

Home and Marriage Series Circulating File

PARENTHOOD

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

**Edgar Cayce Readings
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PARENTHOOD CIRCULATING FILE

Parenthood

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BACKGROUND OF READING 281-48

B1. Subject of 281-48-"Glad Helpers."

TEXT OF READING 281-48

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of October, 1940, in accordance with request made by those present.

P R E S E N T

Edgar Cayce, Gertrude Cayce, Conductor; Gladys Davis, Steno. Florence Edmonds, Esther Wynne, Hannah Miller, Frances Y. Morrow, Helen Ellington, Helen Godfrey, Mae Verhoeven, Sallie Jones, Louise Dill, and Gladis Hardin.

R E A D I N G

Time of Reading 3: 20 to 4: 00 P. M. Eastern Standard Time.

1. GC: You will have before you the members of the Glad Helpers gathered here. You will continue with the discourse on the endocrine system of the human body.
2. EC: Yes, we have the group as gathered here; and their study of the endocrine system.
3. It has been indicated as to what takes place at the time of conception, and the manner, and the influences which regulate activities spiritually, mentally, physically, through the period of gestation. It will possibly be well to illustrate same; that there may be drawn, by those studying same, the experience as in the life of individuals.
4. We begin then with the seers or sages of old, from that period indicated as to how influences affected the offspring:
5. When Abraham and Sarah were given the promise of an heir through which the nations of the earth would be blessed, there were many years of preparation of these individuals, of the physical, mental and spiritual natures. Again and again it is indicated as to how they each in their material concept (watch the words here, please, if you would understand) attempted to offer a plan, or way, through which this material blessing from a spiritual source might be made manifest.
6. Hence we find as to how the material or mental self-misunderstanding, misconstruing the spiritual promises-offered or EFFECTED channels through which quite a different individual entity was made manifest; and through same brought confusion, distress, disturbance one to another in the material manifestations.
7. Yet, when the last promise was given, that even in their old age there would be given an heir, we find that when Sarah thus conceived there was the development of a body physically, mentally and spiritually so well balanced as to be almost etheric in his relationships to the world about him, when the material manifestation had grown to maturity.
8. Here we find, then, that mind and matter are coordinated into bringing a channel for spiritual activity that is not exceeded in any of the characters depicted in Holy Writ.
9. What, then, were the characteristics, the activity of the glandular system as related to that individual entity? We find that there was a perfect coordination in and through the whole period of gestation, and the fulfilling of the time according to the law set in motion by the divine influence that was the directing force of both parents through the period.
10. We find also that throughout the period of gestation the activities about the entity, the mother, were such as to INFLUENCE the entity yet unborn, in patience to a degree not manifested in any other of the patriarchs. While the physical conditions made manifest in

the body during the growth into manhood were affected by MATERIAL laws, there was not the changing or deviating whatsoever from the spiritual through the mental.

11. Hence we have that illustration of what may be termed the individual ideally conceived, ideally cherished and nourished through the periods of gestation. As to the care afterward, -these vary, as we shall see from other illustrations.

12. What, then, were the developments of that ideally conceived entity as related to the study here of the endocrine system?

13. First, -the individual was one conceived in promise; with the desire, the purpose, the hope-in the act OF conception-to bring forth that which had BEEN promised. Hence the ideal attitude of both parents in that individual case.

14. Hence as given, first the pineal, the cranial, the thymus; then the aerial, then the gradual development of those influences which brought a goodly child; one subject to the care of both parents-by natural tendencies from conception; bringing into materialization that one worthy of being accepted and of RECEIVING the promise beyond MANY of those who were of the seed of Abraham.

15. Then we have that illustration in the sons of Isaac, when there were those periods in which there was to be the fulfilling of the promise to Isaac and Rebekah. We find that their MINDS differed as to the nature or character of channel through which there would come this promise; when, as we understand, there must be the cooperation spiritually, mentally, in order for the physical result to be the same. HERE we find a different situation taking place at the time of conception, for BOTH attitudes found expression. Hence twins were found to be the result of this long preparation, and yet two minds, two opinions, two ideas, two ideals. Hence we find that HERE it became necessary that even the DIVINE indicate to the mother that channel which was to be the ruler, or that one upon whom would be bestowed the rightful heritage through which the greater blessings were to be indicated to the world, to humanity, to mankind as a whole.

16. Hence we find two natures, two characteristics, -physically, mentally, spiritually. Here we find what might be termed a perfect channel again, and with same a testing-not only of the parents themselves but of the individuals that were begotten under those conditions in which the promise was as clear to them as it had been to Abraham.

17. What, then, were the physical and mental attitudes which contributed to this condition which existed in that period, and that may; be used as an illustration of those ideas being presented here for the study of man, his nature, his characteristics, his spirituality, his weakness in physical being?

18. Here we find, as indicated, there was NOT a union of purpose in those periods of conception. Hence we find both characteristics, or both purposes of the individuals, were made materially manifest.

19. What then, ye may well ask, made this difference in the characteristics of the individuals; conceived of the same parents, under the environ or the law from the body of the one; with such a different characteristic made manifest as they grew to maturity?

20. As indicated, the first cause, -that purpose with which the individuals performed the act for conception to take place, or under which it did take place. THAT is the First Cause! And the growth of that conceived under the same environ, through the same circulation, through the same impulse, was such that-when gestation was finished-one was of the nature or characteristic of the mother, the other was of the nature of indifference with the determination of the father; one smooth as the mother, the other

hairy, red, as the father in maturity; and their characteristics made manifest were just those examples of the variations. Though conceived at once, born together, they were far separated in their purposes, their aims, their hopes; one holding to that which made body, mind and soul coordinant; the other satisfying, gratifying the appetites of the physical and mental without coordinating same through its spiritual relationships to the progenitor or those conditions and environs from which they each drew their desires, their hopes, their wishes.

21. Do ye think that one received a different instruction from the other? Each received the same, yet their reaction, their choice of that in the environment made physical characteristics that varied in their activity.

22. Why were the characteristics such that one desired or loved the chase, the hunt or the like, while the other chose rather the home, the mother, the environ about same? Were these depicted in the very physiognomy of each individual? When they had reached that period when the CHOICES were made, these were manifested. But when did they begin? What gland developed this characteristic in one and not in the other? The cranial and the thymus receiving the varied vibration, one brought harmony-not fear, but harmony-with caution; the other brought just the opposite, by this "stepping up" in the rate of vibration. Or, if we were to study these by numbers, we would find one a three, the other a five; yet conceived together.

23. What do we mean here by the vibration of the number? One had the nucleus, the structure about same, three to one of its spiritual import; the other five to one of the material import, see?

24. Hence we find there the various forms or manners in which there is illustrated those characteristics that made for individual activity, that PROMPTED the carrying on of that through which the channel of hope might be made manifest.

25. Let's change these then to those illustrations of quite varied forms, in which more of the characteristics became manifested of the environmental nature; for the illustrations we have just used show how the characteristics of the individuals responded to the environment as each grew to maturity and became active in relationships and dealings with others.

26. Then, with Jacob and Rachel we have the material love, and those natures in which the characteristics of material love were thwarted. Yet, in the very conception of same-though under stress (for there is held here by the mother the desire to outshine, as it might be poorly said)-we find a goodly child, one with all the attributes of the spiritual-minded individual; partaking of both the father and the mother in the seeking for a channel through which God might be manifested in the earth. And yet the entity had those physical attributes that brought into the experience of individuals those things that were reflected in the mind, in the movements and activities of the mother throughout the periods of gestation, -when the entity had grown to manhood.

27. Also from the same attitude taken by those parents when the second son, Benjamin, was conceived, -what were the varying characteristics here? The material love was just as great, the satisfying of material desire was completely fulfilled; yet it lacked that desire to BRING such as was wholly a channel through which the SPIRITUAL was to be made manifest. But it was a channel that EVENTUALLY brought the material made manifest in Saul [See 221-2], an incarnation of Benjamin.

28. Hence we find the varied characteristics illustrated not only by the attitude of the pair as the channel being made manifest, but the attitude of that channel which was given from the beginning.

29. Now, conceive first what the variations are in the sexes, as given in the beginning in the creating of same; one to be a channel of material and mental satisfaction to the other; the other to be a channel, a manner, through which there was to be the alleviation of desire when spiritualized in the purpose toward the mate.

30. Hence we may find again and again here, in the Word, that which IS the connection between man and his Maker; that finds its final concept in the manner which John presents to the elect, -in which all the varied attributes of the human development-in body, in mind, in spirit, with each phase of man's development-are also chosen as channels through which expressions of same are given.

31. We would rest with the illustrations; for there are others that need to be given.

32. We are through for the present.

REPORTS OF READING 281-48

R1. See Source File Key #281 for Chart of Revelation and Glands prepared by A.R.E. Prayer Group based on the [281] series readings on The Book of Revelation and the endocrine system re 281-48. See also 281-29, Par. 23-A.

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BACKGROUND OF READING 457-8 F 34

B1. See 457-7 on 10/17/41 and subsequent Reports.

B2. 4/7/42 She submitted questions.

TEXT OF READING 457-8 F 34

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of April, 1942, in accordance with request made by the self - Mrs. [457], Associate Member of the Association for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 30 to 10: 45 A. M. Eastern War Time. New York City.

1. GC: You will have before you the body and enquiring mind of [457], N.Y.C., who seeks information, advice and guidance as to the preparation of body for pregnancy, and the best development of the child. You will answer the questions she submits, as I ask them:

2. EC: Yes, we have the body, the enquiring mind, [457], as respects the preparation of the body for pregnancy.

3. In these respects we have had this before.

4. The entity should realize that while the preparation of the body is purely pathological, the preparation of the mind and of the spiritual forces is of creative force and is as necessary as, or more so than, the purely physical.

5. Ready for questions.

6. (Q) Is the weight low enough now to make it safe to start a baby?

(A) So far as the physical conditions in the body are concerned, as we find, it is sufficiently low enough.

7. (Q) Is it really weight or the pliability of the body which is more important for childbirth?

(A) Pliability of the body. Thus the greater preparation THIS body may make, or MOST bodies for that matter, is to be under the care of a competent osteopath through the period of gestation; not a chiropractor but an osteopath!

8. (Q) Is the blood test as taken by Dr. Frank P. Dobbins satisfactory to show that there is the proper balance of the elements for replenishing all nerve energies?

(A) This is very good and indicates that physically the body is very good for this preparation, as indicated.

9. (Q) It is not necessary to have it done again by Dr. Mary Miller? [See 457-5.]

(A) No.

10. (Q) Since Dr. Dobbins says blood is normal in every way, it is not necessary then to have the vibratory influences of either the Wet Cell or the Radio-Active Appliance?

(A) Not in the present. As just indicated, this may be better to be tested along as conditions develop.

11. (Q) Nor the vibratory influences of either gold or silver?

(A) As just indicated.

12. (Q) Is the uneven beat of the heart anything abnormal? Can it be corrected?

(A) This is rather the nerve and emotional nature of the body, and is NOT pathological; though it may under certain stresses or strains have pathological reactions, see?

13. (Q) Are teeth in good condition now to stand the strain of pregnancy?

(A) Will necessitate that there be plenty of those foods carrying calcium, during the period.

14. (Q) Do the proper foods prevent deterioration of the teeth and falling out of hair?

(A) They do; though it may necessitate glandular changes at times in a body. For, though the proper food may be taken if the glandular system does not assimilate it in such a manner as for it to be used properly in the body, it does not prevent deterioration, see? It must be properly assimilated.

15. (Q) Is there something else which must be done to prevent these things?

(A) As we have just indicated.

16. (Q) What foods must the body eat to give the baby perfect physical health without making the mother too overweight?

(A) As just indicated. As we find here, there will only be necessitated the keeping of a well balanced condition as related to calcium, and the foods that aid the body of the mother in the kidneys acting normally with the liver.

17. (Q) Should meat be entirely eliminated?

(A) No. Fish food and fowl are the character of meats to be taken. Not ham or hog meat, nor rare beef.

18. (Q) What foods carry most of the Vitamin B?

(A) All those that are of the yellow variety, especially, and whole grain cereals or bread.

19. (Q) Is it part of this vitamin which can prevent the hair from growing gray?

(A) Not necessarily. This only supplies energy. Energy is not the activity, especially, for the thyroid. It is from the thyroid that the activity is produced for hair upon the body.

20. (Q) Why should body take the Grape Juice?

(A) To supply the sugars without gaining or making for greater weight.

21. (Q) Does it really have a direct effect on the reduction of weight?

(A) If it hadn't, would it be given?

22. (Q) Would any exercises make it possible to avoid Caesarean, or to better prepare for childbirth?

(A) As we find, as just indicated, the better preparation is to keep under the direction of a competent osteopath throughout the period.

23. (Q) Since conception will most readily take place just before the periods of menstrual flow, will the following menstrual period be stopped?

(A) Not necessarily; this depends upon the character, the nature. But there is rarely more than one-unless it is false conception.

24. (Q) Is there a definite number of days before the period within which it must occur?

(A) If there is the study of how conception takes place, it will be understood that this takes place only when there is the flow from the ovary of the mother and there is the spermatozoa of the male present. Whether it's days or hours or the minute! It may be a day, it may be an hour, it may be ten minutes, it may be two days. But this depends upon WHEN there is the flow-not of the menstrual period but from the ovary.

25. (Q) Is conception likely to take place at first trial, or is it impossible to determine the exact time?

(A) Read just what has been given.

26. (Q) Can sex of child be predetermined by any natural law?

(A) There may be a suggestion TOWARDS such, but not a predetermined.

Remember, the soul comes from God.

27. (Q) Would the greater positivity or negativity of either man or woman have any effect on the sex of the child?

(A) To be sure.

28. (Q) Any other advice?

(A) Remember, the attitude is the main purpose-and the willingness to be the channel; not merely for the gratification of self-or that there may be offspring, but WHOLLY to the glory of the Father through the Christ.

29. We are through for the present.

REPORTS OF READING 457-8 F 34

R1. 5/7/42 "My last reading was exciting and interesting and I expect to send the rest of the questions very soon."

R2. 5/11/42 "Here are the last of my questions. I can hear you chuckle, practically five pages. There is so much I want to know somehow, and you know I don't have much trust in doctors. But in this case I'll have to have one so I want to know where I stand.

"I know too that the mental-spiritual is important and two pages are questions on that. I just wanted to make sure that my body was all right first. After all I'm not so young and a lot has happened to it since I married almost 13 years ago. I don't believe I have finished the purpose for which God put me on this earth so I do want to take advantage of the opportunity He has given me through you.

"Can you also use this information for your general information? Do you have such information segregated in your files? That was what Hugh Lynn was working on wasn't it?

"Now I'm going to get a reading ready for [412]. Want to make sure he gets himself in condition too. His heart seems to bother him when he does any extra physical work.

"Things have been growing nicely in the garden. Though we have had too little rain. I've been taking a little more time off and working in the garden does me good in many ways. Hope you come up some time and can see it."

Love to all and specially yourself, [457]

R3. 5/21/42 See 457-9.

R4. 5/22/42 She obtained 412-14 for her husband.

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BACKGROUND OF READING 457-9 F 34

B1. See 457-8 on 4/23/42.

B2. 5/11/42 She submitted questions.

TEXT OF READING 457-9 F 34

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of May, 1942, in accordance with request made by the self-Mrs. [457], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 45 to 11: 15 A. M. Eastern War Time. N.Y.C.

1. GC: You will have before you the body of [457] ..., N.Y.C., who seeks information, advice and guidance as to health, especially preparation of body for pregnancy and the best development of the child. You will answer the questions, as I ask them:

2. EC: Yes, we have the body, the enquiring mind, [457], and that which has been indicated to the body; also the hopes and the fears which surround the body in its attempts for preparation for motherhood.

3. Ready for questions.

4. (Q) Can I nurse the baby? Are there any precautions or preparations to assure this possibility?

(A) To be sure, this-the nursing of the baby-would be the ideal way and manner. As to what may be done, much might be indicated in these directions; that is, in having and in keeping the body physically fit, with the well balanced chemical reactions through the body during the period of pregnancy.

As to whether this will be practical or possible for this particular body, -this may not be positively stated in the present; but as we see, if there is the desire on the part of the body itself for such, there seems to be no reason why this should not be possible-and practical, and for the best.

5. (Q) Does this depend on physical characteristics of the body or the condition, which can be affected by proper food and exercises?

(A) The attitude, so far as the mental is concerned, must be builded within the body. And with that attitude there will be the desire and purpose, AND the preparation by the keeping of the correct balance for same, as has been indicated.

6. (Q) On what do astrological influences have effect, -conception or birth?

(A) Birth.

7. (Q) Should the astrological influences lead us to choose one month or another?

(A) Not necessarily; for, remember-as has been the ideal-all spirit comes from the one source. And as has been indicated, there is that giving of same from the one spirit. Thus the preparation of body and mind, and then offering self as the channel, would insure, would bring about that association that IS giving the mother the opportunity for the expressing of the hopes and the desires-and the preparation of same for that channel.

8. (Q) Are osteopathic treatments advisable during pregnancy?

(A) Practically always advisable during pregnancy.

9. (Q) Any instructions for osteopathic treatments during pregnancy?

(A) Any good osteopath that knows the conditions of the body would meet same.

10. (Q) Any instructions for osteopathic treatments at the present?

(A) Only that there be kept a general relaxation in the whole of the cerebrospinal system.

11. (Q) Is the breaking of fingernails due to a physical lack, or is it a natural result from work done?

(A) In this particular case, it is something of both. This indicates the lack of proper assimilation or adjustments through the thyroid, or the lack of sufficient iodine in the system.

12. (Q) Is splitting of thumb nails from the same cause?

(A) Same cause.

13. (Q) How should the iodine be supplied?

(A) In the foods.

14. (Q) What causes gases or drosses in the body?

(A) Chemical changes.

15. (Q) Are they a natural occurrence, or should one strive to eliminate them?

(A) Best to eliminate them.

16. (Q) Does the eating of meat have anything to do with it?

(A) Has much to do! Eat more sea foods! Not hog meats of ANY kind!

17. (Q) Since onions are supposed to be good for your blood and otherwise, why do they cause such ill smelling gases?

(A) From the most foul at times comes the most beautiful lilies.

18. (Q) Is Mineral Oil the best laxative?

(A) The best laxative is a balanced diet. When there is a tendency towards the needs for such, mineral oils are well.

19. (Q) Also during pregnancy?

(A) Also during pregnancy.

20. (Q) Can enlarged blood vessel at rectum [hemorrhoids] be cured?

(A) By the application of THIS as a combination, and applied regularly:

To one ounce of Glycerine add two drops of Carbolic Acid. Stir well. Then add to this one ounce of Russian White Oil. Use as an ointment, and as an injection occasionally. [See 457-14, Par. 18-A on 5/15/44.]

21. (Q) Will hard skin on soles of feet disappear with loss of weight, or should some treatments be given?

(A) It will disappear in part from loss of weight, but treatments should be applied as the general osteopathic treatment is given to increase circulation to the lower extremities, especially in feet.

22. (Q) What causes abnormal perspiration of my feet? and under arms?

(A) The attempt of the body to equalize the circulation where it has been cut off by the pressure in some axis. Here the axis is the lumbar axis, and should be part of the relaxing in the general treatment; as would also the brachial center. These, equalize. The excess perspiration is better than that such poisons be left in the system. Just bathe oftener.

23. (Q) Under arms from same cause?

(A) As just indicated.

24. (Q) Will the stopping of perspiration under arms cause it to appear to excess somewhere else, or cause other harmful effects on the body?

- (A) Other harmful effects, as just indicated.
25. (Q) Does the soreness along legs come from overweight, or poor circulation?
- (A) As just given, a pressure in the lumbar axis.
26. (Q) Could this be a forerunner of varicose veins?
- (A) It could be, unless corrections are made-or unless there is the relieving of the pressure by equalizing the circulation.
27. (Q) Why does childbirth cause varicose veins sometimes?
- (A) Owing to the pressure as indicated, or as created in the area just given, by the natural position of the child through the period of gestation.
28. (Q) Is pain in joint of large toe on right foot only due to overweight?
- (A) No; from the lack of the circulation throughout the extremities, as indicated. And the correction for same is to make a correction to the feet, as well as the correction in the lumbar area.
29. (Q) Is Squibbs tooth paste best for keeping teeth clean and in condition?
- (A) Ipana is much better than Squibb's, if used properly. Soda and Salt is better than either one; about an equal combination of salt and soda, dampened.
30. (Q) Is peroxide solution good for keeping gums in condition, also for eliminating bad smelling breath due to onions?
- (A) Listerine is better as an antiseptic in this direction, or the use of the equal combination of salt and soda as a massage and as a wash. But as an antiseptic Listerine is the better, as we find.
31. (Q) Is hair being treated correctly with the Drene Shampoo at home and the oil treatments at the hair dresser's?
- (A) Very good.
32. (Q) Is the glandular system in such condition to properly assimilate the foods to prevent deterioration of teeth and hair?
- (A) As indicated, there is the need for some stimulation to the thyroid, which acts directly with both the formation of teeth and nails, as well as hair. Thus the increase in the food values carrying iodine, or especially sea foods of all kinds, would be advisable for the body. Not to excess, to be sure, but to keep the better balance-which will be indicated by a better smoothness of the skin and a better gloss to the hair, as well as better conditions for the nails.
33. (Q) Is blood pressure still too high?
- (A) Owing to the pressures indicated, it is too high.
34. (Q) Is there any other way to reduce it except by losing weight?
- (A) Making those corrections as indicated in combination with same.
35. (Q) Should the pliability of the body be accomplished only by treatments of an osteopath?
- (A) A hydrotherapist [physiotherapist?] as combined with the osteopath. [See 457-12, Par. 39-A on 5/25/42.]
36. (Q) Should certain exercises be done also?
- (A) Those as would be indicated, -walking is the best exercise; of course, bending, or the regular setting-up exercises are good.
37. (Q) Does the flow from the ovary vary in period and duration from one month to another?
- (A) To be sure.

38. (Q) Is conception at this time inevitable or can mental or spiritual prevent union?
(A) Can prevent union, but remember-the spirit moves from within.
39. (Q) Or does it occur at a definite time?
(A) When He wills and the mind and all are set in order.
40. (Q) Does the soul chosen by God also determine the sex or is the sex of the child governed by a natural physical law?
(A) It is as a gift from the Maker, but follows a physical law, to be sure.
41. (Q) Is the suggestion which may be made towards the sex of the child mental or physical?
(A) It is rather of a spiritual nature, but remember the mental or the mind is ever the builder.
42. (Q) Would the greater positivity of the woman attract a child of the male sex?
(A) To be sure. These vary according to the number of the electrons about any given center.
43. (Q) Does intercourse while carrying child interfere with the physical or spiritual development of the child?
(A) After three months, yes.
44. (Q) Can exercise be continued during pregnancy? Also daily housework?
(A) Normal exercise should be continued throughout pregnancy; else there's very apt to become static somewhere in body.
45. (Q) Can gardening be done during that time?
(A) Can be very well done. Keep in the open and close to nature, -this is the better way of activity.
46. (Q) Is it necessary or best to go to the Philadelphia Osteopathic Hospital for the delivery, or is it too early to determine this at present?
(A) This will depend much upon the general conditions. This is an excellent place, however.
47. (Q) Is there an osteopathic obstetrician in New York or Yonkers to take care of body before birth, or isn't it necessary since body has received all this information?
(A) It is best to have such, and same may be located by the telephone book, or through some sympathetic physician who may already be giving such treatments.
48. (Q) Do grapefruit and lemon contain Vitamin B?
(A) Very little; more of C.
49. (Q) Do carrots carry this Vitamin B? Does it make any difference whether they are raw or cooked?
(A) They do. If cooked, be sure they are cooked in their own juices to preserve the greater portion of same, but there's quite a variation as to that that is released for digestive forces by being cooked. There are periods when they are better assimilated cooked than raw, but the juices are the source of the vitamin-and that, of course, close to the skin.
50. (Q) Are there any whole grain cereals containing Vitamin B which are not too much starch for this body?
(A) Oats are the better sources, -oats and barley. [Maltex?]
51. (Q) Among the meat foods that may be taken, can lamb, veal and well done beef be included?
(A) Beef may be included at times, but not too often.

52. (Q) Do raw foods carry more of the calcium; such as lettuce, cabbage, carrots and cauliflower? Does cooking destroy the calcium in foods?

(A) To be sure. At times, but if the cooking is done in Patapar Paper, so that all the juices are saved with same, then these are just as well-and, as indicated-at times more preferable, for they are more easily assimilated, and especially so during pregnancy.

53. (Q) Is there anything else besides information given which is necessary for body to do or to know for the best physical development both of body itself and child?

(A) Much instruction has been prepared by those not only of these schools but certain clinics; and these would be well to compare with this information and in meeting the needs as arise from day to day.

54. (Q) Could any further advice be given in a joint physical reading with body's husband? [Mr. [412]]

(A) Not necessarily; not other than that as may be given that may be correlated.

55. (Q) Any other advice at this time?

(A) Remember, it is the purpose and the ideal that counts. THAT hold to!

56. We are through for the present.

REPORTS OF READING 457-9 F 34

R1. 5/21/42 P.M. See continuation of her questions and EC's answers-457-10.

R2. 7/72 FAMILY CIRCLE magazine, Here's News in Medicine, by Lawrence Galton:
[Read in connection with 457-9, Par. 43-A.]

SEX IN PREGNANCY

CAN SEX LATE in pregnancy have undesirable effects on the course of pregnancy? Of 200 women studied by Dr. R. C. Goodlin and a Stanford University School of Medicine team, 70 percent reported that they had experienced orgasm during the last six months of pregnancy. Of possible significance was the experience of women who had orgasm after the 32nd week of pregnancy; in comparison with others who did not, these women had a significantly higher rate of premature birth. Even among some of the women who delivered at the normal time, orgasm occasionally was responsible for painful uterine contractions or lower abdominal discomfort during pregnancy.

Obstetrics & Gynecology: Vol. 38, page 916.

PARENTHOOD CIRCULATING FILE

INDEX OF READING 457-10 F 34

Bible: Books Of: II Corinthians 5: 8	Par. 5
: Deuteronomy 6: 4	Par. 21-A
: Genesis 1: 22	Par. 13-A
: Genesis 1: 28	Par. 13-A
: Genesis 8: 17	Par. 13-A
: Genesis 9: 7	Par. 13-A
: Genesis 35: 11	Par. 13-A
: Luke 6: 38	Par. 15-A
: Mark 4: 24	Par. 15-A
: Mark 12: 29	Par. 21-A
: Matthew 7: 2	Par. 15-A
: Romans 8: 16	Par. 22-A
: Characters: Hannah	Par. 8, 11-A
: Study: Deuteronomy 30: Pregnancy	Par. 14-A
: John 14-- 17:	Par. 14-A
: Samuel:	Par. 14-A
 Birth: Spiritual: General	 Par. 16-A

HOME & MARRIAGE: PARENTHOOD: PREPARATION

Names	Par. 22-A-26-A
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BACKGROUND OF READING 457-10 F 34

B1. See 457-9 in A.M. of 5/21/42.

TEXT OF READING 457-10 F 34

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of May, 1942, in accordance with request made by the self-Mrs. [457], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3: 35 to 4: 05 P. M. Eastern War Time. New York City.

1. GC: You will have before you the entity, [457], ..., N.Y.C., who seeks a Mental and Spiritual Reading, keeping in mind preparation of the entity's mind and spiritual forces for the creation and best development of a child; answering the questions she has submitted, as I ask them:
2. EC: Yes, we have the body, the entity's mind and body, the desires and purposes and aims.
3. In giving information, or in answering questions respecting mental and spiritual attitudes, all of these should be approached from THIS basis of reasoning, -especially as preparations are made in body, mind and spirit for a soul's entrance into the material plane.
4. While as an individual entity, [457], presents the fact of a body, a mind, a soul, -it has been given as a promise, as an opportunity to man through coition, to furnish, to create a channel through which the Creator, God, may give to individuals the opportunity of seeing, experiencing His handiwork.
5. Thus the greater preparation that may be made, in earnest, in truth, in offering self as a channel, is first physical, then the mental attitude; knowing that God, the Creator, will supply that character, that nature may have its course in being and in bringing into material manifestation a soul. For, in being absent from a physical body a soul is in the presence of its Maker.
6. Then, know the attitude of mind of self, of the companion, in creating the opportunity; for it depends upon the state of attitude as to the nature, the character that may be brought into material experience.
7. Leave THEN the spiritual aspects to God. Prepare the mental and the physical body, according to the nature, the character of that soul being sought.
8. The fact that there has been in the experience of this entity and its companion the mind of doubt, because of material needs and because of mental aspects as may have been or might be a heritage physically, has delayed or prevented such activities. Remember, there is an example of such in the Scripture that the entity would do well to study, to analyze; not merely as a historical fact but the attitude not only of Hannah but of those about the entity who doubted the purpose.
9. Then, in that same attitude as that entity may this entity in that way bring those activities as may best endow self, as well as the offspring, to be a messenger, a channel to the glory of God and to the honor of self. [See 457-10, Par. R4.]
10. Ready for questions.

11. (Q) Is it right to bring a child into being in a world such as we have today, even though it may never know a normal life but only one of war and killing and anger and hate?

(A) The doubt as created in the self, from the very asking of such a question, may be answered best in considering the attitude, the conditions which existed in those people's minds and activities at the period given as an example. If that does not answer, then to this entity it cannot be answered.

12. (Q) Should any thought be given to the possibility of draft of the [planned baby's] father [Mr. [412]]?

(A) Whether this has the correct attitude, in whether this is to be a duty, an obligation or an opportunity of the father, -this, too, must be settled in self's own mind.

13. (Q) Has there been much lost in spiritual development in these past years of absorption in material existence, or was this experience a necessary foundation for that yet to come?

(A) It can be MADE such, as an experience needed. If it is used as an excuse, if it is used as something to shield self and companion, then it is lost. If it is used as the opportunity, now, for fulfilling the purpose, it is gain. For, what is the first command by the Creator to man? "Be thou fruitful and multiply." Yet this sets a natural law, a mental law, a spiritual law in motion, according to whether such activity is for the gratification of the flesh, of the mental self, or the fulfilling of a COMPLETE relationship to the Creative Forces.

14. (Q) Should I read any books for my spiritual development besides "A Search for God"?

(A) Read the Book of all books, -especially Deuteronomy 30, and Samuel- considering especially the attitude of Hannah, the conditions, the circumstances which existed not only as to its relationship to its husband and to other companions, but as to the needs for spiritual awakening in that experience-which exist in the world and the earth today.

If the entity can and will so place self, and then studying John 14, 15, 16 and 17, -can ye make yourself as one with Him? These, as combined with the study of the preparation physically, may give the understanding; not as duty but an OPPORTUNITY to be a handmaid of the Lord.

15. (Q) Do thoughts of future mother have any direct effect or influence on soul attracted to be her child?

(A) This should be, as ever, left in the hands of the Creator. Prepare the self mentally and physically, and leave that to the Lord; not merely passively but actively, knowing that in the same measure ye mete to others ye mete to thy Maker. Then, what manner of soul are ye attracting?

16. (Q) Does soul enter child at conception or birth or in between?

(A) It may at the first moment of breath; it may some hours before birth; it may many hours after birth. This depends upon that condition, that environ surrounding the circumstance.

17. (Q) Are there souls waiting on the other side to come to this world as my children?

(A) If the opportunity is offered, they will come.

18. (Q) Is it possible to influence this selection by the mental or spiritual thoughts of the prospective mother?

(A) These should be, as indicated, left to the will, the purpose of the Father-God. What do ye seek? That such shall be a channel of blessings to others, or to satisfy or gratify thine own desires, or that ye in thy desire may fulfil the whole purpose HE, thy Maker, may have with thee? Art thou willing to pay the price for such?

19. (Q) While carrying the child do thoughts and impressions have any effect on the child?

(A) To be sure. Thus, if surrounded with beauty, the more beauty there may be. Hast thou not read how that when Mary spoke to Elizabeth, the child leaped within the womb?

20. (Q) Do emotions such as fright, excitement, etc., have any effect on the child?

(A) Depends upon how much of this goes beyond the real purpose of the individual entity caring for, or carrying, the child.

21. (Q) Is not the mother when carrying a child very close to God?

(A) If she puts herself so! If not, it is merely a physical condition. It's a law-universal law, mental AND material. It may be either, or any, or all. Remember, the Lord thy God is One.

22. (Q) What is the meaning of names? I have been told that Martha should be my real name. Is there a reason why?

(A) This comes rather as to the minds and purposes of those who give names to their offspring. Names, to be sure, have their meaning, but as given by the poet, a rose by any other name would be just as beautiful or just as sweet. So may such be said of these. Yet, as given by Him, names have their meaning, and these depend upon the purposes when such are bestowed upon an individual entity entering the earth's plane.

Have ye not understood how that in various experiences individuals, as their purposes or attitudes or desires were indicated, had their names henceforth called a complete or full name meaning or indicating the purpose to which the individual entity or soul had been called? So, all of these have their part. They are not ALL, as indicated. For, ALL is one. One is all, but each individual is impressed by the various phases of man's consciousness in materiality. These, as we find, have varying degrees of effect upon the consciousness or the awareness of individuals.

For, "My Spirit beareth witness with thy spirit" is complete in itself.

23. (Q) Do names have a spiritual influence on people?

(A) As has just been given.

24. (Q) Would it make any difference to me whether called [457] or Martha?

(A) Depends upon how the individual associates names with same.

25. (Q) When would it be best to choose a name for the child?

(A) When ye have determined as to the purpose to which ye hope, and which ye will, which ye are willing to dedicate same.

26. (Q) Does this have anything to do with the time when soul enters new body?

(A) Nothing.

27. (Q) Is the little boy Mr. Cayce saw, as a vision, with me, still waiting to come as my child? [See 457-3, Par. 18-A, and Reports listing EC's vision.]

(A) This may depend upon the attitude of the individual.

28. (Q) Is there anything besides prayer and meditation which I can do for my spiritual development and for this new soul?

(A) As has been outlined, the study of various phases of experiences of individuals through their relationship to Creative Forces, and their relationship to their fellow man.

For, remember, the soul that is brought into the earth is only lent to thee by the Lord. And the impressions, and that purpose that ye build into that, is that ye send back to thy Maker in the end.

29. We are through for the present.

REPORTS OF READING 457-10 F 34

R1. Ques. submitted that were answered without being asked: In what other way can I prepare for this creative force? What am I afraid of? Is it the physical or mental or spiritual capacity for this responsibility? Could any further advice be given in a joint mental and spiritual reading with my husband?

R2. 8/13/42 "No news as yet. Expect to write for another reading soon."

R3. 9/3/42 See 457-11.

R4. See 457-11, Par. 31-A— 33-A on 9/3/42.

R5. 8/20/43 "I'm looking forward to the baby's Life Reading [See 3172-1.] I wonder how she is to take an important part like Hannah's son, since she is a girl."

INDEX OF READING 457-11 F 34

Bible: Books Of: James 1: 27	Par. 36-A
: II Timothy 2: 15	Par. 36-A
: Characters: Hannah	Par. 4, 33-A
: Isaac	Par. 32-A, 33-A
: Rachel	Par. 4
: Samuel	Par. 31-A-33-A
: Sarah	Par. 4
 Child Training	 Par. 31-A
 CONCEPTION: GENERAL	
 Doctors Suggested: Coulter, George N.: D.O.	 Par. 21-A, 22-A, R3
 Feet: Ankles: Spine: Subluxations	 Par. 30-A
 Glands: Pineal: Conception	 Par. 27-A
 Hypertension: Eliminations: Poor	 Par. 26-A
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 Mouthwash: Ipsab	 Par. 29-A
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 Osteopathy: Relaxation	 Par. 28-A
 Prescriptions: Calcios: Pregnancy	 Par. 23-A
 Sex: Intercourse: After Effects	 Par. 13-A
 Teeth: Toothpaste: Salt & Soda	 Par. 29-A

BACKGROUND OF READING 457-11 F 34

B1. See 457-10 on 5/21/42.

B2. 8/25/42 She submitted further questions.

TEXT OF READING 457-11 F 34

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of September, 1942, in accordance with request made by the self-Mrs. [457], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3: 45 to 4: 10 P. M. Eastern War Time. New York City.

1. GC: You will have before you the body and mind of [457] ..., N.Y.C., who seeks physical, mental and spiritual advice and guidance, keeping in mind the preparation for the creation and best development of a child. You will answer the questions she submits, as I ask them:

2. EC: Yes, we have the body, the enquiring mind, [457].

3. As the body considers those conditions, physical, mental and spiritual development and unfoldment, - for body to prepare self is not merely a pathological or a physical relationship.

4. As has been indicated, as may be read by the body, and as the body may know in those experiences of Sarah, Rachel and Hannah, - conception is a gift of God; it should ever be considered such.

5. And with such ideals may the body make itself a fit channel, and not merely considering it as of a physical act.

6. Ready for questions.

7. (Q) Why has conception not taken place?

(A) Ask self! For, in the light of such as we have just indicated, only in self may the answer come. Has God seen fit to give thee that thou seekest? Hast thou prepared thyself as a worthy channel of His consideration? Only self may answer.

8. (Q) Was there not enough time allowed before the menstruation?

(A) This is not a matter of purely a physical act. Do not consider same from that angle alone; else it will be to thine own undoing.

9. (Q) Is there any way to tell when the flow from the ovary is taking place?

(A) Not as yet has such been discovered! This may only be given by the grace and mercy of God. True, it is a pathological condition, that through certain periods or times takes place, - this is a law of nature. Conception is a law of God.

10. (Q) Is it not important to know the time that conception takes place.

(A) This may not be known until there has been sufficient time for the meeting of the sperm and the activities in the body of self; and this only by the pathological effect created.

11. (Q) Is it the general purpose of the parents all the time that is important and the moment that conception takes place doesn't make any difference?

(A) This is considering such only from a physical angle, and it is not such at all - if a body is to be a worthy channel for one of His own.

12. (Q) Also the attitude, is it important at moment of conception or rather the daily and continuous attitude of both parents?

(A) Attitude is as necessary as the act itself.

13. (Q) Does the semen have any direct effect on the physical body of the woman? Is it absorbed by the body?

(A) No. It only has effect upon the ovum, and that brings about - from a physical standpoint - conception. Only when it is pierced by same.

14. (Q) During the three months after conception, then, would it make any difference physically or mentally to mother or child if the pessary is used or not used?

(A) It makes no difference, provided there has been complete conception.

15. (Q) Does the douche of bi-carbonate of soda before intercourse have any effect on the sex of the child?

(A) The sex of the child depends upon the attitudes of the individuals, and especially those held by the mother. As to whether it is the male or female oft may depend upon the discharge of the opposite sex. That of the mother brings the son, that of the father brings the daughter. They are opposites.

16. (Q) Is the sex of child determined at conception or developed later?

(A) It may be determined at least six to ten years after birth, in some instances. Hence it is not at conception, but dependent upon the growth or the cycle of that vibration set about that produces the conception.

17. (Q) Is it wrong for mankind to seek a way of determining the sex of a child?

(A) Depends upon what he does with it. Knowledge of itself is not wrong; it is the application of same that becomes sin.

18. (Q) In what way should a hydrotherapist be used to accomplish the pliability of the body?

(A) It's more the mechanotherapy, or osteopathic, than the hydrotherapy or a masseuse, or the osteopath.

19. (Q) Is there anything besides hog meat that causes the chemical changes which bring gases in the body?

(A) This depends upon the chemical body, and the chemical reaction of the body. Yes, there are many other things. Various things will under various circumstances produce gases in body.

20. (Q) Should lamb and veal be included in meat foods eaten or not?

(A) Lamb and veal may be included at times.

21. (Q) Is present osteopath, Dr. George N. Coulter, 18 East 41st St., satisfactory for treatments?

(A) Very good.

22. (Q) Can he also take care of body during pregnancy?

(A) He can.

23. (Q) Is milk a good source of calcium for this body? Will it not tend to be fattening?

(A) Depends upon the character of milk, as to how it is sterilized, as to how it is taken or used. Milk is one of the greater sources for calcium. If there is the desire, or the fear of the body (and who are you thinking of? self or the child?), - if these are considered, or if there is the desire, CALCIOS may be added in a form to supply calcium for the body.

24. (Q) Are eyes still in good condition?

(A) Very good.

25. (Q) Has blood pressure really gone down so much?

(A) It is very little above normal at present.

26. (Q) What caused it to go down? The vacation with its unusual amount of exercise and fresh air?

(A) The cleansing of the body forces. This, from this body, is produced from a colon irritation.

27. (Q) Is the pineal gland which determines the physical stature and mental capacity, influenced by the desires and purposes of the parents before conception or after?

(A) Before, during the period, and afterward. Read those instructions that have been given as to how this is that portion that reaches out first from the first meeting of conception, and forms that other sense of the balance that produces the positive and negative forces that bring about influences in the creating of the form and development of the body.

28. (Q) Are there any specific suggestions for osteopathic treatments now?

(A) The relaxing of the muscular forces, not stimulating but relaxing of the muscular forces from the lumbar axis to the 6th and 7th dorsal.

29. (Q) What causes the gray film on teeth?

(A) The chemical balance in the system and the throw-off or discharge from breath in the lungs. This is a source from which drosses are relieved from the system, and thus passing through the teeth produce same on the teeth. Keeping such cleansed with an equal combination of soda and salt at least three to four times a week will cleanse these of this disturbance. The use of Ipsab as a wash for mouth and gums will further aid in keeping these conditions cleansed; and any good dentifrice once or twice a day.

30. (Q) What causes the swollen ankles at times?

(A) Have we not just given as to where the relaxing should be, as of those pressures in the lumbar axis, which are the sources from which impulses arise for the general circulation through the lower limbs? Standing on the feet a long period, and such, has brought about these disturbances at times.

31. (Q) Hannah turned over her first son to a priest to bring up. Is that feasible today or should I try to bring him up in the way of God myself? [See 457-10, Par. 8, 9, on 5/21/42.]

(A) This must be dependent upon the body itself. The conditions and circumstances surrounding such today are not the same as in those periods. But there may be those administrations, or the giving over of the body at those periods such as Samuel was given, for complete education; which is indicated in certain types of schools that are organized throughout the land in the present.

32. (Q) Where is the first failure which brought about such men as Samuel and Isaac [See [281] series on glands] (In failing to pass on to their offspring same unity of purpose, etc.)?

(A) (Interrupting) Not a failure; it is being wholly in accord with God's purposes with the individual. Man expects to have God to work according to man's idea as to when. God takes His time.

33. (Q) Was it in the original conception of Samuel and Isaac or in their bringing up afterwards?

(A) As has been indicated, these were dedicated to the Lord, God. HIS time is not man's time. This is indicated in the birth of Isaac, also in the birth of Samuel. For, there is

little or nothing that changed the pathological effects in the life or experience of Hannah after the birth of Samuel. It was purely, then, a physical condition. But having dedicated, having promised those things to God-God's promises to man, in God's own time-these were fulfilled. The same as they were with Samson, as well as with Isaac and Samuel.

34. (Q) Do names today express purposes or attitudes or desires as much as they formerly did?

(A) Such things are not changed; it is the stress individuals put upon same. The power any name has is that indicated by the spirit of the individuals giving such an import or intent. In itself it has none. Only that which is given, see?

35. (Q) How can one know what purpose or meaning a name expresses?

(A) That, what you give it!

36. (Q) Any other suggestions for the body at this time?

(A) Study to show thyself approved unto the ideal ye have chosen; rightly divining and dividing the words of truth, keeping self unspotted from the world; condemning none.

37. We are through for the present.

REPORTS OF READING 457-11 F 34

R1. 9/14/42 [457]'s letter:

Mr. Edgar Cayce Arctic Crescent, Virginia Beach, Va.

Dear Mr. Cayce,

"Thanks so much for your letter.

"The readings were very wonderful. We are trying to read them over and over to see whether we can get to the underlying message. One has to be so careful to put the question right. Some of the questions I really meant from a spiritual point of view and the answer indicated that I was asking from the physical.

"Perhaps you have noticed from the readings that what I really was trying to get at is whether the particular moment is important or whether it is the thoughts and attitudes and purposes we both have all the time. I had always thought in the past that the very moment was important-the vibrations set in motion at that moment. But in that case you would have to know ahead of time when that moment takes place.

"Now I get the impression from the readings that the moment doesn't make any difference. That we must both try to raise our mental attitude all the time and make up our minds as to the purposes and ideals we hold. Perhaps even in the matter of sex it is not so much the rate of vibrations set in motion at the particular moment but before and even after.

"I just do so want to give my child the full benefit of all the knowledge that we have acquired physically, mentally, and spiritually in all these past years. He should be closer to God than we in our childhood and stay close as he grows up.

"Have written Gladys about the books and the Meditation circular. Have sent check also so she will take care of it.

"Thank you again for your help."

Love, [457]

R2. 9/24/42 See husband's reading 412-15 in re business, general, etc.

PARENTHOOD CIRCULATING FILE

R3. 1/14/43 letter to Mrs. [457]:

Dr. Geo. N. Coulter Osteopathic Physician

18 East 41st Street New York

LExington 2-4142

Name - Mrs. [457]

I have treated this patient twice a week for the condition described in her readings. The findings have been accurate. I believe she has realized the purpose of correcting this condition and is now pregnant. She has missed her last menstrual period and shows some of the signs of early pregnancy.

If she has not told you of this I know you will be glad to know the part you have taken in helping this woman realize her ambitions.

Signed, Geo. N. Coulter, D.O.

R4. 5/25/43 See 457-12.

R5. 8/19/43 Her baby daughter, [3172], was born.

INDEX OF READING 759-13 M 7

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Bible: Books Of: Deuteronomy 6:4	Par. 16-A
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:II Timothy 2:15	Par. 16-A
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Dentistry	Par. 10-A
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Prescriptions: Haliver Oil	Par. 11-A, 12-A

BACKGROUND OF READING 759-13 M 7

B1. See 759-12 on 7/31/36.

TEXT OF READING 759-13 M 7 (Hebrew)

This psychic reading given by Edgar Cayce at the home of David E. Kahn, 20 Woods Lane, Scarsdale, N.Y., this 23rd day of November, 1936, in accordance with request made by the mother - Mrs. [903], Active Member of the Association for Research & Enlightenment, Inc., Virginia Beach, Va.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [903].

R E A D I N G

Time of Reading 12:15 to 12:45 P. M. Eastern Standard Time. ..., N.Y.

(Physical Suggestion)

1. EC: Yes, we have the body here, [759], this we have had before.
2. There are many changes in the general physical forces of the body since last we had same here.
3. In the main, as we find, the body is very good in its physical and in its mental developments.
4. True, the shocks to the whole structural portion of the body have been such that, if there were the more perfect alignment along the cerebrospinal system, the removal of some pressures that exist in the upper cervical and dorsal area, an adjustment occasionally in the axis of the lumbar center, these would prevent much of that tendency for the nervous reactions - and prevent disturbances later on.
5. These should be preferably given, a thorough treatment once a month for three or four months. This would be better than two to three times a week for a week or so and then leaving off.
6. As we find, in the physical forces in the present, these are all that is needed for making for almost a perfectly normal reacting body, mentally and physically.
7. These we would do.
8. Ready for questions.
9. (Q) What should be his proper height at this time? [GD's note: He was of rather small stature and not as tall as his mother thought he should be for one his age.]
(A) The height of an individual or an entity depends, to be sure, upon the activity of the pineal AND its correlation with the adrenals of the body; this using or maintaining its activity from the first impulse even in the ratio of activity at conception.
Though this may be aided and stimulated by the addition or injection or applications in such a manner of mechanical natures to INCREASE the flow of activity of this glandular system, in this body - as we find in the present, according to these ratios as has been indicated - it is almost normal in its height.
But if there are the pressures removed along the cerebro- spinal system, this would then make for such changes as to make the growth in height NORMAL. This is much preferable for normalcy in a physical developing body.
10. (Q) Should the infected tooth be removed?
(A) Not in the present, especially as this has a bearing upon the nervous reactions from the body. If there are those adjustments and corrections, as we would find, the flow

of nerve energy, the flow of assimilated forces in the body would be then nearer normal, and the normal reactions would occur.

And then when it becomes necessary, either by the formation or by the activities of the system, for its removal, it would be much less disturbing to the body.

Well to have it inspected at regular intervals, at least a month or three months apart; that as changes are wrought in the system there are no hindrances produced by the formation of permanent activities for those in the present.

11. (Q) Should Haliver Oil with Viosterol be given?

(A) In this body it is very good, as the activities of same require the necessary forces as are found in this combination for the development in the form of the reactions in same in the body.

12. (Q) How often should this be given, and how many a day?

(A) All such properties that add to the system are more efficacious if they are given for periods, left off for periods and begun again. For if the system comes to rely upon such influences wholly, it ceases to produce the vitamins even though the food values may be kept normally balanced.

And it's much better that these be produced in the body from the normal development than supplied mechanically; for nature is much better YET than science!

This as we find then, given twice a day for two or three weeks, left off a week and then begun again, especially through the winter months, would be much more effective with the body.

13. (Q) Is the guidance by his mother in direction with his needs? [See 759-1, Life Reading, on 3/20/29.]

(A) These directions as we find are excellent, and if they are kept ever in the reasoning with the body in constructive influences and forces, these will produce in the mental building a well-balanced, a well-directed mental force.

And know that the mental IS the builder, in character, in nature, in characteristics, in spirituality, in morality, and all influences that direct. For it, the mind, is both physical AND spiritual.

Emphasize, then, those reactions that are beginning to arise in the experience of this developing mind; the response to things material and things emotional and spiritual and that there is not to be a repression by force or to induce the body other than direction as to what it should think and as to how it shall give expression to same.

But make for ever the companionableness, so that there may ever be the seeking by the developing mind for counsel, for guidance; and for the answering of why the thoughts arise under various circumstances as to conditions in the physical body, the physical relationships, the mental activities and the mental reactions.

For to keep such is to give and to be in the position of FULFILLING the purposes whereunto one is dependent upon the other.

For it is a unison of desire that brings a seeking at any time for expression, and NOT in COMBATIVE reactions at all! For when there is the combative self-assertion, egotism and selfishness rise to the forefront AS that ordinarily known as self-protection-which is a first law.

But as long as there is kept that unison, correct - as long as there is that GREAT activity which all should know. If the world will ever know its best, it must learn COOPERATION!

14. (Q) How can he be taught to express his finer and deeper feelings?

(A) In just the manner that has been given, is keeping not only the confidence but in answering the constant seeking for the answers to the emotions of every nature that arise in the experience of the developing mind.

15. (Q) Which parent would have the greater influence with the body at the present time?

(A) Depends upon which one exercises the more in those very phases of its experience in answering those questions that ever arise. As the natural consequence, those that are the more often or the more closely associated should excel and manifest the greater activity.

But if there is not the cooperation on the part of each, as WELL as that taught to the developing mind, ye destroy the purpose of either or the whole!

16. (Q) Give father [257] specific guidance as to how he can direct this child.

(A) Study first in self (the father) to show self approved unto its ideals and NOT to TRADITION! "For of tradition," as the Lord hath given, "I AM DONE!" But with purposefulness of knowing and giving the better reaction.

For as the developing mind is reaching that with its studies, its readings, towards hero-worship - unless self (the father or the mother) can REMAIN the hero, you fail in meeting the full needs of the developing mind.

This is done then first in showing self approved unto that which is the ideal in spirituality, in self!

And let that be rather the guide, ever, in FORMING the relationships, the associations in the daily life.

For remember, the mind and the body is a growing thing. GROW with same!

Unless that growth is apparent, then the parent becomes to the growing mind a "back number," and out of date.

Hence the parents should grow with, be companionable with, cooperate with, all the surroundings.

To deny the daily activities, the daily instructions in school as being passé' or forward is to create a barrier between the child and the parent.

All must be then cooperative.

To deny or to build a barrier between one parent and another in its correction, then this again builds a barrier. And they (the children) cannot love two masters. They (the parents) must be ONE!

Well that the world would learn that given of old, "Know (O Parents) O Israel, the Lord thy God is ONE!"

And unless the purpose of all those that aid, all those that guide, all those that direct the developing life of a soul are ONE, they build destructive forces in its (the soul's) experience.

Not that problems do not arise in the experience of each; the father, the child, the mother, the instructor. Yet ever if these are as ONE, His promises - God's promises - BECOME effective.

Yet if there is the attempt - as has been indicated - to have SELF'S way (the egotism, the self-expression), ye defeat the First Law.

17. (Q) Should he be forbidden to play with fire, or should that curiosity be directed - if so, how?

(A) This is an element (Fire), and an elemental, and an experience in the activity of every individual.

The entity then must learn its lesson. Take in consideration that as has been given. Forbidding creates a barrier. Then DIRECTION as to its purposes, as to its benefits, as to its place in the experience of every soul is necessary. But as a toy, as a plaything, this then becomes taboo; and should be handled, should be directed, counseled with. Forbidding in the life of THIS entity, as in most others, becomes - WHAT TEMPTATION!

18. (Q) When should he start music lessons?

(A) In another year, at least - or sooner. In the Spring the better.

19. (Q) What instrument should he start with?

(A) The piano.

20. (Q) Should he go to Sunday School?

(A) The use of same, the environs of Sunday School, the needs of the spiritual life, should be a part of the education, a part of the counsel.

If there is then that answering within that seeks for the more knowledge and the greater associations with such, then go. But not by force nor by might, that "you HAVE to go."

21. (Q) The entity is not seeking as yet. Shall we wait until he desires to go?

(A) Determine rather within self, by that counsel - is it because of lack of the counsel as respecting same, or the lack of the answering from within? Then abide by that.

22. (Q) Any other advice regarding this entity?

(A) These influences kept physically, mentally in the experience, we will find a well-balanced body, mentally, physically, spiritually.

23. We are through with this reading.

REPORTS OF READING 759-13 M 7

R1. 5/3/37 See 759-14.

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BACKGROUND OF READING 830-2 M 20

B1. See 830-1 on 2/17/35, a Life Reading advising him to go to V.P.I.

TEXT OF READING 830-2 M 20 (Protestant)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 2nd day of January, 1937, in accordance with request made by the mother-Mrs. [811], through Active Membership of her husband in the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [830], Mrs. [811], Mr. [816] and Mr. [826].

R E A D I N G

Time of Reading 11: 30 to 12: 05 Noon Eastern Standard Time. Washington, D.C.

1. GC: You will have before you the body and enquiring mind of [811], present in this room, in regard to her son, [830], present in this room, and her desire to help him get started in his right line of preparation for his future work and best development in this life. You will advise her in regard to this, and answer questions which will be asked concerning same, as I ask them.
2. EC: Yes, we have the body, the enquiring mind, [811]; and the body, the enquiring mind of [830].
3. In counseling with an individual entity there are many conditions that are to be taken into consideration.
4. While the desire of the mother to aid is natural, is right, there must be the realization that the individual has his own life to live-and that even the great desire to aid may at times become a stumblingblock to another individual.
5. Then the greater aid is to counsel as respecting his purpose, his ideal.
6. For each soul enters the material plane for the manifesting of its individual application of an ideal in respect to the Creative Forces or Energies.
7. Each soul is then endowed by its Maker with that of choice, with that birthright.
8. And to live another's life, and to direct or counsel even-other than that which is in accord with that of choice, is to become rather a hindrance than an aid.
9. Hence the prayers of self, the counsel of self as respecting those things that are ideal in relationships to Creative Forces.
10. For there are no short cuts to knowledge, to wisdom, to understanding - these must be lived, must be experienced by each and every soul.
11. In counsel then, let thy yeas be yea and thy nays be nay.
12. The anxiety that has arisen in self has only unfit self, as well as oft brought confusion in the experience of the individual-the son; with the desire not to be averse to filling the requirements for the peace, the harmony-yet these bring oft to the entity confusions.
13. Rather then let that counsel be as given, in purpose, in sincerity. Insist that this be held as the ideal: SINCERITY in every activity, in every relationship. And whatever may be undertaken, do with all thy might, with an eye single to service to a LIVING God that may NOT in ANY manner be set aside.
14. For it is in Him that each soul lives, moves and has its being. And while a man may defy the laws of nature, defy even the laws of his Creator, he must pay and Pay and PAY!
15. For His purposes will not be defeated among His children.

16. And each soul must give an ACCOUNT of the deeds, of the purposes done in the body!

17. Hence in being sincere, in being in a purposefulness, in an unselfishness for both the mother, the son, shall be the attitude, the directing force. For these are well-pleasing in those influences that make for constructiveness in the experience of one soul with another.

18. And though our physical relationships may oft have the experiences or appearances of the desires for a MATERIAL advantage, for a material success-unless the soul and the real desire is founded in patience, long-suffering, gentleness, kindness-and most of all SINCERITY-we become stumblingblocks to others.

19. Ready for questions.

20. (Q) Why is he unable to sit still and study?

(A) A physical disturbance oft becomes the condition, and yet being under those adverse influences-the desires of the body to be active, to be creative in its own self override same; and combined with those pressures the hindrances become rather in the body being quiet or still.

These are not faults, but rather then USE them as stepping-stones for the better approach. HAVE the physical corrections made but DO NOT attempt to INSIST that there must be quiet! For it merely creates then that subjugation of the WILL; and the will once broken, the will once disturbed to that, it becomes rather that of a defiance.

For each soul, each mind, each entity is endowed with its choice. And the choice is the result of the application of self in relationships to that which is its ideal-and finds manifestation in what individuals call habit, or subconscious activity. Yet it has its inception in that of choice.

For to subjugate an individual soul to the will of another is to break that which is the greater power, the greater influence in the experience of the soul for its advancement. Consider for the moment, then, the desires, the promptings in the body, the mind, the soul of [830]:

As has been indicated, through the experiences of the entity in the earth, there are definite urges in given directions. These as has been indicated require rule, rote, for the entity to so conduct itself as to form habits-as it were-in given directions, as related to an engineering or directing influence.

Because the physical defects or suppressions in the body through those areas that affect the pineal and the adrenals are existent, then there are hindrances in the body being able to fulfill even that as is innate and a desire. For to be an architect or an engineer of such and such varied activities is innate, yet to force self to the rote, to the necessary requirements, becomes to the entity oft as unbearable experiences; and it reaches at times those expressions in self that "It isn't worth the effort." He would rather chuck the whole thing and just drift with the tide.

Then through corrective mechanical applications have those corrections made, and then if the corrections are such that the choice of the entity can be and is in those directions that have been indicated-well! If those activities then are such yet that the choice must be made of its own in the physical or material application, in labors that find an outlet for the activities, let the ENTITY choose! DO NOT force.

For God hath willed that every soul should be a material manifestation of His Force in the earth, but do you find it so? Man may oft defy the Maker, yet these may be such that eventually in the experiences of each soul these faults, these hindrances, MUST be MET! Hence it behooves those who are interested, those who have the welfare of this entity upon their hearts and souls, to first through the PHYSICAL means make as much reparation as possible.

But still in prayer, in thought, in desire; but not constantly picking at or suggesting or finding fault. For has thy Father, thy God, found fault with thee? Hath He not blessed thee rather in every undertaking; whether in those directions that were holy or partially or entirely opposed to His will? Be thou greater than He?

Give of thy love, give of thy patience, give of thy longsuffering. For that ye GIVE, that ye possess! That ye spend in arguments, in suggestions that are self-centered, ye never possess, ye never retain.

Then, keep the FAITH-as should the entity, the son; not in self but in the abilities of self to so ATTUNE the body, the mind, the soul to the Infinite that the best that may be manifested may come through the activities.

For ALL the glory is to that Infinite Power that works through us.

Do thy part; thy Maker will do His.

21. (Q) What was the reason for his lack of success in his studies at V.P.I., the school suggested in his Life Reading?

(A) As has been indicated, the lack of the ability-through physical disturbance-to concentrate. Not that there wasn't the consecration-but to concentrate! For the disturbances and the surroundings made for rather confusion.

22. (Q) What is suggested for him to do now?

(A) First we would have those physical corrections, as indicated, and then the choice must be made by the entity; as to whether it will so train, so rule, so govern self as to PREPARE its way for that as is innate, or as to whether the preparation will come through physical application in labor, in work.

23. (Q) Is it preferable for him to work instead of studying at college?

(A) This, as has just been indicated, must be a choice of the entity itself. But in two to three to four months corrections may be made, and in that period there may come again the opportunity for self-expression in an association and labor and connection. And then there will rise, through those expressions, the realization that there must be a more complete fitness for the work, the activity-or that it would follow in those directions already begun.

24. (Q) There is a possibility that he can obtain a position with the Telephone Company at Washington, D.C., or return to the Garwood Company at Detroit, or with an oil company with his friend in Texas. Are any of these advisable now, or is something else preferable?

(A) Remain with the Telephone Company or associate there where the opportunities for the CORRECTIONS PHYSICALLY may first be made. And then, after two to three to four months, choices may be made.

25. (Q) How can I, his mother [Mrs. [811]], be of the greatest help to him?

(A) As has been indicated, in counsel; but not in worry. In advice, but not in envy or strife; nor in any of that of such anxiety that ye create a mental barrier. For the duties of motherhood and the duties of a son are so akin that if the divine forces are kept in the

mind of each, their proper relationships, their proper activities become not a duty, not an obligation, but rather a loving influence that is constructive ever in the experience of each.

26. (Q) Are his living conditions alright?

(A) The adjustments of every individual, with an IDEAL, may ever fit him for WHATEVER surroundings there may be. Hence the advice, the counsel, is to KNOW SELF and WHAT IS THY IDEAL! Not in WHO or in what ye believe, but in WHOM YOU BELIEVE! And know HE is able to keep that thou hast committed unto Him against any experience that may arise in thy associations with thy fellow man. For what ye sow, ye must reap. And with what measure ye mete it shall be measured to thee again.

27. We are through.

REPORTS OF READING 830-2 M 20

R1. 1/3/37 He obtained a Physical Reading-830-3.

R2. 1/20/37 He obtained Ck. Physical 830-4.

R3. 9/20/58 His stepfather's brother, Mr. [826], told GD: "He flunked out of school because he said he just didn't like to 'sit'. His mother sent him to a mechanical school and he started to work in an airplane company; he has stayed with this firm and has become foreman. He is married and has children. He did not go into the Army but worked in the airplane company instead."

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BACKGROUND OF READING 903-6 F 26

B1. See previous readings.

B2. 6/9/28 She and her husband came for the reading, saying she thought she was pregnant.

TEXT OF READING 903-6 F 26

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of June, 1928, in accordance with request made by self - Mrs. [903].

P R E S E N T

Edgar Cayce; Mr. [257], Conductor; Gladys Davis, Steno. Dr. and Mrs. T. B. House, and Mrs. Cayce, and Mrs. [903].

R E A D I N G

Time of Reading 5: 40 P. M. Eastern Standard Time. New York City.

1. [257]: Now before you is the body of [903], present in this room. When you have located the body, you will go thoroughly over the body, give complete physical and mental reading, advising her the proper mental attitude to assume, and the proper physical attitude for her body, and we will ask you questions.

2. EC: Yes, we have the body here-this we have had before. Now, we find the body very good respecting physical conditions of the body. While there are changes taking place with and for the physical forces, these are of the natural development of conditions as respecting both physical and mental attitude of the body, and there needs be kept that same mental and physical attitude toward the developments that are arising, and will arise in the physical forces of the body, to bring about those normal conditions as have been outlined for the body. This the mental attitude of conditions, and developments are as the growth of the mental development of the body-dependent upon that which the body gives-physically and mentally-to the being dependent upon the body; for, as we find here, there is that full demonstration of how that life projects itself in a mental attitude, and is the continual growth of that projected; for the spiritual forces-which is the life-is as that projected, and that builded is the outcome of the attitude, and mental forces as well as physical of the body. Following those, then, with that same prayerful attitude as is and was attained in that union bringing about those conditions in and for the body. Ready for questions.

3. (Q) What should the diet for this body be?

(A) That of the well balanced diet that presents sufficient of those elements that build not only muscle, sinew, blood and bone, but that that builds mentally and spiritually; that is, the body physically fit. Keep body physically fit in the well balanced diet that does not present too much of any one element for developing conditions for the system. There is seen in that where proper attitude is kept, mentally and physically-and is as much dependent upon the father as the mother, IN ATTITUDE and that in same there is seen that the body requires those elements necessary to create the proper relationship in developing forces of a physically and mentally well balanced being.

4. (Q) What CAN the action and attitude of the husband take?

(A) That of the same relationships as brought about that projection of life, in love, affection, and not pampering-but in that of the attitude that brings contentment in not

gratification of desire alone, but of a well balanced condition wherein each are considered in whatever is undertaken or done.

5. (Q) Should the body be forced to eat at this time when she doesn't desire food?

(A) No. Never force ANY issue for the mental and physical well being for DEVELOPING body. Only keeping that of consistent regulation of thought and activity, for while desire without mental consistency may lead one-when it has borne fruit-into irregularity as respecting physical or mental attitude; hence consistency, regularity.

6. (Q) What exercise should the body take?

(A) These are as constant developments for any well being, well balanced body. Consistent exercise with conditions as develop. Walking exercise is well. The general conditions well. General social relations well. Yet these must ever be consistent with conditions as they arise.

7. (Q) Is the Dr. Geist, who lives at 300 Central Park West, New York City, the proper doctor to handle the well being of the body?

(A) Capable and efficient.

8. (Q) What books should the body read at this time?

(A) Nature the best book of all!

9. (Q) When is the sex of a child determined?

(A) In the activities of the life projected.

10. (Q) Has the sex already been determined of this being?

(A) Soon will be.

11. (Q) What will the sex be?

(A) As has been given.

12. (Q) When shall the body be expected?

(A) Full time. Thirty-forty days at present. Eight months-forty-twenty days. [Baby son, [759], was born 9: 13 A.M. on 2/15/29.]

13. (Q) Is there any other information for this body?

(A) These are at present those conditions. As the developments come about, may change as conditions arise. These are conditions as we find them at present with this body, [903], we are speaking of, and the developments as are inhibited within. There are some peculiar aspects to this particular condition at the present that would be well to consider as conditions arise in the developments; that is, that the body-with the proper attitude and with the proper consideration of the exercise-would NOT have trouble with kidney nor with the assimilations. This unusual-and an easy time for the body.

14. (Q) Should the body take any medicinal properties at this time?

(A) No.

15. (Q) What is good for the constipation from which this body suffers?

(A) At this present time that of exercise and of the Russian White Oil.

16. (Q) Should the body dance?

(A) Sure.

17. (Q) Should she take special dancing work?

(A) Rather that of the special exercise as relationship to these conditions, than special dancing lessons.

18. (Q) Should the body abstain from drinking alcoholic beverages?

(A) In moderation, for in moderation comes the better development of a well balanced body, both mental and physical.

PARENTHOOD CIRCULATING FILE

19. (Q) Should she attend musicals and theaters? Does it have an affect upon the body to come?

(A) Certainly!

20. (Q) Is it advisable at the present time for the body to attend?

(A) Very good in moderation. NOTHING to excess!

21. (Q) Should the body travel?

(A) In moderation, yes.

22. (Q) Are high heels harmful?

(A) For the body itself, yes. For that coming-not so much.

23. (Q) What can the body do to bring about the most normal and natural delivery without trouble to itself?

(A) Follow those suggestions as has been given, using common sense. We are through for the present.

REPORTS OF READING 903-6 F 26

R1. 8/16/28 See 903-7 in re advisability of trip, seasickness, etc.

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BACKGROUND OF READING 1436-3 F 27

B1. See 1436-1 and 1436-2, a Physical and a Life Reading.

B2. 9/4/37 Questions submitted, as prepared by her friend Mrs. [1402], asked in 1436-3.

TEXT OF READING 1436-3 F 27

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of September, 1937, in accordance with request made by the self-Miss [1436], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading ... Hotel, 4: 00 to 4: 35 P. M. Eastern Standard Time. New York City.

1. GC: You will give a Mental and Spiritual Reading for this entity with particular emphasis upon guidance that will enable her to direct her activities in the present. Consider the information given for this entity in Life Reading of Aug. 30, 1937, [1436-2], especially as relates to her work with colors. Answer questions.
2. EC: Yes, we have the desire of the mental self, [1436]; this we have had before.
3. Now in the information that has been given regarding the Physical, the Mental and the Spiritual self, there has-been outlined-in consideration of that given-the manner of activities as related to the mental and spiritual self.
4. These the entity has only begun to question, and only a portion has become a part of the daily experience.
5. Well then that these be the activities in respect to same:
6. As has been indicated for the body, until there is a much more normal physical reaction there CANNOT be a COORDINANT outlook or cooperative activity between the spiritual self and the mental self as related to physical activities.
7. Then, the first things FIRST-as has been indicated.
8. Use, in the surroundings and the activities, those suggestions that have been given for the improvement of the Physical being. [See 1436-1]
9. As has been indicated, there are in these applications those suggestions for the mental attitudes during given periods when there is the reaction from the use of those activities in the system that are able to make for better coordination and cooperation to the mental and spiritual and physical self. These need to be done FIRST!
10. Then when these have been accomplished, or within the next six weeks, these should be brought near to normal-if there is the application of self in the WHOLE of the manner that has been outlined; turning within for the mental and spiritual direction as would bring about the normal or more normal cooperation and coordination in the physical, mental and spiritual being of the entity.
11. Do that.
12. For, as has been indicated in the Life Reading from the activities of the entity and its development through the material appearances, much is expected, much may be accomplished by the entity.
13. WELL that all phases of the experiences of the associations be considered in relationships to these developments and preparations of the body-physical for the spiritual and mental application of the abilities.

14. Ready for questions.

15. (Q) For the sake of the treatments prescribed in my Physical Reading, should I remain in New York and for how long?

(A) As has been indicated, until the body has gained a physical and material and mental equilibrium. This should be accomplished in the next six to eight weeks to ten weeks, at least, IF there is the application of self in the right direction.

16. (Q) When these physical treatments are completed, just where is it best for me to live? Is there a better opportunity for me in Hollywood or in Europe, or just where?

(A) This should be determined by the attitude that is accomplished by the body during those periods of finding itself and its relationships to the associations and activities of the choices it makes.

As we find, the activities should lead to the association of the entity with those who are making special efforts and demonstration of activities of color as related to the moving picture or cinema activities.

This does not necessarily mean, then, that the work or the association at first is to be in Hollywood direct, but may become a part of same through the activities with those the entity may associate with-in the processes of these activities. See?

17. (Q) Would it be best to remain in the same apartment with my family for the present or try to borrow money enough to get a place for myself?

(A) It would be better to remain. If the environ is such that not only self is antagonistic to the family, or the family so antagonistic to the body but the self continuing to be antagonistic, then change. But if there is sought by the entity for not the differences that exist in the minds of the family and the associations but as to how the entity may be a help to those in the family in finding THEIR relationships to Creative Forces, this will make for the better surroundings, making the security of the entity in its abilities for stabilizing itself in a much surer and a much better means or manner. Separation would leave not only a grudge and an animosity and a feeling of spitefulness on the part of self but on the part of the family such as to build that which ye have learned or been taught to call KARMA.

In the mental and spiritual self and direction it has been shown thee how ye have gained, through those very activities by contact with LIFE ITSELF; how animosities, grudges, feelings of differentiations or the evaluation of activities in the experience must be-as in the present experience and associations-a PRACTICAL application of same.

To have the feeling of aloofness because of variations in the thoughts of the associations of the mental self, without consideration as to how the very conditions are brought about for the usefulness of all, is to lose sight of the very evaluation or activity of truth IN the experience of self!

Then as we find, if there is gained the proper insight from the information given as respecting the physical and mental and spiritual self, the application of same would be in the home or in that environ of same.

18. (Q) What is there wrong about my personality which is holding me back, physically, mentally?

(A) NOTHING, save the proper evaluation or value of experiences of every nature in their proper sphere of activity and relationships.

These EXTREMES that have come into the experience, that have made for the unbalancing of those very activities as we have given in regard to the physical forces of

the body as related to the mental and spiritual self, indicate just that as we have given-improper valuation in the experience.

KNOW that Life is God; Life in self then is God. Then the use of God in its relationships to others is to do to others what you would have others do to you, or have your GOD do to you! For as ye do it unto others ye are doing it to the God in YOURSELF! Thus you are by example as well as precept making for the true relationships to Creative Forces that may aid thee from without to the influence or force of God WITHIN self.

19. (Q) Please tell me if this is my own father in this appearance, and is Adolph my brother?

(A) Who is thy father, who is thy mother? They that do the things necessary in thy experience that ye may learn, that ye may know, thy HEAVENLY Father the better. These are thy material parents. Then aid THEM in seeing; NOT by preaching, NOT by mere precept, but by LIVING a normal, balanced, Godly life-among them!

20. (Q) Is there some karmic debt to be worked out with either or both and should I stay with them until I have made them feel more kindly toward me?

(A) These-What IS karmic debt? This ye have made a bugaboo! This ye have overbalanced within thyself! What is thy life but the gift of thy Maker that ye may be wholly one with Him?

Thy relationships to thy fellows through the various experiences in the earth come to be then in the light of what Creative Forces would be in thy relationships to the ACT ITSELF! And whether it be as individual activities to those who have individualized as thy father, thy mother, thy brother or the like, or others, it is merely self being MET, in relationships to that they THEMSELVES are working out and not a karmic debt BETWEEN but a karmic debt of SELF that may be worked out BETWEEN the associations that exist in the present! And this is true for every soul.

If ye will but take that as was given thee! "Neither do I condemn thee-neither do I condemn thee."

WHO GAVE THAT? LIFE ITSELF! Not a personality, not an individual alone; though individually spoken to the entity, to the soul that manifests itself in the present in the name called [1436]. This becomes then not an incident but as a LESSON, that ALL may learn! That is the reason, that is the purpose, that is why in the activity much should be expected, why much shall be endured, why much may be given, by the soul that has learned that God condemns not they that seek to know His face and BELIEVE!

Then it is not karma but in HIM that the debt is paid.

For who forgave thee thy material shortcomings, thy material errors, as judged by thy superiors at that experience in the material world?

Thy Lord, thy Master-THYSELF! For He stands in thy stead, before that WILLINGNESS of thy inner self, thy soul, to do good unto others; that willingness, that seeking is righteousness, if ye will but understand, if ye will but SEE-and FORGET the LAW that killeth but remember the spirit of forgiveness that makes alive!

21. (Q) Shall I concentrate on color as an aid to charm and beautiful effects and seek opportunities for giving short talks on this subject with the object of presenting it on the screen?

(A) This is very well.

22. (Q) Or should I try for radio work as a better medium or for lecture bookings?

(A) This is very well. As has been indicated, the work with those for the screen and for those activities that make for the activities in same are the more far-reaching, the more effective manner.

23. (Q) Please direct me to the sources where my opportunity may be found.

(A) The first OPPORTUNITY, the first source is WITHIN! After there has been the gaining of the control of self, the body-physical, the body-mental, and a normal equal balance, THEN we will see the conditions opened for thee!

24. (Q) What specific studies should I undertake regarding color?

(A) FIRST study SELF! in relationship to the Creative Forces, as has been the direction. Or the study of auras as related to the individual life, the individual expression in others. For this, as has been pointed out, was the greater portion of the physical activity in the material plane for giving out by the entity during the Egyptian period. Hence this as applied to material things, or as to commercial value within self, becomes the means, the manners, the way through which this may be given out the most.

25. (Q) In the study of auras, just specifically what should be my approach as suggested in the Life Reading?

(A) Find first that as is within self, and then the associates day by day; until there is gained a more complete or better understanding of what these (that is, auras) represent in the individual-THEIR-activities daily!

26. (Q) Would it be wise for me to undertake a study of photography from the technical angle in relation to color?

(A) This would come later. First learn the basic forces or basic principles of same as related to the bodily forces. Then later they become the activities or the associations in photography. For as has been indicated, if the associations are to be with the moving picture or cinema field, this necessarily becomes a basic force or principle for the very activity. But it would also be well to learn the activity of the etheronic and the vibrations of the body, for these are they that produce color, that produce aura, that produce the activities seen AS color.

27. (Q) Will it be helpful and can it be made a source of income if I learn to operate the radionics and aetheronics instruments?

(A) These would be helpful, and naturally may be made to become a source of income. But learn these not from the standpoint of source of income only; for oft one defeats self by gaining that which is to supply one portion of the body and lets the rest of it go hungry. Such individuals become then failures, and cannot help but become so-unless there is the response or quickening or vibration in relation to self in the use of same for a helpful thing in the experience. If it has not proven so in thine OWN experience, leave it alone!

28. (Q) Where should I go for a study of color-the pyramids offer one source-should I go more carefully into this or seek elsewhere? Please give me definite information regarding the best sources for my study of color.

(A) Go more carefully FIRST-Do the first things first! Learn that within self, thy OWN relationships to same! Then the color as given from the pyramid studies-but if-What is the source of these? Remember, as has been given to thee as well as to all-KNOW in WHOM ye believe as well as in WHAT ye believe!

Because there have been theories of what color is presented in the preparation of the message left in the pyramid, is the source-or that as given in the varied ways as to the

activities-such that ye can believe in WHO has given this? Or does the study of same answer to something within self and the God-force or Creative Force or Life Force in self that it IS true?

Then the study of same is within SELF and in self's relationship and application to same for thy fellow man. THESE be the studies then; not who will bring a message from above, from below or from beyond the sea, for the MESSAGE is within thee!

29. (Q) Is my immediate type of work connected with helping women to be more beautiful, or what?

(A) That in the immediate may be used as a means, as a way, for the greater study of the whole subject.

30. (Q) Where is the hidden information on the aura best found and where did I leave the records of my work in the Temple Beautiful in Egypt?

(A) These are quite different questions!

The best information of the aura may be found in the study of all that may be found upon the subject, in the MANY varied ways and in the many varied pamphlets.

But the application of same is the real KNOWLEDGE of same, see? To study and to know, or to accept what one has said without a practical application of it is to become lopsided, or to become so centered as not to be able to make practical or to make active use of that which is shown thee day by day.

This is the manner to study the aura. All that has been written that may be found! But the KNOWLEDGE of same is PRACTICAL use of same, and that which is practical in the experience of those to whom ye give aid or help!

As to where the records are-in the HALL of records not yet opened!

31. We are through for the present.

REPORTS OF READING 1436-3 F 27

R1. 9/10/37 Letter from [1402] to EC: "...[1436]'s family situation is a curious one. After she came home from Virginia she asked me to help her with her questions for the subsequent reading you advised for her....

R2. 10/22/37 Letter from [949] to EC: "...[1436] who is now living with the [378]'s as per GD's letter, got in touch with me that morning. She was here for dinner and spent a very pleasant evening. We found her very charming and very interesting and are planning to get together with her more often, and also to meet the [378]'s..."

INDEX OF READING 5306-1 M 1

Attitudes & Emotions: Deceit	Par. 7
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“Ask Not Of Others...Not Do Yourself”	Par. 7

BACKGROUND OF READING 5306-1 M 1

B1. 12/7/43 Letter from [5306]'s mother: "[1156] has told us how you helped his brother [849] and we have been following his progress on the road to good health with joy. We had spoken to you so often that reading TIR was like renewing an old acquaintance. My son [5306] is 9 months old, and I would like to have a Life Reading for him..."

B2. 6/21/44 Questions by mother: "1. What obstacles will he present during his childhood and adolescence? 2. What have been his past relationships with his present mother? 3. His present father? 4. His Aunt [...]? 5. His Aunt [...]? 6. His Granddaddy [...]? 7. His Uncle [...]? 8. What or who will be the greatest influence in his life? 9. Would medicine be the work best suited for him? 10. How can he be guided to make the best of his talents? 11. How can we best assist him in forming his character? 12. How can we help him to have good health? What are his weaknesses? 13. What schools are best for him? 14. What sports? 15. What can we do to foster a good disposition. Avoid a temper tantrums? At present he is totally unaware, or seems to be, that he is so important to us."

TEXT OF READING 5306-1 M 1

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 28th day of June, 1944, in accordance with request made by the mother-Mrs. [...], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by [1156], [849], and the book, THERE IS A RIVER.
P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos.

R E A D I N G

Born February 25, 1943, in Waterbury, Connecticut.

Time of Reading Set bet. 10: 30 to 11: 30 A. M. Eastern War Time. ..., Conn.

1. GC: You will give the relations of this entity and the universe, and the universal forces; giving the conditions which are as personalities, latent and exhibited in the present life; also the former appearances in the earth plane, or giving time, place and the name, and that in each life which built or retarded the development for the entity; giving the abilities of the present entity, that to which it may attain, and how. You will answer the questions, as I ask them:

2. EC: Yes, we have the records here of that entity now called [5306].

3. In giving the interpretations of that as we find, much more of this should be given to those who are responsible for the entity's advent into the material world, and as to what then may be expected of the entity, and warnings as to how those who are responsible shall environ the entity for greater unfoldment.

4. As we have indicated for others, those entering the material plane in '43, '44, '45, '46 are purposeful individual entities, and much will depend upon these souls as to what manner of activity will be in the world a score of years hence.

5. Much more, then, depends upon what background, what basis of thought there is given the entity for its consideration, its assimilation, and distribution or application among its fellow man.

6. The general tendency of this entity is to be first stubborn; not that the will of the entity should be broken, yet these should be as tenets and truths lived by those about the entity, rather than precepts of, "You do this because I say this, you do this because Uncle John thinks it's right or Aunt Jane says you ought to do this."

7. Don't say one thing in the presence of the child and do something else yourself. Don't give instructions or ask the child to do that which you do not do yourself, for yourself becomes a liar in the very act of same.
8. Do make for the principle of the teachings of love, patience, gentleness, kindness. These, as ye manifest them in his presence, will bring to the entity the formations of ideals.
9. There will be the tendency towards music as will be seen from some appearances, though just a few maybe given in the present, and then when ye have done something about those possibilities in music, in verse, in song, there may be those others given which may be those others given which may be the more helpful for this entity.
10. As to the appearances of the entity in the earth, as indicated, only the one before this may be given in the present:
11. For the entity then was of the song writers whose words and music was of the type which has lived and will live longer than any one individual American.
12. So, the entity will be so American as to be hard to get along with, even when other lands or names are mentioned, during the first twelve years of its sojourn in the earth.
13. For the entity was Stephen C. Foster, and how little others then thought of the entity and now how much he is thought of! but few, still, appreciate the abilities.
14. Hates will be easy for the entity, because of the slights and the slurs which were parts of the experience.
15. Evenness of temper will be those things to bring into the experience, through the gentleness, through the patience, manifested.
16. And when the entity is some ten to twelve years of age, we will give the connections with others.
17. Remember, those responsible for the entity must instruct; not Aunt Sue or Aunt Emily or Uncle John, but the father and mother. There the responsibility lies.
18. We are through, then, for the present.

REPORTS OF READING 5306-1 M 1

- R1. See Source File Key #5306 for Solar Chart re 5306-1.

Parenthood: Adoption Passages

Passages from readings given to two children in the same family.

3340-1, M 3, 10/25/43

25. (Q) Has the entity in previous incarnations been related by blood or marriage to his adoptive parents, [2998] and [3107]; if so, what was the relationship, giving the names of the parties and the date?

(A) These should be paralleled by comparisons, and we will find that they have been closely associated. The entity depends upon him from the Egyptian as well as the Persian experience. So, set him aright.

26. (Q) With his adoptive brother [3346]?

(A) We haven't the brother as yet.

27. (Q) In the present incarnation, did the entity know that his physical parents would do no more for him than furnish his physical vehicle, and did he know that he would become the adopted son of [2998] and [3107]?

(A) Not as individuals. As a condition in the love of fellow man, yes.

28. (Q) If so, was this his voluntary choice or the result of karma?

(A) What would you say, with the opportunities that you have to offer to the entity, knowing especially of the experience before this? How well the entity has studied that life, and it's a very good one too! You attracted it through that manner.

29. (Q) What general problems or experiences are to be solved or shared by the entity and his adoptive parents?

(A) As indicated in the problems that are to be met, the warnings and the manner in which there may be the building up of the personality and the individuality by suggestions.

30. (Q) What are his natural talents?

(A) Politics! But don't let it be politics as politics, but as the ability of the individual to handle international relationships. An international lawyer, then. So, economic problems of international scope must be the study. And the preparation for same will fit the entity for the office.

31. (Q) What general attitude should his parents have towards the entity to keep him in harmony with his home and environment?

(A) These have been indicated, and the manner in which you are to control same. Do that, ever asking direction, as ye did in seeking these lives, these minds and souls for direction. Ask ever, "Not my will but thine, oh Lord be done through me, that I may prepare these souls that they may be everything to the glory of God, and for the honor of self and man."

32. We are through with this reading.

3346-1, M 10 Months, 10/25/43

27. (Q) Has the entity in previous incarnations been related by blood or marriage to his adoptive parents, [2998] and [3107]; if so, what was the relationship, giving the names of the parties and the date?

(A) As we find very close in the Persian experience as well as in Egypt. Though its activity required much personal sacrifice, these came closer and closer together. Hence, though the entity is shy where his brother is bold, we find that these may be combined to bring the better forces in the present experience.

28. (Q) Has he ever been previously associated with his present adoptive parents other than by blood or marriage; if so, in what capacity, giving names and date?

(A) As we find only in the Egyptian period.

29. (Q) With his adoptive brother [3340]?

(A) As indicated, during that same period when much was brought to light of the happenings, we find these were a part of the social activities with the brother at the time.

30. (Q) In the present incarnation, did the entity know that his physical parents would do no more for him than furnish his physical vehicle, and did he know that he would become the adopted son of [2998] and [3107]?

(A) As indicated.

31. (Q) If so, was this his voluntary choice or the result of karma?

(A) Voluntary choice.

32. (Q) What general problems or experiences are to be solved or shared by the entity and his adoptive parents?

(A) Especially those as indicated regarding water.

33. (Q) What type of education should the entity have to best train his natural talents?

(A) Scientific, especially in the field or offices of CHRISTIAN application of such tenets.

34. (Q) What are his natural talents? Are there any other natural talents?

(A) There will be some music in the entity's activities.

35. (Q) What general attitude should his parents have towards the entity to keep him in harmony with his home and environment?

(A) Keep these very much in the way indicated, as to how and where these may be the greater help.

36. We are through with this reading.

The A.R.E. Journal, 1980, Vol. XV, No. 5

Preparation For Conception

Selected Extracts

by Leslie Goodman Cayce, M.S.W.*

Introduction

Man was given the ability to create through self a channel through which the . . . spirit might be made manifest in a material world. As is observed in such, there needs be first that of desire, purpose. It is known as a fact that this may be wholly of the carnal or animal nature on the part of even one, and yet conception may take place; and the end of that physical activity is written in that purpose and desire.

Then it is evident that there is the ideal, as well as the partial or whole carnal force, that may be manifested or exercised in and through such activities – as to bring a channel of mental, spiritual and material expression in the earth.

The ideal manner, first, is that there may be a channel through which the spirit of truth, hope, divine knowledge and purpose, may be made manifest. 281-46

This is the fundamental premise of the Edgar Cayce readings with regard to conception and pregnancy, that there is the ever – present opportunity and potential for parents to be channels, attracting to them souls bearing truth, knowledge, hope, blessings, love! The way prospective parents live – eat, act, think – forms an environment to which incoming souls are attracted.

The purpose then of physical, mental and spiritual preparations for conception is to “build or to allow . . . the creative forces.” (1523-8)

Furthermore, we should keep in mind that what we do in any one of these three areas has definite effects on the other two:

The body, as an entity, is experiencing the result of the mental attitudes of the body through a given period. Thus psychological conditions have brought, do bring, their effect upon the general systems of the body.

Hence these are – as the name indicates – a creative, an activative force through the mental and the physical conditions of the body. 1523-8

As a result of this woman's work with her attitudes, her physical body was appreciably more attuned, the organs themselves were made more aware of the possibility of conception occurring! The woman was actually experiencing this mentally in “mental arousing to unusual reactions to words, activities, conditions, peoples, environments – unusual responses to and being more sensitive. . .”; and physically in “pains through portions of the hips, the groin, the quick pulsations of the heart at times, the shortness of breath – and those reactions as of the tingling sensations through the mammary glands, finding their centers through the nipple of the breast at times.” (1523-8)

* Leslie G. Cayce received her B.A. from Antioch College in Ohio and her M.S.W. from Norfolk State College in Virginia. She has been a project group leader during the A.R.E. summer conference sessions and an A.R.E. Camp counselor in addition to working two summers at Atlantic University. Married to Charles Thomas Cayce and mother of a baby daughter, Leslie resides in Virginia Beach.

I pass on this information because it is so unusual and so promising a concept. Surely it is yet another beautiful example of the Law of Oneness, that our bodies may have a consciousness that may be positively affected by constructive, purposeful attitudes (and prayers). We can literally build the creative forces in our bodies, minds and souls; we can literally become better channels in order to bring in better channels!

Finally, this presentation is by no means meant to be representative of all of the information in the readings on this topic. But it is hoped that these excerpts will encourage prospective parents to research thoroughly the readings on this vital issue.

Physical Preparations

Diet

The basic “Cayce diet” which follows (from reading 1223-1) is also the fundamental diet recommended to women preparing for conception and pregnancy:

Breakfast: Whole wheat or citrus fruit (not at same meal with whole wheat) or fresh fruit with cereal;

Lunch: Preferably only raw vegetables (use three above ground vegetables to one below, two of the leafy, one of the pod);

Dinner: Fowl or lamb:

Generally a diet of “80% alkaline [foods] with a tendency for foods that carry more of the calcium – and these elements as we find will be, of course, in milk and in those foods as prepared with same; and like the carrot, the potato – the yam – and all of the natures of. this kind. . .” (540-5)

Vegetables were recommended to be cooked in their own juices and the juices saved and/or drunk, “for they are more easily assimilated, and especially so during pregnancy.” This particular reading also said that raw foods contained more calcium.

Finally, it is once again reading 1523-8 that provides more specific advice:

None of those foods that are of themselves contraceptive in their nature, or in their reactions to the system.

Thus, have plenty of the stabilizing foods that are within themselves creative, rather than of the palliative nature. Thus, plenty of the fruit juices; some little, not too much of the sugars but as in chocolate or cocoa, which is preferable to coffee or tea. Malted milks of all natures.

Plenty of fowl – but prepared in such a way that more of the bone structure itself is as a part of the diet in its reaction through the system; that better reaction for the calcium through the system is obtained for same. Chew chicken necks, then. Chew the bones of the thigh. Have the marrow of beef, or such, as a part of the diet; as the vegetable soups that are rich in the beef carrying the marrow of the bone and the like – these as a part of the diet once or twice a week – and eat the marrow!

Plenty of water. No strong drinks, wines, beers or anything of the kind! 1523-8

Exercise

Exercises, then, should be of the gentle but specific natures; as not too much ever of lifting heavy articles – not too much cold, and yet not pampered as to bring too much of the sedentary reactions to the mental or physical attitudes, or aptitudes, of the body. 1523-8

As to the activities, these should be free, easy, yet making for such an activity as would bring about a normalcy for the functioning of the organs; being mindful that all of those conditions about the activities are as much in the open as possible. 540-5

... walking is the best exercise; of course, bending or the regular setting – up exercises are good. 457-9

The following exercises were described:

[The exercises] should be used in a systematic consistent and persistent manner for at least periods of three to four weeks; then there may be a rest period ... for a week to ten days, then be revived again.

Of morning, and upon rising especially ... and before dressing, so that the clothing is loose or the fewer the better – standing erect before an open window, breathe deeply; gradually raising hands above the head, and then with the circular motion of the body from the hips bend forward; breathing in (and through the nostrils) as the body rises on the toes – breathing very deep; *exhaling suddenly* through the *mouth*, *not* through the nasal passages. Take these for five to six minutes. Then as these progress, gradually *close* one of the nostrils (even if it's necessary to use the hand – but if it's closed with the left hand, raise the right hand; and when closing the right nostril with the right hand, then raise the left hand) as the breathing *in* is accomplished. Rise, and the circular motion of the body from the hips and bending forward; *expelling* as the body reaches the lowest level in the bending towards the floor (expelling through the mouth, suddenly). See?

Then of an evening, just before retiring – with the feet braced against the wall, circle the torso by resting on the hands. Raise and lower the body not merely by the hands but more from the torso, and with more of a circular motion ... to the right two to three times, and then to the left. 1523-2

Finally:

... the *occasional*, thorough *general* osteopathic manipulations would be very well for the body ... for these will tend to make for the better activity through the glandular system as related to reproduction and the activities of the system in these directions. 1523-3

Pliability [not weight] of the body [is more important for childbirth] ... the greater preparation ... most bodies [may make] ... is to be under the care of a competent osteopath through the period of gestation; not a chiropractor but an osteopath! 457-8

Environment

While the preparation of the body is purely pathological, the preparation of the mind and of the spiritual forces is of creative force and is as necessary as, or more so than, the purely physical....

Q. While carrying the child do thoughts and impressions have any effect on the child?

A. To be sure. Thus, if surrounded by beauty, the more beauty there may be....

Q. Is not the mother when carrying the child very close to God?

A. If she puts herself so!

457-8

Mental Preparations

Here is something each and every mother should know: The manner in which the attitude is kept has much to do with the character of the soul that would choose to enter through those channels at the particular period. This has been indicated as the attitude, “If ye love me and keep my commandments, I will love you – as ye do unto others, ye do unto me –.” Does this seem strange, or isn't it consistent with God's plan of creation? That attitude held, then, during these periods, presents the opportunity for the type or character of soul seeking expression. 2803 – 6

... let the attitude of the mental self be that this may be the best body through which there may be the developing of the best body, mind and soul to find expression. 1523-7

Several ideal attitudes were given in the form of affirmations, to be viewed and repeated at any time, not just in meditations:

Father God! Create in my mind, my body, that purpose that Thou would have; that there may be the demonstration, the *manifestation* of Thy Spirit, of Thy purpose with Thy servant.

Let my body, my mind, be such as to keep attuned to the best that may come as a channel of blessings to others. 1523-7

Hold often to that which must have been the awareness of the Mother of the Master, when there was made the awareness, the quickening of the body – forces through the Spirit – of God; “That my body, now, is in that position, that condition, wherein the God, the Father, may make manifest in me, through me, *life*, God Himself made flesh; that I, through my body, may be aware of His presence with me, that I may give to the world a channel through which greater blessings, greater knowledge, greater love, greater hope, may be made manifest in the world.” 1523-8

To couples:

Then let each – in thy daily activities – think not on that which satisfies thyself alone, nor yet that which would be the indulgence of the other; but rather as to how ye may each become the greater, the better channel for the glory of *life*, of God, of His gifts, of His promises, of His peace, of His harmonies – that they may manifest in thy cooperation one with another. 1523-6

It is acknowledged that “as much [is] dependent upon the father as the mother, in *attitude...*” (903-6)

Thus the greater unison of purpose, of desire, at a period of conception brings the more universal consciousness – or being – for a perfect or equalized vibration for that conception. 281-46

Spiritual Preparations

As the affirmations may be regarded as both mental and spiritual, the overlap continues into the “spiritual” suggestions. For example, Bible reading was urged:

Read the Book of all books – especially Deuteronomy 30 and Samuel – considering especially the attitude of Hannah . . . then studying John 14, 15, 16 and 17 – can ye make yourself as one with Him?...

Q. Is there anything besides prayer and meditation which I can do for my spiritual development and for this new soul?

A. . . . the study of various phases of experiences of individuals through their relationship to Creative Forces; and their relationship to their fellow man. 457-10

A second suggestion, prior to meditation – prayer time, was for purification:

. . . there must be a conscious contact with that which is a part of thy body-physical, thy body-mental, to thy soul-body or thy superconsciousness....

Then, purify thy mind if ye would meditate. How? Depending on . . . thy concept of purification!... Whatever thy concept is, be *true* to thine inner self. *Live* that choice ye make – *do it!* not merely say it but *do it!*

Purify thy body. Shut thyself away from the cares of the world....

Sanctify thy body, as the laws were given of old, for tomorrow the Lord would speak – as a father speaketh to his children. 281-41

Finally, with regard to prayer time, couples are encouraged to pray together – openly and aloud: “*Declare* the purposes! It makes a lot of difference in attempting to put the desires into words, even in the presence of one another.” (1523-12)

A Final Note

Keep the spiritual attitude for greater creative influences, using those meditations as of using body and mind for the activity of Creative Influences as may manifest through the promises in the Christ Child. 457-7

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Preparation For Motherhood

by Julie Spurr Rehrig

Edgar Cayce gave many different kinds of readings concerning preparation for motherhood. Some women, unable to have children, anxiously requested readings asking about the possibility of their eventually bearing children. Some were told that it was unlikely that they would be mothers during this incarnation. Others were told to look to Hannah in the Old Testament as an example of the faith and dedication to God's service that would be necessary if they wished to become mothers. Cayce stressed the importance of spiritual preparation in the conception of a child. A child is conceived not only as an activity of the physical forces, but as an activity of the spiritual forces as well.

Remember how Hannah prepared herself and as to how others – as Mary – prepared themselves. There are many recorded, and there are many others of which nothing is heard, and yet there was the long preparation.

... Then make thyself a channel, physically, mentally, spiritually. 2977-2

The Physical Preparation

The readings stress the importance of the future mother being in good physical condition. Some individuals were advised to wait to have children until they were in better health and there was a balance between assimilation and elimination. Individuals were given specific advice concerning proper diet and exercise which would restore the correct physical balance. Generally the Cayce readings advised women who were in good health to continue the daily routine held prior to pregnancy. Some women were advised to have spinal adjustments before, during and after pregnancy.

... Thus the greater preparation THIS body may make, or MOST bodies for that matter, is to be under the care of a competent osteopath through the period of gestation; not a chiropractor, but an osteopath. 457-8

Cayce also advised expectant parents to abstain from intercourse after the third month of pregnancy.

Q. Does intercourse while carrying child interfere with the physical or spiritual development of the child?

A. After three months, yes. 457-9

Questions were asked concerning the correct length of time between the birth of one child and the conception of the next child. Time should be allowed for the body to rebuild and balance itself and thus two years was often the suggested minimum.

The Mental Preparation

The readings emphasized the importance of holding good mental attitudes before and during pregnancy. The kind of soul that would be attracted would depend heavily on the attitudes of the parents at the moment of conception. Future mothers were told that their attitudes during pregnancy would influence the personality and the talents of their unborn child.

Q. What mental attitude should I keep always before me during the coming months?

A. Depends upon what character of individual entity is desired. Mode beauty, music – if that is desired to be a part of the entity; art and the like. Or is it to be purely mechanical? If purely mechanical, then think about mechanics – work with those things. And don't think that they won't have their effect, as the impressions give that opportunity.

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

2803–6

Q. What can be done to aid the baby have a sweet and charming personality?

A. That as is held, or imaged, in the mental forces!

903–14

Thus, by truly obeying the commandment, “Love ye one another, “ the expectant mother and father would be building into each cell of the unborn child the pattern set by Jesus.

Cayce also spoke of the importance of the attitudes of those surrounding an expectant mother. The husband could best cooperate by creating harmonious environment where the wife and beginning child would feel loved but not pampered. Others could help the mother by keeping an attitude of peaceful cooperation.

Also the attitude of those about the body should be not such as to make for the finding of fault, for animosities, or for the hurting of the feelings in any manner.

934-3

In reading St. Luke one can have little doubt about the effect of companions on an expectant mother and child. There one finds that when Mary called out her greeting to Elizabeth, the child John leaped in Elizabeth's womb.

The Spiritual Preparation

The Cayce readings place great significance on spiritual preparation for motherhood. Future mothers were advised always to consider themselves as channels of God's blessings in the earth and to view motherhood as one of the highest forms of service to God. Being a channel through which a soul could enter the earth to fulfill debts and bless God, could be a difficult but spiritually rewarding experience.

Attunement to God through prayer and meditation, as well as reading the Bible, would be of help. Particular emphasis might be placed on the Biblical stories of women who, through motherhood, had sought to be the handmaids of the Lord.

Q. Is there anything besides prayer and meditation which I can do for my spiritual development and for this new soul?

A. As has been outlined, the study of various phases of experiences of individuals through their relationship to Creative Forces, and their relationship to their fellow man.

For, remember, the soul that is brought into the earth is only lent to thee by the Lord. And the impressions, and that purpose that ye build into that, is that ye send back to thy Maker in the end....

Q. Should I read any books for my spiritual development besides "A Search for God"?

A. Read the Book of all books, – especially Deuteronomy 30, and Samuel – considering especially the attitude of Hannah, the conditions, the circumstances which existed not only as to its relationship to its husband and to other companions, but as to the needs for spiritual awakening in that expedience – which exist in the world and the earth today.

If the entity can and will so place self, and then studying John 14, 15, 16 and 17, – can ye make yourself as one with Him? These, as combined with the study of the preparation physically, may give the understanding; not as duty but an OPPORTUNITY to be a handmaid of the Lord.

457–10

Always present in the readings on preparation for motherhood was an enthusiasm about the opportunity to show one's love for God. Maternity was viewed as one of the finest ways in which man could show his love for the Creator.

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

Let thy meditations, thy activities, thy thoughts in every manner be in keeping with that which the body would make of itself – the very BEST channel through which the Lord may GIVE TO the world that which will be a blessing to man.

934-3

And applying that which is good, and being consistent with it (which the entity so often is not), he will find material success, mental and spiritual peace, and harmony in the activities in which he may engage.... For this entity should comprehend and know, and never forget, that life and its experiences are only what one puts into same! And unless the activities, the thoughts are continuously constructive, and the experience well-balanced, the entity cannot, will not fulfill the purpose for which it came into the present experience.

1537 – 1