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GREATEST PSYCHIC**

EDGAR CAYCE

ENCYCLOPEDIA OF HEALING

BY REBA ANN KARP

**ALTERNATIVE THERAPIES FOR
190 COMMON AILMENTS—FROM
THOUSANDS OF ASTONISHING
PSYCHIC READINGS**

**"Edgar Cayce was clearly one of the most remarkable psychics who
ever lived."—Jeane Dixon**



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BY REBA ANN KARP



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The Edgar Cayce Encyclopedia of Healing is documentary and must not be interpreted as a guide for self-healing. If you wish to follow any of the Cayce suggestions, do so only under the supervision of a medical doctor.


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**WHAT IS THE IMPORTANCE OF
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In the thousands of Life Readings given by Edgar Cayce, he stressed the unity of the body, the soul, and the Universal Force that all of us share. Good physical health was vital, and Cayce often gave revolutionary, detailed medical diagnoses to people for whom he knew no more than a name and address. Since his time, many of Edgar Cayce's astounding recommendations have been borne out by modern research—and more and more people today are recognizing the importance of diet, exercise, stress management, and nontoxic medicines as part of overall good health. With treatments for everything from acne to Alzheimer's disease, complete with case histories and natural formulas, the *Edgar Cayce Encyclopedia of Healing* is a lasting, important book for better health.



**EDGAR
CAYCE**

ENCYCLOPEDIA OF HEALING

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FOREWORD

Everyone who is ill wants to be healed. This book gives the reader an encyclopedic picture of how Edgar Cayce—the twentieth century's outstanding mystic and seer—sees healing come about in the human body.

Cayce died in 1945, but his legacy of more than 14,000 readings continues to be researched and worked with academically and in clinical practice. And this information tells us that man is an eternal being, spiritual in nature, creative and building through the powers of the mind, and utilizing a body in this dimension that is the product of his mind working with spiritual energy.

It is perhaps appropriate that Reba Ann Karp has entitled this book *The Edgar Cayce Encyclopedia of Healing*, for she indeed has covered a multitude of subjects, concepts, problems, therapies and case studies.

My own experience has told me over the past three decades that there is truth in the way Cayce saw the human body. He talked about functioning systems and organs

within the body fulfilling their mission to maintain life so that we can be active and fulfill a destiny and purpose in this world we live in.

Cayce's approach was fundamental. If we can bring about a coordination of these functions—the assimilation, elimination, circulation, respiration, regeneration, etc.—then the healing must come about. The emotions, attitude, beliefs, responses to life's situations all play a part in instigating or worsening an illness of the body, but a therapy designed to balance and bring into attunement the functioning body, the mind and the spiritual reality spells health in the majority of cases.

Sometimes a very simple therapy program will do wonders when it is directed toward helping the body. Very recently, a patient of mine—a man in his thirties—developed a hepatitis. Before we could determine from the laboratory which type it was, a course of therapy involving rest, special diet, castor oil packs over his abdomen and a positive frame of mind brought high enzyme readings back to normal, his icterus following suit, and he was back to work feeling normal within three weeks.

You will enjoy reading *The Edgar Cayce Encyclopedia*, for it will give you a head start in thinking about your body in a new way—a way that will allow you to have more control over your own health, for healing does indeed come from within. And you should have control.

William A. McGarey, M.D.

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Edgar Cayce: A Brief Biography

In presenting a brief summary of someone's life, it is usually best to start with the beginning—or the day of birth. However, when trying to construct enough of the salient facts surrounding the life of Edgar Cayce to introduce him to readers, starting at the beginning may be a problem.

Edgar Cayce was a psychic born on March 18, 1877, in Hopkinsville, Kentucky. He died on January 3, 1945, in Virginia Beach, Virginia.

That much is statistical. However, according to one of his sons, the late Hugh Lynn Cayce, his father came into this life to introduce psychic ability to the age, and his ability to do so, or to function under trance conditions, was something he had carried over with him from a past incarnation.

Hence, that which made Edgar Cayce the psychic began long before March 18, 1877.

However, staying within that relatively short span of time, between 1877 and 1945, we find a man who began

his life on a farm in Kentucky, the only son of Leslie and Carrie Cayce. Later in his life, Edgar's father was to be elected justice of the peace, a position which earned him the title of Squire but limited the time he had to spend with his sensitive growing son.

Deeply attached to his mother, Edgar also developed a close relationship with his Grandfather Cayce, who was the county's dowser. After his grandfather died, Edgar claimed he came back to talk with him in meetings which were as real to him as the imaginary children he said came to play with him.

Unenthusiastic about studies, Edgar accidentally found, during a grueling spelling session with his father, that he could absorb or learn a subject by sleeping on the book. Not much time was required either; just a little nap would accomplish the task. Thereafter, he found he fared better in school.

One Sunday afternoon, stirred by a particular sermon at church, he slipped off into the woods to read the Bible and pray for a chance to heal the sick, during which time he was visited by a radiance which told that his prayers had been heard and that he would have the opportunity to heal the sick if he remained faithful to his prayers.

Hugh Lynn Cayce noted that many people attributed his father's psychic ability to being hit with a baseball in the spine when he was fifteen years old. After the accident, his normal quiet reserve was shattered by his obvious inability to control himself. He became noisy and quarrelsome, talking loudly and throwing things. When the Squire came home, he put his son to bed, where he subsequently drifted off into a coma, during which time he told his astonished parents that a poultice mixed with special herbs and chopped raw onions must be placed at the base of his brain if he was ever to be normal again.

After the poultice was applied, Edgar fell into a normal sleep, and when he woke in the morning, he had regained his personality.

Despite his bouts with the paranormal as a child, Edgar's psychic ability didn't really surface until he reached adult-

hood. The specific event that triggered it was a paralysis of the throat muscles which threatened to cause him the loss of his voice and his job as a salesman. Since medical doctors were unable to correctly diagnose the cause, he consulted a hypnotist. Under a subsequent trance condition, Edgar was able to correctly describe the cause: nervous stress, which was forcing a tightening and contraction of nerves and muscles throughout his body.

Following the diagnosis, Edgar requested that the hypnotist, in turn, suggest to him under a hypnotic state that the circulation in his vocal cord area was increasing. A few minutes later, Edgar's neck flushed red, and upon awakening he was able to speak normally once again.

Afterward, he found that his ability could be put to use to help other people, thereby fulfilling the promise made in the woods many years ago when the radiance told him he would have the opportunity to heal the sick if he remained faithful to the promise.

What followed were many years of helping people while in a self-induced state of unconsciousness, during which time Edgar had access to information on virtually any subject imaginable. The readings were conducted over the next forty years, with the assistance of his wife, Gertrude, and secretary, Gladys Davis Turner. At first the readings were limited to medical problems. Later, as the scope of his psychic ability expanded, such topics as meditation, dreams, reincarnation, and prophecy were included.

Among the predictions yet to be fulfilled and which are the expectations of many now living are the slipping of portions of Japan into the ocean; the rise of the continent of Atlantis, which supposedly disappeared into the ocean in 1530 B.C.; an end to communism in Russia, which event will make that country become "the hope of the world"; and a tilt in the earth's rotational axis, which will cause a reversal of climates.

Today there are over 14,000 readings on file at the Cayce Foundation—the Association for Research and Enlightenment, located between Sixty-seventh and Sixty-eighth streets in Virginia Beach. Among those 14,000

readings, 8,976 of which are devoted to medical subjects, are 900,000 pages—14 million words—of notes transcribed while Edgar Cayce was in a self-induced trance.

The ARE, as it is known today among its membership, is under the leadership of Cayce's grandson, Charles Thomas Cayce, who is its president. The ARE's aim is to advance the study and research of Cayce's psychic readings, or as Hugh Lynn Cayce explained: "I think we are in a new age of man's discoveries. Man is discovering new space within himself. We are part of this—we're aiding and abetting."

The original Cayce hospital, which is situated on a hill overlooking the Atlantic Ocean, was built in 1928 by the Association of National Investigators. Following the 1929 stock market crash, the headquarters were to part from the Cayce family, only to be returned in 1956 when they were once again purchased by the Cayce association. During the interim, the building served as a gambling house, a beach club, and, during World War II, a quarters for nurses.

On Easter Sunday, March 30, 1975, the ARE opened its newest addition, the ARE library and conference center, a 20,000-foot library which contains one of the world's largest collections of writings on subjects such as telepathy, precognition, and ESP.

In addition to the library-conference center, the ARE facilities include a therapy department open to members only, in which treatments that were most often discussed in the readings—massage, steam baths, colonic irrigation, and whirlpool baths—are administered. The Therapy Department is staffed by registered nurses and massage therapists. Additionally, the ARE headquarters presents week-long conferences to help participants discover a new level of physical and spiritual fulfillment. Topics focus on dream interpretation, healing, and the mysteries of ancient Egypt and Atlantis, to name a few.

Then, too, there is the ARE camp, located in the Appalachian Mountains of Virginia. Here, under the direction of the ARE Youth Activities Department, the camp applies the philosophy of the Cayce readings for children,

youth, and families. Activities include workshops, wilderness hikes, group dream work, swimming, and meditation.

The ARE Clinic, Inc., in Phoenix, Arizona, is the only holistic treatment center in the world where Edgar Cayce's health principles and remedies are applied to augment traditional medical and surgical practices. The clinic was formed in 1970 under the direction of Drs. William and Gladys McGarey.

Also an integral part of the ARE are its study groups. In 1956, when the ARE repurchased its headquarters, there were only 140 such groups; today the number is in excess of 1,500. During these sessions, participants have the opportunity to develop psychic abilities, rediscover God, as well as explore other areas of the spirit via the concepts presented in the Edgar Cayce readings.

Last but not least are the Circulating Files, collections of readings on both physical and metaphysical subjects. The files make the study of a particular illness (e.g., arthritis) easier and eliminate hours of reading through hundreds of complete readings in order to obtain specific information. Currently, there are 360 Circulating Files, and more are in preparation. For the convenience of its members, the ARE keeps a list of physicians and other health-care professionals who have expressed a willingness to help implement the treatments suggested in the Cayce readings.

As Cayce explained: "The cycle has rolled to that period when the individual entities again in the earth's experience gather together for a definite work" (254-47).

Cayce's Theory of the Causes of Disease

In all of the Cayce readings for illnesses, there is deliberate emphasis placed on locating the root cause of each malady, which accounts for Cayce's focus on establishing new and more constructive habits and attitudes rather than on simply alleviating symptoms.

Since the majority of the readings were given for specific individuals, results must be studied and evaluated under the care of physicians willing to experiment with the Cayce therapies. Dr. William A. McGarey, director of the ARE Clinic (4018 North Fortieth Street, Phoenix, Arizona 85018), has studied the readings and has applied some of the treatments suggested to his own practice. (A list of referral doctors who will follow some of the Cayce treatments is available to ARE members.)

The difficulty in analyzing the readings is due to their complex nature. Also, it is apparent that many of the readings were given to individuals who had other disorders as well as the one being discussed. This very complexity contributes to the problem of interpretation, making it

difficult to match the many treatments recommended for any individual to a single, specific disease.

Readers will note that there are apparent common denominators in the causes suggested by Cayce for disease—poor assimilations and poor eliminations, inadequate diet, improper acid-alkaline balance, spinal subluxations and lesions, imbalance-incoordination of the nervous system, imbalance-incoordination of the circulatory system, glandular malfunction, stress, overtaxation and overexertion, karma, attitude, and infection.

Despite the similarities of the causes, the treatments were prescribed specifically for those disorders, individually tailored for the person and, of course, his complaint.

The following is a short discussion of the causes as mentioned in the readings.

- **Poor Assimilations**—proper assimilation provides a full and constant supply of building materials and energies needed for the continual construction of new cells and tissues. Poor assimilation occurs when even one chemical element needed for rebuilding is not supplied to the body through diet and digestion or is not efficiently utilized and converted into specific nutrients necessary for each different kind of cell. Disease attributed to poor assimilation involves nutritive deficiency and results in cellular degeneration.

- **Poor Eliminations**—the fact that poor eliminations are the most cited cause of disease in the Cayce readings indicates the fundamental importance of proper elimination in the maintenance of physical balance and health. When the processes of elimination are impeded in some way, any number of disease symptoms can ensue. The readings concur with medical science in describing several excretory systems which, in a state of balance and coordination, act to remove all unwanted substances from the body efficiently and completely. These systems are the intestinal tract, the kidneys and bladder, the pores of the skin, and the lungs. When an imbalance occurs in any of these systems, slowing down the excretory processes, the result is a buildup of poisonous wastes (toxins) which can endan-