

EDGAR CAYCE, THE SLEEPING PROPHET

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ABSTRACT

The writer of the below lines introduces the typical American life of Edgar Cayce.

András Ménes describes what kind of so-called spiritual life events were needed for Edgar Cayce to become a sleeping prophet and the healer of the people. His prophetic visions told about the past, present and future. Concerning the future, on one hand he spoke about his own future (until the end of his life), on the other hand about the future of the mankind and of the Earth (until the end of the world). However, his so-called healing true visions made him famous. In such cases, he proposed healing methods in a deep self-hypnosis to the persons contacting him. András Ménes introduces some of them, as well.

KEYWORDS

Cayce, prophet, sleeping, hypnosis, truth sense

Life of Edgar Cayce

Edgar Cayce was borne on 18 March, 1877 on a farm near to Hopkinsville, Kentucky state. His father was a marshal called by the people around him as “the Landlord”. Probably his farmer grandfather had psi-capabilities. Supposedly, he succeeded in find water with a two-leaved fork made of hazelnut. In spite of his usual family background, he was remarkably different from the other boys [1]. He devoured the Bible, and preferred to visit the congregation meetings of the Christian Church, a version of the Presbyterian Church. He was not really interested in playing. He was about seven or eight years old when he mentioned an experience being similar to an enlightenment, which completely determined his fate. He was sitting alone in a secluded spot of the forest reading the Bible. Suddenly, he heard a humming sound and a bright light covered the glade where he hid to read the Bible. As he looked up, he saw a splendid white figure and heard a sound:

- Your prayers were listened to. What can I do for you?

The boy was not frightened. He already at that time considered natural that he had visions.

- I just would like – he answered – to be able to help others, especially the sick kids and to be able to love my fellow man. [2] [3].

The splendid figure disappeared noiselessly.

After leaving the school, first he worked at a farm, then in a shoes shop, and later on in a book shop. He fell in love with the girl, Gertrude Evans living next door. He wanted to be a pastor, but he had no money, nor willingness to have higher studies.

Just like Edgar’s mother who surrounded his son with overflowing tenderness, Gertrude also thought so that the germinating skills of Edgar should be used for helping others. They already before their marriage saw that if Edgar instead of using his abilities in favor of the people rather concentrated on earning money, always something wrong happened. E.g. he had a bad headache, had a stomachache or sometimes lost his voice. Due to the latter one he had to give up his agent work. The loss of his voice got the attention of several hypnotists and physicians.

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They tried to heal the unexplainable loss of voice by hypnosis. No one could help Edgar until Al Layne appeared. Layne was a kind of aborted miracle doctor. He wanted to be a physician, but due to the circumstances he had to content himself by the completion of a correspondence course educating hypnotists and chiropractors. Layne's method was different from the conventional hypnosis. He also made Edgar sleep, then left Edgar to carry out the hypnotic suggestion on himself. The healing himself was successful. Layne and Edgar and Edgar's parents were very happy for the successful healing. On the next day, they tried healing Layne with full success. While Edgar during his hypnotic dream listed the illnesses and the medicines, Layne took notes. After returning from the hypnotic dream to the real world, Edgar was very surprised about the notes. He did not want to believe that he had dictated these medical terms. Some of them were even difficult to read for him [4] [5].

The first medical "truth sense" of Edgar happened in 1901. He continued to read the Bible every year, and regularly went to the church. He had not only medical "truth senses". In his hypnotic dreams he spoke about the Essenes. Two years after his death, in 1947, the Dead Sea Scrolls were found, and they confirmed his "truth senses" about the Essenes. He also spoke about the Stock Market Crash in 1929. He also spoke about the Atlantis. He put in the far future the "awakening of the Chinese people" and their conversion to Christianity.

He had "truth senses" about himself, as well, he told the date and circumstances of his death and an interesting thing about his reincarnation. Referring to his rebirth he said that it will happen in 2100 in New York. He will be still a kid when he will remember his present life and old scientists with glasses and white hair will examine him [6].

He and his wife were happily married, they had three children. His "truth senses" were recorded by a stenographer for the future generations. During his life more than nine thousand of his "truth senses" were recorded.

Edgar Cayce gave his soul back to his Creator on 3rd January, 1945, as and when he forecasted.

After the death of her husband, Gertrude began to wither rapidly. As she told to her friend, she felt like an organ having vital importance would have been ripped out from her. Her two sons fought in the war, for which she could have leave, but she felt like Cayce would have gently pulled her to himself in the grave. On 1st April, 1945, on the bright Sunday morning of Easter she confidently followed her husband to the underworld.



Picture 1: Edgar Cayce

His health “truth senses” [7] [8] [9]

“In our present life we are constructing the next one” – Cayce said. That means that during our previous life we made the basis of the present. Just let us have a look to our illnesses and problems and note that now we are facing all what we made in the past. After that let us be glad and happy, as we already know that at the time of the next return we already will not have to cope with problems which we solved in our present life.

Edgar Cayce said that the root of illness should be looked for in our spiritual ritual. We have to eliminate all hatred and malice from our conscience. I wonder why the individual wants to heal. Does he/she want to increase his/her own egoism? If that is so, it's better to leave everything as it is. Do you accept the things or refuse them? That is all up to you.

Diseases exist. As a result of what you eat, drink, as your sole and spirit processes the things – and if you do all that correctly, your body will purify, if not, you will become ill.

Edgar Cayce said that still before arriving at the Earth we installed in our body the possibility of the illness. If we depart from our way, we become ill. The illness may help in finding again the right direction. Naturally, that does not work always. We fall in love with our own diseases so much that we no longer want to get rid of it. If we lose our sicknesses, who will love or regret us? We demand love, but do not give anything to the others. According to the universal laws we can get back only what we have given.

The basis of all the Edgar Cayce's healing is that the organ is able to treat itself. For this reason, let's trust our body, it knows what to do.

First of all, try to leave a balanced life. Let's have each day some time for relaxation, it's not possible to live under continuous pressure. Let's walk or swim every day or exercise regularly.

As we eat let's relax and be cheerful. According to the truth senses you should not eat if you are excited or angry. That is because the anger can damage your brain in the same way as any sickness, because it is the thickness of the spirit itself. “Each treatment is more successful if it is combined with resting periods.” Edgar explained it so that as a result of that we let the pain to go away and cleanse ourselves from the sickness, at the same time our body learns how to heal without external help.

After the recommendations referring to the life style, let's continue with feeding. Always leave the table feeling a bit hungry. The inhabitants of Great Britain were the healthier people during the World War 2 mainly because they were short of food. If you eat the proper food, you can avoid all the illnesses in the future.

In our diet 80% of our food should be alkaline and 20% acidic. That means that in 80% of the meals we should eat different vegetables, salads and fruits. If somebody has skin problems, he/she should eat few potatoes and tomato, both of them being a member of the nightshades and represent few benefits to the organ. You should eat some bread also every day.

Sugars and carbohydrates together, have a very bad effect on the body, in other words, be careful with cakes and biscuits, but it is even better to banish them from your diet.

Each day one of the meals should consist of fruit only, but eat only one kind of fruit each case, and at least two - three kinds a week. The apple should be cooked because although the raw apples have a strong cleaning effect, but remove the valuable materials from your organ. Have a day when each meal is made from salads only. The organ is not able to process the protein and the carbon hydrate together. However, with vegetables and salads you can eat proteins and carbon hydrates. However, be careful: for the digestion of meats the organ produces acid and for the carbon hydrates alkaline saps. If it produces both at the same time it is like nothing has happened. The undigested passes through the organ and finally destroys.

In case of gaining weight on your belly, in most cases that not mean accumulation of fat, but a lot of undigested food accumulated along the large intestine. The average toxic substance stored in the abdomen can be up to 3-4 kg. It poisons the body until it is finally defeated. It is worth to make enemas, a cure should consist of 7 sessions. After each intestinal bath eat a lot of yoghurt in order to get proper number of bacteria back in the large intestine. Edgar frequently proposed to eat "Hungarian milk", at that time this was the name of yoghurt in America.

The fluid consumption is also very important. During the day, drink as many cups of herbal tea as you wish. Drink eight glasses of water each day. The lack of water can become the reason of several diseases in the future, partially that is true referring to the Alzheimer's disease, as well. As you can see from the above written, in Edgar Cayce's opinion, the emphasis should be on the prevention. Following the advises of Cayce anyone can experience that his/her health problems – should they be of any kind – will not continue to worse, even in a lot of cases heals completely. The healing can take even two years, but perseverance will bear its fruits. However, healing happens only in case when our thoughts are also directed in the good direction: let's love people, let's love God. If someone does not believe in the Creator that does not make a problem. Instead of offering your love to the Creator pay attention to the inner voice as frequently as you can and you will achieve the same result as the religious people. God doesn't rule anyone out. He believes in us independently on whether we like it or not, and in this way the non-believers also can achieve the perfect health. And now let's see some specific recipes about which Edgar Cayce always said that they not substitute the medical treatment, but make an addition to it.

Acne: Rub with vaseline and then camphor.

Allergies: Just before bedtime, drip four drops of castor oil under the tongue, then, drink half a glass of warm water. Another method is based on intellectual exercises. Send loving thoughts to such people, which we have not liked earlier, be kind with them, etc. The third method: drink a lot of water each day and replace the salt having been washed out of our body.

Apple: For the detoxification of your body, for three days eat apples only. In the evening of the third day drink a half cup of olive oil by sips. Those who do not like apples can eat oranges for four days, or grapes for five days. In each case the cleaning cure should be completed by olive oil.

Sleeping: Before going to bed eat lettuces. It includes natural sleep inducing agent. Cayce also told that if you become tired, sleep a bit.

Moles: Frequently rubbing with the 1:1 mixture of olive oil and red wine may help. However, the best is if we do not touch them, they are special formations.

Hemorrhoids: Stand on tiptoe, stretch your arms high, then still standing on tiptoe try to touch the ground in front of your feet. Make this exercise 4-5 times in the morning and in the evening. It will have result very quickly.

Endoparasitic verminosis: For two days cabbage only and drink a lot of water, do not drink either tea or any other drinks.

Citrus fruits: Never eat the citrus fruits together with cereals.

Hiccup: The best thing is the suggestion: if hiccup is very strong and permanent, the suggestion should be carried out in the evening, just before bedtime. This is very effective for the children. In case you live alone, the suggestion can be recorded on a tape recorder and start it when going to bed in the evening. Use positive suggestions only: My body works perfectly. I breathe easily and without obstacles. I am perfectly healthy, etc.

Stuttering: This problem can be solved by the correction of the position of the upper back vertebrae and the cervical vertebrae no. 2-3-4. Because if in this areas the position of the spine is not appropriate, too much energy is directed to the vocal cords in case the concerned person is under a spiritual burden and that inhibits the sound formation.

Diabetes: The patient should eat each day Jerusalem artichoke. This plant includes a large quantity of natural insulin. Massage hazelnut oil to the sacrum region and the hip.

Eczema and psoriasis: Any skin problem can be healed by the appropriate diet, in most of the cases nothing else is needed. The regular water drinking is important, at least 12 glasses of water is necessary. Eat raw lettuces and a few of bread only. Follow this diet for a week, if necessary for ten days always adding only one new element. You will see soon which ingredient causes the problem.

Epilepsy: There is a description in Edgar Cayce's legacy that was useful for him. The method is the following: once a week for 45 minutes massage the spine from the base of the skull to the end of the spine. The massage oil should be a 1:1 mixture of peanut oil and olive oil. Move your hand in a circular motion down both sides of the spine. Three times a week, on consecutive days for one hour place castor oil wrap all over the abdomen. Keep the castor oil warm, place a bottle containing warm water on the wrap. The patient should drink 8 glasses of water daily.

Preparation of meals: The best is if the meals are prepared in a pressure cooker. Never prepare meals fried in fat. You should eat the vegetables either in raw or in a well cooked form. Our organ is not able to digest the partially cooked vegetables.

Scars: Mix together equal quantities of lanoline, olive oil, camphor and peanut oil. Every morning and evening, rub the scar surface with this mixture. If the scar occurred within 6 months, instead of the scar massage the two sides of it. In case of the scars going down to the bone, the treatment should be continued for 1 or 2 years.

Muscle atrophy: Alternating rub your leg – from the toes towards the hip – one day with camphor oil, on the other with peanut oil. Continue the treatment for weeks until you feel improvement.

Camphor oil: It is made of olive oil and pure camphor. Mix them together under warming up slightly.

Sweating of the feet: Maintain you digestion in a good condition. Eat a lot of salads and drink a lot of water.

Ingrown toenail: Mix together equal amount of sodium bicarbonate and castor oil and spread it on the nail. Cover it by a thin foil and take on it a sock. Let it so for a whole day. Replace it daily until it heals.

Migraine: Its reason is the poor secretion and the water deficient condition of the body. In order to make the intestines clean our organ needs a lot of water.

Blackheads: There is a problem with the secretion, defecation, so that must be urgently cured. It is important to drink a lot of liquids.

Laughing: It releases endorphins, the body's natural painkillers, and so does crying, as well, but laughter is more pleasant and has a better effect on our environment.

Embracing: We need at least 12 embraces a day. That is the best help for fully realizing our creativity.

Hereditary diseases: Hereditary diseases can usually be traced back to four generations. If you do not follow those instruction which I have already mentioned (love the God and love the people), they usually appear.

Prostate problems: Perform an enema every day and you will never have a prostate problem. The treatment by vibration may also help. Therefore, with the back surface of our fists, hit the spine below the caudal vertebrae relatively hard, about 12 times. Repeat that daily until feeling improvement.

Rheumatism: Drink a lot of water. Eat a lot of vegetables and salads. Do not eat sugar and sweets. Twice a week prepare Epson salt bath. In each case put in the bath water 6 kg Epson salt. Each day, drink a drop of tincture of iodine with a glass of water, but after 5 days have a 5 days break.

Weight, overweight: Half an hour before each meal drink 1 deciliter red grape juice diluted by 1/3 deciliter water.

Eyes: Carrot is useful, advantageous both in winter and summer.

Warts, cysts, liver spots: Mix together equal amount of baking soda and castor oil. Mix it until it looks like the chewing gum. Put it on the skin to be treated, cover it by a binding, and leave on it for 2 days. Repeat the process until the problem disappears. Before starting the treatment consult a dermatologist.

Kidney problems: The most frequent kidney problem is the renal calculus. Put in a glass of water 2 ml pure coca-cola syrup and drink it 3 times a day on three days of the week. After a month have a one month break. Do not forget the break. Its effectiveness is conditioned by having the required break. By that you can eliminate becoming dependent on the treatment.

Blood cleaners: Eat garlic or onion, or both of them regularly.

Water: If you drink at least 8 glasses of water per day, you also need to add some salt to the foods. The body needs salt, as well.

Gelatin: The gelatin added to the meals helps the perfect adsorption of the nutrients.

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