voltage of electrical forces and while being charged, there will be placed in this solution, eight ounces of Iodine, corked in a glass container. The charge shall be for at least fifty minutes while charging, you see. The poles when applied to the body shall be one of nickel, the other of copper. The wires will be attached to two small plates that will be attached to the body, one at the cervical region, which will be begun at the first cervical and each evening moved to the next until we have reached the seventh cervical, see, on the same side of the vertebrae each evening, then change to the other side and repeat. When attached to the left side of the vertebrae, have the other plate attached to left wrist, see and vice versa. Do that.

5. (Q) Mr. Cayce, how much time do you think would be required to restore this body to its hearing with the treatment you have just prescribed?

(A) Until the vibrations have been able to make their connection through to the nerves proper, and they give their correct vibration with the centers they reach in the brain. Each will be governed by its cycle of vibration.

6. (Q) How long can this solution be used before being recharged?

(A) From two to three weeks.

7. (Q) Mr. Cayce, how much time should be spent using this treatment every evening?

(A) Thirty minutes.

8. (Q) Mr. Cayce, there is no special diet needed then for this body?

(A) Electrical vibration is better and more secure with those that are of higher vibration to the body, not meats for the body.

9. (Q) Mr. Cayce, one more question. This body has a catarrhal trouble. Do these other conditions have anything to do with it?

(A) Improper elimination is a catarrhal condition, as we have already given.

Yes, when we give vibrations to these portions of the body, and they begin to produce the correct eliminations we will have sore throat at times, eyes will be sore and produce inflammation, which must be cleansed by natural means and there will be secretions thrown off through the ear and through the nasal and through the throat, you see. These must be cleansed as we must use common sense, see. We are through.

INDEX OF READING 3481-1 F 46

ANEMIA	
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Eyes: Debilitation: General	Par. 19-A
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Pelvic Disorders	Par. 18-A
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Prescriptions: KalDak: Debilitation: General	Par. 11
Vertigo: Debilitation: General	Par. 14-A

BACKGROUND OF READING 3481-1 F 46

B1. 7/13/43 [3481]'s letter to EC:

Dear Mr. Cayce;

Have written you several times and this is urgent. My Doctor, Dr. P. Graffagnino, thinks my appendix should come out. Have been ill again and constant pain in that region. Also soreness in all the small & large intestines. Am against operating unless positively necessary....

B2. 12/20/43 [3481]'s questions to EC:

Dear Mr. Cayce:

1. What caused extreme dizziness over a period of month this Summer and will it return? 2. What is condition of appendix? 3. What is condition of intestinal

tract? 4. Am I getting sufficient proteins in my T.S. Vegetarian diet? 5. What can I do to perfect the body as a vessel for the Master to use? 6. Are the Pituitary, Pineal, Thyroid and Adrenal glands working? If not what could be done to stimulate them? 7. What is the condition of the female organs? 8. I am now using a Magnetic pad, it seems to help circulation. Can you see any good effect? 9. Can my vision be improved? Thank you. [3481]

TEXT OF READING 3481-1 F 46 (Insurance Agent, Theosophist, Vegetarian)

This Psychic Reading given by Edgar Cayce, this 23rd day of December, 1943.

3. As we find, there are disturbing conditions - physical or pathological, as well as psychological.

4. Individuals can become too zealous or too active without consideration of the physical, mental and spiritual. True, all influences are first spiritual; but the mind is the builder and the body is the result. Spiritualizing the body without the mind being wholly spiritualized may bring such results as we find indicated here, so as to raise even the kundalini forces in the body without their giving full expression.

5. The lack of elements is causing such disturbances in this body. Not that there is a condemnation of the purposes or ideals of this entity; yet these are not wholly in keeping with that which will bring the better elements for a coordinated physical, mental and spiritual expression of this entity.

6. These, then, are the sources of disturbances here: etherealizing mentally and the lack of materializing physically in body-forces; from excesses of diets that do not supply the full or complete needs of a body physically active in the vibrations that surround this body.

7. If the body were in other environs, quite different results might be obtained; but the body must choose for itself. For know, as given of old, there is today - now - set before thee good and evil, life and death - choose thou. Think not who will descend from heaven to bring thee a message, nor who would come up from the dead nor from over the sea; for lo, it is within thine own body, thine own mind, thine own self that the choice must be made.

8. Then, take rather a normal, well balanced diet; not too much in the beginning, but balance the diet. Not quantities of flesh, no; but fish and fowl, yes - these in moderate quantities.

9. Those disturbances in the caecum and appendix area are the effects of too little bulk in the diet, not sufficient protein, not sufficient of those activities that bring a renewing of energy.

10. Not that decaying flesh to the body is not abhorrent, but so balance the diet that the gastric flows of the pylorus and duodenum are such that the proteins are cared for in such manners that the body will gain in energy.

11. Use KalDak as a body-builder; this taken for this body in V-8 juices. Dissolve a level teaspoonful and take twice each day, morning and evening. Stir thoroughly in a small quantity of hot water and then fill the small tumbler - not a large one, but about two and a half to three ounces - with the V-8 juice and drink.

12. These do and take. And keep those periods of meditation. Do prepare the body in the environ for this deep meditation, and there will be brought those abilities that are sought. To be helpful for others, such must first be accomplished in self. Do not ask others to do that ye cannot demonstrate in thine own self. For, God is not mocked, and whatsoever a man or woman soweth, that he or she must also reap.

13. Ready for questions.

14. (Q) What caused extreme dizziness over a period of a month this summer and will it return?

(A) It will return unless there is a better balance created in the replenishing or body-building forces active in system; and of such the body can and will assimilate.

15. (Q) What is condition of intestinal tract?

(A) As just indicated, the lack of sufficient bulk in same has resulted in gas formations and the tendency for the lactic acids and juices to act one upon the other. Beware! else ye may have a rash that will become very aggravating - in forehead, arms, groin.

16. (Q) Are the pituitary, pineal, thyroid and adrenal glands working?

(A) Overworking! under the existent conditions, as indicated; but there is not the proper distribution of these activities through the system, because of the lack of vital energies. Ye are low in red blood cells about three million!

17. (Q) Is the magnetic pad I am using helpful?

(A) Momentarily, yes. What is needed is more vigorous activity with a greater stimulation in body-building energies. More calories are also needed.

18. (Q) What is the condition of the female organs?

(A) All of these suffer under the disturbances, and the raising of the kundaline forces is causing activities here that are not in keeping with best conditions. Use alkaline douches at least once each week - two tablespoonsful of Glyco-Thymoline to a quart of body-temperature water, in a Fountain Syringe.

19. (Q) Can my vision be improved?

(A) By head and neck exercises, provided body-building forces are added.

20. We are through with this Reading.

REPORTS OF READING 3481-1 F 46

3/28/44 [3481]'s letter to EC:

Dear Mr. Cayce:

In line with your suggestion I immediately ordered KalDak and started taking it January 11th and have continued up to date.

Have been taking Kelp for the past two months, this gives iron and iodine same as fish as I have wanted to stay on my diet of not taking Fish, fowl or meat, as near as possible.

Still have the exhaustion by noon every day. Some days almost impossible to stay up and work. Skin has spots.

I SHOULD LIKE TO HAVE A CHECK READING FOR THE PHYSICAL.

DIET: MEATLESS CIRCULATING FILE

Have come into contact with a new medicine within the last few days Streptolin put out by Landon & Co of Los Angeles, Calif. Have started taking this also. Will it help my system?

I find the KalDak has given me a bloated, swollen appearance, especially the stomach. Have started doing some exercise, however it does not seem to help. Kindly advise when I may have the CHECK READING?

Yours truly, [3481]

8/13/44 [3481]'s letter to EC:

Mr. Edgar Cayce Association for Research and Enlightenment Virginia Beach, Virginia

Re: CHECK PHYSICAL READING August 24th - 3: 30 - 4: 30

Dear Mr. Cayce:

In giving my check reading kindly go over the body and nervous system and see what corrections can be made.

I have recently had all foods sour as soon as taken, what causes this? And what should be done about it?

I have taken KalDak as suggested in previous reading, this has been taken continuous.

In previous reading you mentioned the Kundalini - what is the condition now?
Sincerely, [3481]

INDEX OF READING 3481-3 F 47

Alkalosis	Par. 3, 10-A
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
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Prescriptions: Acigest: Assimilations: Eliminations: Incoordination	Par. 4
: Kaldak: Debilitation: General	Par. 9-A

TEXT OF READING 3481-3 F 47 (Theosophist-Vegetarian)

This Psychic Reading given by Edgar Cayce, this 24th day of August, 1944.

1. GC: You will give the physical condition of this body at the present time with suggestions for further corrective measures, answering the questions, as I ask them:
2. EC: Yes, we have the body here: [3481], this we have had before.
3. As we find, there have been improvements in some directions, yet, because of the matter of the diet and of the activities, there has become an excess of alkalinity, and thus, through the digestive system, there is a lack of sufficient of the acids to produce proper digestions in the system. Thus, foods cause anxiety by the lack of the gastric juices to supply sufficient elements for proper assimilation. The whole, then, of the alimentary canal suffers, as does the circulation; the blood supply, the general nerve energies of the body all become depleted.
4. We would add to the body, Acigest. This should be taken in raw milk, if practical or homogenized milk. We would take it Tuesday, Thursday - a spoonful in a glass of milk, at the evening meal.
5. We would add to the diet these nuts, but not some of the others: filberts, almonds, pecans; black walnuts, we would add in moderation - not too much - but especially almonds and filberts. These will supply elements, with the changes wrought, to build back energies for this body.

6. It would be well if there were to be massages occasionally. These should be the general Swedish massage. Thus we will build better energies for this body.

7. Ready for questions.

8. (Q) Please go over the body and nervous system and see what corrections can be made.

(A) If we will correct that which is the cause of that producing same, as indicated, we will find we will get better, normal conditions, nearly normal conditions for the body.

9. (Q) Should KalDak be continued?

(A) KalDak should not be taken so often. Take it now once every other day, see?

10. (Q) Is the alkalinity causing the foods to sour?

(A) As has been indicated. Do as outlined, and we will bring bettered conditions.

11. (Q) What is the condition of the Kundalini now, which was mentioned in my first reading?

(A) This depends upon how and in what manner the body attempts to raise same during its meditation. This doesn't change, for it is the seat, or the source of life-giving forces in the body. The effect upon the body depends upon the use to which an individual entity puts same. Thus the warning, as was indicated, as to how and for what, such influences are raised within the body itself.

12. We are through with this reading.

REPORTS OF READING 3481-3 F 47

None.

INDEX OF READING 3727-1 M 57

Appliances: Radium XX: Eliminations: Poor	Par. 8
Diet: Meatless: Eliminations: Poor	Par. 6
ELIMINATIONS: POOR	
Head Noises: Lesions	Par. 4
LESIONS	
Nervous Systems: Sensory: Lesions	Par. 4
Osteopathy: Lesions	Par. 7, 9

BACKGROUND OF READING 3727-1 M 57

B1. 5/10/27 Letter: "What is the trouble, or cause of the trouble, in my back? and what is the remedy? My hearing is dull - my ears ring. What is the cause and remedy?"

TEXT OF READING 3727-1 M 57

This Psychic Reading given by Edgar Cayce, this 20th day of May, 1927.

3. Now, we find there are some very subtle conditions that cause the distresses in various portions of this body. While these have not at present reached that condition that they have become beyond the control of the physical forces; yet, as is seen by the nature of same, and the general inroads the distress is making on the body, it becomes high time that corrections were made, would we bring nearer again the normal physical functioning of the body; for we find not only the functioning conditions but the organs themselves begin to show the signs of those conditions as have been brought about by these disturbances, and the system attempting to adjust itself under the strain in which it operates.

4. The conditions have to do with lesions as exist in the cerebro-spinal system, especially in the lower dorsal and lumbar, and sacral region. These have been produced in part by subligations as have existed for times back, and by those conditions as have existed for times back, and by those conditions as have prevented the normal eliminations from the system, and these constantly leave poisons in the system until the kidneys, and the general hepatic circulation, have become involved in conditions, and this adds to the distress as is produced in these subligated portions of the body. Then we find these impair, also, through the nerve supply, those conditions as would give the general vital forces for the whole of the sympathetic and of the sensory system. Hence the dullness as is produced in head, the ringing as produced in the auditory system - or ears; the burning as is produced at times in the eyes, the appearance of the skin too large, as it were, for the body - at other times too small.

DIET: MEATLESS CIRCULATING FILE

5. To meet the needs, then, of these conditions at present, we will find there will be necessary, first, to follow this in specific ways and manners for a time; then change to meet the needs of the system as is produced by the changes as wrought by that applied.
6. First, be careful of the diet. While the body has come to realize there are certain conditions and elements that the body absorbs or digests better than others, DO NOT partake of meats! Rather the vegetable, and at least one raw vegetable each day. Broths or soups of meats may be taken occasionally, but not too much!
7. And begin with the osteopathic adjustments to correct those conditions in the cerebro-spinal nerve system, correcting those tautnesses in the cervical and dorsal, and correct subligations in lower dorsal and lumbar.
8. Wearing, at once, the Double X Radium Appliance, that we may clarify the blood stream and stimulate eliminations.
9. After twenty-eight (28) such treatments (and we would take at least two to three each week) are taken, we would give then those changes as would be necessary to bring the normal conditions to this body.
10. Do as we have given.
11. We are through for the present.

REPORTS OF READING 3727-1 M 57

R1. 6/6/27 [3727] Response to Report:

AGE 57 SEX Male

MARRIED OR SINGLE single

NATIONALITY Amer. White

REMARKS

(You will please state in the space below how near, in your opinion, reading fits your condition, as you know it yourself, and if you expect to carry out the suggestions made for the improvement of your health.)

I am under the impression that the conditions in my spine are the result of too vigorous treatment by an osteopath. At least my back has been weakened since such a treatment. However when I get settled will get another reading and try to follow up your suggestions.

INDEX OF READING 3771-1 F ADULT

Diet: Meatless: Pelvic Disorders	Par. 6-A
Electrotherapy: Violet Ray: Pelvic Disorders	Par. 4-A--6-A
ELIMINATIONS: INCOORDINATION	
Osteopathy: Pelvic Disorders	Par. 6-A
PELVIC DISORDERS	
Physiotherapy: Baths: Sitz: Pelvic Disorders	Par. 4-A, 6-A
: Douches: Pelvic Disorders	Par. 4-A, 6-A
Surgery: Preventive: Pelvic Disorders	Par. 4-A, 7-A
Uricacidemia	Par. 2, 3-A

TEXT OF READING 3771-1 F ADULT

This Psychic Reading given by Edgar Cayce in Hopkinsville, Ky., this 21st day of June, 1911.

2. EC: We find many things here in the body of Mrs. [3771] in an abnormal condition, of a slight nature, but of an aggravated nature to the make-up of the body, or to the welfare or health in the body, from time to time, eliminating itself from one part, and exerting or showing itself in others. The seat of the trouble, or beginning here from the pelvis, or from the condition that has been both in that of the action of the nervous force in the cerebrospinal nervous system on to the action of the forces here in the body in the pelvis, or that of gathering force from the sensory system, through the cerebrospinal, or action of force in the body itself, producing into the pelvis, into the intestinal tract first (see this is at time back) that of secretions of the force, along the intestines through the lower end, of the fluid of the en [?] masse matter whereby the intestines throw out from the discharge, producing the folds or those forming here of loads to the end of the body, distal. These, in being removed from the body, bring about a force of ends of nerves which form an irritation to the body, and to the rest of the circulation through the pelvis, producing at times, the pains to the head, especially along to the back portion of the head, up the left side, toward the back portion of the head and between that and the left ear - a feeling of tiredness, all over the body, especially to the feet, through the trunk portion or the pelvis, across the hips. These, at times back. Now, we have in this body a condition (Go over the whole condition of the whole system, and bring about the condition we have existing in the body now). From the ends of force, gathered by the circulation and by the nervous system, pile up in themselves and produce the condition we have.

Then we have through the force of the discharge here from the ovaries that produces into the system at this time, (the time of discharge of matter, or the blood force, or the ends) that of genitination, into the system, here into the pelvis and uterus, bringing about a straining of these same nerve forces or ends, having been used through the muscular force to the ends gathering into these, until we produce a condition of bearing down, tired, all over the whole system, disturbances through the trunk, and the nerve force governing the stomach, the solar plexus, through the coccyx and ends of the sacrum. Tired nervous force all through the whole system. Not to constantly keep the body down, or sick in bed, but a tired, nervous, worn out feeling of the whole system, producing an expression of force we have through that of the forces of matter of the sensory system, - that of quick expression but slow to the action upon the force on the brain. This is to the sensory system - that of expression to the body through any of the senses - sight, hearing, feeling, tasting, is quick. The action of return force of these become slow because they have been aggravated by nerve force of pain racking through the body and exerting itself through that, or that of the white blood exerts itself through all the matters of force in the system, until we have an increased hepatic circulation through the system, and that of low capillary. We have had two expressions of the force shown to that of touch, or nervous system, along to the spine, from the feeding ends to that of repression - that of eliminating of forces in the system, especially through that of eliminating powers to the kidneys, throwing off that of the discharge of uric acid in the system, which has helped to aggravate the condition. That you see which we have expressed in the system now, is that of a reaction from the treatment to the nerve ends, or those along the spine, the same as we have that taken in to the system, into the stomach, from time to time, has produced the same condition through that of the liver or the rising into the stomach of gastric juices, producing a belching at times, especially just after eating. Not as the food itself, but the gastric juices, produced from the condition exerted to that of the liver in its action to throw off the juices to it in digestion; passing back to that of the juices of the stomach or the gastric, forming the gas that is thrown off.

3. (Q) Is there any trouble with the uterus?

(A) That in the same force, has exerted itself into the discharge at times. We have here in the body, this which has been brought about by the condition first in the system, into the pelvis, or into the intestinal tract, or that of the discharge, producing a cutting or tying up of nerve ends, into these forces, has produced a tying up of nerve ends to those of the celiac plexus, the branch end of that of the cerebro spinal. These forces, at the time of discharge, at the time of life to the physical woman, in throwing off the discharge, produce an eliminating of muscular force of those through the pelvis, a discharge from that of the ovaries, into the uterus. These, in themselves, or excess of matter thrown off, produce more of irritation through these, aided by that of force carried in to the system of uric acid, producing the condition of discharges of matter thrown out by that of the uterus.

4. (Q) Is it necessary for an operation?

(A) No, not now. The discharge of the matter to be thrown out from these, is taken through elimination, from the condition we have had in the body, not to eliminate but take from the system in this. The expression to the nerve ends or blood supply, which we have interlateral with those of nerve forces in the system is through the expression to both the cerebrospinal or sympathetic, through that of the sensory organism of the system through touch or feeling or expression of the sensory system. These forces using in these, by the manipulation of the limbs or the body produced the opposite from this. We have no lesions formed along the spine from these ends we have had. We have an expression of force shown through that of the uterus where it should be now of a used force to that of the uterus to cleanse, not by those of cutting or of operative, but of cleansing through that of douche or expression to the nerve force of that of electrical force, or by eliminating either, or by that of hot and cold, steam or that of sitz bath, or all.

5. (Q) How would the electrical treatment be applied?

(A) That of the same force as we have applied with the hand, or that of vibrating force or from the static.

6. (Q) What other treatment would you prescribe?

(A) The treatment we have for the condition, that we have in the system should be from this, using the same force we have had here before, that of manipulation of the spine to keep from producing the force of gathering in them to produce lesions along the spine. That of manipulation of the spine with the hands; cleansing of the uterus by that of the douche at the times of the manipulation then of the electrical force applied along the spine from the lower lumbar to the upper cervical, or to the second cervical, to produce a reaction to that of the nerve force in the body to lighten the tension on the nerve supply to the pelvis, through the branch end of the cerebrospinal nerve and of that of the celiac plexus. That of the sitz bath at evening or rest time, to produce rest to the body. Hot, then cold. To produce an expression to the nerve or that received through the sensory nervous system.

Take nothing into the stomach itself to produce irritation, but masticate well that which is taken into the mouth. Not any meats, but vegetable and fruits.

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

(A) No, this will better the condition, if we don't allow the force to gather and produce lesions through the pelvis. Then we will have an operation.

8. (Q) Are there any ulcers on the uterus now?

(A) Only those of exaggerated force or enlarged feeding glands to these. No ulcerated.

REPORTS OF READING 3771-1 F ADULT

None.

INDEX OF READING 3870-1 M ADULT

Anemia: Tendencies	Par. 2
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CIRCULATION: INCOORDINATION	
Diet: Meatless: Eliminations: Incoordination	Par. 5
Eczema: Eliminations: Incoordination	Par. R1
ELIMINATIONS: INCOORDINATION	
Osteopathy: Circulation: Incoordination	Par. 5
Physiotherapy: Packs: Hot Salt: Eliminations: Incoordination	Par. 5, 9-A
Spleen: Engorged	Par. 4, 8-A

TEXT OF READING 3870-1 M ADULT

This Psychic Reading given by Edgar Cayce, this 4 day of July, 1923.

1. EC: Now, while we find this body very good in many respects there are some abnormal conditions that to this body have become normal conditions for the body. There are conditions that may be corrected.
2. Now these are conditions as we find in this body, [3870], we are speaking of at the present time, in the blood supply in the body we find this very good in itself. In its circulation through the system we find some deflections from the regular channel in the circulation, for elimination in portions of the body has been hindered by the excess of forces attempted to be eliminated through the lower portions of the hepatic circulation, and this has allowed some forces to be carried back into the system and eliminated through improper channels. The number of red blood force are very good though below the normal. The white are above the normal.
3. In the nerve system we find the body very good in the cerebrospinal forces. In that of the sympathetic we find the body, over-responsive to the effects produced in the system for the conditions in the portions of the body about the lumbar show the affect this condition produces on the sympathetic system and gives to other portions in the body, especially in the sensory system, that, that effects these organs in part. When this condition through the sympathetic forces are overcome and when the condition as produced through the blood supply in its eliminating forces in the correct channels are given, we will find we will give the better force to the body than it receives at the present time.

4. In the functioning of the organs themselves, we find in the brain force, very good. In that of the throat, larynx, bronchials, the effect as produced in the sympathetic system at times and produced congestion through the nasal portion of body or head especially. That comes rather of a spasmodic condition than that of one that remains, for the condition is of the sympathetic nature rather than that of one in the system produced by organs being out of attune, as it were. In the organs of the sensory forces, we find the effect, especially, to those in this portion as being the deflected forces as produced in the system. In the lungs themselves we find the effect of the condition of the blood force. In the digestive tract, we find the spleen has been engorged and one end shows the condition as having been overcome by the force in the system and has been formed nearer the atrophy condition, that is, the left end. In the liver and the organs of digestion proper in the system the effect as from the condition in the kidneys and that as produced there shows as to how the deflection is made in the circulation and not carried on through the whole system. About the centers of the kidneys we find about this inner casing that which shows the action of the emuntories being overcharged, and they attempting to eliminate from the system, those of the strain to the body, hence the inflammation as is produced in the bladder itself here at times, this being at the present time more reflex and producing deflection than of being organic conditions to be dealt with direct.

5. To give the assistance to this body to bring about these conditions for a normal force in the body may be done if only followed very closely, especially, the diet, though he has been a dietician for some time. Though follow very closely - not meats themselves, though juices of the meats themselves may be used without the effect of the grosser portions of the flesh. We would, first, so stimulate the action of the solar plexus centers and the lumbar plexus so as to relax to give the reaction from the system in producing and forcing circulation through this portion of the body and give the brain force its reaction through the spleen in its affect over the system. This would be done by deep manipulation, osteopathically with heat applied of this nature and character: The alkalines would be applied to the body in saturated solutions and heat applied that would drive this into the system after the body had been manipulated sufficient to open all the pores and tissue in this portions of body, which would extend from the 10th dorsal to the first sacral. This should be done every third day, at least for two to three months. The diet for the body will then be regulated according to the conditions as overcome in the system with this treatment here. Do that.

6. (Q) What is different in this body from other bodies?

(A) That is this body here, the conditions have been removed here in some places, you see.

7. (Q) Has this body been operated on?

(A) This body has had this condition that is normal to this body that is abnormal to other bodies. Do as we have given. Leave those to themselves.

8. (Q) What is the seat of the trouble?

(A) Spleen and kidneys, which affect the digestion and stomach and liver, circulation externally.

9. (Q) Should this body take any special exercise?

(A) This will be plenty if this is rubbed in here, more than he has been taking for some time. We are through.

REPORTS OF READING 3870-1 M ADULT

R1. 7/6/23 Letter to friend Mr. [4700]: The reading is intensely interesting since the diagnosis agrees perfectly with what I know to be my physical condition. This knowledge of course I have gained through medical investigation and through my own experience in taking care of myself. My difficulties have always been those of elimination of waste and because of a spasmodic condition in the colon, which seriously interferes with its functions, the kidneys have been over-worked, although they have stood up under the heavy duty put upon them. However, they were not able to carry off all of the waste and as a result elimination, as Mr. Cayce says, has taken place abnormally. This manifests itself in ways that are more or less surprising. For instance, I have been for a number of years afflicted with recurrent eczema. When the organs of elimination are working normally or in nearly a normal manner, the eczema will disappear; when, however, the organs of elimination are working poorly the eczema appears and spreads and is greatly intensified. Physicians have told me that the eczema was entirely a local difficulty with the skin and had nothing to do with the result of the activities of the various organs of the body. I have known they were mistaken in this as the response of the eczema to the poor work of the organs of elimination, occurring uniformly over a considerable number of years, leaves no room for doubt of the very intimate relation between the two conditions. I have long since concluded that while the eczema was a source of great annoyance and irritation it was really serving a beneficial purpose in the auxiliary service it rendered to the kidneys and the bowels.

I recite these circumstances to indicate the reasons which led me to agree that Mr. Cayce's diagnosis is correct.

As to his advice for correction of the troubles that I have, I will follow it and hope that it may result in a satisfactory correction.

R2. 9/14/23 [3870]'s letter to EC:

Mr. Edgar Cayce, Selma, Ala.

Dear Mr. Cayce:

I have your favor of the twelfth instant and desire to report that I have not yet availed myself of the advantages to be had from the recommendations made in the reading made by you on July fifth, as I have been traveling almost constantly since that time. It is my purpose, as soon as my trips have been completed, to undertake the treatment you have recommended.

INDEX OF READING 3888-1 F ADULT

ANEMIA

DEBILITATION: GENERAL

Diet: Meatless: Toxemia	Par. 9
Environment: Locality: Change	Par. 7
Liver: Kidneys: Incoordination	Par. 6
Nervous Systems: Incoordination	Par. 5
Prescriptions: Alcohol, Grain: Debilitation: General	Par. 8
: Ambergris:	Par. 8
: Blackberry Root:	Par. 8
: Golden Seal:	Par. 8
: Sweet Gum:	Par. 8
: Water, Rain:	Par. 8
: Wild Cherry Bark:	Par. 8
: Yellow Dock Root:	Par. 8
Psychosomatics: Debilitation: General	Par. 10-A, 11-A
Rest: Debilitation: General	Par. 7

TOXEMIA

TEXT OF READING 3888-1 F ADULT

This Psychic Reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 21st day of December, 1922.

1. EC: The abnormal conditions as we find in this body have to do with the cellular force in the system, and the replenishing of same through the action of the system.
2. Now these are the conditions as we find them in this body, Mrs. [3888] we are speaking of:
3. The blood supply throughout the system is deficient in its ability especially to rebuild in the system, to give the cellular forces necessary to replenish the used forces, so that with the whole system there is a depleted condition, or the incentives of the muscle or nerve forces to carry out their whole function, and functioning had become below normal.

4. There is not a sufficient number of red blood cells, there are sufficient of the white, but their potency is not up to the normal condition, for we find that through the eliminating centers and eliminating organs in the blood supply that these are deficient.
5. The nerve forces over the whole system are very good in their elemental force. The brain force and the action of the cerebrospinal forces are very good. The action between the sympathetic and the cerebrospinal is not as good, for with the circulation as carried with the nerve forces, they become of the languid, dilatory kind in their action. They become listless, though while the cell forces of the body are sufficient to carry out the functioning of these organs, and to the whole system, yet, with the condition existing, they become inactive, and even the involuntary forces become below normal.
6. These conditions we find are being produced in the system by the auto-intoxication from the hepatic circulation, hence we find through the heart glands it shows at times in the body and keeps too high hepatic circulation, and affecting both poles of the hepatic circulation; reducing the efficiency of the blood making poor elimination through both of these organs, and affecting the system in the manner as we have given here. While we find the functioning organs - the functioning of all organs as functioning organs within themselves, function, yet languidly, on account of the condition existing over the whole system.
7. To give a better incentive to all of the nervous centers and to give correct incentives to the functioning of the organs of the nervous centers and to give the correct incentives to the functioning of the organs themselves, without disturbing their equilibrium and to overcome the conditions as exist through the system causing this condition, it would be better if the body would travel. Ocean would be best. Rest and water. Or, for the present surroundings and conditions, which would be slower and not as certain to the amending of the conditions, would be to take into the system those elements that would give the incentive, with as little resistive force produced in the body as possible. We would take this:
8. To one gallon of rain water, add:
Wild Cherry Bark.....4 ounces,
Sweet Gum.....2 ounces,
Yellow Dock Root.....2 ounces,
Blackberry Root.....1/2 ounce,
Golden Seal.....1/2 ounce.
This would be reduced by simmering to one quart; strain, and while warm, add, Grain Alcohol.....4 ounces, and Ambergris.....20 grains.
The dose would be two teaspoonsful three times each day.
9. Let the diet be of vegetables rather than of meats.
10. (Q) Mr. Cayce, following the treatment as prescribed, how long a time will be necessary to bring this body back to normalcy?
(A) It depends on the condition of the mind and body itself in which one is taken.
11. (Q) While taking the medicinal properties you have given?
(A) Then, watch the mind develop with it.

INDEX OF READING 4188-1 F ADULT (70's)

ANEMIA

CIRCULATION: INCOORDINATION

Cycles: Body	Par. 4
Diet: Meatless: Glands	Par. 8-A, 9-A
Doctors Suggested: Dean, Lon L.	Par. 14-A
: Layne, A.C.: D.O.	Par. 14-A
: Sears, F.W.: M.Pd.	Par. 14-A

ELIMINATIONS

GLANDS

: Thyroid	Par. 3, 9-A
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GOITRE

Healing: Magnetic: Glands	Par. 6, 10-A
Humor	Par. 9-A
Osteopathy: Glands	Par. 5, 10-A
Sensory Disturbance	Par. 3
Spleen: Anemia	Par. 2
Suggestive Therapeutics: Glands	Par. 6
Toxemia	Par. 2

TEXT OF READING 4188-1 F ADULT (70's)

This psychic reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 10th day of December, 1922.

1. EC: Yes, we have the body here. Now, the abnormal conditions, as we find, through this body in the physical forces have to do with the elimination in the system and with the functioning of gland forces, especially, and their relation to the system in the physical rather than the elemental forces in the system.

2. Now, these are conditions, as we find, in this body here: Through the blood supplying system, we find the body has reached a place where it becomes overtaxed by the form and kind of force that is attributed [contributed?] to by eliminating from the system at the various times of cycle force within the blood itself, producing then to these glands, especially, those that have to do with the blood forces and the system direct or proper. The number of the blood forces within the blood: The white are overabundant, the red are not of sufficient to assist in the eliminating forces as they should. Especially do we see the action of this condition as the affect produced in the functioning of the spleen itself, and the effect it, the action, has produced through the glands that govern the action of forces between the brain action and those of the body itself, or those of the thyroid glands as shown in the body.

3. The condition then existing is that of an over-charged lymph force that gives off or congeals in places within the system, as here, where we find the elemental forces gather and produce or bring the cellular forces together in an abnormal condition. And the effect this produces over the whole system, with the functioning of the organs, as those elements to make the organs [perform their] complete or perfect[ly] normal functioning, becomes hindered by this condition, as we see. This is through the stomach, intestines, liver and whole hepatic circulation, [all of] which are drawn on for this condition, or by this condition, within the system itself. The pressure produced, and the excess of cells contracted, produce [cause] the inability of the organs of the sensory system to work or to act through their normal or correct channels as they function.

4. With the condition of the body and with the state or cycle that has been reached for this body, it becomes then for the physical, that of, first, [the] elemental [elementary?] forces to bring the most relief to this body that it will be able to obtain on this plane.

5. We would give over the whole system that of the deep manipulation [osteopathically], sufficiently to produce in each center that incentive that produces the functioning of that portion of the body in as near a normal force as possible, and by this, [to] so create within the system those forces, which becomes elemental in their nature; that is, they increase the number of the warriors to combat with the condition in the system.

6. And give those through the forces as would be found in that of [the] Electro-Magnetic forces, and by one whom is supercharged with this [magnetic] force necessary in giving the suggestive forces, both to the mind and mental attitude and to the body itself in those physical attributes to the mental and soul forces in the body, and their manifestative centers in the system.

7. Do that.

8. (Q) Mr. Cayce, should this body have any special diet?

(A) Live only on those things that are green and grow above the ground.

9. (Q) Can this body use meat at all, Mr. Cayce?

(A) That is not green. Does grow above the ground though.

10. (Q) Mr. Cayce, one more question, please: This body wants to know if the treatment you suggested would relieve the pain in the back.

(A) We have just given the forces that are to be applied to the body through Electro-Magnetic forces, or to deal with those centers of elimination and with the connecting forces between the physical and mental and soul forces. These conditions through the pelvic, ilium and sacral regions are produced by the lack of eliminating properly, see. This manipulation and massage and vibration as would be received to this body will relieve these conditions.

11. (Q) Will these treatments reduce the swelling condition of this body's neck and throat?

(A) We have just given this. Read [what we have given].

12. (Q) Mr. Cayce, the body wants to know who is supercharged to give these vibrations, treatments?

(A) We haven't many of those. We haven't one of them here.

13. (Q) Can we find them in the city of Birmingham?

(A) We just told you we didn't have them here.

14. (Q) The body wants to know where we have to go to get one.

(A) We will go out and look. We will be back tomorrow. Now we will find these names here: F. W. Sears, 110 West 34th Street, New York City [M.Pd. See [4146]]; A. C. Layne, [D.O.] College Street, Griffin, Georgia; Lon L. Dean, 218 Capital Street, Nashville, Tenn.

REPORTS OF READING 4188-1 F ADULT (70's)

R1. 8/29/60 Daughter, Mrs. [2219]'s letter: "We were unable to get in touch with the person Mr. Cayce recommended, and so after a lapse of time she had to have an operation. She passed away a few months after her 80th birthday."

INDEX OF READING 4324-1 F ADULT

ANEMIA

ARTHRITIS

Diet: Meatless Par. 9, 10
: Toxemia Par. 9, 10

Electrotherapy: Violet Ray: Anemia Par. 9

ELIMINATIONS: POOR

Healing: Consistency & Persistency Par. 7

Intestines: Colon: Impaction Par. 6

LOCOMOTION: IMPAIRED: ARTHRITIS

NEURITIS

Prescriptions: Simmons' Liver Regulator:
Eliminations Par. 8
: Toris Compound: Par. 8
: Water, Drinking: Par. 9

Rejuvenation: Anemia Par. 7, 9

RHEUMATISM

TOXEMIA

TEXT OF READING 4324-1 F ADULT

This Psychic Reading given by Edgar Cayce, this 27th day of May, 1926.

2. EC: Now, we find there are abnormal conditions with this body. These have to do with the poor eliminations in the system and the effect this condition has produced on the body.

3. Now, these are conditions as we find them in this body, Elizabeth Lake Major, we are speaking of. First:

4. IN THE BLOOD SUPPLY, this we find below the normal, impoverished, as it were. Low in resistive power, lacking in ability to produce that which will war against the toxins in the system. Hence that condition in the tissue, in the ligaments and joints where these toxins show their effect on the nerve system and on the action of locomotion.

DIET: MEATLESS CIRCULATING FILE

5. IN THE NERVE SYSTEM, many of the centers in extremities, or that in the ends of nerve plexuses about ligaments and tissue in the extremities, especially in the lower limbs, show the effect of the condition of toxins as are left in the system through the poor elimination and the overloading of the system with those food properties that make an excess of drosses for a condition of this nature and character.

6. IN THE FUNCTIONING OF THE ORGANS, these all show the effect of this condition existent in the body, yet no organic conditions, as we find, exist that are detrimental at the present time. The greatest trouble being, then, with the digestion, the hepatic circulation, and especially the colon, for the drosses, the impacts that show in the various orifices or the pockets in colon proper, especially in the ascending portion, shows how the system becomes in that way of producing toxins that produce this condition in the blood supply, or the impoverishment to the blood, and in the impoverishment of the blood giving then that inability to cope with the conditions in system and, leaving drosses, brings on this condition as is termed neuritis, or rheumatic conditions in the system.

7. Then, to eliminate these will take care, persistence, and consistent conditions for the body. The system must first produce a normal elimination as possible, overcoming these conditions and giving a new supply of blood, as it were, for the whole body, that this may rejuvenate or rebuild the system, as in reference to these conditions.

8. We would then, to overcome this in this body, do as this. First we would take in the system at least two - yea THREE whole quantities of Toris Compound, prepared as is given, or directions on the package, see? using that of the simple syrup as the carrier for same. Then, following this, purge the system thoroughly, using those conditions or properties in that compound of Simmon's Liver Regulator, see? At least four to five such doses should be given.

9. Do not eat ANY meat! Drink PLENTY OF WATER at all times, at least six to ten glasses full each day, keeping the system thoroughly cleansed, using after the Toris Compound has been taken those vibrations of the Violet Ray, for this will assist and rejuvenate the blood supply and give same an equilibrium necessary to remove the conditions in the body. Do that.

10. Let the diet be of seasonable vegetables rather than of meats, and as much of the green vegetable nature as possible. We are through for the present.

INDEX OF READING 4324-2 F ADULT

ANEMIA

ARTHRITIS

Diet: Meatless Par. 2

Electrotherapy: Violet Ray: Anemia Par. 2

ELIMINATIONS: POOR

LOCOMOTION: IMPAIRED: ARTHRITIS
NEURITIS

Prescriptions: Simmon's Liver Regulator Par. 2
: Toris Compound: Not Recommended Par. 2

RHEUMATISM

TOXEMIA

WORK: E.C.: READINGS: VOLUNTARY

TEXT OF READING 4324-2 F ADULT

This Psychic Reading given by Edgar Cayce, this 3rd day of July, 1926. Involuntary Reading. [Volunteered, without suggestion being given, at end of a volunteered reading for Miss [3796], following the scheduled first physical for Miss [4298].

1. EC: Now, we have those conditions as regarding the body. We find these are greatly improved in the body at the present time.
2. We would not, for the present, take more of the Toris Compound. We would apply those vibrations of the Violet Ray, as has been given. Keep the body free from meats, and keep the eliminations well in hand, using small doses occasionally of the Simmon's Liver Regulator, see? With this kept up for two to three weeks, we will find a great improvement, and then, with the diet kept well in hand, gradually the body will overcome these conditions in the physical forces of same. Do that.
3. We are through with this reading.

INDEX OF READING 4412-1 F ADULT

Abrasions: Intestines: Colon	Par. 11
ANEMIA	
CIRCULATION: INCOORDINATION	
DEBILITATION: GENERAL	
Diet: Meatless	Par. 14
Kidneys: Bladder: Spine: Subluxations	Par. 4
Physiotherapy: Massage: Spine: Subluxations	Par. 12
Prescriptions: Alcohol, Grain: Circulation	Par. 12--14, 15-A
: Burdock Root:	Par. 12--14, 15-A
: Calisaya Bark:	Par. 12--14, 15-A
: Elder Flower:	Par. 12--14, 15-A
: Gilead, Balm Of:	Par. 12--14, 15-A
: Tolu, Balsam Of:	Par. 12--14, 15-A
: Water, Rain:	Par. 12--14, 15-A
: Wild Cherry Bark:	Par. 12--14, 15-A
: Yellow Dock Root:	Par. 12--14, 15-A
: Yellow Root:	Par. 12--14, 15-A
Rejuvenation	Par. 1
SPINE: SUBLUXATIONS	
Surgery: Preventive: Abrasions: Intestines	Par. 11

TEXT OF READING 4412-1 F ADULT

This Psychic Reading given by Edgar Cayce, this 2nd day of April, 1924.

1. EC: Now, we find there are many conditions in the body that at the present function abnormal, and the system is in that condition of being revived or rejuvenated from conditions that were abnormal, but are becoming to nearer normal conditions, and there are many portions of the physical body that are involved in the condition. Not all abnormal for the condition, but many functioning under strain; that is, the organs of the physical.
2. Now, these are conditions as we find them in this body, [4412] we are speaking of. First:

3. IN THE BLOOD SUPPLY, we find this very good in many ways. There is a lack, however, of the red blood, especially, in some of the elements in the rebuilding forces in the system, and the extra amount of white blood and leucocytes created and being created in the system produces strain on many functioning organs that the system is gradually adapting or setting itself to meet the needs. Hence the weak, debilitated condition of the body under stress or strain, either physically or mentally, for with the strain on leukocytes and white blood nerve supply is left inefficient in many of the needs of the physical body. This, as we see, is abnormal, but not abnormal for conditions, and to meet the conditions in the body only necessary that that be kept in the system that through the physical these needs may be met, without the detriment of the functioning system or organs not left to produce that condition that will later become detrimental to the physical body.

4. IN THE NERVE SYSTEM, in this we find many centers in the cerebro-spinal system involved in conditions. These, especially; the second lumbar plexus, the hypogastric plexus, the pneumogastric plexus sympathetically, the solar plexus in the lower branches of same. These, with their tentacles in the various portion of the body at times bring distress to the body. Merely the over strain of the system as these. At times the pneumogastric becomes surcharged by foods, causing distress across the diaphragm region of the body. The hypogastric and those nerve ends produce in the region of the kidneys and the bladder some distress in the functioning of these at times. These, we see, are produced by reflex conditions and the condition existing in the system. In the sympathetic system those connections between the physical forces and the sympathetics in the ilium plexus become involved. Hence the body at times overtaxed through excitement, or through any strain to the sympathetic nerve system.

5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, we find as these:

6. Brain forces very good.

7. Organs of the sensory organism involved sympathetically at times, as extra secretions are thrown in the system from the extra amount of lymphatic secretions and of the white blood supply.

8. Throat, lungs and larynx show, especially in the throat and larynx, this secretion, and we have that excess of secretion, and again the lack, or a dryness, burning at times. This is spasmodic. Not a condition remaining. Lungs good.

9. Digestive tract, we find there has been in times back the inactive forces in the pancreas and duodenum, this causing the extra amount of secretions to be carried into improper channels of elimination produced in the lower intestinal tract and in the colon proper. The lack of secretions to carry on normal functioning.

10. In the liver, very good at present, caring very much for the conditions in the system.

11. Hepatic circulation too high for normal conditions, as is the functioning of kidneys. In the lower intestines, and in the descending colon, where we have abrasions and the lack of the proper coagulation, this, with the system supplied with those necessary elements in blood and in elimination proper, will correct itself better than straining system under the anaesthetic or operation.

DIET: MEATLESS CIRCULATING FILE

12. In the correction, then, for conditions in this body, we would give as this: Give those massage in the system that will keep the equalization of elimination through the centers as involved; lumbar plexus, solar plexus, cardiac plexus, pneumogastric, hypogastric, lumbar, brachial and cervical plexuses, with the massage of the abdominal plexuses; that is, in the groin, so to the ilium and sacral plexuses, to keep the equalization in circulation, and taking into the system these properties, that we may supply the necessary blood forces to keep perfect coagulation in the system, and to balance between the red blood, leukocytes and lymphatic forces, without either becoming overtaxed.

13. To one gallon of rain water, add:

Wild Cherry Bark.....4 ounces,
Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Calisaya Bark.....2 ounces,
Yellow Root.....2 ounces,
Elder Flower.....2 ounces.

14. Reduce by simmering (not boiling) to one quart. Strain while warm and add four ounces grain alcohol, with two drams Balsam of Tolu cut in it, with one dram of Balm of Gilead. The dose would be teaspoonful four times each day.

Let the diet be those of gruels and vegetables. No meats to strain the system, and that which will act with the digestive organs as exercised and given incentive for exercising of their functioning through the massage, which should be applied at least twice each week. Do this. We will bring the normal forces to this body.

15. (Q) Should the medicinal properties be taken before meals or upon retiring?

(A) Taken before meals AND just before retiring.

INDEX OF READING 4600-1 F 25

Appliances: Radium: Goitre	Par. 4--6
Diet: Meatless: Goitre	Par. 7
Glands: Incoordination	Par. 2
GOITRE	
Healing: Consistency & Persistency	Par. 8
MELANCHOLIA: GLANDS	
Osteopathy: Goitre	Par. 5, 6
Prophecy: Prognosis: Goitre	Par. 6
Rejuvenation: Nerves	Par. 6
Surgery: Thyroidectomy: After Effects	Par. 2
Water: Wells: Goitre	Par. 7

BACKGROUND OF READING 4600-1 F 25

B1. 4/26/27 Father's letter: "She has suffered very much since last year. She was operated on last fall for a goitre. Her eyes are pushed considerably out and she suffers quite a lot with them and headaches..."

TEXT OF READING 4600-1 F 25

This psychic reading given by Edgar Cayce, this 2nd day of May, 1927, in accordance with request made by her father - Mr. [...].

2. EC: Yes. Now, we find there are many disturbing conditions existent with the functioning organs of this body, [4600]. These have to do, principally, with the glands of the body and the effect this has produced in the system. The beginning, or the cause of these troubles, as we find, is that the system became unbalanced through the metabolism of the blood and the reaction in the nerve system caused the clogging of the glands in the system. The effect of same was to produce in some of the glands that of the plethora condition that brought about the enlargement of same. With the removal of these conditions there was produced the still further clogging in the internal system. Hence, the body is thrown out of equilibrium almost to the point where that there is not coordination between the cerebrospinal and the reaction of the organs of the body.

Dementia and melancholia are bordered close to the balance of forces from within the system by this unbalanced, unequalized, condition throughout the organs of the body, by the change or deflection of forces that rebuild from within for, as has been given as regarding physical forces of a body, each cellular unit has its own function to perform, and when these become so disordered or so distorted that the equilibrium is lost, these become as lost worlds within the body itself. The reaction then to the general system is to produce distraughtness throughout the body.

3. That which will bring about the more normal forces must be active toward creating this equilibrium, and it will be found necessary to be very patient, very active toward the given outline for the correction of these conditions, and that must be builded in the system upon which the corrections may be made.
4. First, then, there should be the application both to the throat - using the throat pad - and the heavy pad across the solar plexus or at the 9th dorsal - the neck pad about the neck - of the Radium Appliance.
5. After these (both being used at the same time) have been used for at least fifteen (15) consecutive days, then begin by the correct manipulation, osteopathically, the adjustments of the cerebrospinal nerve centers and plexus that will produce the perfect relaxation so that eliminations through their proper channels may be set up.
6. In this way and manner, and when at least twenty-six (26) such adjustments have been made, with the continued wearing of these appliances - that will bring coordination in the bloodstream and rejuvenation to the nerve centers - we will find the body near to the normal.
7. In the diet, keep only those that have sufficient of the salts properties that keep elimination in the system. No meats of any character. Vegetables, fruits, nuts, and at least two green vegetables each day. Do not use any salt that is not the iodized, or salt with iodine in same, for the lack of iodine is one of the things that has caused disturbance in the system, or from improper water supply, which first started these conditions.
8. Follow these directions consistently and persistently, for through same we will bring about the normal forces for this body, [4600].
9. We are through for the present.

REPORTS OF READING 4600-1 F 25

R1. 9/6/27 [4600]'s father's letter to EC: "I am very sorry that I cannot become a member of the Association at present, but I am not financially able. But I will help along all I can in the work, for I think you are doing a great work. It has always been my desire to be able to do what you are doing, but I cannot, and so I am willing to help along a good work, and I believe you can be a great power for the cause of Christ..."

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BACKGROUND OF READING 5313-4 F 40

B1. 4/28/44 Letter: "In the spring when I called for a reading it was so vitally important to me, for I wanted to know whether you could have saved my eye. The doctor said I had a tumor, and they did not know whether it was malignant, and it had to be operated on at once, so I lost my eye. When they tested it, it was not malignant, and I cannot help but feel that there may have been some way to operate without losing my eye."

B2. 5/29/44 "The last examination by a physician, which was some time ago, showed that I had undulant fever. I took a few treatments, but discontinued them because I felt worse after taking them. I learned later that that was the way they affected you, so I would like you to check on that. You may find something different. The symptoms I have are the swollen hands, the enlarged knuckles, and the aches in all my joints. My legs and feet ache the most, and a great many times keep me from sleeping. There is both a mental and physical fatigue. I am just as tired in the mornings as at night. I have been unable to concentrate to read or study, and only occasionally do I have an unbroken restful night. I have no inclination to do things, it is hard for me to stick to one thing until it is finished, and my memory has become very poor. I think all this started because I had had too much responsibility and work, had no time to rest during the day and became too tired and I haven't been able to build up my system again. I would like a check on the right eye, because before my operation I had had flashes of light when I opened my eye in the dark, and the doctor said that that was one of the symptoms of the tumor in the left eye. Now that the eye is out I still have these flashes although not so much and not so bright, and I became very frightened, I did not know whether they were still from the subconscious mind - I am trying to think so and have cleared my mind finally of all fear, but I would like for you to tell me just what they are. There is a sluggishness in opening the eyelid in the mornings or at night, but this may be due to the sluggishness of my whole body. Is there anything I can do to strengthen this eye? I have very good distance vision, but not for close work.

"You asked for a written detailed report on my case. I do not know whether you wanted the history of my eye or not; if you do, I can get the diagnosis from my doctor. I have never received the final report on it. At first they said it was not malignant, but when they sent it to Washington, I think there was some dispute about it. I told him I do not wish to know the outcome..."

B3. 6/21/44 Questions submitted, besides those which got asked at end of 5313-4: "There is a tendency to constipation, and there is difficulty in evacuation of the rectum - what shall I do for this? Check up on tonsils and left nostril to see if there is an obstruction there, it is harder to breathe through that side. Also check gall duct, bladder and liver. Tell me how I can overcome the depressed feeling I have."

TEXT OF READING 5313-4 F 40

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of July, 1944.

2. EC: Yes, conditions here are rather serious. We have had this body before. These conditions are much changed.
3. In the present we find there are incoordinations between the deep circulation and the superficial circulation, and these are more in the centers where there are the emunctories through the upper portion of body and chest, in the spine, at the pit of stomach and the navel center and the pubic center.

4. All of these if set in order will set up drainages and prevent the accumulation in lymph pockets of matter, which has been indicated with the tumor over the eye. They will be set up through these drainages by osteopathic manipulations, aided with the use of the Radio-short-wave; not too much, these have about twice a week, and using three amperes for about ten to twenty minutes. Then the massage by the osteopathic treatments to set up and to increase eliminations through alimentary canal.

5. These may be helped occasionally by cleaning the colon with irrigations or colonic irrigations.

6. The diets should be stimulations for the body and we will gain better control.

7. Ready for questions.

8. (Q) Was the left eye operation necessary, or could it have been cleared up by treatments?

(A) What has been, has been. Let's meet the conditions in the present.

9. (Q) Is all danger past in this eye area?

(A) No, not all danger is passed. This depends upon how well it is cared for from now on. For, unless the sources from which these arise are removed there will be accumulations again.

10. (Q) Is there any menace to the right eye?

(A) Not in the present. Follow the suggestions indicated.

11. (Q) Is there undulant fever?

(A) Not as has been indicated. This is from accumulations in the emunctory centers along the system and thus causes at times periods when there is poor elimination, when there is a little temperature every day. This is not undulant fever, for the strep doesn't exist as yet in the blood stream. It may become, or may turn into rheumatic or other kinds of fever.

12. (Q) Are there any other tumor growths in the body.

(A) There are plenty of them, for every cell (and there are about thirty million) indicates a possible tumor, and that is for everybody; not only for this one.

13. (Q) How to prevent teeth decay? [An awful lot of it the past 3 yrs.]

(A) Have them attended to, and add to the system occasionally Atomidine as a manner of gaining better control of the activity of the glands which formulate the circulation through teeth and structural portion of the body. One drop five days at a time and then skip two weeks. Then again do this throughout a whole year, you'll have your teeth in very good fix if local attention is given to the rest.

14. (Q) Is it necessary for this body to have meat?

(A) It would be alright to leave it out if you'll add protein in other ways and manners. But meat has been a part of the diet in the body. Meat or its equivalent, then, is necessary. Not too much of same.

15. (Q) Would you give me a diet best suited for me?

(A) This should be followed by the administration given by the one making applications, rather than from here in the present. For the body has its own ideas as to what it desires to eat, as to what it may do to the body. Then, as to what may be done by the treatments and those in combination with the diet should be worked out very well. Do that. We are through.

[12/22/67 Niece wrote that she [Miss [5313]] was still living.]

INDEX OF READING 5402-1 F 62

ARTHRITIS

Diet: Meatless Par. 7

INJURIES: SPINE: LUMBAR

Locomotion: Impaired Par. 3

Multiple Sclerosis Par. B1

Osteopathy: Injuries: Spine Par. 3, 5

Physiotherapy: Applications: Aconite Par. 4, 6
: Laudanum Par. 4, 6
: Baths: Epsom Salts Par. 5
: Heat: Wet Par. 4, 6
: Massage: Peanut Oil Par. 5

Prescriptions: Atomidine: Glands Par. 5

Toxemia: Arthritis Par. 3

BACKGROUND OF READING 5402-1 F 62

B1. 11/10/43 Request from daughter: "Last December she fell and from that time on she has been gradually losing the use of her legs and arms. The doctor declared there is some arthritis but more a degeneration of the spinal chord and an operation would not help. Her organs function normally but sometimes she has nervous indigestion. And she is mentally very alert." Q-1. What may be done to ease or correct the condition? Q-2. May anything be done for the pain?

TEXT OF READING 5402-1 F 62

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of August, 1944, in accordance with request made by the daughter - Mrs. [...].

2. EC: Yes, we have the body here: [5402].

3. Conditions, as we find, are rather serious and grow more acute and are progressive in their nature. As we find there has been, from an outward pressure by a fall or the like, an injury to the segments in the lumbar area. This, combined with arthritic tendencies which have existed from toxic conditions in the colon, produces excruciating pain where there is the attempt to use locomotory centers. There is some swelling in the lower extremities as well as contraction in feet.

DIET: MEATLESS CIRCULATING FILE

4. These, as we find, are the sources of the disorder. There may be brought some relief. Under the direction of the physician there should be applied Laudanum and Aconite - three parts Laudanum and one part Aconite - preferably apply this with a camel's hair brush over the lumbar and sacral area. Then, the next day, apply wet heat, and then make osteopathic adjustments of the segments where pressure exists.
5. Then we will find that the use also of Atomidine would be well as a purifier for the glandular system. This would be taken one drop each day for five days. On the next day take five drops and have an Epsom Salts Bath. This would be given with at least twenty pounds of Epsom Salts to forty gallons of water. The body would be put in this and massaged over limbs and the spine from the 9th dorsal at least on to the end of the spine; the limbs, the knees, the feet, the ankles, all of these. Then massage into the spine and limbs Peanut Oil; then rest five days.
6. After the series of these, there should be real relief from the pain. It may require at least two or three adjustments but will have to be preceded by the application of Laudanum and Aconite for the body to be able to stand the osteopathic adjustments and these should be preceded by relaxing the area with wet heat.
7. Do these and in the diet keep away from animal matter. For this body there should be little or no animal fat or animal matter. For the form of the activity of the infection is that which is created by, or lives upon, the animal matter.
8. These will bring the better conditions for this body.
9. We are through with this Reading.

REPORTS OF READING 5402-1 F 62

R1. 2/11/47 Report requested from daughter by GD.

INDEX OF READING 5428-1 M 4

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: Nervous Systems: Incoordination	Par. 4, 8-A
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NERVOUS SYSTEMS: INCOORDINATION

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SPINE: SUBLUXATIONS

Tonsils: General	Par. 11-A
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TEXT OF READING 5428-1 M 4

This psychic reading given by Edgar Cayce, this 19th day of November, 1929, in accordance with request made by his mother, Mrs. [...].

1. EC: Yes, we have the body here. Now, we find the body very good in most respects. There are, however, conditions existent, physical, that bring distresses to the system at times - and, as we find, these may be corrected, that these reactions may be eliminated from the system. While, if allowed to continue, must overtax the nerve system as to eventually produce an incoordination to the extent as to hinder even the full activities OF the physical body, which it does not at the present time.
2. In the beginning of this distress, we find there were pressures produced in the lumbar and sacral, that disturb the equilibrium to the sympathetic system, as related to the gland that acts through the whole of the cerebrospinal system, affecting the body in its nerve reaction from the base of the brain through the medulla oblongata, and into the coordination that throws the system out of balance.

3. In meeting the needs, then, for the body, there must be taken into consideration the nerve systems and their relation one to another. When there is the perfect coordination in nerve reaction, whether from the sympathetic or cerebrospinal, we will find the correspondent reaction in the voluntary and involuntary nerve reflexes. Here, where pressure is produced in this body, we find in the branch end of the cerebrospinal, and an engorgement of the pineal reflex, and THIS produces that taxation to the system regarding the sympathetic and cerebrospinal reaction.

4. Then, we would correct by those of proper manipulations and adjustments, those conditions existent in the whole of the lower end of the spine, applying those of a vibration that will COORDINATE with the nerve reflexes of the body. Just as a battery may be charged or discharged, so may the human body be recharged by the production of coordination in a low form of battery reaction, or that as may be given through that of the Radio-Active Appliance given at least once each day, as the body rests. This will assist in aiding the system to coordinate throughout the nerve forces, giving as medicinal properties that will vibrate with same those of the Mayblossom Bitters - given two drops with the food or in water once each day to begin with - giving this for five days, then increase to three drops five days - then increase to five drops given for five days - and then RELIEVE the system of same for five days - then beginning with two drops and repeating same.

5. Keeping up the manipulations and adjustments throughout the period. In sixty to ninety days we should find a more nearer NORMAL, or the changes as will be necessary.

6. Keep the body in the open as much as possible. Do not give food values that upset the system. Those should be preferably of the citrous fruits and of whole cereal grain and of the vegetables that carry the near balance of food values for the system. Remembering, there must be kept the proper alkalin reaction in the body. Do that. Ready for questions.

7. (Q) Should the manipulations be given osteopathically?

(A) Manipulations and corrections should be given osteopathically. These, preferably, should be given each day, and ADJUSTMENTS made ONLY as the body is able to respond - or beginning first ONCE each week, gradually, until there is at least twice or three times each week, until perfect alignment is made through the cerebrospinal system. RELAXING the body in the cervical and in the lumbar and sacral and coccyx - THESE we would re-adjust to their normalcy - gradually, not all at once.

8. (Q) How long at a time should the battery be used each day?

(A) For about sixty minutes. Applying same to the wrist and to the umbilicus, then to ankle and umbilicus, alternating on sides - or to the sides - see? Well that the Gold be given at the third week of battery appliance, see?

9. (Q) What originally produced this pressure in the lumbar and sacral region?

(A) At or just after birth.

10. (Q) Could that have been caused by a rupture?

(A) By the pressure as was produced after - this has existed in the body, you see.

11. (Q) What is the condition of the tonsils?

(A) With the corrections and with the proper care these are better left as they are, than of destroying tissue that is needed in system. Should these become so sympathetic in the conditions as arise, THEN they may be alleviated or taken out, but these have their purpose in the system - for the tonsil aids in the inner functioning of the thyroids.

12. (Q) Are the tonsils diseased now?

(A) Only sympathetically.

13. (Q) Should the body have any meat at all?

(A) The juices of meat may be given - not the flesh itself.

14. (Q) Should he be allowed to run and take plenty exercise, or would it be better to keep him quiet?

(A) As much outside exercise as the body may have! The more the better! provided the body is kept, of course - no WET feet, nor COLD feet - see?

15. (Q) How about hot baths?

(A) Good!

16. (Q) Is twice a day too much, fifteen minutes at a time?

(A) No. Well, when such are given, that the body be rubbed down well with rather coarse cloths, especially along the spine - see?

Do as we have given and we will find we will bring the results as desired for this body, [5428].

17. (Q) Should he play with other children or be kept by himself?

(A) Play with other children occasionally, at least. We are through for the present.

INDEX OF READING 5459-5 M 55

Chiropractic: Not Recommended Par. 9-A

Diet: Meatless Par. 7-A

Electrotherapy: Sinusoidal: Eliminations Par. 2, 3

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HEAD NOISES

Osteopathy: Head Noises Par. 9-A
: Spine: Subluxations Par. 5-A, 8-A, 9-A

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SPINE: SUBLUXATIONS

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BACKGROUND OF READING 5459-5 M 55

B1. See 5459-4.

TEXT OF READING 5459-5 M 55

This Psychic Reading given by Edgar Cayce, this 5th day of September, 1929.

1. EC: We have the body, [5459], here. Now, we find the general physical conditions are much improve from that as we had before. While there is still evidence of specific disturbances with the physical functioning, even THESE conditions show improvement. There is seen, in the region of the 5th and 7th cervical, the form of pressure as still causes distresses to the auditory forces and functioning of the body, producing the accentuation of reflexes in this direction, and also prevents the normal reaction through the pneumogastrics, or the centers as radiate the effects of sensual reaction. Sensual here, meaning rather that of the whole of the nerve system as related to the sensory organism, or the nerve branches that radiate from the sympathetic system, and cerebro-spinal also.

2. Now, to meet the needs of the conditions with this body at the present time, we would not change materially from those suggestions as have been made respecting the applications for correction of the conditions, but rather add those of a vibratory rate or force, with that already being applied, that will enliven the normal reaction of the connecting forces between the sensory organism and the pressure as has been produced, or is produced, in the cervicals; so that these pressures or accentuations OF auditory forces, and the depressions as come from this inability of the sensual reactions may be reached.

Those forces we would add would be that of the sinusoidal short wave, and we would apply same at the 4th and 5th cervical plexus, and with the 9th dorsal plexus. These will stimulate the system to the extent that the eliminations as referred to the activities necessary to carry from the system used forces, or where conditions have been disturbed - as here - the better absorption takes place in the system. We would see that, while the mental forces - as are at times disturbed through the surroundings - have much to do with the condition, yet - will the body be able to satisfy self as to the future operations or developments in the material, the social and the business relations - then give self the OPPORTUNITY to carry ON the work of resuscitating forces, these would prove the much more satisfactory way and manner for the body to operate. Ready for questions.

3. In the application of the sinusoidal, we would not begin - even with the short lengths - for a greater period than one and a half to two minutes duration in the beginning, for these can be easily OVER stimulated, as well as UNDER stimulated, and the effect would not be the best; and give same at least three times each week, as this: Monday's, Wednesday's, Friday's - see? Ready for questions.

4. (Q) Should I return to New York on Saturday of this week and arrange to come back later? or would it be better for me to stay another week or more at Cayce Hospital?

(A) The better conditions, as has been given, is to SATISFY self's own mental forces as to relations, business, social, and otherwise, and be EASY in taking the time - or, if the body can satisfy self under present conditions, take the two weeks now, see?

5. (Q) With the knowledge gained here, and keeping strictly to the readings' instructions, how many osteopathic treatments should I arrange to take in New York if I return?

(A) These can be kept in a manner, but the whole of the treatments are better in a position where the body has the OPPORTUNITY to respond. These kept in the INTERIM, should the body return, will MOSTLY only assist the body in not losing ground gained.

6. (Q) Owing to not receiving word from the firm who employs me, is it fair to assume that no objection will be taken should the reading advise me to stay longer?

(A) BEST to satisfy self as respecting these relations, just as has been given.

7. (Q) Will the elimination of meat from my diet have a weakening effect temporarily?

(A) No. Only so far as the mental forces allow same, for there is as much VITALITY in the outline of those things the body SHOULD eat as would be with the meats, and when conditions are of the nature as has been given, MEATS aggravate, while vegetables, or characters of meats that build - that is, such as fish, shell fish, liver or fowl, these do not carry those vibrations that aid in accentuating such pressures as disturb this body - but rather give the tendency to give more strength and endurance to a physical body.

8. (Q) Please explain fully the particular vertebrae, if any, the osteopath should manipulate.

(A) This has been given.

9. (Q) Would a surgical operation help in removing the head noise? or will the instructions as given in the reading of August 26th remove the cause?

(A) That, aided with that as is given here, will effectually remove these disturbances, will the body but follow these AS outlined. The pressure is caused by the thickening of tissue in those regions. Hence the OSTEOPATHIC, rather than chiropractic adjustments, for with the condition becoming aggravated by IMPROPER manipulation, more inflammation may be created - but PROPERLY attended, the activities are to absorb and eliminate, and the eliminations should be kept as near nominally as related to evacuations, respirations, kidneys, breathing and perspiration from the whole body, as it is possible.

10. (Q) Do you find an improvement in the blood supply?

(A) Improvement, as has been given, as a general nature - and assistance towards the specific conditions.

11. (Q) What can I do to overcome the doubt that I shall fully recover?

(A) Fill the mind (but this has been given) with that of the CONSTRUCTIVE forces. Let THIS be as an ensample and example: Let that mind be in YOU as was in Him, that thought it not robbery to make Himself equal with God, in that as would be manifest in His daily life or in His daily expressions of faith in His fellow man. Even though He were buffeted and despised of men, yet there was no guile found in Him, or bitterness under His tongue. Keeping self in this accord, will bring to self that of the perfect accord between those divine energies, as only need arousing, that MANIFEST EVEN THROUGH thine own PHYSICAL body. We are through with this reading.

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BACKGROUND OF READING 5642-2 M 33

B1. 12/31/26 He obtained 5642-1 for epilepsy from skull fracture during war. The reading prescribed mainly for a pulmonary condition, saying further instructions for the other condition would come later.

B2. 5/23/28 He requested another reading, being concerned chiefly with his epileptic attacks, their duration and violence.

[GD's note: Reading 5642-2 apparently again concentrates on the pulmonary condition.]

TEXT OF READING 5642-2 M 33

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of June, 1928.

1. EC: Yes, we have the body here - this we have had before. There are many changes in the physical reactions of the body at present from that as we have had before. The greater portion of these are for the benefit of the individual. In meeting the needs of the condition of this body at the present time, those conditions that have to do with the condition of the stomach, intestines, and the functioning of assimilation and elimination must be considered. Also there must be considered those conditions as have existed from times back that have been produced by drosses remaining in the system and the effects that this has produced upon tissue in the functioning, not only of organs but of the system itself. These, then, must all be considered. First we would consider this (though this has been given, but changed here somewhat) for the correction and assisting of normal reaction from the respiratory system, using then at least once or twice each day the inhalant prepared as this:

2. To four (4) ounces of grain alcohol, add:

Eucalyptol.....20 minims, Creosote, Rectified.....3 minims,
Balsam of Fir.....5 minims, Benzoin, Tincture of.....5 minims,
Rectified Oil of Turp.....5 minims, Tolu in Solution.....30 minims.

Keep this in container at least twice the size of the quantity. Shake together only when to be used. Inhale both through nostril and into the throat and lungs. This is as an antiseptic and to correct, THROUGH this antiseptic condition, that tendency of reinfection through these sources and channels.

3. Prepare THIS as an active force for the stomach and the digestive system. First we would prepare as this:

4. Take one-half (1/2) gallon distilled or rain water. To this add eight (8) ounces wild cherry bark. Reduce this by simmering (not boiling) to one-half (1/2) the quantity. Then add four (4) ounces of sugar, and reduce then again one-third (1/3), or to one pint and one-half pint. Keep the solutions together, see? Then add:

Sarsaparilla Compound.....1/2 ounce,
Tincture Yellow Dock Root, or Essence of.....1/4 ounce,
Iodide of Potassium 10% solution.....1/4 ounce,
Elixir Celerena, or Essence Celery.....1/2 ounce,
Tincture of Capsici.....3 minims.

Shake the solution together before the dose is taken, which would be teaspoonful half an hour before each meal and upon retiring.

5. Massage thoroughly into the cerebrospinal system equal parts of olive oil and tincture of myrrh. These massages should be given at least every second or third day. Use at least a tablespoonful at each time. Heat the oil, then add the tincture of myrrh - see?

6. Keep the intestinal tract open. Do not use CATHARTICS for this. Enemas may be taken when necessary.

7. In the diet, beware of meats; for these add to the distresses of the system.

8. Do not overtax self mentally or physically. Keep in the open as much as possible. Do that. Ready for questions.
9. (Q) Does heat or excitement affect the body? If so, how?
(A) Nervous tension, or nervous condition excites especially the digestive system. Hence keep the body as little from overtaxation mentally or physically as possible.
10. (Q) Does the body have any dissolute habits?
(A) Answer that within self. You will see from those things we have given to be applied here, there are some conditions that should be left undone. Apply these in the manner as has been given, and we will find bettered conditions coming for this body. We are through for the present.

REPORTS OF READING 5642-2 M 33

R1. 7/2/28 Letter: "...I wish to say that I am following your instructions as closely as humanly possible, especially in regard to the vegetable diet and I find my flesh already taking on that soft, warm, moist and indescribable feel of the perfect and vegetable-fed flesh of our first parents. I had no trouble in filling your inhalant - antiseptic prescription - and I already feel the benefits of the inhalant and change of diet. I shall have the internal and spinal massage prescription filled in the next few days..."

R2. 7/5/28 Letter: "...There is one question in regards to the dissolute habits which I have to ask. I have one dissolute (?) habit which is smoking, in moderation, which I do for the sake of my nerves. I can give this up, and have, but it always wrecks my nerves. What is your suggestion in regard to this?..."

R3. 7/9/28 EC wrote, suggesting that he continue to smoke in moderation.

R4. 7/9/28 Letter: "...My whole physical condition and intestines are as perfect as could be expected..."

R5. 7/16/28 Mr. [5642] requested another reading: "...That I may be able to know my exact physical condition which shows a marked improvement. Like all other afflicted, my one dream and hope has been to be cured [of epilepsy] and you with your great psychic gift hold out hope of my being cured. You can, by your gift, let me know how much I have been benefitted. This is the only way I have of finding out..."

INDEX OF READING 5713-1 M 42

[edited]

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TEXT OF READING 5713-1 M 42 (Merchant)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of April, 1929.

2. EC: We have the body, the enquiring mind, [5713], present in this room - the conditions, the relations, the associations of this body.

3. In the physical forces of the body there are those conditions of which the body should take cognizance, as regarding the physical functioning of same, that the better physical, mental, and business associations might manifest the better.

These then would be rather as warnings than as of conditions that disturb the body. While these at times do bring such conditions as to be of dis-ease, and of troubled conditions - the headaches, the eyes, the conditions of the digestion - these are but the effects of those conditions in the physical forces that the body should not overtax system, else there may be brought about those forces in activity that would bring detrimental conditions to the body. Be warned, then, as concerning the diet and of those properties as would bring detrimental forces through the effects as produced as an active principle to relax the nervous system, for under stress and strain these would bring the distressing forces and would make the physical conditions susceptible to a temperature, that would be detrimental.

4. As to the associations, relations, and different phases of the body's life - these are at times satisfactory, at others unsatisfactory. These, however, are in the way and manner of being adjusted to a MORE satisfactory way, as especially regarding relationships with others. Ready for questions.

11. (Q) Have I any physical disability? If so, what? and what should I do to correct it?

(A) That as has been outlined as respecting the physical conditions. Be warned as regarding the digestive and eliminating system, and especially of taking - or the use of sedatives for the nerve system. Rather make the digestive and eliminating system, with that of the correction of the sublaxations, be that as will add strength and vitality through the normal development, rather than a suppression - which only produces greater drosses for the system to overcome.

12. (Q) Should these be made osteopathically?

(A) Very good.

13. (Q) Any specific diet?

(A) Beware of meats! Fish or fowl, but not much of other MEATS.

14. (Q) Any further advice?

(A) Much may be given the body as the directing of self and of the relationships with others, as respecting conditions whether of the material, social, or business relations. Well would the body consider this as a real truth in the life, and life's experience and associations: Let the business or monetary prosperity be the OUTCOME and not the END of thine endeavors; for those that would develop for self and have of this world's goods must make self in accord with those elements that bring such conditions, and these CANNOT be accomplished with success rather than that as will PRODUCE success first and foremost in the mind. We are through for the present.

REPORTS OF READING 5713-1 M 42

6/24/76 Ms. [...], oldest daughter of Mr. [5713], visited A.R.E. and obtained a copy of her father's reading, promising to write a report on anything she might be able to offer after studying it. Glancing over the reading a bit she said the two most important things in [5713]'s life, which she remembers, was his business and his health. She said he lost a quarter of a million dollars in the 1929 stock market crash. He died some years ago, 1959 in fact, with lung cancer.