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Ancient Mysteries

Were You an Atlantean Pilot? By John Van Auken

You may rightly ask what kind of question is this, given that flight was discovered in 1903 by Orville and Wilbur Wright at Kitty Hawk, North Carolina, right? Nay, nay—not according to Edgar Cayce's readings and literally hundreds of ancient documents that can only be described as flight manuals! Evidence of ancient flight is found in archeological artifacts around the globe—Indian, Chaldean, Babylonian, Egyptian, Mayan, Incan, South American, and Asian. Let's explore these.

Ancient India Flight

Some of the most ancient literature on flying vehicles is found in India. In the classic epic poem Ramayana—comparable to Homer's Iliad and Odyssey—flying ships are a natural part of the story. Dating the origin of Ramayana is difficult; most scholars have dated it to around

1500 BC. Three types of flying vehicles appear in this Indian classic.

The first is called a "Puspaka car." It is described as resembling the Sun and belonging to Rama's brother Raghira, who purchased it from the powerful Lord Ravana. It is an aerial car that goes "everywhere one wills it to go." It is said to resemble a bright cloud in the sky. Here's a passage: "King Rama got in, and the excellent car, at the command of Raghira, rose up into the higher atmosphere."

The other flying machine is called vimana, one of the most common terms used in ancient Indian texts. A vimana is described in the Ramayana as a "double-

deck, cylindrical aircraft with portholes and a dome." (see illustration) It was said to fly at the speed of the wind and had a melodious sound as it flew.

The third Indian aircraft is described as looking "like a great bird with a durable and well-formed body having mercury heated by fire underneath it. It had two resplendent wings, and is propelled by air (see illustration). It flies in the atmospheric regions for great distances and carries several people." According to King Bhoja, the inside construction resembles "heaven created by Brahma himself" (chapter 31 in Samarangana Sutradhara, literally, "Battlefield Commander"). King Bhoja wrote this in the 11th century AD, but he claims his knowledge was based on Hindu manuscripts that were considered to be ancient in his time. King Bhoja writes, "By means of the power latent in the mercury which sets the driving whirl-



Double-deck vimana with details in Sanskrit.

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Flying vimana on Ellora Caves carving.

wind in motion, a man sitting inside may travel a great distance in the sky.”

The ancient Indian literature contains many varied forms of aerial acrobatics, such as Dayana (fly), Uddayana (flying up), Sundhara (beautiful flying), Kanda (cloud-like flying), Vyanda (quickly flying away), Karpostika (flying still or hovering), Smasrina mandala vartina (uniformly turning).

Some Indian flying vehicles were said to be able to mount up to Surya mandala (“fly to the sun”), meaning the solar region—the planets! And still others could go to the Naksatra mandala (“fly to the stars”), which is the stellar region—the galaxy! Now we all know how impossible that is given that the stars are light years away from us—so what were the ancient Indians doing? Writing imaginative fiction? Or did they have something that has been long forgotten?

One of the palm leaf manuscripts found in India is the Amsu Bodhini (meaning something akin to “knowledge of the sun’s rays”), which contains very detailed information about metallurgy, the origin of the universe, and the planets. The information on the planets is so

detailed that only someone who actually traveled to them or sent flying machines to them could know such. The information includes the different kinds of light, heat, color, and electromagnetic fields of the various planets, including Earth. And it also contains information about the methods used to construct machines capable of attracting solar rays and separating this energy into its components. It also includes instructions for the manufacture of machines to transport people to other planets. Amazingly, it details unknown alloys that the ancients used to construct flying crafts, even ones that cannot be seen by the human eye.

Chaldean and Babylonian Flight

But Indian texts are not the only ancient texts to purport the knowledge and use of flight. In the ancient Chaldean work *The Sifrala* there are more than 100 pages of technical details on building a flying machine. It contains words that are best translated as “graphite rod,” “copper coils,” “crystal indicator,” “vibrating spheres,” “stable angles,” and the like. The Hakatha (Laws of the Babylonians) states: “The privilege of operating a flying machine is great. The knowledge of flight is among the most ancient of our inheritances. A gift from those from on high. We received it from them as a means of saving many lives.” Who were these beings from “on high”? Some quickly answer, Aliens! But the ancient literature, including the Bible and its book of Genesis, would indicate otherwise. Chapter six of Genesis clearly describes three types of beings on the

earth in ancient times: humans, Nephilim, and the Sons of God. Edgar Cayce’s readings indicate that those were times when many souls were still so attuned to the Cosmic Forces as to be like gods or aliens to everyday humans.

Alexander the Great’s Journal of Attacks by Air

Around 326 BC Alexander the Great invaded India. To his surprise and the surprise of his men, they were initially repelled by an aerial attack of “flying fiery shields.” Is it possible that some Indians still possessed flying crafts as late as this date? Whatever the case, the Indians were unable to sustain them and were ultimately defeated. (Apparently, they also did not possess their ancient bombs, or simply did not use them because of the horrible suffering that had resulted from their initial use.)

Ancient Chinese Flying “Birds”

Ancient Chinese books describe how a Chinese craftsman named Lu Ban created flying machines between 770-475 BC. In the ancient book *Hong Shu* are reports on how Lu Ban made a passenger plane. According to Youyang Zazu (essays from Youyang) of the Tang Dynasty, Lu Ban once worked in a place very far away from



Phoenician drachm, 4th century BC

his hometown and he missed his wife so much that he made a “wooden bird” that flew like a kite. Lu Ban went home on the kite to meet his wife and returned to work in the faraway land the next day. (Now that’s love!)

Edgar Cayce’s Readings on Ancient Flight

Edgar Cayce explained that the strange passage of Ezekiel’s flying machine in the Bible was describing an Atlantean flying ship. Here’s that reading: “Before that we find the entity was in the Atlantean land, during those periods particularly when there was the exodus from Atlantis owing to those activities which were bringing about the destructive forces. There we find the entity was among those who were not only in what is now known as the Yucatan land, but also the Pyrenees and the Egyptian. For the manners of transportation, the manners of communications through

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the airships of that period were such as Ezekiel described of a much later date." (1859-1)

During Edgar Cayce's deep trances, in which he was capable of connecting with the Akashic Records and the Universal Consciousness, he explained that ancient peoples were indeed, for a time, much more evolved technologically, possessing the legendary powers so often attributed to the Atlanteans, including flight through air and space. He also explained that they gradually lost this wisdom and ability as they became more self-centered and earthy. This wisdom and ability required one to maintain a oneness, an attunement with the Cosmic Forces. Cayce indicates that we are in a new era in which all the old attunements and powers will be coming back. The question of how we use



these powers today remains to be seen. But so far, we are doing pretty well, having avoided the expected nuclear war and stopped the arms race—a feat that once appeared impossible.

Consider that Cayce's description of Atlantean flight was by psychic means first. This was because they were initially one with the Cosmos and Cosmic energy and dimensions and could therefore "transpose" themselves from part of the Universal to the other—body, mind, and soul! As they became more physical and also more desperate for physical superiority, they developed high-tech machines that harnessed the radiation of the sun and stars by tuning crystals for driving the space, air, and underwater flying machines. But as they lost even more awareness and became more physical, they began to develop low-tech, nature-compatible physical devices to transport themselves. These were those pachyderm skins filled with gases.

It's important to keep in mind that Cayce saw all of us as reincarnated souls from those ancient times. Therefore, the wisdom of flight is latent within us and



within the collective human consciousness. Flight to the stars may come faster than we currently imagine because once the understanding comes through the veil separating deeper from daily consciousness, we could be building and flying farther than we ever imagin. When asked if we would ever travel through space at the speed of light, Cayce replied that we'd be traveling at the speed of thought—the only speed capable of traversing the distances in space. Our great breakthrough may not be a new alloy or composite, but a new level of consciousness. ▲

JOHN VAN AUKEN is a director at A.R.E. and one of the organization's most popular speakers. He leads tours to sacred sites around the world. His latest book is *2038: The Great Pyramid Timeline Prophecy* (800-333-4499 or ARECatalog.com).



Atlantean Flying Machines from the Edgar Cayce Readings

Reading 2157-1 for a male, born in 1920. *Before that the entity was in the Atlantean land, during those periods when the second destruction had brought so many of the islands, and when the Poseidian land was the greater in power; when there were the meetings called for those of many lands, to determine means or manners in which there would be the control or handling of the animals that were destructive to many of the lands.*

The entity then acted in the capacity of one who guided the ships that sailed both in the air and under water; also was the maker of that which produced the elevators and the connecting tubes that were used by compressed air and steam and the metals in their emanations. All of these were a part of the entity's experience and development, especially as to things controlled by the facet for the radiation activity from the sun upon metals, and the control of such,

as well as the manner of airships through that sojourn.

Excerpts from 3184-1, a 30-year-old female pilot, born in 1913, who had been an Atlantean pilot, and was advised to continue her career in aviation, flying to the same areas (Iberian Peninsula and northern Africa) she had transported people to back then.

The entity is an Atlantean. Thus—as we have oft indicated regarding individuals born under such an influence—the entity is one of exceptional abilities, either for weal or woe. Thus the experience in the earth's plane at this period will have far-reaching effects upon many. As to whether for good or bad will



depend upon the manner in which the entity uses its opportunities...

Before that (and that which the entity is meeting most in self in the present), the entity was in Atlantis during those periods when there were the separations, just before the breaking up of Poseidia.

The entity then controlled those activities where communications had been established with other lands, and the flying boats that moved through air or water were the means by which the entity carried many of those to the Iberian land, as well as later those groups in the Egyptian land—when there had been the determining that the records should be kept there...

Then, do, assist in establishing the airways with those peninsulas or lands of North Africa and the Iberian Peninsula.

Do keep self first in that attitude and purpose of a universal consciousness for the good of all. ▲



A Love Greater than Life—Messenger of Truth

By M. Faith

It's Christmas 1995, and I'm in Rome. I'm sitting at the dressing table in my hotel room, getting ready to meet a friend I haven't seen in several years. I'm looking forward to seeing her, but I'm also feeling sad. The trip isn't turning out as I planned. I've been entirely alone for the last two days. Nothing seems to be working in my life these days and now I've spent all this money for a trip that feels like a failure. As I look into the mirror, I see an aging, lonely woman.

My thoughts drift to a friend back home. I'm envious of her because she recently began working with a spiritual teacher, and she seems like a new person. She told me that when she thanked him for all he'd done, he had replied, "It's okay. That's why we're all here—to help one another." It's time to meet my friend, so I leave the room.

My friend is staying out in the suburbs, so I have to take the subway. I've never used the Italian subway before. I ride the escalator down to the station and look around—there are very few people and there is no obvious place to purchase a ticket. I'm anxious because I don't like subways, especially unfamiliar ones. I notice a machine in the middle of the platform. My Italian isn't good enough to understand the instructions that are posted. I drop in the coins that are required, but nothing happens. I try again and still nothing happens. I become more anxious.

Suddenly, I hear a voice saying, "Is there something I can do to help you?" I turn and see a young man, probably early 30s, medium height, blond curly hair, very blue eyes, and a sweet face. He is looking at me earnestly and says, "Please don't be afraid. I only want to help you. These machines can be very confusing." I tell him I would be very grateful for his help. He puts some coins in the machine and pushes a couple of buttons and out pops a ticket. He then takes the ticket over to another machine a few feet away, and the machine automatically stamps it. I am very relieved—I would never have known to do that.

He hands me the ticket and asks where I'm going. I tell him I'm getting off at



Ponte Lungo. He smiles and says that is where he is going and asks if I'd like him to accompany me. Again, he says, "don't be afraid." I thank him—awkwardly—and accept his offer. As we wait for the train, I ask him about himself. He says his name is Adrian, he's from Scotland, he's been living in Rome for a few years. I ask him if he is married and he pauses and replies vaguely, "Yes, I once was."

The train arrives and we sit down next to each other. We chat some more. Then he tells me ours is the next stop. I tell him how much I appreciate his help and he replies, "It's okay. That's why we're all here—to help one another." His words are not particularly profound, but the coincidence stuns me and I can't bring myself to say anything or even look at him. I stare at the floor as we step off the train and start for the escalator. I'm trying to think of something to say when he suddenly says, "May I tell you something?" I glance at him sideways and his expression is again earnest. He says, "You are a very beautiful woman." That was truly unexpected and now I really can't think of anything to say. He again says, "please don't be afraid. I just need to tell you that you are a beautiful woman." I'm not at all afraid—but I do feel overwhelmed and my knees are a little shaky. I mumble a thank you as we head up the escalator. Now, we're standing in front of the bar where I'm meeting my friend. She's not there yet, so I offer to buy

him a coffee. He says he needs to go and we shake hands. For a moment, everything around me stops, and I realize that his hand is very, very hot, as though he has a dangerously high fever, but he looks in complete health. The moment passes. We say "ciao" to each other. He turns and leaves.

As he walks away, I give myself a mental shake, still feeling a bit disoriented. Then it occurs to me that what has made this seemingly ordinary encounter particularly odd was that, throughout, Adrian was entirely focused on me. From hello to goodbye, he didn't pay attention to other people or look at his surroundings. I couldn't remember ever experiencing that with another person.

So, a few weeks later, I am home and talking on the phone to another friend. She is a psychic, and she is reading her cards for me. Apropos of nothing, she suddenly says, "Oh, Mary, you didn't tell me you met an angel when you were in Rome!"

Until then, I hadn't allowed myself to think of Adrian as an angel. The encounter felt extraordinary to me, but I told myself that I was getting carried away. Besides, what was the purpose of the visit? God sends angels to people to help in a crisis or to bring messages, I thought. Why would God send an angel to talk to me about physical beauty? It didn't make sense to me.

Then one day recently, I attended a lecture about angels. The speaker was so knowledgeable and down-to-Earth; I hung on her every word. Afterward, I got up the courage to ask if she would read my



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story about Adrian and she agreed. A few days later, she wrote back saying that she felt certain that my experience had been a real angel encounter. She also said that a long time ago someone had sent her a Sufi poem, and, after reading my story, she knew it was meant to be shared with me. When I read it, I knew my story finally had an ending. I understood Adrian's message, and I no longer needed to doubt:

Dearest Beautiful Woman,

You are Mine. I chose you. I've given everything to have a relationship with you.

You are My passion and desire. Believe Me when I tell you that My love is better than life. In My eyes, you are beautiful in every way.

You have ravished My heart. Come to Me and know love. Dwell with Me; abide in Me.

Let Me be your all and come alive to the rich pleasure found in the sacred romance I created you to have with Me.

Eternally, the Lover of your soul

...Then, from the heights of those experiences, those hierarchies in the earth and in the air, we come as messengers of truth to those who will hear, and question. (Edgar Cayce reading 254-83)

M. FAITH has been a spiritual seeker for more than 25 years, and more recently a student of the Edgar Cayce readings. They have changed her life. She lives and works in Virginia Beach.

☯ Questions & Answers ☯

Q. Did Edgar Cayce have any helpful suggestions about memory loss?

A. Yes, the readings had some comments about what memory is, what causes memory loss, and also suggestions for how to retain information for young students and older adults. A few examples are included here, and more can be found in the online readings by searching words such as—memory, remember, and forget.

Q. How can I improve memory and concentration?

A. Study well that which has been given through these sources on Meditation. Through meditation may the greater help be gained... Do it and leave the results to the Creative Forces; for they are a part of thee. (987-2 Female, 47)

Q. Why is it difficult for me to remember?

A. It isn't difficult! It's rather trained in self to forget! See the differentiation between forgetting and remembering, is—memory is the exercising of the inner self as related to thought. To acknowledge that the memory is poor, is to say you don't think much! The forgetting is to say that the thought becomes self-centered, for memory is thought—even as thought is memory, brought to the forefront by the association of ideas. (69-2 Female, 48)

Mostly when individuals forget it is because something within themselves, all their inner consciousness, has rebelled—and they prepare to forget. (5022-1 Male, 9)

Q. What can the entity do to sharpen

her memory of names, directions, people?

A. As has been indicated, as during the experiences of the entity much of these very factors became a part, associate same with places, conditions, circumstances. Just as one has read, and as the entity did in its interpreting of the law and in its aid to make same read as it were, individuals are experiences, are places—as well as individuals.

So in sharpening the memory, the associations of same with places, dates, times, make for the drawing as it were of the whole picture. (189-3 Female, 42)

...the reflexes to the reactions in the sensory forces are gradually being impaired, so that the lapse of memory is gradually coming about, or the inability to retain a visualized reflection... (2598-1 Female, 64)

Q. Will you give me suggestions as to how to improve my work in school, and my memory?

A. Let that be rather as this: That which ye would attain in the studies as to that which is a text, a thesis or a theory—mull same as it were in thy mind, in thy consciousness. Then lay it aside, and meditate rather upon its application in every way and manner. Do this especially just before ye would rest ... from physical consciousness—or in sleep. And ye will find thy memory, thy ability to analyze, thy ability to maintain and retain greater principles will be thy experience. (1581-2 Male, 12)



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COD-LIVER OIL: BUILDING BODY AND BLOOD

By Elaine Hruska

Many adults recall lining up as children with their siblings while Mom administered a daily spoonful of cod-liver oil to each. The fishy taste of this nutriment is strongly imprinted on their memories, leaving the impression that the worse something tastes, the better it is for you!



Cod-liver oil ranks high in health benefits not only for children, but also for adults, containing more vitamins A and D per unit weight than regular fish oil. (See also Jan-Mar 2011 *Venture Inward*) The oil is extracted from the liver of the cod and other related fish, most of which are harvested from the waters off the coast of Norway. The stringently regulated Norwegian processing plants plus careful U.S. testing ensure a purity level that is safe for consumption, since the oil sold in most stores contains no preservatives. With its beneficial vitamin content and omega-3 fatty acids, cod-liver oil contributes to healthy brains, hearts, eyes, and nervous and immune systems.

It is mentioned in nearly 140 readings, about 50 of which recommend a simple and easy way of consuming it: in a concentrated tablet form. White's, the preferred brand at that time, is no longer available. [Ed. Note: Baar.com, A.R.E.'s supplier of Cayce-related health products,

has Cod-liver oil in softgels.]

For Children's Health

Not surprisingly cod-liver oil gets an endorsement in a number of readings given for infants and children (often described as a "developing body"). For one nine-year-old girl: "...Cod Liver Oil... is a part of a normal development..." (1179-3); to a 15-year-old girl, it "is an addition to a developing body in making for not only the structural activity, but throughout the lymph and all that necessary to supply the vitamins needed." (276-5)

A further reference to vitamins was given to a nine-year-old boy: "[Cod-liver oil] is always good for developing bodies, for it carries those vitamins that are not found in but very few foods." (758-33) The oil also "aids in creating resistance" (2824-3); this for a four-month-old boy who was advised to have the oil three times a week, rather than daily, in keeping with his age level. A six-year-old girl was told that cod-liver oil "carries the properties necessary for the developments of the digestive system, see?" (4281-7)

In several instances, mostly for those less than a year old, the oil was even to be massaged into the body. The mother of a one-month-old boy suffering from a cold wanted to start the cod-liver oil for his tooth development. "This should not be in great quantities," the reading advised. "However, if there will be used a little of the Cod Liver Oil in that rubbed over the body—not just baby oil but a combination of same with the Cod Liver Oil, you see—it will be most beneficial." (1788-2)

A nine-month-old boy was given that an external (rather than internal) application of the oil would be better: "...at the present the absorption of [cod-liver oil]

through the rubs will be more efficacious for the system. A little bit later the taking of it internally would be better." (1801-1)

For Anemia

In keeping with its blood-building properties, cod-liver oil is recommended in cases of anemia, for it "would carry the vitamins and sufficient of the iron's creations for the food value, better than iron taken in the system." (773-5) For those tending toward anemia, cod-liver oil "will assist the body in overcoming [this] tendency...counteracting with the forces of the body in replenishing and rebuilding nerve energy for the system." (5409-1)

When a 28-year-old woman asked for suggestions for building up her blood, the reading advised: "As a tonic for the body... we would give rather the White's Cod Liver Oil Tablets." (1688-1) Comments from other readings refer to its usefulness in nourishing and stimulating the blood, even helping to "rebuild the tissue of the digestive and of the blood supplying system, especially through those portions where blood is turned into chyle for the replenishing of new blood in the body." (5648-1) Chyle is formed in the small intestine from the stomach's digested food, is absorbed by the lacteals, and passes into the bloodstream by way of the thoracic duct, the main channel of our lymphatic system.

As with any Cayce remedy that one uses to treat a disease process, the recommended item is not taken singly but is almost always incorporated with other treatments, often in a cyclic fashion, in conjunction with other remedies and activities.

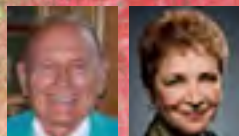
For Assimilation

The importance of nutrition in relation to health plays a prominent role in the readings, putting Cayce far ahead of his time in this regard. According to Dr. Harold J. Reilly, the word assimilation, as Cayce used it, "is the individual's capacity to utilize the food and the body's performance of the complicated metabolic processes of digestion and elimination of indigestible material." (The Edgar Cayce

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A 48-year-old woman was told: "White's Cod Liver Oil tablets [would] create better assimilations and give to the gastric forces of the digestive system those incentives and elements that will make for sustaining and resuscitating forces in that assimilated." (428-7) For a 23-year-old male, the tablets would "be effective in creating the proper assimilation, and giving the general strength, vitality and virility necessary for the developing forces of the body..." (5655-3)

Additional Benefits

In cases of general debilitation, fatigue, and digestive issues, the readings recommend the use of cod-liver oil, again emphasizing its body- and blood-building properties. As a stimulant to the digestive and assimilating systems, it builds resistance in the body, keeps away colds, regenerates the liver, and causes better thyroid functioning.

For preventing colds, cod-liver oil "carries the greater amount of the vitamins necessary to aid in producing in the activities of the blood supply resistances against cold; provided the diets are kept alkalim[e] rather than a tendency towards acids." (1158-3)

Along with other oils (such as olive oil), it gives "a new coating to the portion of the intestinal system from stomach to the colon" (5566-2). When feces remain too long in the colon, infection may result; cod-liver oil keeps the digestive tract "well irrigated...necessary to prevent infections throughout the system..." (4738-1)

Dosage

In tablet form the readings suggest from one to three daily; that is, one tablet after each meal: breakfast, lunch, and/or dinner. In one instance Cayce specified one-half hour after the meal. Others were advised to take two tablets in the evening prior to retiring; or one tablet every other day; or two tablets twice daily. Sometimes a series was suggested; for example, take the recommended dosage three to five days in a row, rest for the same length of time, then repeat; or take for three to four weeks, then one week off, and repeat.

In liquid form the recommendations include one dessertspoon once or twice daily (a dessertspoon is approximately



10 ml or about 2 teaspoons); or one tablespoon every morning; or 1/2 teaspoon daily.

One gentleman was told: "Take as much cod liver oil as the body can assimilate." (230-1) How do you know when you've reached that point? Too great a quantity may cause the oil to become "rancid in the system, or disagreeable to the body. [If this occurs,] leave off until the body is able to assimilate more..." (4314-1) "...for [it] is detrimental when not being assimilated by the system, for it acts as an irritant to the gastric and to the juices of the intestines and digestion, when not assimilated." (4874-3)

Cayce suggested starting with small amounts; however, if you are getting sufficient doses of sunlight on a regular basis or enough oils (olive, calves' liver, tripe, etc.) in your diet, you may not need cod-liver oil—or only need it "until there is a change in the appetite, in the strength, in the vitality and virility of the body." (313-3)

Today, to combat its unpleasant taste, cod-liver oil can be taken in softgel capsules. To reword an old proverb, a capsule a day will keep the doctor away! ☞

ELAINE HRUSKA is a therapist at the A.R.E. Houston Spa and former teacher at the Cayce/Reilly® School of Massotherapy. She is the author of *Edgar Cayce's Quick & Easy Remedies: A Holistic Guide to Healing Packs, Poultices and Other Homemade Remedies*. (800-333-4499 or ARECatalog.com).



MORE ON ALUMINUM

By Elaine Hruska

Shortly after I completed research about Aluminum cookware, a health column, entitled "The People's Pharmacy," written by Joe and Teresa Graedon, addressed the aluminum/Alzheimer's relationship (*The Houston Chronicle*, June 8, 2013).

Replying to a rather irate reader who felt that the Graedons were creating unnecessary worry about the "myth" of the relationship between aluminum cookware and Alzheimer's (stating that they were "still flogging a dead horse"), the couple described some rather recent research studies.

(1) Aluminum is linked to neurotoxicity, even dementia—as reported in *Immunologic Research* online (April 2013).

(2) Aluminum has been found in higher concentrations in the brains of Alzheimer's patients—as reported in the *Journal of Alzheimer's Disease* online (Vol. 35, No. 1, 2013).

(3) A growing concern exists regarding the link between aluminum and the development of the devastating disease of Alzheimer's—as reported in *Clinical Biochemistry* (January 2013).

(4) From a preliminary study comes the discovery that drinking silicon-rich mineral water will help remove aluminum from the body; it also may improve one's cognition—as reported in the *Journal of Alzheimer's Disease* (Vol. 33, No. 2, 2013).



Despite some hesitation to confirm a link between the two, the steady flow of research studies continues to point out that the controversy between aluminum exposure and brain toxicity refuses to disappear. ☞

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MASSAGE RESEARCH SURVEY RELEASED

The American Massage Therapy Association (AMTA), founded in 1943, released its sixth annual research report early in 2013, giving professional massage therapists a better view of their market and its trends. (*Massage Therapy Today*, April 2013)

According to the 2013 Industry Fact Sheet, "more massage therapists received referrals from health care professionals in 2012 than 2011 with particular increases from hospitals and medical offices (51% in 2012 versus 46% in 2011) and chiropractors and integrated health clinics (67% in 2012 versus 63% in 2011)." Employment opportunities were also affected; the overall health care industry employment grew 2% higher in 2012 over 2011 by 17 million.



Though consumers still continue to believe in the efficacy of massage, the survey noted that, even with massage therapists working more hours on the average in 2012, fewer people actually received massages. Approximately 34.5 million people received a total of 145 million massages in 2012, a 15% decline from the 170.5 million massages received in the U.S. by 37.9 million people in 2011. Yet the health care industry offers a number of opportunities to employ those wishing to do massage at the professional level.

The popularity of massage has skyrocketed since the time Cayce was giving readings for one of the most frequently recommended modalities for maintaining health, balance, and healing. A number of A.R.E. centers throughout the world offer massage as a specific therapy, and the Cayce/Reilly® School of Massotherapy, in operation since 1987 in Virginia Beach, Virginia, has graduated 1,200 professional therapists trained in the Cayce/Reilly method of massage (visit CayceReilly.edu for more information).

WISDOM FROM THE READINGS

Healing Through Attitude?

Excerpt from 3455-1; given for a 40-year-old female on Dec. 5, 1943.

It is not necessary that there be other than a competent and a spiritual-minded nurse; preferably such should be minded toward Christian Science, but willing to use these suggestions [for treatment given earlier].

For the powers within must be spiritualized. Not that the body [3455] is not spiritual-minded, but there is the necessity to be spiritual-minded and then able to gain control sufficiently over the power of mind in the body as to cause the vibrations from the atomic structures to produce health-giving forces, rather than taking the continual suggestions "I'm sick and going to stay sick."

These reactions should be brought about by suggestion as well as [the needed physical] application. For know, as was given from the beginning, it is necessary to subdue the earth. Man is made, physically, from every element within the earth. So, unless there is a coordination of those elements of the environs in which the animal-man operates, he is out of attune—and some portions [of the body] suffer. He must contain and command those elements. These [suggestions of physical treatments] are subduing, using, controlling; not being controlled by but controlling, those [material] environs, and influences about same [this body].

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