

An Edgar Cayce Sampler

APRIL 6, 1995

D. D. Cayce

I am sure that most of you are aware of Edgar Cayce and his life here in Christian County and basically of what he did with his life's work. Briefly to say that he was born at Beverley about four miles out on the old Palmyra Pike south of Hopkinsville March 22, 1877 the son of Leslie B. Cayce and Carrie Major, thus he is kin to several here in this room tonight, but more so he is the best internationally known person born in Kentucky. His work is being studied today by numerous professionals in many fields of study. Medical Doctors and researchers are the most numerous, but others include Religious Studies, as well as Geologist and Archeologists are familiar with his readings and work. As far as books written about his readings they number into the hundreds. One of the questions that is sure to be asked is, "What is a Reading". A reading is a hard copy of a psychic disertation, which was handled by a conductor and recorded thus. There are today 14,300 of these recorded psychic readings that Edgar Cayce gave that are in the files of the Foundation in Virginia Beach, Va. It has estimated that there were 10,000 more that are lost. Last month we had the third Edgar Cayce Hometown Seminar in Hopkinsville at the Pennyroyal Area Museum which had its emphasis on treatment of Cancer.

We are now preparing for visitors from several foreign countries to come to Hopkinsville to see places where the events of his life took place. We never know in the course of the day who will call and who will be here to talk about him and to see that he was here. The principal biography of Edgar Cayce was written in 1942 by Thomas Sugrue and is available even now in area bookstores as well as our local library.

Early in his young life Edgar Cayce experienced a seemingly incurable loss of voice. Through self diagnosis while under hypnosis he prescribed a simple

treatment which ultimately restored his voice. This was the first psychic reading given here in Hopkinsville March 31, 1901 and until the time he died in Virginia Beach, Virginia in 1945, Edgar Cayce gave over 14,000 readings all from a hypnotic state. They stemmed from physical or medical readings to readings about specific subjects as well as life readings.

We find that when he was giving a physical reading that he treated the information in a holistic manner, as a person exists in at least three phases of life, one as physical and the causes, spiritual and the causes as well as mentally. He did not confine himself to any one school of medicine but looked at the subject or entity as a whole being.

I have picked out several of his readings along with a case background as is found currently in the files at Virginia Beach, Virginia which is the depository of his WORK which will give you a look at the scope and depth of these readings. Many of these readings were for local residents and in the files there is a wealth of local history from Hopkinsville characters. Many of these early readings are lost but there are affidavits of them from those treated as a result or those with personal knowledge of them. We are hoping that we will find some of these earlier readings that will shed some light on a subject that we otherwise have little or no knowledge of. About three years ago we did find one on a cousin of his among their papers. There have been other people in the course of history that were able to do similar things. You may know of the work of some and these such as the greatest psychic of all times, Jesus who became the Christ, Rudolph Steiner, Quimby the Maine clock maker, and Andrew Jackson Davis known as the Poughkeepsie seer during the middle of the last century. Edgar said that we could all do the things that he did if we would develop certain things within our life. His information was 98 per cent accurate and is recorded and witnessed thus we have access to

the readings many which were inncomprehendable at the time as the years have gone by have had more meaning.

He was ahead of his time with modern knowledge of medicine or was he? Was this knowledge that came forth from the sleeping Edgar Cayce knowledge from other civilizations that have been lost in the span of historic time. That surely is a possibility, in Ancient Atlantis, Egypt, Syria, China to name a few. Edgar Cayce died in 1945 thus he was prescribing treatment with medical patches which are just now becoming popular as well as many other methods that were pioneered by him. The first one that I would like to bring to your attention is from a man in California who wrote 12/28/ 1943 to Mr Cayce saying. My physical condition (Dermatitis) causes me considerale misery and loss of sleep. An early reading by you will be greatly appreciated. Sincerely yours, (3628). At this point I must say that the identification of these people in the readings are protected by numbers thus the reference number 3628. Over the years I have been able to decipher many of these numbers as a great many of the readings were given for people in Hopkinsville and we have been able to detect clues as to who they were.

Again a letter in January from this man saying your letter of Dec 29th recieved and I wish to thank you for the interest you are taking in my case,. The appointment of Jan. 31 at 12:30 to 1:30 California time will be alright for me. I will be in my room atCalifornia.

The things I would like to know regarding my condition are: 1st - Just where is the trouble located and what is causing it to remain chronic. 2nd. What remedy or treatment is necessary to cure it - if it is curable. 3rd - If it is not curable will it get much worse and what can I do to relieve it...4th - Should I consider my life expectancy as being shortened from now on by this conditon. 5th - Will any change of climate, mineral spring water or health

resort benefit my condition. In conclusion I wish to assure you that I have every confidence in your method and ability as I have seen several demonstrations of such power as you claim. signed 3628. Note that Edgar Cayce was in Virginia Beach and the subject of the reading was in California where he would remain. Edgar only had to have the place where he was at the time of the reading and the birthdate to assure he had the right entity. The client was asked that he keep the appointed time in a quiet state while the reading was being given and in this case Edgar was some 3000 miles away in Virginia while the client was in California.

The text of the reading follows for 3628 Male age 62.

This Psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 31st day of January, 1944, in accordance with request made by the self - Mr. 3628 new associate member of the Association for Research and Enlightenment, Inc.

Present:

Edgar Cayce; Gertrude Cayce, Conductor : Gladys Davis, Stenographer.

Time of Reading 3:55 to 4:05 P.M. Eastern War Time.

1. Gertrude Cayce: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

EC: Yes. As we find, there is rather a complication of disturbances here. These apparently become constitutional in the form of irritations to sources of the body, as in the hand and the face. It is not like a rash nor as severe as some forms of acne, yet it takes on something of the consequences of such.

There are those unbalanced conditions in the general circulation, as proceeded by this irritation, causing the weakness as indicated through portions of the limbs and body.

These may be helped, but it will require patience and persistence in the application of this suggested.

First, we would change the environs when Spring comes again, to the calybeate waters - of this nature having some processes of sulphur and magnesia. We find that the better balance of these would be had in Massey Springs, Kentucky.

This water carries silicon, lime, sulphur and those properties that would purify the blood supply and at the same time give strength to the body; owing to the characters of diet that may be supplied the body direct from the environs.

This we would do and we will find improvements in this body.

When these have been purified, and the pressures in the tendons and the muscular forces of the body have been corrected, as well as the rashes on the body, we would then have osteopathic adjustments so as to correct the segments where we will find there are disorders; in the 2nd, 3rd, and 4th lumbar, in the area of the 9th dorsal and the 3rd cervical.

We would have at least twelve of such adjustments.

But do change to the waters in the Springs, so that there may be the eradicating of the poisons already accumulated, giving the changes in the activities and in the diets to add strength and vitality to the body.

We would make the change in the late Spring, or at least by June or July, and remain until the 10th of September. There will be reasons for leaving on the 10th of September.

Do that and we will bring better conditions for this body.

Ready for questions.

Q What was the original cause of this trouble?

A Poisons that have been assimilated through some of the foods and some of the activities of the body. We are through with this reading.

A letter from 3628 on the 8th day of February 1944 as follows:

In the reading given by Mr. Cayce for me, Jan 31st he advised me to visit Massey Springs, Kentucky. Will you please advise me where this place is located. It is not listed in the encyclopedia, atlas, map, postal guide or any other reference which I have consulted. Yours truly 3628.

Reply, Dear Mr 3628: Replying to your letter of February 8th, I think you can learn something about Massey Springs, Ky. by writing to the Chamber of Commerce at Bowling Green, Ky. As I remember it is a spring not far from Bowling Green on Green River. I think you can learn about it from the Chamber of Commerce. Sincerely, EC.

Then a report from 3628 dated October 1944.

" Massey Springs is located about 15 miles from Bowling Green, Ky. It was formerly during horse and buggy days quite a resort with a 42 room hotel. The mineral spring business petered out years ago in this part of the country and the hotel burned down and the property is farmed at present. There are no accommodations at the spring or in that vicinity for visitors. I lived in Bowling Green and Mr. W.A. Young who lives at Anna, Ky., about 2 miles from the spring and operates a delivery truck brought the water to me. This arrangement was all right but the water would be better if drunk at the spring because it oxidizes considerably in 24 hours and also has a better taste if fresh out of the spring. I recieved a great benefit from this water as it cleared a skin trouble on my hands of about 20 years duration and also sore

gums. I met some very nice people in Bowling Green and had a very nice visit. I can't recommend the hotel or restaurant food but I found a very good boarding house, farmer style, run by Mrs. Paul Poe, Fairview Ave which is the best of it's kind I ever saw. Mostly working men eat here. Bowling Green has about 15,000 population and some extra war workers. Rooms and apartments are hard to find. Cost of living about the same as the rest of the country. The trip was very much worth while. signed 3628

I find it remarkable that Edgar Cayce was in Virginia Beach, Va. at his home on Artic Crescent and gave this reading to the man 3628 who was in his room in California, but even more so, he picked out a spring, a Chalybeate spring in an obscure location in Kentucky and pointed out the contents of the spring and told him that this is what he had to do to remove the toxins from his body and the cause of the toxins being there was from foods that he had eaten as well as other habits. Well he went to Bowling Green and found the water and had it brought to him to drink, but he found something else that Edgar Cayce aluded to, and that was Mrs. Poe's boarding house and the foods that he was to eat were there, and in all probability they were fresh from the garden boarding house style. I just wish he had described the food, but we who are used to such living can envision the blackeyed peas, stewed tomatoes, fresh okra and corn bread doggins along with mashed potatoes.....then after all of this had happened he was to get at least twelve ostepathic treatments or spinal adjustments and with these being done, he reported being cured of a twenty year, uncomfortable case of dermatitis that affected his hands and face to the extent that he could not sleep properly.

The Index of the foregoing reading lists 3628

Dermatitis:Cured : Toxemia

Environment: Kentucky Bowling Green, Massey Springs.

Names: People mentioned: Poe, Mrs. Paul: Young, W.A.

Osteopathy: Spine: Subluxations

Perscriptions" Water, Chalybeate: Dermatitis

Spine: Subluxations.

The next case was given for a male 41 on Alcoholism.

A letter from him, known as 1427, on August 11th 1937, stating "...while talking to my brother a few days ago he told me about a reading you gave for 486 on alcoholism. He said that 486 said that you did him more good than anything else he had ever tried, and as his case was somewhat like mine, I am writing you asking if you would give me a reading. Of course I realize that in my case it is different from one where the patient has something specifically wrong...I have had a number of physical examinations and apparently there is nothing wrong with me. I stand a perfect examination so far as the doctors can tell. I know you are familiar with my trouble and I can't understand why I have not been able to stop the use of drugs, but I have not, though have never stopped trying and have had around 25 treatments, but it seems that I invariable go back to it. I, as well as the rest of my family, would appreciate you giving me a reading and if there is any other information you would like to have concerning me or my case, please let me know.."

Edgar Cayce answered 1427 on the 13th of August 1937,,,thus..."have yours of the 11th, Mighty glad to hear from you. You know I am happy to try and help. I'm sure you realize, that I will have to have your cooperation. I will try the reading on the morning of the 21st of August, 10:30 to 11:30 EST; that will be 9:30 to 10:30 your time. Please give me the address at which you will be at that time. if possible be quiet and in a prayerful frame of mind, wishing and hoping for help for yourself. I realize many people think that

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spiritual things are to be used only on Sunday. I feel sure God is our Father every day in the week, and that He hears prayer. I wish, too, that you would let me put your name on our "Glad Helpers' prayer list.When you hear from them you only have to write your name on a card and check a few questions they ask. I feel sure you will be all the gainer for this little try. You have always been a favorite of mine, 1427, and I'm just hoping and praying that there may be some suggestion that will help you overcome this trouble. Through the years we have had many such cases as yours, some physicians among them, and most of them have found real help. They always do when they will turn to God and Christ for help. While I may be the channel through which a message may come, it is in God that the help comes. Please let me know where you will be at the time set, and be sure to keep the appointment. I wish we could make it sooner, but that is our first open time. We can only make two readings in one day..."s. Edgar Cayce

This psychic reading given by Edgar Cayce, at his home on Artic Crescent, Virginia Beach, Va. this 21st day of August 1937, in accordance with request made by self - new Associate Member of the Ass'n for Research & Enlightenment, Inc. recommended by his brother.

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

Time of Reading 10:50 to 11:05 A.M. Eastern Standard Time.

The Physical Suggestion was given:

EC: Yes, we have the body, the enquiring mind, the conditions physical and mental, of 1427.

In giving that as we find would be helpful, both the physical and the mental attitudes - as well as conditions - must be considered.

And if there is the DESIRE on the part of the entity, the body, to rid self of the disturbances, this may be done provided the trust, the hope is put in the proper place; and then work at it.

In most respects we find the body - physical is very good, near to normal from outward appearances and from activities within; yet there ARE evidences of a weakness in the PHYSICAL body through the desire for GRATIFYING of appetite that has blocked the will of the mental forces by gratifying of a physical desire for the emotions of a mental and physical experience; thus becoming a destructive influence to the physical and the mental body.

Then, how have these activities so worked, so manifested themselves upon the physical as to deplete that resistance which should manifest itself in a physically, materially, WELL body?

In the gratifying of a desire, these become habit-forming; in the manner of the effect then of the drug and the effects of alcohol upon the system weakening the will and thus weakening the coordination between the manifestation of spiritual truth with material gratification of flesh desires.

These we find manifest themselves upon the nervous system of the body, and give expressions in the nerve system between the cerebrospinal AND vegetative or sympathetic nerve system.

Hence from the continual gratifying of an emotion or desire for those things that dull or subdue or put aside the effects of a mental reaction, we find that physically there are pressures that exist in the ganglia of the upper dorsal and through the cervical areas, that magnify then the desire for gratifying upon the cardiac and the secondary cardiac system.

Thus the craving, the gnawing in the gastric forces of the digestive system - or the liver and heart activity in its ganglia - makes for the INORDINATE DESIRE!

So the body becomes physically overcome by the mental anguish produced by DESIRE upon the system.

Hence we find not only are there the effects of the desire but these are magnified by associations, by environs; and there is then - in the nervous system, through those pressures and in those areas indicated - the longing for gratification.

This then becomes the source and the very nature of the disturbances to be met.

How, then, may they be met?

The applications heretofore for the correction of these desires have been constantly surrounded by those that make for the same character of impressions upon the mental self as FIRST induced or caused the habit to become a part of the mental and physical body.

Then, We would give that not only must the body-mind turn to the spiritual promises that are a part of its mental and spiritual self, but the environment must be changed; so that the spiritual promises may be put to active service and work to replace the habits with the habits of doing GOOD, doing right, doing justice, being merciful.

These are naturally a part of the whole and the entity's self, and the harm comes to self from only anxiety, shame and inordinate desires from those about the entity.

DO NOT - those, then, about the entity - COMDEMN; lest a worse fate befall thee!

For these conditions may be overcome with this body if the entity will turn first to the spiritual self, and seek spiritual aid and guidance from within;

then put self IN an institution where all these phases of such experiences are understood and application made for the REMOVAL of the pressures.

If the entity's mental self then KEEPS the seeking to the Christ-love, the Christ-spirit, there WILL be the abilities to remove those things that have so easily beset the body.

Know this first and foremost: ALL HEALING of any nature must be of GOD; for God (in Christ, to man) alone is life, is health, is good; and when applications are made of mechanical means, electrical means, the vibratory influences of medication or what not, the GOOD is the manifestation of Creative Forces or GOD!

Just as the blush of the rose, the beauty of the sunset, the dew upon the grass, the beauty of love - all are to man's understanding, to man's spiritual self - upon the spiritual portion of man's mind - a manifestation of God, that Creative Force, that everlasting Life.

Life alone is eternal because it is of God; and only in Him may it be RIGHTFULLY sought!

Then, four weeks should be sufficient. Go to Macon, Missouri - Still-Hildreth; have corrections made in the cerebrospinal system to produce coordination between the sympathetic and the cerebrospinal system.

During that whole period - pray and study to show thyself approved unto God, a workman - not ashamed of the weaknesses but showing forth in thy daily life, that ye walk and ye talk with Him; who has promised to be thy STRENGTH, thy might, if ye will seek to do His Biddings.

Let others seek with thee in prayer - not in unbelief. For indeed may ye in thine experience PERSONALLY know that as He hath said, "If ye will ask in my name, BELIEVING, doing, ye may know the Lord that He is indeed good and cares for the children of men."

Then seek and ye shall find, knock and it will be opened unto you.

We are through for the present.

Two copies to Self (one copy for Still-Hildreth Sanatorium, Macon, Mo., attention Dr. A.G. Hildreth). Copy to Ass'n. file

Follow up..a letter from Edgar Cayce to 1427 on 8/24/37:

"...guess you have your reading and have read it over. There is little I may add; only that, from the experience of others, I would suggest that you put it into practice. Of course, unless it answers to something within yourself, there is not much to be gained from it; it would become just another experience of going some place, staying a while, coming home, and the whole thing to go over again.

Now, 1427, know that it is not what some other one may think of it, but, as you read it over, does it appear to be talking just to you? If so, then you can do something about it. From the reading, evidently habit creates a condition in the physical system, much like - if you will pardon the expression - a hog finding a gap in the fence. It may be a good fence in every way except the gap. If - IF - you will take God as your partner in helping to fix the gap, with Him you can do it.

I have asked the Prayer group here to put you on the daily prayer list. You will hear from Miss Florence Edmonds, the leader of the Glad Helpers. She is the one to talk to if you can't keep the period as she sets for you; it will only take a few minutes. Know that we all will be praying with and for you, and that Jesus really cares. Now 1427, you know I am no preacher; but give this a fair trial, won't you? I sincerely believe you will be thankful for the try the rest of your life....

1427's brother wrote October 1, 1937...."....I have been wanting to write you for several weeks. First I want to thank you for your effort in the reading

for 1427. We felt that you certainly gave the only real remedy for his trouble. We would not have thought so much of it if you had prescribed cures of this or that kind. Without a doubt the only real cure is from our Creator. We have made an effort along this line. His cooperation is lacking. He does not want to try. We as individuals, Mother and myself, have been strengthened by daily prayer with him but he is not cured. We got him to write to the Missouri people, but so far as getting him to go, he doesn't want to. He wrote you for the reading, but when it comes to taking any action he will not. If he will not try to help himself I can't see much hope for him. He certainly must make some effort. Just what we are to do with him no one can tell. He just admits now that he does not want to try. Many times he has said he wanted to make the effort to get away from it. He cannot be held in any hospital or institution against his will. Not even the Narcotic Farm at Lexington, now. He was there for several months in 1935 - 1936, but they can only hold those committed on criminal charges, according to a ruling of some judge in the courts up there. There are many others here inKy in this condition, and they do not want to do anything. Therefore, I can see no hope for any of them...

A letter from 1427...10/25/43....".....I have been in a sanitarium here at Madison, Tennessee for about five weeks now - and while here met a young fellow who after reading an article in September issue of Coronet (magazine) about you has become very interested in having you give him a reading. His trouble is not the same as mine, but he has not been able to get any benefit here..."

A letter 9/6/1973...Mr 1427's brother wrote for a copy of 1427's reading...Later Gladys Davis heard from 1427's daughter that Mr. 1427 had died on 12/11/63, at age of 68 years, not ever having overcome his addiction. She

said her parents had seperated, because of his addiction, when she was a little girl, though they continued to love one another the rest of their lives.

Edgar Cayce in the sleeping state gave many readings over 14,000 of witnessed and recorded readings that we have and before they were recorded maybe some ten thousand more. We are on the lookout for some of these but to date have only found one of these. He gave readings for those who wanted to know of the unrecorded life of Christ in the times between age 12 and 30, and others who wanted to know about the earth changes to come, many of his prophesis have been fulfilled and many are yet to come about. In one case that I know his cousin Elizabeth Major who lived on the Swift place south of Beverly down Ky 107 S. These were physical readings, she died and then years later in Arkansas, a lady asked for a life reading and he told her that she was Elizabeth Major in a past life, thus a soul had two readings in sucessive bodies. Then there is the case of a man born in Blackstone, Virginia who was told that in his former life he was B.A. Seay. This is most interesting to me for in our genealogical research a few years ago, we followed the life of B. A. Seay as he was in Pickets Charge at Gettysburg and after the war moved from his native Amelia County, Virginia to Christian County, Kentucky and thus we know where he is buried as his tombstone was copied by Anne Meadow in her Cemetery Records of South Christian County, Ky. Many books have been writen about Edgar Cayce, many by people who have PhD's and Medical Degrees who avowed that they were going to expose him, only to devote a major part of their lives writing and corrolating events to his WORK.

One more reading given April, 20th 1930 at 11:55Am for a female adult...in Texas while again he was at his office at 115 West 35th Street, in Virginia Beach, Va. After the Physical suggestion was made, Edgar replied....Yes, we

have the body here. This we have had before. many are the changes in the physical, in the mental, and in the general surroundings as we have had since we last had the body here. In general, we find there are - though the accumulations as have been brought about in the mesenteric system - those of a form of TUMOR, or tumorous nature. This separating itself in the system, creating the greatest distress through pressure and through the accumulation, called for the non-activity of the blood; for too much is being turned into the white blood supply, and causes then the anemia - in a manner.

For the conditions, operation may become necessary, but FIRST we would, at least, try THIS -- for then will the body build within self MENTALLY that attitude that, with the changed vibrations as may be brought about by the USE of these, build for the system that which WILL carry FROM the system these drainages as will be set up, will REDUCE the size, reduce the EFFECT, and the system will RESPOND, may be prevented FROM the operation.

First - all things taken as foods should be: no GREASE, or VERY, very, little. These should be then cooked in PLAIN water and seasoned after cooking, unless they are cooked in butter, and not too much of that. Be sure this is butter, and NOT of the mineral oils. Vegetable oils may be helpful. In the foods, then, MEAT, should be eliminated from the diet - unless it be of WILD game. These may be taken in moderation, or the fowl may be taken - will the SOUPS from same, or juices from same, and NOT the flesh, be taken. Making the broths, then, of wild game or fowl, if any of this is taken. Principally the vegetables that grow above the ground. None of the tuberous nature, not even carrots.

In the medicinal properties, these will require many - see? Prepare, then, as this:

To 1/2 gallon of water add, and add in the order given:
Wild Cherry Bark2 ounces

Sarsaparilla Root.....2 ounces
Prickly Ash Bark.....1 ounce
Yellow Dock Root.....1 ounce
Black Snake Root.....1/2 ounce
Indian Turnip.....1/2 ounce
Wild Ginseng.....1/4 ounce.

Reduce this by simmering, not boiling, to 1/2 the quantity. Strain off while warm and add 2 ounces grain alcohol with 2 drams of Balsam of Tolu cut in same. The dose would be one teaspoonful 4 times each day, taken after meals and just before the bedtime.

Also we would use, when the pains are severe through the right side that of the castor oil packs - these prepared in this manner: heat the oil, so it may be handled by the hand - then dip flannel in same, a piece sufficient in quantity that it may be doubled when put across the liver area and to the lower portion of the liver, or lower part of STOMACH and the liver area, and over same. Place this directly (let it be as warm as the body can handle) over the skin, then cover with a cloth to prevent that greasy or uncomely feeling that comes from same. (Now these packs should be used every day until there is full evacuation from the system, see? Don't take it inside! Take it out!) - Well, too, were there used at times those of saturated solution of Epsom Salts in packs across the lower portion of abdomen, that we may relieve the pressure and strain as is produced in the organs of the pelvis. This will also relieve the bladder condition and the distress as is produced through that portion of system. Do that, and then - the body responds - we find, and then - in thirty to sixty days, we may give the changes and that necessary to be met. We are through for the present with this reading.

It is my hope that you can see from what I have tried to put forth some of the amazing WORK of Edgar Cayce, who gave his life for the benefit of those who came forth to ask him while he was in a trance state. There have been others in history that have given readings in a similar manner but none that I know

that have been documented and given with no thought of the monetary return to the psychic reader. We get calls from people several a week about Edgar Cayce and his work and his life here in Hopkinsville from 1877 to 1912 when he left here for Alabama. I have right now on docket a man from Ft. Wayne, Indiana who is coming next week to investigate some of the readings that were given during his stay in Bowling Green, and then a group from Sacramento is coming for what we call the Edgar Cayce tour of sights that significant things happened in his life leading up to his doing the psychic readings. Next month we will host a group from Japan and the summer will bring more and more people. If you have not seen the exhibits on Edgar Cayce in the Pennyroyal Area Museum you might want to take this in. Also in the gift shop there one may find such things as books about this man as well as some of the remedies that he recommended, like the castor oil pack in the last reading, the oils that were recommended that are fed through the skin like olive oil, peanut oil and castor oil. On many occasions people who were riddled with arthritis were told that if they had put peanut oil on their joints and bodies that they would never have to worry about getting arthritis.

I hope you have a better idea of the scope of the Edgar Cayce readings for this is only a sampling. Before I secured the CD-ROM disc on which all of the readings are inscribed, I thought I had a grasp on the readings but once I began using this disc, I found out that I did not know anything much about the readings... for I always see things or understand things when I reread these that were obscure to me before.