

**Circulating File**

**SEX: ADULT ISSUES**

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## SEX: ADULT ISSUES CIRCULATING FILE

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Blessings, A.R.E. Member Services Team

**Sex: Adult Issues**

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## **Concepts of Love, Sex, Sin and Adultery in the Cayce Readings**

by Elizabeth Henderson<sup>1</sup>

*A.R.E. Journal, November, 1981*

**Q-9. How can I know about love?**

**A-9. As one knows God and His associations with man (and this means woman) so may one feeding upon the fruits of the spirit come to know that which is love. 272-7**

**Know, all the desires of the body have their place in thy experience. These are to be used and not abused. All things are holy unto the Lord, that He has given to man as appetites or physical desires, yet these are to be used to the glory of God and not in that direction of selfishness alone. 3234-1**

**For selfishness is the besetting sin of man. 852-12**

**Q-5. Any further mental and spiritual advice?**

**A-5. Decide in self which you will choose, for there is here set before thee good and evil, life and death, choose thou and know ever within self: If ye are one in and with the Lord in His purpose, naught can be against thee. 5056-1**

In this century, and especially in the past decades, we have witnessed radical changes in our views of the man-woman relationship. Our attitudes toward sex, our concepts of morality, and our ideas on love itself have undergone transformation. Today we see men and women changing roles in all sorts of ways and in societies the world over. Nowhere has the change in our concept of the male-female role been more marked than in this country. There is a growing awareness of the equality of both sexes, and one reflection of that awareness is a pronounced change in our sexual attitudes.

Ready access to birth control, abortion and sex education has opened up a new world to women, giving them greater freedom in their sexual lives and choice in reproduction. Both men and women are becoming increasingly aware of their own sexuality and of their greater freedom to express it. As a result, former restrictions on personal sexual conduct, based on fear, social limitations, and the stricter ethic and moral codes of the past, no longer apply within their rigid framework as previously.

In the light of changing roles and freer attitudes toward sex and sexuality, is there really a "liberation" involved? Or is there a greater call for the individual to practice more responsible conduct? The evolving moral standard today is one based not so much on outer laws requiring strict conformity as on a personal commitment to one's own standards.

We are entering a time when, according to the Cayce readings, radical changes may be expected at all levels and in many aspects of society. The opportunities are abundant in these times of the dawning of the New Age for preparation, for increased creativity and for the altering of our life styles. As a result, the opportunities for living according to an ideal are more open to us, as are the temptations to fall into decadence via self-indulgence.

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"Choose thou" was the theme of the ancient Biblical injunction in Deuteronomy 30, frequently quoted by the sleeping Cayce. We see this same opportunity for choice-making in our personal standards today. As the individual becomes more conscious of his responsibility as the decider of his own personal destiny, the pressure on him to make appropriate choices becomes greater. With increased freedom come more choices, which affect not only the individual but, by reflection, all the rest of society as well.

The flow of the Cayce readings over the years indicates many instances in which people came with personal problems in their love lives (past and present) and in their sexual relationships.

They came asking for advice on intimate problems regarding love and sex, and they sought help in handling these powerful forces which were either enhancing or confusing their lives—or doing some of both. Cayce again and again indicated that sex and the sex drive are the strongest emotional forces with which the individual has to deal. It is no wonder, then, that he was asked so many diverse questions about sex and love or that his answers and comments covered such a wide range. The topics of love, sex, adultery and aspects of "sin" regarding these prime movers in our lives—and what the Cayce readings have to say about them—continue to fascinate us.

## Love

**Q-4. How am I to be sure of real love?**

**A-4. That which is the thought of Creative Forces and God, not in answer to the emotions alone. The heart knoweth, the soul never forgetteth. 5356-1**

In the light of the Cayce readings, love in the sense of loving partnership with another meant love with the proper partner. Many individuals cross our paths with whom we can establish a loving relationship or whom we can perhaps love simply for love's sake. According to the readings, the one we ultimately best attune to or within the desire to form a life companionship will be determined intuitively. The soul will know when kindred spirits meet.

**Q-5. How will she recognize this body?**

**A-5. How would she recognize this body? An atomic force may be used as an illustration of how anyone may be very sure, very certain that the forces as are set in motion by the meeting, the contact of such relationship are in line with that other self that must carry out those conditions as are set for each entity to accomplish. When the heart answereth to the heart of another, there is that fullness of force that may accomplish those ends destined through death "do us part" by each, for the better development of each, as is seen and felt, and yet may not be discussed other than that contrasts are as an element of that necessary to make the perfect union, which is as negative and positive necessary to give the full atomic forces in a physical sense. 212-1**

With this in mind, the "hunt" or "chase" concept of seeking a partner in love goes right out the window, as does the idea of meeting by chance, luck or accident. When that one with whom we best attune comes our way, the right components for attraction will all fit into place.

Cayce frequently reminded people that all of life is based on love. The universe itself was founded on and in love by a loving Creator. As companions and co-creators with Him, our very destiny is love. And, we come to know and practice

love best here in the earth phase by proper use of it. The union of two souls prospers when each is a complement to the other. Love between a man and a woman, creatively and properly expressed, becomes as a pattern in the earth, or a shadow, of the love between the Divine and the soul. This very patterning of original love is in our consciousness and draws us into the desire to love and to be loved. Thus, as companions and helpmeets, man and woman comp together again and again in their attempts to form a loving union. The possibilities implicit in the love relationship in terms of soul growth and balance are described in the readings as each coming into a more well-rounded existence because of association with the other. Two, in this sense, indeed become one when the ideals and purposes are in attunement and when they are correctly expressed.

**In this, then, also comes that as is held by many who have reached especially to that understanding of how *necessary*, then, becomes the *proper* mating of those souls that may be the *answers* one to another, of that that may bring, through that association, that companionship, into being that that may be the more helpful, more sustaining, more the *well-rounded* life or experience of those that are a *portion* one of another. Do not misinterpret, but knowing that all are *of one*—yet there are those divisions that make for a *closer* union, when there are the proper relationships brought about.** 364-7

Not only are we called on to exercise responsibility in our choice and selection of a love mate and companion, but we are also to examine our ideals regarding the relationship. Too easily can the outer alone appeal to the senses, closing off the more lasting and true qualities of the inner being. According to Cayce, either physical attraction eventually leads to mental and spiritual attunement, or the original cause wasn't enough to hold the relationship together. In the latter case, those involved realize there wasn't enough behind the façade to maintain the association. In the former, they have transcended the outer.

In addition to similar ideals in forming a union, Cayce reminded the prospective partners to keep in mind that they will be channels through which new entities may enter. Thus, the ongoing nurturing aspect of the relationship is as important as is the original foundation of the union.

**For, in consideration of marriage, if it is to be a success—it must be considered not from merely the outward appearance, a physical attraction; for these soon fade. Rather it should be considered from the angle of spiritual ideals, mental aspirations, and physical agreements. These should be analyzed in the experience of the entity, as in the experience of the companion, in the choice of such relationships.**

**For, these relationships are representative of the purpose of propagation of specie[s], as well as those ideals that arise from spiritual and mental relationships, see?** 1776-2

Certainly mistakes are made, and in some cases one partnership may not be the lifelong relationship it was originally intended to be. While the union of two companions into one accord of mind, body and soul is an ideal pattern in this dimension, there are times when the ideals or attitudes of one partner may grow or change beyond that of the other. Or, the original attraction dies away for some

reason: neglect, loss of purpose, selfishness, spiritual death. Whatever the reason, love seems to have its way with us over and over, giving us opportunities time and again to renew old bonds and establish new ones. In the soul's growth and progress, love is there for the asking and comes to us by the giving of same. A lady troubled by her disintegrating marriage asked the following:

**Q-8. In the future, could I be happier with some other? and would it be better for all concerned?**

**A-8. That should be in the future, rather than in the present.**

**For, walk this day, walk tomorrow, walk next week, circumspectly in thine own conscience; that the doors of light may be opened to thee, that there may come into thine experience those joys of the *right* association that that He would guide in such directions! And with the association of another, eventually there will come that which will bring harmony, joy and a constructive life in such experience.**

**Let the activities be in opening self in every fiber of the being that the Lord's way may be done in and *through* thy thoughts and thy activities. 272-7**

In love, then, which really is all of life, we come again and again into those opportunities to give and to receive with others. Knowing the ideal and so living as to be noncondemning of self and self's actions attunes us to the right circumstances in which love comes our way and we meet it, openly and correspondingly.

### **Sex**

**One that is very emotional in the sex life. Thus this may be abused or used. For it becomes a portion of the disturbing influence in the present, because of the inclination to turn more of those activities of the emotional self into expression in relationships to *material* activity. However, if such activities are turned into the channel more for spiritual insight, they may raise one to a high *mental* expression, as well as to a plane of judgment that may bring greater understanding and advancement. 2054-2**

Sex is healthy and joyful. In fact, according to Cayce, it is so much a part of our natural, normal life urge as to be inseparable from the totality of our being. In the earth phase, the influence of sex is great because we occupy flesh bodies with all the innate urges of the physical being. What we do *with* the urges and desires of the flesh became a matter of advice and discussion in many life readings Cayce gave. The choice, as always, rested with the individual. Repeatedly individuals were called upon to address and correct the selfishness of their desires and instead to channel their energies outward toward being of service to others. Mr. [1881], for example, was told that the attraction he felt for women was a carryover from past incarnations and that this could become a stumbling block in the present experience. Of an incarnation in Jerusalem, he was told:

**There we find the entity gained and lost, and gained; gained when the application of self was in those fields of service for the greater good of all; lost when in the activities self-indulgence and self-aggrandizement became the order of self's relationship with others. 1881-1**

The choice the individual makes as to how to handle sexual or creative urges are always to be decided by self. Miss [1935], a 39- year-old, had been an early settler in the New York area, known as Etta Wadsworth:

**From that experience there are the present abilities to attract the opposite sex, and the entity may—if it so chooses—always have more than one on a string.... This may be for good or forbad, dependent on what is the choice or the desire or the purpose in such, in the experience of the entity. 1935-2**

She was told in the reading that the same ability to attract others sexually could be channeled into giving of her talents as a teacher, a healer, a nurse or other activities in which her innate strength of character and loveliness could aid others.

Many life readings indicated problems in the sex area which were carryovers from past lives. In most instances the problem was one of a lack of balance between the physical desires (and the mental attitudes) and the spiritual ideals of the entity. The following paragraphs describe a number of past lives that indicated high mental and/or spiritual development which was impeded in some respect by bodily attractions or indulgences:

Mr. [99], named Huoon in an incarnation in Peru in the Aymara tribe, was the aide to a king. He gained intuition in that experience but lost because of associations with women.

Mr. [2122], a 38-year-old man, was known in an Egyptian incarnation as Ra-Sisri. He had worked with the king and gained through the work, but when sent to another land where he had to act alone in his own judgment, he lost: ". . . the entity allowed those of the opposite sex in the land to lead the entity astray, falling in that way that so easily beset those that have set self for a purpose." (2122-1)

Miss [248], a 22-year-old, was told that as a Norse maiden named Djhrldte she brought much consternation to many young men and that many took to the hood or became recluse from having been tempted and rejected by her. She lost in that incarnation from using her sex appeal to the undoing of others and used little judgment in her womanly wiles of that day. In her present lifetime, the readings indicated that she had learned to be very sure of herself in respect to these relations, and in such she had gained.

Mrs. [2720], a housewife, was told that in a lifetime in India under the name Alphi, she had been a religious and spiritual interpreter to the leader of that period. She had "gained and gained and lost and lost" because, although she was spiritually adept, she could not contain her physical sex desires. In this lifetime, the readings counseled, she would make an excellent psychologist because of her mental developments in the Indian incarnation.

Mr. [3308], a 63-year-old newspaper editor, had been Oran Carson in England during the Crusades, where he had let affairs with the opposite sex bring disturbing influences. He was giving in to the same activities in his present lifetime and the readings warned him not to let his good be evil-spoken of because of weaknesses of the flesh.

Mrs. [934], a 30-year-old, was told that she and her husband had been together in a Grecian experience. They had been self-indulgent in seeking to gratify the bodily needs of the moment alone and their present relationship was a karmic one. Their reading advised:

**And these—because of . . . the worshipfulness towards material things as related to body-desire—are the problem of each in the present. 934-1**

They were told to change their conduct and to so live and act in their relationships that there would no longer be questionings as to their appetites or their influences.

A stern warning was given to Miss [1828], a 20-year-old who had been a teacher in America during the Colonial period. Through selfishness and bodily longings she had allowed herself to commit adultery. Her guilt feelings had caused her much remorse and the result had been the harboring of hatreds and jealousies. In the present life these feelings had manifested as self-centeredness. Cayce told her to replace those emotions with beauty in her associations with others.

When people came asking for advice in their sexual behavior, they were frequently advised to "use, don't abuse." Nowhere did the Cayce readings judge, condemn or sentence. An individual's own conduct, whether in a past incarnation or in the current one, was the sole judge, in conjunction with that which the individual had set as his ideal. All were meeting nothing more nor less than what they had given out in the past and were once again being given an opportunity to deal with. The results of their own actions and behavior were coming around full circle to be met once again. They were encouraged to set their ideals and to live up to them, using that which each knew best as his standard. Always the opportunity was presented, in the readings, as a chance to grow via the overcoming of self and self's own indulgences. One lady, Mrs. [3577], was given an interesting commentary on her use of sexual energy:

**This is one entity who might take any man and wind him around her finger—by a look and by a wink, or by her own movements. Yet these have not only been eliminated by suppression but purposefully, though they may still be used to advantage if spiritualized, in aiding self as well as anyone else in whom the entity might interest itself.**

**The entity would make an excellent lobbyist for any cause. Thus as the entity may set itself about to contribute to or to tear down any activity, it can do a darn good job of it! 3577-1**

The lady had learned some lessons from her past behavior and was becoming a living example of that which can result in one's channeling an otherwise selfish energy into one used for the benefit of others.

According to the readings, education was the best preparation in an individual's learning the proper use of sex. Training when a person was young would establish proper patterns of thought, attitude and behavior.

Cayce indicated that the moral laxness and the misjudgment which it brings in sexual matters are caused by the lack of proper education of the young before their teenage years. The readings urged that the young be trained in knowledge of the body's biological actions and reactions in the proper use of sex. The readings further indicated that it was from puberty on that the essence of creative energy comes to the fore. In addition, the parents' attitudes toward their creative use of sex affected their offspring:

**And if such forces are turned to those channels for the aggrandizement of selfish motives, or for . . . the gratification of *emotions*, they become destructive; not only in the manner of the offspring but also in the very *physical body* of the offspring, as well as in the energies of the bodies so producing same. 826-6**

Elimination of wrong habits and practices, according to the readings, and early instruction of the young in the care of the body as well as the soul's relation to its Creator would channel the entity in the proper direction in the use of creative energy. The readings warned:

**For to be sure, relationships in the sex are the exercising of the highest emotions in which a physical body may indulge. And *only* in man is there found that such are used as that of *destruction* to the body-offspring! 826-6**

When two souls couple in love and mutual physical attraction, all sorts of fascinating possibilities come into play. We see from the Cayce readings that each one of us carries within a spark of divine flame which links us with our Creator and with all other souls in the universe. In the earth phase which the soul passes through in its ongoing sojourn, the passions and the pulls of the flesh become a facet—and a strong one—of our existence. Cayce indicates that there is no soul in which sex, in some way or form, does not become a strong basic factor in the way in which one conducts and motivates his life activities. The basic problem in sex, as we have seen in the past life readings presented here, seems to be that once having awakened the urges of the flesh, the soul is faced with a tremendous choice: to channel this powerful energy into glorifying God in the earth by living in service to others or by turning the same energy into self-gratification and the pursuit of one's own pleasure. The choice remains with each entity as to how to use the sexual or life energy. Doctors William and Gladys McGarey explain the attitude of the readings in simple and understandable terms:

Anything which gratifies one's own self-oriented desires thus moves away from his destiny, which is oneness with God. In such a concept, there are only two directions—toward God or toward self—with lots of activity in between. Since you can't go both ways at once, you are moving constantly toward one eventual goal or the other. And to simplify our definitions, Cayce has labeled the movement toward self-orientation and self-gratification as sin. Each person must decide in which direction he is moving.<sup>2</sup>

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<sup>2</sup> McGarey, William and Gladys, M.D.s, *There Will Your Heart Be Also*. Englewood Cliffs, New Jersey: Prentice-Hall, 1975, P. 44.

Ultimately, as we have seen, each soul must come to a decision about how to deal with sex and the sex urge. We have been given a pattern and we have been shown the way to go: in selfless service, in being channels of blessing and in preparing the way for those yet to come:

**For He *is* the way, and He asks that all follow in that way.**

**And as two souls come in a union of purpose—not a gratifying of earth, not a gratifying of the earthly impulses and desires but that they, too, may be used as channels through which souls may enter—there may be brought into the earth those that may quicken. For all must be lifted up, even as He.** 1158-5

## Sin

Much has been said in the Cayce readings about sin. The preceding excerpts indicate that self-indulgence for the purpose of mere gratification for the moment is a move in the wrong direction in the soul's growth. Sin, according to Cayce, centered about one thing, and that was the self. "Only self stands in the way," the readings frequently commented, indicating bluntly and graphically that we are indeed impediments to our own progress. He elaborated on this, and admonished a 48-year-old man to turn around and be about his true purposes:

**Know, self is the only excuse. Self is the only sin; that is, selfishness—and all the others are just a modification of that expression of the ego. But so close is the ego, the I Am, to the *Great I AM THAT I AM*, that the confusions of duty and privilege and opportunity become so enmeshed in the experience of the entity.**

**And so great are the abilities of the entity to make of this experience a *glory* for the living God, that to fail would indeed be calamitous in the experience of this soul!** 1362-1

Cayce was even more direct in a reading for a 39-year-old woman in indicating that the best pattern to be followed by the soul is one which leads out of selfishness and into selflessness:

**Self-glory, self-exaltation, self-indulgence becometh those influences that become as abominations to the divinity in each soul; and *separate* them from a knowledge of Him. For, thou *art* persuaded, for thou *knowest* from thine experience, *nothing* may separate the soul from its Maker but desires and lusts!** 1293-1

Again, the ideal comes into focus as we are reminded that the ideal a soul has set for itself is there as a help and guideline and not as a restriction. Everything we do returns to us, thus the universal law of cause and effect comes into action by our living the ideal as well as by our ignoring it. There is no one else to blame or to applaud for that which we reap in our lives.

**Be sure your *sin* will find you out, and that which one counts to self as *sin* is hiding that which to self's own mind, own intellectuality, is not in accord with physical, moral or spiritual law. But remember, love is law and law is love, and with the measure that same is meted the same is meted to self. Through every channel does this law hold good, whether of the mental, the spiritual, or the physical being of man.** 270-15

Thus, responsibility rests directly upon each entity as to whether he conducts himself in keeping with Universal Law or not. Just as we have the free will to choose to go against God's will, we also may choose to follow it. The sobering recognition that each of us accounts for his own actions can also turn to a sense of trust and relief when we come to realize that in choosing God's way, we achieve our ultimate good:

So soon as man contemplates his free will he thinks of it as a means of doing the opposite of God's will, though he finds that only by doing God's will does he find happiness. Yet, the notion of serving God sits ill with him, for he sees it as a sacrifice of his (own) will. Only in disillusion and suffering, in time, space and patience, does he come to the wisdom that his real will is the will of God, and in its practice is happiness and heaven.<sup>3</sup>

Cayce indicated that not only in selfishness are we moving in the wrong direction, but that satisfaction for the gratification of the self alone (whether it be in sex, money, food, employment or any activity where taking precedes giving) can result in a real hell for the individual and can end in self-destruction. He cautioned that mere satisfaction for the sake of the emotions alone made for pricks that are to be kicked against time and time again. One young lady was advised to lay aside her momentary desires and instead to cultivate the spiritual:

**Use that thou hast to the glorifying not of self but of the Spirit that gives Life itself, that ye may be a companion with that source of Life that impels every thought, every desire, when not of a selfish nature. 911-7**

The young woman, in her self-centeredness, had actually been setting up barriers to the good which could have come her way. Thus she was called upon to turn about, for her own sake, to life instead of death in the spiritual sense. He went on to tell her that through prayer and meditation she could become less needful of carnal desires and the material things she so craved. He left the responsibility for her conduct directly upon her:

**. . . for what is life, that ye gain power, position, wealth, and satisfy the longings of the flesh? Are ye but to lose thine own soul by so doing? It is in thine keeping! He stands ready to help, if ye will but *let Him help!* but if self bars the door to thine consciousness, then indeed sad becomes the end! 911-7**

We note here that the tone of the admonition is not one of blame; the entity was being offered a choice as to which path she could take.

**Take not, give not, that that cannot be taken and given in the spirit of, "His will, not mine, be done!" Each must judge such for themselves, in the light of *their* understanding. Each has the right to say I will, I will not. 911-5**

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<sup>3</sup> Allen, Eula, *Before the Beginning*. Virginia Beach, Virginia: A.R.E. Press, 1966, pp. 16-17.

Even our sins can be blessings if we learn and grow from them. We are not called upon to be responsible for that which we do not know. However, even when we seem to falter willfully and turn from the lighted path, we are given chance after chance to use even our mistakes as a part of the learning process. Just as Jesus, who came to show us the way, also stumbled on the way to Calvary, so we too may pick up our crosses, our errors, our mistakes, and use them in growth. As the Master overcame, so can we, through application and choice, learn, grow and move along in our way to eventual at-one-ment in and with Him:

**. . . those things presenting themselves as errors, as faux pas, as a disrupting influence, may be used as the stepping-stones for the creating of those atmospheres, those environs in which each and every soul may find *in a trial, in a temptation, in a hardship even, that of beauty. For, through the things which He suffered, He became the King of Kings, the Lord of Lords. So in man, that has named a Name that is above every name, it is found that with the using of experiences there may be brought into his consciousness that harmony, which is another name for peace, another name for good, another name for joy, which will be crowned in glory.*** 987-2

Those of us who have been raised in the traditional denominations have heard most likely more than we cared to about sin. The idea of sin and man's sinfulness is a well-developed and elaborated theme in our churches. In the light of the Cayce readings, the idea of sin sounds at once both simple and complex: It begins and ends with the self. Therefore, we are faced in this view with releasing the notion of a wrathful and punitive God who would condemn us to hell for our transgressions. Instead, we are presented with the idea that we ourselves are the cause of our own good or evil. A loving Creator has sent us a pattern in the Christ to show us the way out of self and sin. Our choice is to follow that pattern now or to cause more of our own suffering.

Life is a gift from God, and we as souls entered the earth through the grace of what Cayce called Creative Forces. Disturbances which we experience are only our meeting that which we ourselves have created. The hope for each is that as we turn about and attune to the love and the law of Creative Forces, or God, all will be added to us to assist:

**Hence, there comes that indication that the entity is meeting problems which have been problems before. *What causes, what produces problems in the experience of an entity—either in its mental or material self? That of non-compliance to the laws, the purposes for which Creative Forces have given the opportunities to the individual entity.***

**Are these (the entity asks) only of self's own making? Rather, there is the law, "Inasmuch as ye do it unto the least of these, my children, ye do it unto me."**

**There *cannot* be happiness or joy save when self has found peace *within* self.**

**Condemn not, that ye be not condemned; but as that peace He hath promised comes to thy consciousness, more and more the material environs will become in keeping with the *needs* of that to *make thee aware* of His presence abiding with thee.** 2427-1

## Adultery

**Q-1. Is sexual intercourse outside of marriage injurious morally or spiritually?**

**A-1. This must ever be answered from one's own inner self. Those attributes of procreation, of the pro-activity in individuals, are from the God Force itself. The promptings of the inner man must ever be the guide; not from *any* source may there be given other than, "Study to show thyself approved unto the God that thou would worship." As ye would have men do to you, do ye even so to them. In the light of thine own understanding, keep thy body pure, as thou would have others keep their bodies pure. For thy body is the temple of the living God. Do not desecrate same in thine own consciousness. 826-2**

**Q-1. Is monogamy the best form of home relationship?**

**A-1. Let the teachings be rather toward the spiritual intent. Whether it's monogamy, polygamy, or whatnot, let it be the answering of the spiritual *within* the individual.**

**But monogamy is the best, of course, as indicated from the Scripture itself—*One*—ONE! For the union of one should ever be *one*. 826-6**

Adultery, according to the *American Heritage Dictionary*, is derived from the Latin word *adulterare*, which means to defile, to falsify or to corrupt. According to *Webster's Dictionary*, the word adultery in the Scriptural sense refers to all manner of lewdness and unchastity as well as idolatry and apostasy. In a metaphysical sense, to commit adultery is to detract from or to corrupt the essential oneness with Creative Forces; that is, to turn from completeness and total unity with the God Force which exists in each of us. To adulterate, in this sense, would be to detract, corrupt or in any way alter our oneness in Him.

In the earthly sense, marriage can be seen in this light as symbolic in physical terms of the union of the soul with the Divine. And so, to commit adultery within the concept of breaking the marital bond is spiritually equivalent to interrupting and breaking that union in oneness between Creator and created. (It should be noted that, in a general sense, many other willful acts can be considered adulterous. Lying, cheating, stealing, physical or verbal abuse, and taking emotional advantage of another in any way are all forms of corrupting a relationship, whether it be in marriage, friendship, business or whatever.)

Several questions about adultery were directed at the sleeping Cayce, and he responded with as much forthrightness to this subject as to others put to him. In one reading he differentiated the idea of adultery in the Old Testament sense of a commandment instructing "Thou shalt not," as contrasted with the admonition of Jesus that the very thought of adultery itself was that which defiled a man: One law ruled the outer act, the other dealt with the inner:

**. . . for, as was given by the Master that it has been written that man shall not commit adultery, "yet I say unto thee that he that looketh on a woman to lust after her has committed adultery already." Here we see the change in the application of the lesson as respecting those of morality as was governed under the law, taking the actual fact in action to produce that man called guilty of, while in the law of love we find that the greater sin may be in the desire of flesh towards**

**the gratification of fleshly lusts, and in that manner the moralist may be the greater immoral person, and that in such action the results are the fruit of that as is gained through that activity of the body-mind, the body-consciousness, the inner consciousness of an individual. Keep thine *heart* pure, that the issues therefrom may be in keeping wholly to that of the body-mind and body-activity.**

**900-347**

The reading seems to be saying that whatever one entertains in his mind will result in action associated with it or, as is given in the Bible, that which a man thinks, he is. A degree of comfort can be taken from this idea, because there is no sense of judgment given in the concept: He who turns again to the knowledge of his oneness with God is no longer condemned, because he is living the law of grace (love) rather than the law of karma. He who keeps only the outer physical law while not purifying the inner spiritual is the adulterer, in the concept of this reading, because he has not yet come under grace but is rather living under karma or the law of retribution. He will continue to cause his own suffering until he recognizes his oneness in God, accepts it and comes under that grace in which he no longer corrupts or condemns himself.

The Cayce readings present several detailed case histories involving adulterous relationships; these associations were carryovers from past life attractions. They are well documented and present insight into human behavior:

Mrs. [272] was a 34-year-old sixth grade schoolteacher. She had originally asked for a physical reading because she had a gonorrheal infection, which her doctor had been unable to cure. Cayce diagnosed and prescribed a series of treatments for the gonorrhea, and the woman subsequently asked for a life reading. She had been unhappy in her present marriage and found her job unsatisfying. The readings also revealed that she had been sexually dissatisfied with her husband and had had affairs with other men. These illicit relationships had apparently brought about the present gonorrhea.

In her life readings the woman was told that her most recent incarnation had been in Japan. Her name at that time was Sujuih, and she had been the result of a union between a Japanese and an American, and was thus considered a half-caste in her society. She was raised in Japan and suffered greatly from her racial mixture, being looked at askance and being kept apart from others. As a result, she became material-minded and promiscuous, not only contracting venereal diseases but also passing them on to others. As the readings put it:

**. . . there was the turning to those of purely materialistic influence; so that the entity brought upon those that the entity . . . contacted the fires of the body, that brought destructive forces in the influences of many; and far-reaching were those influences—even unto the meeting of same in self in the present experience!**

**272-4**

The reading indicated that due to her behavior in that lifetime, she had carried over not only her tendency to contract venereal infections but also a feeling of doubt and disillusionment about herself. She had a sense of groping for spiritual knowledge which would blot out her former experiences. In repeating her

prior promiscuous behavior in the present life, the woman was being an impediment to her own growth. A series of readings plus much correspondence between the woman and Gladys Davis Turner over a number of years reveals that, as the woman began to study spiritual laws and to put these into practice in her life, she gradually gained an understanding of herself as a soul worthy of love. As she turned from behavior which the readings had called "unseemly," she developed a greater sense of self-worth. The last letter in the files reveals a changed person, one much more in attunement with and aware of herself and her real nature. In a lasting way, she had begun to overcome herself.

A 29-year-old, Mr. [1173], was also in a dilemma due to a past life association. The reading involved himself and Mrs. [1483], the wife of a friend. Mr. [1173] had been associated with her previously in a life in Ohio and Michigan. The relationship then had been, as the readings put it, "not circumspect," and it was growing again in the present incarnation. The reading was a joint one for the two, who were trying to choose a proper course of action in the present. They were strongly attracted to each other. He had tried to force issues to his own advantage before, and the readings warned him that this time he must choose based on his ideal. Again, we note that there is no judgment, blame or condemnation in the tone of the reading, but that the persons involved were told to choose for themselves:

**There has been given what may be said to be a pattern, or that from which they each may gather that lesson upon which they each may make their choice.**

**When others condemned her, that was taken in adultery, did He—the Master, the Maker of all that is—condemn? No. Rather gave He, "Neither do I condemn thee—but *sin* no more!"**

**Again we may find the same given by Him, or as said respecting Him, "Who art thou to judge thy brother?"**

**Rather let that which *is* the spirit of truth and of good consciousness direct thee in thy choice. 1173-11**

The couple was urged to make the present choice from a different standpoint than that of self-indulgence:

**For the love of the Father, that is manifested in the Son, *should* be the ideal of each.**

**Then, let each so analyze those that have been the promptings that have brought about the basis of the associations through the experience.**

**There is no condemnation in the Father; rather love—that they each may find their way.**

**And thus He calls on all.**

**1173-11**

They were urged to forget their selfish desires and to set their ideal, keeping in mind that to repeat the experience of the past lifetime would be to increase their problems in the present. When asked what personal relationship they should have in the present which would best aid in their highest spiritual unfoldment, the sleeping Cayce responded, "In friendship."

Mr. [2052], a 36-year-old, was married to one woman but he desired another. He had been a prince in a past incarnation and had been attracted to

the other woman then because of her beauty. In the present experience, he was again torn between his sense of obligation and duty to his wife and his reawakened desire for the other woman. He was told that the other woman had been a factor in his belittling his wife in the past experience and that his wife had again come into marriage with him so that he could learn proper companionship. He was to stay married to her and to discard any relationship with the other woman beyond that of a helpful social nature. Not to do so would indeed cause backsliding in the growth of all in the present opportunity:

**And to allow such an influence in the present to cause the discarding, the irreparable activity, would bring not only degradation but a continued consciousness of wrongdoing, and fear would creep in. And, so far as the mental and spiritual life of the entity is concerned, it would prove degrading to the entity.**  
2052-3

As we have seen in the lives of these individuals, the strong relationships associated with sex and all its accompanying temptations appear in life after life for us to deal with. These strong urges will, no doubt, be with us as long as we occupy flesh bodies and are a normal part of the earth experience. As Cayce so beautifully put it:

**For it is as natural for there to be sexual relations between man and woman, when drawn together in their regular relations or activities, as it is for the flowers to bloom in the spring or for the snows to come in the winter....** 826-6

What we choose to do with this force in our relations with others will become patterned in our consciousness and thus become a part of our being. The responsibility of dealing with this force rests with each soul. Always we have the choice, as Cayce indicated, of meeting this drive in love and proper use or of turning it into an indulgence which satisfies but briefly.

**Hence, in their very basic forces, the relations in sexual life should be but the outcome—not the purpose of—but the outcome of the answering of soul to soul in their associations and relations. And the act, or the association in this nature, should be the result.**

**Hence, these questions should be often weighed well, remembering that God, or Love (for it is one) looketh on the heart, rather than the outward appearances.** 272-7

Whatever pulls and trials we meet in temptations and desires with others are manifestations of what we have built into our own consciousness. We are given every opportunity we need to overcome the momentary in order to attain the eternal.

While in the earth plane, man sets laws by which to live. He then must measure his conduct by these laws. Adherence to spiritual law, as well as to one's ideals, results in soul growth and an expanding awareness of the soul's oneness with its Maker. The knowledge that we are truly one in Him gave comfort to a lady who desired one whom in the present she could not have and serves as a reminder to all:

**For, remember, you can never lose anything that really belongs to you, and you can't keep that which belongs to someone else. No matter if this is spiritual, mental, or material, the law is the same.** 3654-1

### **Afterthoughts**

The overriding message found in the case histories and philosophy of the Cayce readings is that all of life is really one. The Creative Force which flows through each soul has its inception in the soul's oneness with the Father. In the earth, this is manifested in the life force as it is channeled physically, mentally and spiritually. Given free will by the Creator, the soul makes its own choices in the use of this life, or creative, force. Along with choice comes the responsibility of control: Do we use the creative force or are we used by it? It can be seen in the lives of those who sought readings from Cayce that many were confused and caught between wanting to develop their spiritual and creative attributes, and being pulled in the other direction—that of self-gratification. They were told that only self stood in the way of developing greater consciousness. All were called upon to make a choice and to determine within themselves which direction they would take:

**As has been given oft, know *in what and in whom thou hast believed*. If such has its inception in constructive life, fear not! If such has its inception in the gratification of selfish interests, fear! for when fear entereth, doubt entereth; and he that doubteth is lost already!** 911-5

So living as to be without doubt about one's direction eliminates not only fear as to one's path but self-condemnation as well. It calls for individual responsibility in one's personal conduct and the setting of one's ideals physically, mentally and spiritually. The determination rests with the individual:

**First that determination must be found in self's *own* mind, heart and soul; for as the body knows, it is not *all* of death to die, neither is it all of life *just* to live! But to be of a service to someone else is the *only* way that life is made to be such as to bring contentment, and to find the joy, the pleasure in living.** 911-7

According to the readings, the material life is a reflection of one's spiritual ideal. Therefore, setting and knowing those ideals in the light of life partnerships brings the right choice of a love mate, and in sex demonstrates the right use of this powerful energy. In this sense, one is no longer caught up in the selfish misdirection of life force known as sin or in the deviation from Oneness called adultery. It is comforting to realize that one can change course. And when one begins to live in the present, applying his current knowledge of truth, the future will take care of itself:

**Then apply in thy experience, in thy relationships, in thy associations one with another, knowing—as He has given—"Inasmuch as ye do it unto the least of these my children, ye do it unto me." Today, as ye will hear His voice, then turn, know in whom ye believe; knowing that He is able to forgive sin in the earth, in the mental, yea in the hereafter. For, even to that one on the cross He gave, "Today thou shalt be with me in Paradise."** 3309-1

Our past lives, whatever their karmic influence, can serve as lessons to learn and apply and grow. With each new experience, we have the choice to use the life force constructively. No soul is alone. We are each bearers of that spark of divinity which in its totality makes for Oneness in the Father. Our conduct in relation to other souls is best expressed in loving service to and with them. Giving to others without thought of personal gain brings that fulfillment as has been shown in the pattern given by the Christ. In this way, we know the direction to follow:

**In seeking God's ways, God's understanding, through the way that has been shown by His Son in the earth. "He went about doing good," day by day. Not any great revelation, not in the fanfare of trumpet, not in segregating self from the world; but being in the world was not of the world, rather that the world *through* Him might know more of the Father's love for those in this material plane.**

**Hence, we, as His brothers and sisters, as His emissaries, as true children of Light, may do likewise day by day; a kindness shown here, a gentleness shown there, no harsh word to those that falter—rather give for such a constructive thought, that they, *too*, on the morrow may speak gently even to an erring son.**

**Then, as ye grow in grace, using that thou knowest to do, there is given strength, hope, and peace. Such peace as the world, or the rabble, knoweth not, but that which even in the face of seeming disaster makes it possible that through tears there may come the shining light of His love, that ye may pass on to those that ye meet—yea in the street, in the home, in the quietness of thine meditations, in the throng; and that every thought, every act, becomes a *song* in the heart and a joy in the service of being not just good but good in His name. 272-10**

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## General Excerpts

### **3234-1, F 24 (Music Teacher), 9/23/43**

Know, all the desires of the body have their place in thy experience. These are to be used and not abused. All things are holy unto the Lord, that He has given to man as appetites or physical desires, yet these are to be used to the glory of God and not in that direction of selfishness alone.

### **2072-16, F 34, 8/22/44**

(Q) So much has been written about sexual relationships between husband and wife. Is it the correct understanding that this activity should be used only and when companions seek to build a body for an incoming entity?

(A) Not necessarily. These depend, of course, to be sure, on the individual concept of relationships and their activities. To be sure, if the activities are used in creative, spiritual form, there is the less desire for carnal relationship; or, if there is the lack of use of constructive energies, then there is the desire for more of the carnal, physical reaction.

### **2035-1, F 58 (Housewife), 11/2/39**

(Q) When one partner in a marriage loses desire for sexual relation and to the other it is still necessary, how may this problem be met?

(A) Only in a united effort on the part of each to fill that which IS the need of each.

### **816-8, M 53, 1/20/37**

(Q) Can sexual vigor be maintained by a healthy individual into old age?

(A) This to be sure is one of those conditions that depends upon physical activities, diet, and conditions that have to do with not only prenatal influences but the use of rather than the abuse of those activities in relationships to same.

In this body as we find, if these conditions are cared for - in the matter of diet, in the matter of environ, in the matter of activity in normalcy - it should continue for many years. As much as the body should have use of, at least.

(Q) Can sexual power be increased by special physical exercises, by diet, by electrical treatments, or by other means?

(A) It can, but overstimulation like overactivity of muscular forces produces periods when there is little or no dependence upon the activities of same through given periods of relationships.

Hence as we find, these NOT considered - but rather the normalcy kept in all of its relationships, bodily, physically, mentally - would produce near to normal for that individual body.

**911-5, F 24, 10/12/32**

(Q) Is it desirable for this body to have sex relationships other than that obtainable through a marriage, if it has its inception in the spiritual mind?

(A) The relationships that come from that which is of the highest vibrations that are experienced in the material world are those that may be found in such relations, and are the basis of that which is termed the original sin; and hence may be easily misunderstood, misconstrued, mis-interpreted in the experience of EVERY individual; but these should be known - that the control of such, rather than being controlled BY such, gives that which makes for the awareness of SPIRITUAL intent and purpose. To overstep those conditions created by those environs in social relations and atmospheres that are brought about by such, however, is to take those leaves with self that may not be EASILY retained. Take not, give not, that that cannot be taken and given in the spirit of "HIS will, not mine, be done!" Each must judge such for themselves, in the light of THEIR understanding. Each has the right to say I will, I will not.

(Q) Need I fear loving any man, or must I be calculating?

(A) When self has found self, such relationships are the NATURAL inspiration of the spiritual. As has been given oft, know IN what and IN whom thou has believed. If such has its inception in constructive life, fear not! If such has its inception in the gratification of selfish interests, fear! for when fear entereth, doubt entereth; and he that doubteth is lost already!

**5439-1, F 42, 1/11/30**

(Q) Am I under sexed?

(A) No, NOT under sexed. Rather have the studies of the mental being, as related to these elements in the system, caused or brought about conditions in which the condition in system does NOT RESPOND in some directions; yet the body often finds in self that these DO respond UNDER certain environs or certain conditions. Be able to control these as well AS the body HAS in other directions!

**436-2, M 28 (Elevator Boy, Christian with East Indian leaning), 11/10/33**

From Venus rather a complex position or condition comes to the experience of the entity, where filial or marital or such relations as of loves in the material earth come in the experience. Not that there hasn't been, nor won't be, nor isn't existent, that which is pure, elevating and helpful in the experience of the entity in its relationships with individuals of both sexes in this way and manner; yet these have brought some very pleasant experiences and some very contrary and contradictory influences in the activities and in the experience of the entity in the present.

Hence it may be given in passing, to the entity, that the love of and for a pure body is the most sacred experience in an entity's earth sojourn; yet these conditions soured, these conditions turned into vitrol, may become the torments of an exemplary body, and one well-meaning, and make for loss of purposes.

Keep the friendships, then. Keep those relationships that are founded upon all that is constructive in earth, in the mind, in the spirit.

**272-7, F 35 (Schoolteacher, 6th grade), 10/6/33**

(Q) Is it best for me to get a divorce?

(A) As conditions exist, and as the moral and spiritual life are such as to be at such cross purposes in the experience, to return to those influences is to keep about self that which must eventually break the morale and the better decisions in the body-experience.

Hence, as we find, for the general situation, it would be better for there to be the parting of the ways....

(Q) Could my husband and I patch up our disagreements in order to live happily together that would make for both our soul development, or should we separate?

(A) Separate.

For, where there has come those influences that make for the continued nagging, or the continued activities that become repulsive to the body-consciousness and the activities of an individual in relationships with others, this is not for the welfare or the mental associations of ideas; but the repulsiveness of body-associations and relations becomes such as to make for destructive influences in the experiences of both.

This may be easily understood by the body, [272].

(Q) How should love and the sexual life properly function?

(A) This, to give even a summary dissertation, would require a great deal of time and space.

In a few words, as we have indicated, the material things (or those in a three-dimensional world) are the shadow or the reflection of those in the spiritual life. Then, as God or the Creative Influence is the source of all things, the second law in spiritual life, in mental life, in material life, is preservation of self and the continuation of likes, or propagation, in sexual intercourse or life.

Hence, in their very basic forces, the relations in sexual life should be the outcome - not the purpose of, but the outcome of the answering of soul to soul in their associations and relations. And the act, or the associations in this nature, should be the result.

Hence these questions should be often weighed well, remembering that God, or Love (for it is One), looketh on the heart rather than the outward appearances. And that there having been set laws, by associations and relations in the material life (which are again shadows of the associations for which man in a material form was brought into being, to become a companion of the Father), and that morality, virtue, understanding, truth, love, are those influences that make for judgements of those that view the activities of individuals in the material life and judge according to those rules that govern such relationships, then it behooves - and becomes necessary - that there be the adherence to such regulations, that thy good be not evil-spoken of.

For, in the understandings, know that Love and God are One; that relations in the sexual life are the manifestations in the mental attributes of each as to an expression of that that becomes manifested in the experience of each so concerned.

For, unless such associations become on such a basis, they become vile in the experience of those that join in such relations.

(Q) There seems to be a standard of nature and one of man. Just how should they harmonize?

(A) Not with man's, but rather with God's laws. One the outcome of the other. One the impulse of the other. Not the aggrandizing of the impulses that may be fired by material things, but that which is the outgrowth of the soul's expression in a material world, with the necessity of conforming to that which has been set by man as his judgement of his brother.

(Q) In the future, could I be happier with some other? and would it be better for all concerned?

(A) That should be in the future, rather than in the present.

For, walk this day, walk tomorrow, walk next week, circumspectly in thine own conscience; that the doors of light may be opened to thee, that there may come into thine experience those joys of the RIGHT association, that that which He would guide in such directions! And with the association of another, eventually there will come that which will bring harmony, joy, and a CONSTRUCTIVE life in such experience.

Let the activities be in opening self in every fibre of the being that the Lord's way may be done IN and THROUGH thy thoughts and thy activities.

(Q) How can I know about love?

(A) As one knows God and His associations with man (and this means woman [EC pronounced this wo-man]), so may one feeding upon the fruits of the spirit come to know that which is love.

**262-86, Norfolk Search for God Study group #1, "Destiny" 8/11/35**

(Q) Is the destiny of woman's body to return to the rib of man, out of which it was created? If so, how; and what is meant by "the rib?"

(A) With this ye touch upon delicate subjects, upon which MUCH might be said respecting the necessity of that UNION of influences or forces that are divided in the earth in sex, in which all must become what? As He gave in answer to the question, "Whose wife will she be?" In the heavenly kingdom ye are neither married nor given in marriage; neither is there any such thing as sex; ye become as ONE - in the union of that from which, OF which, ye have been the portion from the beginning!

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**BACKGROUND OF READING 281-49**

Subject of 281-49 - "Glad Helpers."

**TEXT OF READING 281-49**

This Psychic Reading given by Edgar Cayce, this 23rd day of October, 1940.

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. In that which has been given there is the attempt to show the necessary coordination of the mental with the physical and spiritual; or, to be exact, the coordinating of the mental with the spiritual that so alters the characteristics, the purposes, the hopes of the individual entity materialized and manifested. That entity, however, is altered by choices made under its own impulse.
4. But to further demonstrate or illustrate those phases of the emotions, and that necessary in the union of purpose for the channels, we find that - as indicated - other illustrations are needed.
5. From the patriarchs there may be taken others, - as first indicated in Samson; and also that which has been referred to in those relationships borne by Kish and Methulabah (?), when there were the preparations for the individual entity that was to be king over that chosen people. We find that the preparation of the parents, mentally and physically, was such that there was an elongation of activity in the endocrine system of the pineal; so that the stature of the entity then was of a different type, a different nature, and the mental and spiritual so balanced and coordinated that through the experience of the entity there was a physical and mental development equaled and surpassed by few. Yet the APPLICATION of the entity OF those opportunities was personal; so that what was individually personified of the mental and spiritual of the entity's sojourn was then of self in its LATTER analysis.

6. But the activities of the glands, - what has this to do with those activities or choices that the entity or individual makes after the periods of gestation are completed, either during the period when the entity is under the direction or counsel of the parents, or tutors or friends and associates? What have the glands to do with the choices the individual makes? This depends upon whether or not the activity has been such that there is kept the coordinating of the glands of the body as related TO the activity of the organs being directed.

7. Then, it is not that the entire life experience is laid out for an individual when there has been received that imprint as of the first breath, or the spirit entering the body as prepared for activity in the material world. For, again, choice is left to the individual, and the personality - as to whether it is the laudation of the ego or cooperation with its fellow men, or as a consecration to the service of the Creative Forces in its material environs.

8. All of these are to be taken into consideration, then; just as they are indicated in the study that first prompted this search for the BEGINNINGS of individuality and personality in an entity entering and becoming active in the material complacency of a changing world.

9. Further illustrations we may find, of both a physical and a mental nature.

10. When Manoah sought with his whole desire and purpose that there might be the blight taken from his associations among his fellows, he with his companion, prayed oft; and then the visitation come.

11. Here we find a consideration also to be taken, when one studies even the anatomical structure of the channel for expression of body, mind and soul. In the material world, in the anatomy books that have been written by some, attempted by many, there is considered only the physical channel, and not the mental and spiritual attributes and activities. But if ye are studying these in the light that they are to be applied in the interpreting of Revelation, then the mental and spiritual must also be taken into consideration.

12. The prayer of Manoah and his companion was answered by the visitation of a heavenly figure, in the form of a man; which was not conceivable by the husband, - yet when satisfied of same, and the wife - Mahoa [?] - conceived, the entity physically - PHYSICALLY - was the greater tower of strength. Yet as indicated that strength lay in the hair of the head of the individual. What GLAND caused that activity of such a physical nature, as to be the determining factor in that development?

13. As is indicated, the thyroid is within the body so placed as to have that influence. There are only a few of these that are not within the organs themselves.

14. It has been given at first that as each organ develops in the foetus there is the development of the gland within itself to give it the ability to REPRODUCE itself. Yet there are those outside, or they are centers from and through which pass the emotions, the activities from the organs of other portions of the body; and become so influenced as to produce a definite PHYSICAL effect.

15. If they produce the definite mental effect, if they produce through same definite spiritual attributes or abilities, and if these are coordinated by the individual into personality, - what are the results?

16. Here this is illustrated in Samson, - a lad who grew to manhood with the unusual strength and power, the ability to cope with exterior forces and influences that were beyond the understanding and comprehension of his associates. Yet his ability to say no to the opposite sex was nil, - his ability not to be influenced by the opposite sex was nil, - because of the desire for the gratification of those activities which were of a glandular nature within the body.

17. What are the lessons to be gained or understood, then, from the illustrations here given?

18. We will begin, then, with the various glands that act independent of the organs, and yet AFFECT them through THEIR glandular force or source that lies within the functioning of the organ itself.

19. We are through for the present.

**REPORTS OF READING 281-49**

R1. 1/15/41 See 281-51 continuation of gland readings [not included here].

**INDEX OF READING 364-3**

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**364-3, Atlantis, 2/16/32**

4. What, then, are the character of the peoples? To give any proper conception, may we follow the line of a group, or an individual line, through this continent's existence - and gain from same something of their character, their physiognomy, and their spiritual and physical development.

5. In the period, then - some hundred, some ninety-eight thousand years before the entry of Ram into India [See 364-3, Par. R2] - there lived in this land of Atlantis one Amilius [?], who had first NOTED that of the separations of the beings as inhabited that portion of the earth's sphere or plane of those peoples into male and female as separate entities, or individuals. As to their forms in the physical sense, these were much RATHER of the nature of THOUGHT FORMS, or able to push out OF THEMSELVES in that direction in which its development took shape in thought - much in the way and manner as the amoeba would in the waters of a stagnant bay, or lake, in the present. As these took form, by the gratifying of their own desire for that as builded or added to the material conditions, they became hardened or set - much in the form of the existent human body of the day, with that of color as partook of its surroundings much in the manner as the chameleon in the present. Hence coming into that form as the red, or the mixture peoples - or colors; known then later by the associations as the RED race. These, then, able to use IN their gradual development all the forces as were manifest in their individual surroundings, passing through those periods of developments as has been followed more closely in that of the yellow, the black, or the white races, in other portions of the world; yet with their immediate surroundings, with the facilities for the developments, these became much speedier in this particular portion of the globe than in others - and while the destruction of this continent and the peoples are far beyond any of that as has been kept as an absolute record, that record in the rocks still remains - as has that influence OF those peoples in that life of those peoples to whom those that did escape during the periods of destruction make or influence the lives of those peoples TO whom they came. As they MAY in the present, either through the direct influence of being regenerated, or re-incarnated into the earth, or through that of the MENTAL application on through the influences as may be had upon thought OF individuals or groups by speaking from that environ.

6. In the MANNER of living, in the manner of the moral, of the social, of the religious life of these peoples: There, classes existed much in the same order as existed among others; yet the like of the warlike INFLUENCE did NOT exist in the peoples - AS a people - as it did in the OTHER portions of the universe.

**INDEX OF READING 364-6**

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:Eve	Par. 2
Jesus: Grace: Law Of	Par. 2, 3
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Sex: Creation	Par. 2, 3
Sin: Original	Par. 2, 3

**364-6, Atlantis, 2/17/32**

1. GC: You will have before you the material and information given through this channel on the lost continent of Atlantis, a copy of which I hold in my hand. You will answer the questions which I will ask regarding this:
2. EC: Yes, we have the information as written here, as given. In following out that as just given, with these changes coming in the experience of Amilius [?] and I [Ai? Ay?], Adam and Eve, the knowledge of their position, or that as is known in the material world today as desires and physical bodily charms, the understanding of sex, sex relationships, came into the experience. With these came the natural fear of that as had been forbidden, that they know themselves to be a part of but not OF that as partook of EARTHLY, or the desires in the manner as were ABOUT them, in that as had been their heritage.
3. Were this turned to that period when this desire, then, becomes consecrated in that accomplished again in the virgin body of the mother of the SON of man, we see this is then crystallized into that, that even that of the flesh may be - with the proper concept, proper desire in all its purity - consecrated to the LIVING forces as manifest by the ability in that body so brought into being, as to make a way of escape for the ERRING man. Hence we have found throughout the ages, so oft the times when conception of truth became rampant with free-love, with the desecration of those things that brought to these in the beginning that of the KNOWLEDGE of their existence, as to that that may be termed - and betimes became - the MORAL, or morality OF a people. Yet this same feeling, this same exaltation that comes from association of kindred bodies - that have their lives consecrated in a purposefulness, that makes for the ability of retaining those of the essence of creation in every virile body - can be made to become the fires that light truth, love, hope, patience, peace, harmony; for they are EVER the key to those influences that fire the imaginations of those that are gifted in ANY form of depicting the high emotions of human experience, whether it be in the one or the other fields, and hence is judged by those that may not be able, or through desire submit themselves - as did Amilius [?] and I [?] to those ELEMENTS, through the forces in the life as about them.



In this then, also comes that as is held by many who have reached especially to that understanding of how NECESSARY, then, becomes the PROPER mating of those souls that may be the ANSWERS one to another of that that may bring, through that association, that companionship, into being that that may be the more helpful, more sustaining, more the well- ROUNDED life or experience of those that are a PORTION one of another. Do not misinterpret, but knowing that all are OF one - yet there are those divisions that make for a CLOSER union, when there are the proper relationships brought about. As an illustration, in this:

In the material world we find there is in the mineral kingdom those elements that are of the nature as to form a closer union one with another, and make as for compounds as make for elements that act more in unison with, or against, other forms of activity in the experience in the earth's environ, or the earth's force, as makes for those active forces in the ELEMENTS that are ABOUT the earth. Such as we may find in those that make for the active forces in that of uranium, and that of ultramarine, and these make then for an element that becomes the more active force as with the abilities for the rates of emanation as may be thrown off from same. So, as illustrated in the union, then, of - in the PHYSICAL compounds - that as may vibrate, or make for emanations in the activities of their mental and spiritual, and material, or physical forces, as may make for a GREATER activity in this earth environ. Then, there may be seen that as is in an elemental, or compound, that makes for that as is seen in the material experience as to become an antipathy for other elements that are as equally necessary in the experience of man's environ as in the combination of gases as may produce whenever combined that called water, and its antipathy for the elements in combustion is easily seen or known in man's experience.

So in those unions of that in the elemental forces of creative energies that take on the form of man, either in that of man or woman, with its NATURAL or ELEMENTAL, see? ELEMENTAL forces of its vibration, with the union of two that vibrate or respond to those vibrations in self, create for that ideal that becomes as that, in that created, in the form - as is known as radium, with its fast emittal vibrations, that brings for active forces, principles, that makes for such atomic forces within the active principles of all nature in its active force as to be one of the elemental bases from which life in its essence, as an active principle in a material world, has its sources, give off that which is EVER good - unless abused, see? So in that may there be basis for THOSE forces, as HAS been, as IS sought, thought, or ATTAINED BY those who have, through the abilities of the vibrations, to make for a continued force in self as to meet, know, see, feel, understand, those sources from which such begets that of its kind, or as those that become as an antipathy for another, or as makes for those that makes for the variations in the tempering of the various elements, compounds, or the like; so, as is seen, THESE - then - the BASIS for those things as has been given here, there, in their various ways and manners, as to the companion of, and COMPANIONS of, that that first able - through its projection of itself and its abilities in the creation - to bring about that that was either of its OWN making, or creation, or that given in the beginning to BE the force THROUGH which there might BE that that would bring ever blessings, good, right, and love, in even the physical or material world. See?

4. (Q) How long did it take for the division into male and female?

(A) That depends upon which, or what branch or LINE is considered. When there was brought into being that as of the projection of that created BY that created, this took a period of evolutionary - or, as would be in the present year, fourscore and six year. That as brought into being as was of the creating OF that that became a portion of, OF that that was already created by the CREATOR, THAT brought into being as WERE those of the forces of nature itself. God said, "Let there be light" and there WAS light! God said, "Let there be life" and there WAS life!

5. (Q) Were the thought forms that were able to push themselves out of themselves inhabited by souls, or were they of the animal kingdom?

(A) That as created by that CREATED, of the animal kingdom. That created as by the Creator, with the soul.

6. (Q) What was meant by the Sons of the Highest in Atlantis and the second coming of souls to the earth, as mentioned in a life reading given thru this channel? [See 2802-1 on 5/18/25.]

(A) In this period or age, as was seen - There is fault of words here to PROJECT that as actually OCCURS in the FORMATIONS of that as comes about! There was, with the WILL of that as came into being through the correct channels, of that as created by the Creator, that of the CONTINUING of the souls in its projection and projection - see? while in that as was OF the offspring, of that as pushed itself INTO form to SATISFY, GRATIFY, that of the desire of that known as carnal forces of the SENSES, of those created, there continued to be the war one with another, and there were then - FROM the other SOURCES (worlds) the continuing entering of those that WOULD make for the keeping of the balance, as of the first purpose of the Creative Forces, as it magnifies itself in that given sphere of activity, of that that had been GIVEN the ABILITY to CREATE with its OWN activity - see? and hence the second, or the CONTINUED entering of souls into that known as the earth's plane during this period, for that activity as was brought about. Let's REMEMBER that as was given, in the second, third from Adam, or fourth, or from Amilius, there was "In that day did they CALL UPON the NAME of the Lord" - is right! and ever, when the elements that make for littleness, uncleanness, are crucified in the body, the SPIRIT of the Lord, of God, is present! When these are overbalanced, so that the body (physical), the mental man, the imagination of its heart, is evil, or his purpose is evil, then is that war continuing - as from the beginning. Just the continued warring of those things within self as from the beginning; for with these changes as brought SIN into the world, with same came the FRUITS of same, or the seed as of sin, which we see in the material world as those things that corrupt good ground, those that corrupt the elements that are of the compounds of those of the first causes, or elementals, and pests are seen - and the like, see? So does it follow throughout all creative forces, that the fruits of that as is active brings that seed that makes for the corrupting of, or the clearing of, in the activative forces of, that BEING acted upon.

7. (Q) What was meant by "As in the first Adam sin entered, so in the last Adam all shall be made alive?"

(A) Adam's entry into the world in the beginning, then, must become the savior OF the world, as it was committed to his care, "Be thou fruitful, multiply, and SUBDUE the earth!" Hence Amilius, Adam, the first Adam, the last Adam, becomes - then - that that is GIVEN the POWER OVER the earth, and - as in each soul the first to be conquered is self - then ALL THINGS, conditions and elements, are subject unto that self! That a universal law, as may be seen in that as may be demonstrated either in gases that destroy one another by becoming elements of the same, or that in the mineral or the animal kingdom as may be found that destroy, or BECOME one WITH the other. Hence, as Adam given - the SON of God - so he MUST become that that would be able to take the world, the earth, back to that source from which it came, and ALL POWER is given in his keeping in the earth, that he has overcome; self, death, hell and the grave even, become subservient unto Him THROUGH the conquering of self in that made flesh; for, as in the beginning was the word, the Word WAS with God, the Word WAS God, the same was IN the beginning. The Word came and dwelt among men, the offspring of self in a material world, and the Word OVERCAME the world - and hence the world BECOMES, then, as the servant of that that overcame the world!

8. (Q) Please give the important re-incarnations of Adam in the world's history.

(A) In the beginning as Amilius, as Adam, as Melchizedek, as Zend [?], as Ur [?] [Enoch? GD's note: Perhaps Ur was prehistory person [364-9, Par. 3-A] who established Ur of the Chaldees? I don't think he was mentioned anywhere else in the readings as an incarnation of Jesus.], as Asaph [?] [Songs of Asaph? See Ps. 81: 5 indicating that Joseph and Asaph were one and the same?], as Jesus [Jeshua] - Joseph - Jesus. [See 364-9, Par. 3-A.]

Then, as that coming into the world in the second coming - for He will come again and receive His own, who have prepared themselves through that belief in Him and acting in that manner; for the SPIRIT is abroad, and the time draws near, and there will be the reckoning of those even as in the first so in the last, and the last shall be first; for there is that Spirit abroad - He standeth near. He that hath eyes to see, let him see. He that hath ears to hear, let him hear that music of the coming of the Lord of this vineyard, and art THOU ready to give account of that THOU hast done with thine opportunity in the earth as the Sons of God, as the heirs and joint heirs of glory WITH the Son? Then make thine paths straight, for there must come an answering for that THOU hast done with thine Lord! He will not tarry, for having overcome He shall appear even AS the Lord AND Master. Not as one born, but as one that returneth to His own, for He will walk and talk with men of every clime, and those that are faithful and just in their reckoning shall be caught up with Him to rule and to do JUDGEMENT for a thousand years!...

**INDEX OF READING 826-6 M 34**

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**TEXT OF READING 826-6 M 34 (Lawyer, Protestant)**

This psychic reading given by Edgar Cayce, this 10th day of July, 1935.

1. GC: You will have before you the enquiring mind of [826], present in this room, and his desire to comply with the advice given him through these sources; that is, to "cleans the minds of the moral and social relationships in sex." Will you explain in detail the sex practices and sex thoughts of the people which are destructive, pointing out those which should be abolished, and others which should be substituted therefor.

Explain particularly with relation to adults over 20 years old, because by education and example they teach the young. Point out those harmful factors about the moral and social relationships in sex and the remedies for them which should be dealt with in the book "A Timely Warning" which is present in this room. You will answer the questions he will submit, as I ask them:

2. EC: Yes, we have the enquiring mind of [826], also those desires of presenting the conditions as timely warnings for the young in this age and this experience.
3. As we find, in presenting what may be helpful in the educational way and manner, as we have indicated, the condition that exists in the present as related to the relationships in sex - or the greater cause for the lack of judgement, the lack of proper consideration, the lack of those things necessary to prevent the laxness and the practice of those conditions and experiences as related to same - is from the lack of education in the young BEFORE their teen-age years!
4. For few there be who have the proper understanding, as we have indicated, of what the biological urge produces in the body!
5. Now whether such an education is to be undertaken in the home or in the school is the greater problem.
6. To be sure, there are conditions existent in relationship to many of the denominational activities religiously that prohibit, bar or prevent sufficient consideration of these problems in the public schools or even in the private schools.
7. And little has there been of the proper education of the mother, the father of those who need such instruction.
8. But these are the places to begin. And the warnings as would be presented are NOT as to the practices of this or the manner of that, or the association of this or that in the adult life. But there should be those precautions, understandings, relationships as to how and in what manner there becomes the biological urge; which through the proper training may become a PATHOLOGICAL condition in the body of the individual. For it is as from the beginning of puberty the essence of the Creative Forces or Energies within the body of the individual.
9. And if such forces are turned to those channels for the aggrandizement of selfish motives, or for the satisfying of that within the urge for the gratification of EMOTIONS, they become destructive; not only in the manner of the offspring our also in the very PHYSICAL BODY of the offspring, as well as in the energies of the bodies so producing same.
10. These are the approaches that SHOULD be given as timely warnings to the mother, the father; and as for the YOUNG these should be rather as the suggestions for the instructors the warnings to the parents as to the conversation of the nurse, the maid, or as to the exercisings of the children in their formative years - in WHATEVER relationships there may be.
11. And then, as these grow and become a portion of the politic body for public education, there should be the greater stress laid upon the educations in these directions; and not wait until they have reached or arrived at that position where they begin to study physiology, anatomy or hygiene.

But even in the FORMATIVE years there should be the training in these directions, as a portion of the material things. Even as the child studies its letters, let a portion of the instructions be in the care of the body, and more and more the stress upon the care in relation to the sex of the body and in the preservation of that as to its relationships to its Creator.

12. For it is through such factors, through such bodies of activity, that there may become a manifestation of the spiritual forces such as to bring INTO BEING those of one's own flesh and blood.

13. THESE are the approaches. These are the conditions.

14. Do not begin halfway. Do not begin after there has been already begun the practice of the conditions that make for destructive forces, or for the issue of the body to become as a burning within the very elements of the body itself - and to find expression in the gratifying of the emotions of the body!

15. For, to be sure, relationships in the sex are the exercising of the highest emotions in which a physical body may indulge. And ONLY in man is there found that such are used as that of DESTRUCTION to the body-offspring!

16. This, then, is the approach; this is the manner.

17. Ready for questions.

18. (Q) Is monogamy the best form of home relationship?

(A) Let the teachings be rather toward the spiritual intent. Whether it's monogamy, polygamy, or what not, let it be the answering of the spiritual WITHIN the individual!

But monogamy is the best, of course, as indicated from the Scripture itself - ONE - ONE! For the union of one should ever be ONE.

19. (Q) Is marriage as we have it necessary and advisable?

(A) It is!

20. (Q) Should divorces be encouraged by making them easier to obtain?

(A) This depends upon first the education of the body. Once united, once understood that the relationships are to be as one, less and less is there the necessity of such conditions. Man may learn a great deal from a study of the goose in this direction. Once it has mated, never is there a mating with any other - either the male or female, no matter how soon the destruction of the mate may occur - unless forced by man's intervention.

This does not indicate that this is the END, and should ONLY remain as such. For, as we have indicated, THIS is indicated by the name and the MEANING of the name itself. For this is the EXTREME.

Just as indicated in all of the animals - the fowl or those that have become the closer related to man, and man's intervention in their surroundings and their activities and their adaptabilities; in their NATURAL state these are in the forms as their NAMES indicate. And from these man may learn many lessons; which WAS attempted in the beginning. And yet, as we have indicated, in same he lost self in that he found that he could satisfy those emotions or GRATIFY what might be builded as emotions from experience to experience.

Thus there were gradually brought on the various polygamous relationships that have existed throughout the ages in many periods.

And, as indicated in the lives of groups and nations, these become the stumblingblocks that are ever kept within the background - but that have made for the destructive influence that arose within the activities of such groups and nations, in such relationships. Hence to begin, begin with the MIND. For, as we have said, to build the perfect relationship in any direction that there may be brought a union is to begin before the parents of such are born! in THEIR own minds!

Hence to begin with the teen-age, or at twenty, or at fifty, or with an older individual, is only to have the tail end of something! and does not tend to be constructive AT ALL! Only does it become a FORM.

But begin with those when they are CHOOSING their mate, see?

21. (Q) Should nudism be encouraged?

(A) That should be a matter of principle within the INDIVIDUALS as there is the training as to what is the purpose of those parts covered. Nudism or clothing or what not, as we have OFT indicated, should be RATHER the matter of the environ - and not a matter of moral principle in ANY sense!

22. (Q) Is the broadcasting of birth control information advantageous in improving the race?

(A) It is like shooting feathers at an eagle! It's a move in the right direction, but that's about as much as might be said. This should be rather the TRAINING of those that are in the positions of BEING the mothers and fathers of the nation, of the peoples!

What are the factors in the lives of those that broadcast such? Look into those and ye may easily find the answer to your question. Not all, but MOST are prompted by something that is lacking in their OWN make-up. Who giveth the increase? Man may plant, man may sow. Man understanding, then, the varied activities of a given condition - through the education in the character of the soil, in the elements going to make up the body of that sought to be produced - PREPARES for same. But who giveth the increase? WHO maketh for that which bringeth the returns? Man in his preparation, or the source from which it arises?

So with the education, so with that which does the prompting, let it be from not that which is LACKING in an urge, but rather from WHAT is to be done by the individual WITH the urge! See? and leave the results with the Giver of Life!

For LIFE is of, and is, the Creative Force; it is that ye worship as God.

Those then that besmirch same by overindulgence besmirch that which is best within themselves. And that should be the key to birth control or sex relations, or every phase of the relationships between the sons and the daughters of men - that would become the sons and daughters of God.

26. (Q) Is continence in marriage advisable except when mating to produce offspring?

(A) This should be, and is, as we have indicated in the matter of education, the OUTCOME of the UNIVERSAL sources of supply of the individuals. For some, yes; in other cases it would be VERY bad on the part of each, while in others it would be bad on one or the other, see? There should be, then, rather the educating as to the PURPOSES, and HOW - HOW that the force, the vitality, that goes for the gratifying of emotions may be centralized in creating - in the lives of others about the body in all its various phases - spiritual blessings.

27. (Q) Should men or women who do not have the opportunity to marry have sex relationships outside of marriage?

(A) This again is a matter of principle within the individual. The sex organs, the sex demands of every individual, must be gratified in SOME manner as a portion of the biological urge within the individual. These BEGIN in the present with curiosity. For it is as natural for there to be sexual relations between man and woman, when drawn together in their regular relations or activities, as it is for the flowers to bloom in the spring, or for the snows to come in the winter, when the atmospheric conditions are conducive or inductive to such conditions.

When a man or woman has chosen (for it must be choice, and is only by choice that one remains out of relationships with the opposite sex in marriage) - if it has chosen to not be in such relationships, then be true to the choice; or else it is to self a sin! For that which one would pretend to be and isn't is indeed sin!

28. (Q) Should they raise children outside of marriage?

(A) It answers itself.

29. (Q) Would it be better for a woman, who desires to marry, to be one of two or more wives to a man in a home rather than to remain unmarried?

(A) This is again a matter of PRINCIPLE; or the urge within such conditions must be conformative to that set as the ideal.

In the education of individuals as regarding sex relationships, as in every other educational activity, there must be a standard or a rule to go by or an ideal state that has its inception not in the emotions of a physical body but from the spiritual ideal which has been set, which was set and given to man in his relation to the Creative Forces.

Then to ask or to seek or to advise or to give suggestions even, that it may be done outside of that, isn't being true to that as is presented.

30. We are through for the present.

**INDEX OF READING 912-1 M 35 (?)**

Home & Marriage  
Sex

Par. 7-A--11-A  
Par. 10-A, 11-A

**TEXT OF READING 912-1 M 35 (?) (Lawyer)**

This psychic reading given by Edgar Cayce, this 26th day of September, 1932, in accordance with request made by self - Mr. [912], through his wife Mrs. [911].

7. (Q) Do you believe it best for my wife [911] to remain with me, since I have the feeling that I am in for a long struggle to make good in business, and have others depending on me - and since at times I feel that it is unfair to ask her to share these troubles of mine, which react on her through me, especially when they are especially burdensome to me?

(A) In considering such relationships, duties, troubles, conditions that present themselves as problems, it has long been considered that the first duty of a person is to that one whom the person has honored with their name, their presence, their goods, their bads, their troubles, their joys, their sorrows. If these have reached, or are reaching, those proportions that within self they have become not only burdensome for self but for self's helpmeet, then for THEIR good - for self's good, for the duties that weigh upon self - it would become better were arrangements made so that, all things considered, there would be sufficient time (as called) to elapse for ALL concerned to adjust themselves to those conditions that are builded in the conditions and experiences of all concerned. Then, as we would find, when the wife, the self, the obligations, the conditions that surround all are taken into consideration, it would be better that such arrangements be made to give a period, or a time, or an experience, that these MIGHT adjust themselves to those obligations or duties that are upon each individual.

8. (Q) If my wife remains with me, how can I be of more help to her?

(A) Be of more help to her away from her!

9. (Q) What further would you suggest I do to help make our marriage a live, growing, mutually happy relationship?

(A) Give that unselfish period for the adjusting of self, the adjusting of self's body and its relationships to the body of the wife and its relationships, that these may work to that where each may, in the service one to another, render the greater service to the Maker and those dependent upon each, dependent with each, in such relationships.

10. (Q) Is my attitude toward sex the right one?

(A) This must be answered in self, as to whether it is that which is ideal in the light of that known by self respecting such relationships. This would not be answered from here; for, as has been given, there must first be the desire for a change before there might even be given that which would be helpful to make such change.

**INDEX OF READING 2029-1 F 54**

Sex: Changes	Par. 29
: Female: General	Par. 32
Speech: Sex: Female	Par. 32

**TEXT OF READING 2029-1 F 54 (Housewife, Protestant)**

This Psychic Reading given by Edgar Cayce, this 21st day of October, 1939,

28. Before that we find the entity was in the English land, during those periods when many were influenced to join in the Holy Wars, - during the Crusade period.

29. There we find the entity was in the opposite sex, - aiding in the organizations under Bruce, for the activities in the defense of purposes, the defense of ideals, the defense of places, and of those things that were the cry during that experience.

30. Then the entity was in the name Cowpers. In the experience few gained, yet it may be said that this entity gained throughout. For, few took into consideration the homes of those left, as did the entity in its activities about its own vicinity or its own particular land; organizing those groups for the protection and the fulfilling of activities while special service was being rendered by the entity with others.

31. The entity held aloof from others a part of the time, yet the real judgements of the entity came to be looked upon as those that were not only idealistic but practical ideas in the activities and the manners in which such were carried on.

32. From that experience the entity gains the abilities to be a counselor to not only those of its own sex but to those of the opposite sex. And when the entity speaks, most men stop to listen, - and do not consider "just a woman speaking". This can be said of very few women.

76. (Q) How long is it indicated that my husband, [...], and I will be associated in this life?

(A) This does not appear as to time. But so long as there is a helpful force for each, it will remain.

**Sex: Attraction Excerpts**

**2727-1 M 56 (Sales Manager - Dept. Store), 4/13/42**

The entity is attractive to the opposite sex, more attracted than being attracted; that is, more oft the entity finds difficulty in preventing others of the opposite sex from making advances, in its dealings with the opposite sex.

**1755-3 F 42 (Widow, Saleslady, Spiritualist), 1/11/40**

As to the latent activities from the sojourns in the earth, we find that from same the entity is not an overly emotional body; yet very attractive in many ways to the opposite sex, as well as having an influence on its own.

**169-1, M 21 (Student), 3/15/28**

Beware of entanglements with those of the opposite sex, especially those whose birthdays come in May. Beware of conditions as pertaining to bodily ills that have to do with the digestive system. Keep self unspotted from low relationships, and keep thyself bodily clean.

**1904-2, F 52 (Housewife, Mother, Christian Background), 8/16/39**

From Venus as combined with Neptune we find the interest in things psychic, as well as in things more of a mysterious nature. These bring the expressions or experiences where the great influences as to dress, airy or bright colors and the like, are either worn or are attractive to the entity; thus making for those influences in which - as has been the experience - actions upon which no import was placed by self (as in flirtations) have turned to that which has brought consternation in the experience of the entity.

**1968-5, F 30 (Insurance Rate Clerk), 7/25/41**

In giving the outline, or the life story of the entity in the earth's plane as Nan Warmack...

We find that the entity in that experience was beautiful in body, in expression, in manner; thus attracting to its surroundings many of the opposite sex, - which has brought into the experience those problems again within themselves, in that there was never the consummation of ideas, of hopes or longings that were a portion of the experience.

Yet those hopes, those longings are yet to become a part of the experience of the entity. That which is once set in motion, that is constructive and creative in its activity, MUST one day, in due season, bear fruit.

Thus, as indicated by Him, as thou thinkest in thy heart so is thy purpose. And that ye sow ye MUST reap.

**826-2, M 33 (Lawyer) 2/21/35**

(Q) Should I marry, and if so, at what age?

(A) At thirty-seven.

(Q) What type of girl would be most suitable, and where can I find her?

(A) Look within. When those periods come when there is the natural call for the choosing of that one which should ever be as a helpmeet, not as one that would lord over any, but that answers first to that call from within self of the spiritual uplift, be guided by thine own inner conscience. One that would be dark of hair. One that would be not beautiful of form, but LOVELY of form. One that would have those purposes as motivative influences for the greater good for the greater number of mankind, and the love of God as directing the life.

(Q) Are any wives of my entity with whom I lived happily in former sojourns now living, and where can I find them?

(A) When the right time comes ye will find them! These may best be found by seeking those in thine own acquaintance and those that may come into thine acquaintance. Ye have met several. Remember, you had several wives in some!

**INDEX OF READING 1120-1 M 29**

Clairvoyance of E.C.: Characteristics	
Confirmed: Home & Marriage	Par. 7, 46-A
Home & Marriage	Par. 7--9, 46-A
Odors: Perfumes	Par. 8, 9
Prophecy: Personal: Warning: Physical: Sex	Par. 8, 9
Sex: Attraction	Par. 7, 8

**TEXT OF READING 1120-1 M 29**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of February, 1936.

1. EC: Yes. There was some discussion here about the naming of the body - but rather well chosen; [1120].

7. The influences from Venus we find make for those tendencies for a well-developed physical body, with many of those attributes and desires that are natural arising for physical prowess; as the interests in sports that require such an activity, as well as the interests in the opposite sex - that to the body physically and mentally may, with the proper choice (which, as we find, should be within the next year) of one that would make for a union of obligations, duties, experiences, bring the awakenings and experiences that would be worthwhile in the entity's present sojourn.

8. And the choice should be of one PARTICULARLY of its own faith, and in the birth month of the entity itself more preferably; but not one given to the great use of odors or those things that tend to bring about such in the associations in any of the activities - for these bring into the experience of the physical forces those things that are of the earth-earthy.

9. Rather, then, BEWARE of such.

46. (Q) During the next five years, what will be the predominating influences of my life?

(A) Depends upon what may be chosen as the activities. For, as indicated, first there should be the establishing of the home. Then there is to be set in the spiritual realm that which is to be its criterion, its measuring stick, its ideal. Then, these once set, show forth in thy material associations, in thy mental abilities, that the spirit of truth, of justice, of mercy, is THY guide.

**REPORTS OF READING 1120-1 M 29**

7/25/37 Letter from [257]: "...[1120] announced his engagement to a very nice girl - they will be married in September..."

**INDEX OF READING 1776-2 M 31**

Home & Marriage	Par. 6-A--11-A
Human Relations	Par. 6-A--9-A, 12-A
Incarnations: America	Par. 8-A
: Egypt	Par. 12-A
: Persia	Par. 12-A
Sex: Attraction	Par. 10-A
WORK: E.C.: READINGS: LIFE: PARALLELING	

**TEXT OF READING 1776-2 M 31**

This Psychic Reading given by Edgar Cayce, this 26th day of June, 1942, in accordance with request made by the self - Lt. [1776].

3. In giving interpretations of relationships, - unless these are indicated from a paralleling of information respecting other individuals, whether in a marital, business or social relationship, - these may only be indicated from the entity's angle; which, as has been the experience of the entity, may change according to circumstance and conditions.

4. Hence in seeking through information of such natures, it is oft best - and the much safer, saner way to seek same - to parallel the experiences as indicated in the Life Reading of each, or both.

5. Ready for questions.

6. (Q) What have been, and what are likely to be, my relationships with the following: First, [1981]?

(A) Here the associations may be analyzed by the comparison or paralleling of such information, and the inferences should be easily drawn from same, - and as to how they each may apply themselves in relationships, see?

7. (Q) Barbara Crim?

(A) We do not find or do not have Barbara Crim, - only, as indicated, from the impressions upon the mind of this entity, [1776]. And this at times is quite questionable (that is, as to decisions, see?), while at others it would appear that these might grow to be most satisfactory. Hence, as indicated, this may not be wholly or completely determined unless there was a paralleling of the purposes, aims and desires of each.

8. (Q) Barbara Curtis?

(A) The same condition exists here, save there is in the experience of this entity - [1776] - a closer tie; there having been an experience when there were relationships - in the period just before this in this present land, see?

9. (Q) Bryna Riskin?

(A) We do not find Bryna Riskin, save as a passing fancy.

10. (Q) With which of these would marriage be successful?

(A) This should be determined by the entity itself, in the studying, analyzing, of the purposes and ideals.

For, in consideration of marriage, if it is to be a success, - it must be considered not from merely the outward appearance, a physical attraction; for these soon fade. Rather it should be considered from the angle of spiritual ideals, mental aspirations, and physical agreements. These should be analyzed in the experience of the entity, as in the experience of the companion, in the choice of such relationships.

For, these relationships are representative of the purpose of propagation of specie, as well as those ideals that arise from spiritual and mental relationships, - see?

11. (Q) Is anything foreseen that would tend to indicate marriage now, or at a later date, or after the war?

(A) This, again, is a matter of choice. As we find, if there is for the entity the better relationships, it will be sooner - when there is the determining factor. And all phases of such considerations as indicated must be taken into hand, if it would be a successful companionship or marriage.

12. (Q) What have been and are likely to be my relationships with the following: First, Griffin Coale?

(A) This as we find is another of the relationships where a more perfect understanding might be had through a paralleling of the experiences, by comparing the Life Reading of each. These must be considered from an analysis according to the paralleling of their relationships through varied sojourns. As we find, there have been relationships. As to whether these are to be met, - this remains within the choice of the individuals. As we find, there were experiences in the earth especially in Persia and in Egypt that were good. They CAN be made good in the present.

#### **REPORTS OF READING 1776-2 M 31**

GD's comment: [1776] had been married and divorced prior to his original life reading [1776-1].

10/9/42 see Miss [1981]'s questions re. contemplated marriage with [1776], in 1981-2.

GD's comment: Some years later HLC told me he thought [1776] had eventually married the first girl he asked about in his original life reading. See 1776-1, Par. 54-A.

**INDEX OF READING 1935-2 F 39**

Astrology: Uranus	Par. 9
Home & Marriage: Divorce	Par. 33-A, 34-A
: Triangles	Par. 33-A, 34-A
Incarnations: America	Par. 11--13, 34-A
Karma: Home & Marriage: Divorce	Par. 33-A, 34-A
Sex: Attraction	Par. 12, 13
Vocational Guidance: Education	Par. 4, 13
: Healing: Magnetic	Par. 4, 9, 13

**TEXT OF READING 1935-2 F 39 (Supply Clerk in Gov. Office), 8/13/42**

4. While this should not discourage the entity, we find that here is an entity allowing its abilities to be used in channels that are just "something to do" and to meet the material emergencies. The abilities as a healer, as a teacher or leader, should have been developed; and they MAY still be developed, if there is the desire on the part of the entity to accomplish same.

9. Uranus brings the extremes, - interest in the occult; the abilities to heal even by the laying on of hands - those who are closely associated with the body. As the entity experiences with those of the closer association, the ability to touch or to be near or to put the hands or to have the hands of the body put on them, brings quiet, brings a peace, brings a satisfaction. This is good, applied from the spiritual angle, and the ways in the mental for healing. But it may become of a different spirit of activity, if applied in only the material satisfaction that may be gained.

11. Before this the entity was in the land of the present nativity. While the entity was born in the New York or the Mohawk Valley land, during the early settlings, it journeyed to the present environs and there aided in the establishing of surroundings that became of a nature of good, - and yet of some questions to some.

12. The name then was Etta Wodswarth. From that experience there are the present abilities to attract the opposite sex, and the entity may - if it so chooses - always have more than one on a string, as it may be termed. This may be for good or for bad, dependent upon what is the choice or the desire or the purpose in such, in the experience of the entity.

13. The abilities that enable the entity to attract also enable the entity to give out of self in that as a teacher, as an instructor, as a healer, as a nurse, or in those fields where there may be mental aid brought to the physical being through the strong character - and loveliness - of the entity itself.

33. (Q) Should I make an effort to become separated from my husband?

(A) If this is the desire, and there is more love in thine activity with others that are influencing and that ye can influence, choose thou. WE would not make it, because the same thing will happen to you that is happening to someone else!

34. (Q) Where and how have I been formerly associated with my friend, [...], to whom I am closely attracted in the present?

(A) In the experience before this he was your lover, but not your husband!

**INDEX OF READING 2034-1 F 22**

Astrology: Uranus	Par. 20, 21
: Venus	Par. 18--21
Attitudes & Emotions: Constructiveness	Par. 5, 15, 16
: Faultfinding	Par. 50
Ideals	Par. 24, 25, 49
Mind: The Builder: Analysis: Self	Par. 15, 16, 22
Prophecy: Personal	Par. 57-A
Sex: Attraction	Par. 18, 19
Will	Par. 22, 57-A
Work: E.C.: Quotations & Similes:	
"If Ye Would Have...Give..."	Par. 50
"More Than Life To Live...Death To Die"	Par. 15

**BACKGROUND OF READING 2034-1 F 22**

9/20/39 Ques. submitted by Miss [1849] in addition to those which got asked in the reading [2034-1]: "What sort of a job can I get that will be interesting to me?"

**TEXT OF READING 2034-1 F 22, 11/2/39**

4. In giving the interpretations, some of these - as we find, to be the more beneficial or helpful experience - will not appear so beautiful.
5. But if there is the application within self of the abilities as would make for greater constructive influences within the experience, such information may be a most helpful experience for the entity.
6. Hence these records are chosen with the desire and purpose that it may be a helpful influence in the experience, materially, mentally, spiritually, for this entity.
7. These we find as the innate and manifested characteristics, - from the composite of the astrological AND the material sojourns of the entity:
9. These oft make for misunderstandings with the associates, companions, and the friends of the entity.
  
13. For, the entity may make a success of WHATEVER field of endeavor it might choose to engage itself in; but in such there should be definite policies that would not be changed, nor be unstable in any manner or form.
14. The natural nature, as we shall see from some experiences, is towards spiritual things, or religious forces or influence; yet the entity becomes very narrow and very critical at times of others.
15. These are innate and manifested. Hence there are the needs for the entity to analyze self, self's purpose, self's desire; realizing that it is not all of life to live, nor yet all of death to die, but that the expression of life is a creative thing, creative influence or force in the experience, and that there must be an ideal; ideal spiritually, ideal mentally.
16. Thus there are the needs for the constructive thinking, rather than that as may be a hit or miss, or a haphazard study of conditions.

17. The entity is naturally diplomatic, and yet oft - as has been indicated - confusions are brought even in those directions, BY the very influences outlined.

18. In the astrological aspects we find Venus in an adverse influence, yet the attractions to the opposite sex are very evidenced; though NO one WHOLLY measures up to that the entity sets as a standard of what one should do. And self not so often measures even to that same standard.

19. Is this wise?

20. From the Uranian influence we find the great extremes; as in Venus with Uranus we find the attractions to individuals who are accomplishing things, - and oft it doesn't matter whether or not they are questionable things or experiences.

21. Is THIS always wise?

22. Not that one should hold self aloof. For he that will be the greatest among his fellow man will be the servant of all, and he that studies SELF the more. Not that as of selfishness, but to study others the greater study is of self. For what ye sow, ye must resp. And remember, EVERY experience is a conditional one. For, choice must be made daily.

23. Beauty in its extremes is of interest.

24. In Saturn we find the very sudden changes, and these - as combined with extremes - at times become very disturbing forces, or make for same, unless the criterions of the influences are well set as to the ideals.

25. THESE cultivate! Know that the ideal of the physical relationships is not what others may do, so oft, as what ye must do for others; not belittling nor judging, nor condemning self or others. For, let thy ideal be in that, "As ye would that others should do to you, do ye even so to them."

48. As to the abilities in the present, then, and that to which the entity may attain, and how:

49. Study to show thyself approved unto thy ideal, or unto thy Maker.

50. Then, set thy house in order. Find NOT fault with others, for ye would not have others find fault with thee. Show thyself friendly, to have friends. Show thyself lovely to others, to have love.

51. Cultivate the spiritual influences within thy activity.

52. And through those channels as indicated, as means or outlets for the greater abilities, the greatest happiness, the greatest contentment, the greatest harmony may come into the experience of this entity, [2034].

57. (Q) What are our prospects for the next five years?

(A) As has been indicated, this depends upon what is chosen as the IDEALS of the entity.

**INDEX OF READING 2054-2 F 42**

Astrology: Ineffectual	Par. 13
Attitudes & Emotions: Earth Sojourns	Par. 9, 13
: Resentment	Par. 13
Creative Energy	Par. 9, 10
Ideals	Par. 40, 41
Mind: The Builder: Analysis: Self	Par. 5
Sex: Attraction	Par. 7, 9
Soul Development: Service	Par. 41
Work: E.C.: Quotations & Similes: "Use Don't Abuse"	Par. 9

**TEXT OF READING 2054-2 F 42 (Housewife, Hebrew)**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of December, 1939.

7. One that is very well versed in the abilities to attract those of both sexes.
8. One that has a great deal of latent talent in the high mental development towards things of a psychic or spiritual nature.
9. One that is very emotional in the sex life. Thus this may be abused or used. For it becomes a portion of the disturbing influence in the present, because of the inclination to turn more of those activities of the emotional self into expression in relationships to MATERIAL activity. However, if such activities are turned into the channel more for spiritual insight, they may raise one to a high MENTAL expression, as well as to a plane of judgment that may bring greater understanding and advancement.
10. One that is capable of bringing into experience a great deal of that which may be either for confusion or a great deal of satisfaction in regard to the relationships with others, - as in those activities that would have to do with creative forces of EVERY nature or character.
13. From the astrological aspects we find the influences almost nil, owing to the material manifestations in the present. For, while the entity is emotional, positiveness must be a part of its associations and expressions with others. And the expression in this direction has become rather of such a nature as to create resentments towards those where there SHOULD be the filial and marital relationships, and those that would pertain to creative forces, - because of that desire for the expression. Hence these have come to be as excuses, or justifications for activities of the entity in the present.
40. Study first to find thy ideal, mentally, spiritually, physically. Know that all must be builded upon true, pure, spiritual purpose, - in body, mind and intent - or soul; and that then self must be kept unspotted from condemnation in self or in that as would bring questions in the experiences or minds of others.
41. Keep close to those beauties of service; and we will find the greater abilities in whatever expression or manner of expression the entity sees bringing more harmony into this material experience.

**INDEX OF READING 2223-1 M 24**

Astrology: Uranus	Par. 17
: Venus	Par. 5
Prophecy: Personal:	
: Warning: Psychological: Sex: Attraction	Par. 13--17

**TEXT OF READING 2223-1 M 24 (Music Student, Voice), 8/21/27**

4. In that influence combined as between Uranus and Neptune, we find the love of water, the love of travel, the love of mystery, the love of the study of those mysteries and mysterious conditions that have to do with rites as pertain to religion or to those conditions that bring to bear in people's lives certain lines of thought.
5. In that influence as is seen in Venus, we find those as pertain to love, and to those conditions as pertain to the influences in the lives of each that the entity contacts, and these bring many conditions that are as disappointments; for the body being high-minded - through those influences in Uranian influence - and the love of the mystery brings to bear in the life that of not understanding one that is purely secular or material-minded.
6. These, as we are giving here, are irrespective of will's influence, see?
7. That influence as seen in Mars, with Uranian, Neptune and of Venus, brings that of quick to wrath, quick to take exceptions. This the entity - the body-mind of the individual, [2223] - has gained much control over. Much more should be gained.
8. As to those that are builded in the present earth's plane, we find are as these:
9. One that has every effort to attain that which it may use for its own development. Get that? One that may use every element to attain that which will develop its own element, see? or bring to itself the highest development in this present experience, will the entity [if the entity will] apply those truths, lessons, tenets, principles, laws, understandings as are and have been gained by the entity - even in the present experience - pertaining to man's relation to man and man's relation to the Creative Energy. Apply them, see?
10. One high minded. One an extremist.
13. One that has that element of attracting the opposite sex; yet this in itself often brings disappointment and discontent.
14. One that has the ability to withstand punishments, and to keep the mental balance through any trial or tribulation, provided there is not tried to be taken unawares, or the element of love as pertaining to the opposite sex enters in, and only self restraint would then protect the best interests for the entity towards development in this present experience.
15. Beware, then, of firearms.
16. Beware of entanglements as especially pertain to the opposite sex.
17. Beware of entanglement as respecting money, estates, or conditions surrounding same - for the entity has little idea (as is called in the common parlance of the day) of dollars except to obtain that desired by the entity. Hence entanglements in any of these are not ruled save by sentiment, or by the action of Uranian forces - which may be VERY good or very bad.

**INDEX OF READING 2438-1 F 39**

Attitudes & Emotions: Earth Sojourns	Par. 19
Exercise: Breathing: Yoga	Par. 20, 21
Home & Marriage: Preparation	Par. 23--25, 51
Ideals: List	Par. 49
Mind: The Builder: Analysis: Self	Par. 18, 23
Sex: Attraction	Par. 10
Speech: Gossip	Par. 9, 18
: Warnings	Par. 17, 18
Vocational Guidance: Entertainment	Par. 51

**BACKGROUND OF READING 2438-1 F 39**

12/30/40 [2438]'s letter to EC: My first marriage was December 19, 1922, and my second marriage was July 25, 1927, and my third marriage was June 20, 1934.... I would like to add that my divorce was obtained in March 1938....

**TEXT OF READING 2438-1 F 39 (Hairdresser, Protestant), 1/20/41**

7. One very entertaining in its very nature.
8. The entity is a wonderful conversationalist, and tells a good or bad story well.
9. We find that the entity is inclined to interest self in the affairs all about the entity; thus being an excellent one to spread gossip - OR that as would be of a helpful influence in the experience of others.
10. One inclined to be attracted to, and to attract, the opposite sex. Thus it may be said that the entity materially LOVES too well, and VERY unwisely.
17. Jupiter, to be sure, is a portion of the entity's experience, but becomes both a beneficent and a disturbing force. For, with the associations with others, and with those tendencies for the inquisitiveness into that which has caused this or that urge or experience in the lives of others, the entity is not a very good confidant at times.
18. Study to analyze self in these directions, and remember the law - speak not unless it can be for a helpful experience to others.
19. As to the material or earthly sojourns, we find that here, too, there are the great number of sojourns influencing the entity in the present - which is indicated by the very high emotional nature, and those extremes that arise in the entity's experience.
20. If there had been the opportunities and choice as a very young individual, for the entity to have studied or to have practised in its experience the developing of the emotions through a system called Yogi, it would have been well.
21. But in the present, DO NOT attempt to do such breathing exercises to open the EMOTIONAL centers as related to the physical and the spiritual bodies. To do so would be harmful in the present stage of activity.

23. Learn much of self, rather than the manners in which the emotions or experiences may be brought about in the activity or associations of the mental, the spiritual and the physical forces of the body-entity.

24. For, it is these basic principles that are needed here for the awakening to an unfoldment that may bring real harmony, real peace in the experiences of the entity in this particular sojourn.

25. Thus the entity may attract, and be attracted to, that influence in the earthly or material sojourn in which real harmony may be had in the relationships with the opposite sex.

51. As to the field of activity, - that of entertainment to the young, or as a reader, or as a radio assistant or helper. In these fields may the material things come. And in these ways may the entity in the next two to three years find that companion with whom the entity FOUND such activity in the experiences through those activities in the land of the present nativity, that brought harmony, peace - that all souls seek - harmony with the best within self, peace with thy conscience and thy God.

**INDEX OF READING 2655-1 F 29**

Astrology: Venus	Par. 19
Home & Marriage	Par. 53-A
Incarnations: Rome	Par. 30--33
Karma: Physical: Sex: Attraction	Par. 31
Psychic Development: Intuition	Par. 19
Sex: Attraction	Par. 19
Sex: Changes	Par. 31

**TEXT OF READING 2655-1 F 29 (Actress, Religious Pref., "Metaphysics")**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of January, 1942.

19. We find in Venus the beauty, art, music; the ability to attract - especially the opposite sex. This, without urge, is the natural intenseness and tenseness that is the intuitive influence, - expressed periodically or spasmodically. Such should be cultivated, but know that the mental and the material must be the result of spiritual laws as well as material. Thus those urges and those pronouncements shall be in love, in kindness, and not in criticism nor in malice nor in jealousy.

30. Before that the entity was in the Roman land, among those peoples during the period when there was the attempt of those in authority to embrace the activities of the Grecians, - and especially their spread of the acting, whether for the arena in fetes of manhood or otherwise, - and these later became - or took on - the greater expression of speechmaking, or declarations, or declamations and oratories.

31. Then the entity was in the opposite sex, - being beautiful in body, and made those experiences when the ability for its attraction for the opposite sex brought periods of turmoil. And these may be met in the present experience by the inactivity that attracts when not meant to be.

32. The abilities as the speaker, writer, also arise from that activity, as Guilfuld. In that experience the entity gained, the entity lost.

33. And in the meeting of same in the present, keep thy judgments.

53. (Q) What could I contribute to my marriage, towards its lasting success?

(A) Know that it is a fifty-fifty proposition. Don't build it on "What may I get?" but rather on "What may I give?"

**INDEX OF READING 2835-1 F 56**

Ideals	Par. 8, 9, 35
Mind: The Builder: Analysis: Self	Par. 35
Sex: Attraction	Par. 7
Soul Development: Service	Par. 37

**TEXT OF READING 2835-1 F 56 (Housewife, Protestant)**

This Psychic Reading given by Edgar Cayce, this 27th day of October, 1942.

7. For, the entity is one who may have had, or may have, many affairs in this experience; for it is attractive, one of those natures as to draw about self others of the opposite sex as well as of its own sex.

8. Thus the greater need for the entity to indicate and to stress in its associations and contacts with others the spiritual life; not using its goodness as a shield or as an outward show, but rather letting the impelling influence be from the ideals of the entity.

9. As seen from the astrological aspects, the entity is one sensitive in its nature; may oft interpret what others are thinking, even before they speak. Hence the greater needs for the entity to keep those influences about self that imply the ideals of the entity.

34. As to the abilities of the entity in the present, that to which it may attain, and how:

35. First, know thyself. Analyze thy purposes, thy desires. Know thy ideal, - spiritually, mentally, materially.

36. Then study to show thyself approved unto the same, keeping self unspotted from condemnation; knowing in Whom ye have believed, as well as in what ye believe.

37. In those offices of social service, or the association or connection with groups organized for definite purposes, definite teachings, the entity may find the outlet for its better service; thus unfolding, thus becoming more conscious of its relationship to the Creative Forces or God.

**INDEX OF READING 2988-2 F 37**

Environment: New York: New York	Par. 49-A
Home & Marriage	Par. 47-A--49-A
Ideals: Service	Par. 49-A
Peace	Par. 49-A
Sex: Attraction	Par. 9, 10
Souls: Twin	Par. 10
: Home & Marriage	Par. 11

**TEXT OF READING 2988-2 F 37**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 6th day of May, 1943.

8. This entity is one that is indeed a woman. For, little or no consciousness is in the manifestation of the entity as to an entrance into material manifestation in the opposite sex.

9. Hence the entity is unusually attractive to the opposite sex. Yet the entity finds self rather questioning self as to its choice of a mate.

10. But know, the soul is rather the soul-mate of the universal consciousness than of an individual entity.

11. Thus may this entity be much, in a large measure, to many. And the greater hope, the greater influence the entity may make, the greater contribution the entity may give in the experience, is the care of a home; if not by its choice of its OWN home, then in MAKING one for those who have not been so fortunate as to have one.

47. (Q) Am I to remain single, or is there companionship and happiness ahead for me in marriage?

(A) This may be a matter of choice. As we find, it will be thoroughly determined within the next two and a half to three years.

48. (Q) What kind of man would be the most desirable husband for me?

(A) One with the same purposes and ideals as the entity.

49. (Q) Is there any special locality where I would be more likely to attract such a man, other than here in New York City?

(A) Or the environs of New York, as indicated. This includes, of course, portions of upper New York and Connecticut, but more in the environs of the villages or towns about New York.

Study to show thyself approved unto thy ideal, knowing thy ideal, - spiritually, mentally, materially.

Dedicate thyself, - in body, in mind, in spirit, - to some definite work in the Lord's way.

Keep the faith as ye showed in those periods when ye dedicated thyself before. And His peace, - not as the world knoweth peace, but even as He giveth, - will be thine indeed.

**INDEX OF READING 3285-2 F 27**

Attitudes & Emotions: Earth Sojourns	Par. 14
: Faults & Virtues	Par. 7
: Goodness	Par. 5
: Hate	Par. 13
: Love: General	Par. 13
: Self-Gratification	Par. 4
: Vanity	Par. 6
Ideals: Belief	Par. 12
: Ideas	Par. 4
Psychic Development: Odors	Par. 14
Reincarnation: Purpose	Par. 4, 6
Sex: Attraction	Par. 7
: Changes	Par. 14
Soul Retrogression: Willfulness	Par. 11
Souls: Twin: General	Par. 39-A
Speech: Warnings	Par. 8

**TEXT OF READING 3285-2 F 27**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of January, 1944.

2. EC: Yes, we have the records here - and what a record - of that entity now known as or called [3285].
3. In giving an interpretation of the records here, these we would choose with the desire and purpose that this information may be a helpful experience; enabling the entity to better fulfill those purposes for which it entered this material sojourn.
4. This rather aside: Do analyze self and the ideas and ideals of self. Know that the entrance into a material manifestation is not merely to gratify self nor to be more highly spoken of than your neighbor, or to gratify appetites, but rather it is the opportunity for the individual entity to manifest the source of life or God. And they who fail, do so to their own undoing.
5. Not that one should become goody-goody - far from it! For know that the Lord will not withhold any good thing - spiritually, mentally or materially - from those who love His coming.
6. How oft, then, do you come to the Lord or through thy prayers have the Lord approach thee? Indeed thy body is the temple of the living God. Keep it beautiful, to be sure, as it is - but not to vainglory, nor to such an extent as to forget that for which the body was given thee: That thy soul, which may be a companion with God, might manifest among thy fellow beings. Appreciate it! Glorify it, sure - but to God, not to man!
7. In interpreting the records here for the entity, we would minimize the faults, we would magnify the virtues. There are many abilities in the entity. There are the abilities to attract others and to very easily set others in their place, as it were, by a look or a word.

8. Thus thy abilities may be used for weal or woe, just by thy conversations.
9. Ye are interested in seeking things - things unusual. Thus the study of those things that man has found will bring certain results when used in this routine or in that type of activity. These can only bring so much power as ye as an individual give to such things. For ye are a co-creator with thy God.
10. Then, why take a second place? Why not have the God within thee coordinate and cooperate in spirit, in mind, in body and use this beautiful body, this beautiful mind, to the glory of God, and something you will be proud of rather than having others or thyself ashamed of the results that may come?
11. As to the abilities from latent urges, these you have set almost at naught in self, yet that determination to have what you want when you want it may easily lead you astray.
12. Know in what you believe and know who is the author of that ye believe, and know what such would bring - as to the difference if it were to come to full fruition in thine own experience. For God is not mocked, and whatsoever a man or woman soweth, that must he also reap.
13. As to the appearances in the earth, these have been quite varied and - as indicated, the urges that arise through the emotional body are of the greatest import to the body in the present. Hence the body might be a great lover, yes - and then could change just as easily and hate. For one can only hurt that which it loves.
14. The appearances in the earth have their influence through the emotions - the vision, the sense of smell, as the body finds rather acute. It is rather sensitive to odors, even at times smelling or conceiving odors not indicated in the experience of others. This indicates the sensitiveness of the entity and one of its experiences in the earth's plane as a man, when - as we shall see - the entity prepared those things that were offered in the holy of holies in the tabernacle in the wilderness.
39. (Q) I am interested in the theory of twin souls. Is this true? Can it be seen whether my husband and I are twin souls?
- (A) It depends upon what is the purpose, as to the application. That there are identical souls, no. No two leaves of a tree, no two blades of grass are the same. They are the complement one to another, yes; but these are dependent upon the purpose. Rather study that as we have indicated regarding what takes place in conception.

**INDEX OF READING 3577-1 F 56**

Attitudes & Emotions: Worry	Par. 10
Healing: Economic	Par. 10
Incarnations: America	Par. 12--13
Individuality & Personality	Par. 6
Karma: Talents	Par. 4, 5, 13
Sex: Attraction	Par. 4, 5

**TEXT OF READING 3577-1 F 56 (Housewife), 12/29/43**

4. This is one entity who might take any man and wind him around her finger - by a look and by a wink, or by her own movements. Yet these have not only been eliminated by suppression but purposefully, though they may still be used to advantage if spiritualized, in aiding self as well as anyone else in whom the entity might interest itself.

5. The entity would make an excellent lobbyist for any cause. Thus as the entity may set itself about to contribute to or to tear down any activity, it can do a darn good job of it!

6. These are personalities and individualities, then, in the entity's activities.

9. Then, spiritualize and visualize purposes, in the manner in which the entity desires things to be done, and you'll have them done!

10. The entity need never worry about material things. It may worry about them for others, but why worry - when you can pray and have it! but you'll have to live like you pray! In thy spirituality don't begin to become one who would ruin [run?] to attain and then not use to the glory of that through which it may be presented.

11. As to the appearances in the earth, these have been few and far between - quite varied.

12. For the entity in the experience before this was among those early groups called barnstormers, and a very good one!

13. Hence anything of the stage or screen nature, anything having to do with public activities, anything to persuade or sway crowds or groups is naturally a part of the entity. Yet the entity has checked itself in these directions and used them for definite purposes. These keep, but spiritualize the purposes and we will find the greater values in using such for the glory of God; not for self, not for indulgences; not just to be well-spoken of. Be well-spoken of for a cause, and not because it is [3577].

**INDEX OF READING 3640-1 F 27**

Attitudes & Emotions: Faults & Virtues	Par. 4
: Materiality	Par. 6--8
Business Advice: Success	Par. 6--8
Humor	Par. 4
Karma: Home & Marriage	Par. 24-A
Sex: Attraction	Par. 4--6
Vocational Guidance: Writing	Par. 6, 24-A

**BACKGROUND OF READING 3640-1 F 27**

"If I ever remarry will my former husband interfere the way he does now? My former husband wants me to remarry him. Is this a wise thing to do? I was offered a position unlike anything I've ever done, should I consider it? "

**TEXT OF READING 3640-1 F 27 (Stenographer), 1/1/44**

4. We would minimize the faults, we would magnify the virtues. For we have many of each. And the greater injunction may be: don't think more highly of yourself than you ought to think. To be sure, so live in thine own life that you can look all in the face and tell them where to go (that is very warm), but be sure ye know what has prompted those activities. For as indicated in thy abilities to attract the opposite sex - for what purpose is it? That ye may aid them or that they may contribute to your vanity? Think well on these things.

5. For the giver of all good and perfect gifts has not endowed thee with attractiveness to be misused. To be sure, molasses draws flies - but it makes an awful mess if they get mixed up! So with the entity. A crude illustration, but very apt in thine own experience.

6. In giving the urges latent and manifested in the entity's abilities, we find Mercury, Venus, Jupiter and Saturn. There are abilities, then, in the high mental nature; especially in that ability as a writer. Could you write yellow stories! These are well, provided they are constructive in their purpose, in their story, in their activity. And as an editor for "My Own Story" or "My Own Life" or such activities, the entity might excel. But if done merely to attain fame or fortune it would be destructive in the final analysis, unless the attraction of the opposite sex as well as of the own sex were for creative or spiritual ideals.

7. Then in short, here is an individual with abilities to become a real power or force for good in the earth, who has lost the vision of the spirituality necessary to make the associations or the whole life the success it deserves.

8. The entity need never be mindful of not having a great deal of this world's goods. But what is it to gain the whole world and lose thine own soul? What will a person give in exchange for its soul?

24. (Q) I have an opportunity to go into business about which I am undecided - should I take it?

(A) Either go in the marrying business and marry your husband all over again, or in the writing business - or you may be able to do both - if you want to be in those outlines and directions that will bring the greater harmony into the life.

**INDEX OF READING 3704-1 F 23**

Astrology: Mercury	Par. 7
Attitudes & Emotions:	
: Hate	Par. 5
: Jealousy	Par. 5
: Love	Par. 5
: Possessiveness	Par. 5
Ideals	Par. 5
Sex: Attraction	Par. 5
Soul Development: Application	Par. 26-A
Vocational Guidance: Education: Welfare	Par. 26-A
Work: E.C.: Quotations & Similes:	
"Spirit Is Life, Mind Is The Builder, Physical Is The Result..."	Par. 26-A
"Use Don't Abuse"	Par. 5

**BACKGROUND OF READING 3704-1 F 23**

12/26/43 Questions submitted: "How can I be the best wife and partner for my husband (in Navy, our first Xmas apart)? What are my talents...."

**TEXT OF READING 3704-1 F 23**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 18th day of March, 1944.

5. As the entity finds, it is attracted to and attracts many an individual of the opposite sex. This at times, unless the entity has set its own ideal or idea of metes and bounds, may bring disturbing conditions to the entity. These may be used and not abused, such that the entity may become a contributing factor to the betterment of all whom the entity may meet. If the ideals and purposes are turned to creative forces, to that way of being ever constructive in its relationships and activities with others, as to find that which is the better part, that which is creative or constructive in the mind and activity of an associate or companion, and these are stressed, then the entity may be helpful. When these are turned in that way of being possessive or destructive, these should be discarded by the entity without question. Without such the entity will find itself continually pulled between two ways. Remember there is a way that seemeth right to a man but the end thereof is death. Possessiveness, yes; selfishness, yes; anxieties in which there may be brought jealousy and hate - such activities bring destruction. Those that are creative bring the better forces.

7. Appeal to the better natures of individuals, then, and we will find that as such influences are applied the Mercurian judgment will not be amiss - and there will be brought greater harmonies in the experience of the entity.

26. (Q) What is the purpose of this life on earth for me?

(A) As indicated, in applying self in greater welfare activities for others, and in the preparation of and in building the home. First it must be spiritual, then it must be mental and then it may be in the physical.

**INDEX OF READING 5002-1 F 24**

Home & Marriage	Par. 6, 24, 26-A, 27-A
Karma: Home & Marriage	Par. 27-A
Sex: Attraction	Par. 6

**BACKGROUND OF READING 5002-1 F 24**

B1. 2/21/44 Miss [5002] was present when a Life Reading was given for Mr. [3674]. They talked with Mr. Cayce re their mutual problem, whether he should become reconciled with his present wife or eventually marry Miss [5002].

**TEXT OF READING 5002-1 F 24 (Musician)**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 1st day of April, 1944.

5. The abilities of the entity are many. The entity is very severe with self. At times because of being severe the entity is imposed upon by others. Declare thine own rights.

6. The entity loves deeply but is easily turned about. Be rather in that position that when the complement of self in the opposite sex appears, thy heart, thy mind, thy body will recognize same. For without that complement the self will be as naught and become nil.

26. (Q) Is it indicated that it would be best for [3674] and me to marry, if so when?

(A) These have their problems. Don't be set upon but when he returns, do fill those desires in body and in mind.

27. (Q) What is our past relationship that would account for the present strong attraction?

(A) The activities in the experience before this as well as in the Egyptian land.

**INDEX OF READING 5089-2 F 50**

Sex: Attraction

Par. 5--7, 9

**TEXT OF READING 5089-2 F 50 (Divorced), 5/15/44**

2. EC: Yes, we are given the records here (what a beautiful book!) of that entity now called [5089].

4. As we find in the personality and individuality, an influence in appearance may be very troublesome to the body and may appear to others as something undesirable or, to others of a different temperament, very desirable, yet may be used by the entity to accomplish more than is granted to most people in the position of the entity.

5. Here is an entity who, if it passed through a throng of men without speaking, all of them would follow if they were free to. Hence to the entity this becomes disturbing, yet if properly used may bring help to many an individual.

6. This, too, becomes disturbing to the body because apparently the entity is an "easy number"; that is, everyone is trying to sell something or to obtain something or to find favor with the entity, and from just what has been indicated you see why.

7. How to turn this into a helpful experience: By nature the entity is a teacher, as will be seen from the experiences in the earth. The entity is a natural magnet for the opposite sex, as well as a great influence among its own sex. Use these, then, as a means for telling of the love of Jesus. Let it become such an activity in itself that everyone may come to know what would be the first word of the entity, and let them be this, though changed in form for the entity's own friends and experiences. Have you prayed to God today? Have you prayed to God today? Men won't follow you; men won't think you are an easy mark. Mean it, for in that manner ye may teach many a man with evil intents to know his place. For remember, no one, no one can stand in the presence of the Lord, the Christ, when words are thus spoken in earnest and in sincerity, no matter what their intent may be, and you will attract those with whom ye may administer much. But in thy activities ever be the teacher of the simplicity of the Christ-child, his birth, his education, his ministry and, as the climax the last acts for ministry with his Disciples. "Who would be the greatest among you? He who is the servant of all." When you find individuals too good to do this, or that, for others, something is the matter with their theories, and the soul is shrinking, they are little.

8. As to the astrological aspects, these have meant little in the life of the entity and in the present mean less. These urges are indicated in the personality, not in the individuality, and thus the entity does at times much more than is considered the proper thing to do, by those who are supposed to give rules for the activities in social circles, or according to Mrs. Post. These, then, mean little to the entity, for it is capable of making its own rules. And they who are the servants for the Christ's sake to others make their own rules in all the activities or associations with others.

9. Thus Jupiter, Mercury and Venus are all a part of the entity's experience. This is why some follow close to the entity physically and fall far away mentally and spiritually. But dare to do right according to the dictates of thy conscience, if thy conscience is not seared by worldly things.

**INDEX OF READING 5356-1 F 25**

Attitudes & Emotions: Earth Sojourns	Par. 11, 13, 28-A
Clairvoyance Of E.C.: Characteristics Confirmed	Par. 13, R1
Education: Music	Par. 12
HOME & MARRIAGE & BUSINESS	
Mind: Memory: Soul	Par. 28-A
Prophecy: Personal: Warning: Psychological	Par. 5, 26-A
Sex: Attraction	Par. 13, 27-A, 28-A
VOCATIONAL GUIDANCE: ARTS: MUSIC	
Will	Par. 7

**BACKGROUND OF READING 5356-1 F 25**

B1. 5/18/44 Letter from mother [3307]: "She has been singing all her life, in the church choirs, and at school, - in plays, on radio, for womens clubs and parties and socials, and funerals and weddings, in night clubs occasionally." Questions submitted other than those which appear at end of the reading: 1. Am I doing all that I was meant to do with my talent for singing or should I be working towards a professional career in music? 2. Would I make a good teacher of music? 3. "Ever since I was 16 I have been stopped in whatever work I began, because I thought I was in love. I am almost afraid of being attracted to anyone now, because I have been stopped so often in my work."

**TEXT OF READING 5356-1 F 25 (Singer)**

This psychic reading given by Edgar Cayce, this 19th day of July, 1944, with request made by the self - Miss [5356] - thru mother, Mrs. [3307].

5. One who has the ability to sing like an angel and yet live like a devil. One who is oft prompted to take changes socially, as well as in experiences where changes are taken such as in games, cards, or things of that nature, and yet with the ability to be the demure, the angel-like individual. These are the urges which the entity has to face.

6. Thus it finds itself interested in people, conditions in which there are great questions as not only to their morality but as to their sincerity, and at the same time we find music, song, that which may alone at times span the space between the sublime and the ridiculous.

7. And thus we find a confusion in the mental processes of the entity with the abilities, and yet not that the entity hasn't the will, but the will of the entity needs be reinforced with the spiritual aspirations, spiritual desires, spiritual knowledge. With these the purposes, the ideals, and the holding of self in check, we may find one who may attain to a partial career, as well as a beautiful home builder.

8. These, then, are the conditions to be met in the experience of the entity.

10. As we find, then, one gifted in music, in song, one who may move an audience to tears and may become so ridiculous in its choice of associates or activities as to destroy the good which may be accomplished in the experiences of many.

11. The entity is attracted to the theater, to things which have to do with pomp and show; those which have to do with secular expansions of the ego or praise of the rabble. These have to be not suppressed so much as supplanted by desires for spiritual awakening love as prompted from the purposes of being kind and gentle, rather than prompted from the emotions of the nature of human activities. These were and are the things to be warned of, then.

12. As to the activities, one who may become an excellent music teacher or song instructress, especially to children and if the younger children will be the ones the entity attempts to instruct the better, until the entity finds itself.

13. The interest of the entity in relationships to courtship or marriage should be in relationship with the cloth or divinity students or divinity actions or ministers or preachers. These do not appeal, from their lack of association with the world, and yet these are that needed as the balance for the entity. Not those, however, who are interested in missions or other than that which may be called orthodox religious movements. For being too free or too open may bring (which will be seen from experiences in the earth) temptations not able to be born in the emotional natures of the body.

26. (Q) Is it right for me to continue living with my parents, or should I now be seeking a life apart from them?

(A) Better stay rather close, my dear!

27. (Q) Why is it that I seem to fall in love with men who are not suited to me, of with those who are not suited in marriage?

(A) Read what has been given, which is part of the consciousness of the entity.

28. (Q) How am I to be sure of real love?

(A) That which is the thought of Creative Forces and God, not in answer to the emotions along. The heart knoweth the soul never forgeteth.

29. (Q) Is it indicated that I will ever marry?

(A) It is indicated that it should and the home should be, as given, the greater career.

#### **REPORTS OF READING 5356-1 F 25**

R1. 7/31/44 Letter from [5356]'s mother [3307]: "Thank you...the reading seems unusually clear and already it has helped her to make up her mind about some things... She said [re: divinity students] 'I never seem to meet any, and the ones I do meet are awful pots... I wouldn't HAVE to marry a minister, would I mother?'"

**INDEX OF READING 5373-1 F 48**

Arts: Creative: Writing	Par. 11, 24-A
Environment: Locality	Par. 25-A, 28-A
Home & Marriage	Par. 27-A, 28-A
Sex: Attraction	Par. 11
Vocational Guidance: Education	Par. 24-A

**TEXT OF READING 5373-1 F 48**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of July, 1944.

11. Do at some time write that which has prompted thee to assume or to take stands as ye have in relationships to others, not only the opposite sex, but the own sex. For the entity's approach to each are quite different. For most men find this body lovely and want to tell her their troubles. Better let them alone, though.

24. (Q) What is my vocation in this life in which I would most likely succeed and that which I would be happiest doing?

(A) As has been indicated, as a teacher, in research of any kind. These are the channels through which greater material things may come. But do write the purposes.

25. (Q) Which of the following would you advise: Should I change from my present position at ..., Md., to a position by transfer to Washington, D.C., or Florida, or should I remain at ..., Md., in my present position?

(A) We would change to Florida.

27. (Q) Is it indicated that I will meet anyone in this life that I will be happily married to - if so, where shall I be most likely to meet this person and when?

(A) You may meet them if you will accept them. For they offer problems, as you would to them.

28. (Q) Where shall I be most likely to meet this person and when?

(A) Where did we tell you to go? That's a good place. A lot of them come there and are worthy.



**INDEX OF READING 869-1 M 35**

Constipation	Par. 23-A
Diet: Appetite	Par. 22-A
Electrotherapy: Diathermy: Circulation: Lymph	Par. 23-A
Sex: Aversion: Tendencies	Par. 24-A
: Glands	Par. 24-A
Ulcers: After Effects	

**TEXT OF READING 869-1 M 35**

This psychic reading given by Edgar Cayce, this 25th day of March, 1935.

20. (Q) Is there a toxic state present in the body?  
(A) Toxic state is present in the body.
22. (Q) What is the cause of the lack of desire for food?  
(A) Lack of proper quantity of the digestive fluids to carry on proper assimilation. These activities for the system to produce coordination between the upper and lower hepatic circulation, as will reduce the toxic forces, the activities through the kidneys, the allaying of those burnings that have caused to the nervous system distresses, should make for a general reaction that the food will not only be BETTER for the body but the body will desire the food more.
23. (Q) What is the cause of the chronic constipation?  
(A) That which has been indicated in the lack of the flow of the gastric forces through the jejunum. There should be better peristaltic activity throughout the eliminating system with those reactions or corrections in the lower lumbar, the lower portion of the dorsal, and especially with the diet. Less of starch, less of sweets, and more of the fruit juices and nuts and raw vegetables and the like. Not that meats would be eliminated entirely, but no fried foods at ANY time. When there is the tendency for inflammation or infectious reaction in lymph and emunctory activity in the mucous membranes of the body, this produces a drying condition and the lack of activity through the muscular forces of the intestinal system. These stimulated through those centers from which there is the radial activity to the organs and those from the lacteal duct and gall duct area, where the other plate is to be attached from the electrical forces, should stimulate to nearer normal activity.  
Do that.
24. (Q) Why is the desire of sex relation dormant?  
(A) Lack of activity through the mucous membranes or the glands that secrete nominally for this. This is a reaction that through the stimulation of the system may be made near normal.
25. (Q) What is the cause of the recent loss of weight?  
(A) Just as indicated.

**INDEX OF READING 911-2 F 24**

Creative Energy	Par. 24-A
DIABETES	
Home & Marriage	Par. 19-A--24-A
Peace	Par. 27-A
Physiology & Anatomy: Sex	Par. 24-A
Sex	Par. 22-A, 24-A

**TEXT OF READING 911-2 F 24**

This psychic reading given by Edgar Cayce, this 30th day of August, 1932.

21. (Q) Is my present marriage not a fundamental failure?

(A) A fundamental failure; and while there are mental and material obligations in the present associations, do not be too hasty in making decisive changes, until the physical and mental body has the opportunity to respond to self. Then self not as dictatorial, self not as defying anyone, self not as being made aware of its freedom in many different channels from what has been the experience, will find that all of these conditions will gradually adjust themselves; first within the mental attributes of self, and that that is desired in that self may find an expression in the affairs of the physical, mental and material life, in such a manner as to be a producer of that that is helpful to another. As this dependence comes (that first must be in self), it will give that freedom that makes for those changes in the physical relationships with those present associations, and bring that peace, that harmony, that will make for self being a channel of the glorifying of an ideal through the activities physical and mental of the body.

22. (Q) Why is my husband so unmasculine and abnormal sexually?

(A) This is from physical conditions that exist in the physical make-up of the body.

23. (Q) Am I to any marked degree responsible for the basic hardships and dissimilarities and obstacles existent in my marriage?

(A) Less than that of other influences, and - as conditions do show their change in the physical being, and the freedom of those forces in the mental and the material activities brings about changes these will adjust themselves in those relationships that will make for a more activity in creative ways and manners.

24. (Q) Please explain our sex incompatibility.

(A) As those conditions that make for those relationships in this connection are accentuated in the various manners through those conditions existent in the physical body of each, these bring about those abhorrences and those changes that make for this portion of the life to become a thing that is to be feared, rather than as nature has made to be enjoyed or used in the manner that finds the expression through the activities of the body in every force; for, as is seen, this may be found to be that which would be well for all to consider:

As sex is that channel through which creation in the material world brings forth that which is of creating itself, so are the organs of same - the centers through which all creative energies - whether mental or spiritual - find their inception in a material world for an expression. As has been given, when this force in sex is raised, or rated, in its inception through the mental forces of the body, this finds expression in that of giving the love influence in the life or lives of the individual, as well as that which may be brought into being as a gratification of a physical desire.

Hence this portion, this incompatibility that is between the two individuals as given here, is that which makes for the inability for any CREATIVE forces to become compatible between the individuals; for there is no soul but what the sex life becomes the greater influence in the life. Not as always in gratification in the physical act, but rather that that finds expression in the creative forces and creative abilities of the body itself.

27. (Q) What do the Forces say regarding my chances for peace and happiness on earth?

(A) Peace and happiness, harmony, will be the lot of the body; for the body physically and mentally should know - and hold within self - this:

I AM PERSUADED THAT NEITHER MINDS OF OTHERS,  
PRINCIPALITIES, NOR FORCES OF ANY NATURE, MAY SEPARATE ME  
FROM THE JOY, THE PEACE, THE HAPPINESS, MY MAKER HAS  
PREPARED FOR ME.

And HE will bring it to pass!

**INDEX OF READING 911-7 F 24**

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**TEXT OF READING 911-7 F 24, 12/2/32**

1. GC: You will please give EXPLICIT counsel and instruction for the physical and spiritual sustenance of the body, [911], at ..., N.Y., stating why she feels so poorly....

21. (Q) What foods can be best taken care of by this body, at the present time, and are there any foods that this body should always do without?

(A) These have been so often outlined for the body! There have been ministrations to the needs of the physical body as the changes have taken place, and changes have been suggested for the different conditions in the body. Rebellest thou against that own better self? Thou knowest indeed that to meet the needs! To give that which IS necessary, follow CONSISTENTLY that which has been and is being outlined for the body from day to day, week to week. Eat those foods that are helpful; not those that are TEMPTING and that will require the inducing of those influences to meet the idiosyncrasies and the WEAKNESSES of the body! Rather make it thine BUSINESS to DO that thou KNOWEST! Thou knowest to do right, yet tempts own self - often!

22. (Q) Am I sexually normal?

(A) It has been indicated for the body that the very conditions which have been necessary, for the requiring of stimuli to the various organs of the body, tend to MAKE the body OVER sexed. This must be met in the same way and manner as every other condition that brings FOR the body those HARMFUL conditions, or conditions that tend to make it HARDER for the ills to be passed. Not that these desires are not to be gratified to the extent that makes for the developments in a normal manner, but to gratify ANY desire in the carnal forces OF the body - rather than in the satisfying of the spiritual life that comes of creation itself in such emotions - is to become such an one as to make for the pricks that are to be kicked against time and time again. Self well understands that such gratification has been and is conducive and inducive to those periods of torments that arise at times; while with the applications in foods, in activities, with the outlets of self mentally and physically, these associations may be brought to mean much. Cultivate the SPIRITUAL, the mental and physical desire, rather than those carnal desires that are gratified only for the moment.

**INDEX OF READING 1330-1 M 23**

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: SPEECH: IMPAIRED	
Sex: Masturbation	Par. 26-A, 27-A
SPEECH: IMPAIRED: INJURIES: MOUTH: TONGUE	

**TEXT OF READING 1330-1 M 23**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of February, 1937.

3. We have a complex condition rather than that of other ways or means; and with the understanding as may be gained by this body in the study of itself, we would find that much of the condition and conditions may be relieved and the body respond more readily in same to applications either material or mental for the body.

18. (Q) Is there a speech ligament out of place in my throat?

(A) All of this will be adjusted with the manipulations and adjustments that have been indicated as would be well. But once a week for four to six weeks, rest for two to three weeks. Do not begin these until control of self has been gained through meditation.

23. (Q) Has overwork had anything to do with my speech impairment?

(A) Had little to do. It is more of that feeling of the inability. But with the seeking through the correct sources (which is the divine within) for strength, for ability, for power, for awareness, this may be built up - aided and abetted, too, by those things that are of the mechanical nature as indicated.

24. (Q) How can I remedy constipation in the best manner?

(A) By the control of the mental self, setting the regular period, watching the diet, not overdoing in any way but directing self from within.

26. (Q) What causes my frequent calls for urination?

(A) The suppressions in the activities through those portions of the system where corrections are needed to be made as indicated. And those tendencies for or towards self-abuse.

Turn these rather into constructive channels rather than sensual thoughts.

27. (Q) Is there kidney trouble?

(A) None that will not be corrected with the conditions as indicated.

28. (Q) What is the cause of a general tightness and tension throughout my body?

(A) As has been indicated, from ligaments and tissues becoming suppressed by the feelings within self of the lack of power, the lack of ability, the lack of strength, the lack of this, that or the other - and in the main that of the feeling sorry for self.

And this we may overcome only through the arousing of the awareness through better coordination, cooperation of body, mind and soul with the spiritual influences.

Do that.

29. (Q) What should I do about my eye defects?

(A) Do the things as have been indicated if these would be corrected!

For if that which has been of the Creative Forces is the directing force, will it not create a body, a mind, in accord? And in acting that way we bring about that which will be the more effective in the manifestation of the divine influence of love as a merciful Father shows toward the children of men.

Thou art the son of a living God! ACT LIKE IT, and depend upon those influences!

30. We are through for the present.

**INDEX OF READING 1436-1 F 27**

ANOREXIA NERVOSA	
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**BACKGROUND OF READING 1436-1 F 27**

GD's comment: Miss [1436] was a beautiful girl but skin and bones, completely debilitated, had been living for months exclusively on raw salads, juices, etc. - no cooked food.

**TEXT OF READING 1436-1 F 27**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of August, 1937.

2. Now, as we find, there needs be consideration given for the physical forces of the body. For the body MUST manifest that which IS a growth of the mental self.
3. So much is expected, so much required of this body-mind, it is well that the spiritual and the mental be included with the physical forces of the body in the present.
4. First, then, for the physical forces:
5. Here we have disturbing forces owing to an unbalanced condition between the purely physical and the mental and spiritual self.

30. In the matter of the diet: Here we find there have been extremes applied in the experience of the body. At times there have come doubts, and again there was assurance, and a mental condition wherein the call of the bodily forces was not coordinant with the needs of the physical body.

31. At least have two meals of cooked food each day, and one meal at which there is NO cooked food. Meats should be taboo, save that occasionally of fowl or fish. Citrus fruit juices OR cereals (not the two together or at the same meal). Whole wheat WELL-cooked, rye and barley mixed - these are well to be taken for the body under the existent conditions.

32. And as we find we will bring for this body a NEW UNDERSTANDING, a NEW coordination, in the physical and the mental and the spiritual being.

54. (Q) How can I maintain a physical and mental balance without so much physical exercise, and produce a normal balance in my sex urges?

(A) As has been indicated, the glandular system has been disturbed. Now: By the creating of a normal balance within the body for its physical and mental and spiritual well-being, we not only create a normal physical balance but then give - in the expressions of what has been indicated for the physical and mental body - an OUTLET for the beauty of sex.

Do not look upon sex as merely a PHYSICAL expression! There is a physical expression that is beauty within itself, if it is considered from that angle; but when the mental and the spiritual are guiding, then the outlet for beauty becomes a NORMAL expression of a NORMAL, healthy body.

55. (Q) When did this condition begin?

(A) About a year and a half ago, it began - when there were excesses as to leaving off of energies that found expression in the minds of others rather than in the expression of doing for others.

56. (Q) Has my diet harmed me?

(A) As has been indicated, this has grown gradually to an extreme, and hence has at times - with the outward expression of so much of energies of self - BROKEN the coordination between physical AND the spiritual and mental well-being.

Now when we speak of the mental, know that it is as a channel; that is, it is both material and spiritual, and hence is the builder. For when there is an excess of energies used in any direction, without the supplying in each of its phases the material and the spiritual, it becomes unbalanced and incoordinant - not cooperation or coordination.

59. (Q) I am particularly disturbed at times with conditions of the female organs. Please explain.

(A) As has been indicated in the activity of the glandular system, these are a portion of the mental and physical and spiritual being. Those channels through which procreation in the activity of the material forces becomes active, the central organizations through which the vibrations may be consciously raised within the body FOR activities in the deeper meditations - these have OVERCHARGED by lack of applying the conditions or supplying the physical emergencies or physical conditions and the using of the energies by the activities of the body in deeper meditations, the breathings and other activities which have been a portion of the body-physical's resources.

Then, when we make these corrections as indicated, we should find normal conditions coming about.

First, as indicated, an arousing of the glandular forces of the body to activity - through the Atomidine.

Second, the vibratory forces of the Radio-Active Appliance, in which there is a union of purposes within the consciousness and the superconsciousness for the use of the body, mind and soul for constructive forces.

Then, thirdly, the activities of the mechanical manipulations, OSTEOPATHICALLY, for a distribution or dissemination of energies through the body by the correct coordination of the physical energies.

And then the use of the self in body, in mind, for those purposes for which it has entered; and we will find the body regaining its equilibrium in EVERY sense.

Do that.

60. (Q) I have not menstruated in a year.

(A) This is a stoppage of those very influences that have become as a part of the activities in the attempts for the system to eliminate that which should go through the normal channels.

And we will find after the periods indicated there should be the beginning, not normal at first but gradually the growing towards normalcy in all directions.

61. (Q) Have I been wrong not to have sexual contact? Would it do me any good?

(A) The body has not been wrong! The body would NOT be physically benefited by such - until there are the activities within the physical, the mental, the spiritual self for the proper balance in activities in the Creative Forces, as well as the mental and material things for the better coordination in all.

Do the first things first, as has been indicated for the body; following same with the mental attitudes, putting self within the care, the keeping of the Infinite Love that is thine, that ye may show forth the love of the Father, the beauty of a life lived that the glory of the Son may be manifested in the lives of thy fellow men.

Not unto thyself but in Him is all might, all power, all glory.

62. We are through for the present.

**INDEX OF READING 2175-2 F 29**

ADHESIONS

ANEMIA

ASSIMILATIONS: POOR

Attitudes & Emotions: Sex

Par. 35-A

Childbirth: After Effects

Par. 8

Sex: Intercourse

Par. 34-A, 35-A

**TEXT OF READING 2175-2 F 29, 2/10/41**

3. Now as we find, there are conditions which prevent the best normal functioning. These have to do with conditions produced by adhesions through the system. These have not as yet assumed such proportions that they may not be easily eliminated from the system.

4. These, then, are conditions as we find them with this body, [2175] we are speaking of, present in this room:

5. First, in the blood supply, - this we find at times assumes those activities in which there is quite a variation in the pressures produced through the blood supply. Hence there is quite a variation from time to time as to numbers of the blood cellular forces. We would find at some periods, in most every month, there would be a deficiency in red blood cells, and at others there would be nearer to normal in the red - that is, not a variation - and a lack in the white or the warrior cellular force in the system.

6. Hence we find that this produces an effluvium in the system that is not always easily eliminated, through the various systems of eliminating used energies.

7. Then we have a kind of anemia, what might be called a lack of the blood cellular forces through the system; so that the body becomes "starved" in portions of the functioning organs, rather than the cellular force being so changed.

8. But this effluvium arises from pressures in the nervous system, produced by conditions which arose following childbirth, - or those conditions where the activity of the organs of the pelvis made adherence to the system itself. Hence these conditions in the system arise from the attempts of the body to produce a normal reaction, or adjustment.

9. Thus at times across the small area of the back, or the lumbar and sacral area, we have distresses that bring about - through nerve reaction - a condition in the kidneys themselves that becomes aggravating; though - as yet - this is not an organic condition.

34. (Q) How can I go about making sex relations more pleasant?

(A) This will come with the correction of those conditions existent that CAUSE disturbance in this direction, see?

35. (Q) What attitude should I hold towards same?

(A) This should be as a part of the general conditions of mind and body, see? that is, have a perfectly normal body, - then such relationships and such attitudes towards same become the NATURAL conditions and not a forced issue ever.

**INDEX OF READING 2175-4 F 29**

Childbirth: After Effects	Par. 12-A
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**BACKGROUND OF READING 2175-4 F 29**

6/28/41 Remarks prior to reading [2175-4]: "Last night following sexual relations had hemorrhage from vagina. It occurred once before, about a week before my Period, and during the last month."

**TEXT OF READING 2175-4 F 29**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 28th day of June, 1941.

4. However, those conditions that have been a part of the disturbances in the pelvic organs are not so well, - as indicated by the mild hemorrhage which has occurred - under the circumstances of activities in and with the body.
5. We find that some mechanical applications are needed, - that is, osteopathic adjustments, - through the lumbar and sacral area, and extending to at least the 9th dorsal; with the coordination, to be sure, of the vagus center in the cervicals and dorsals, with the corrections made in the lumbar and sacral areas.
8. These as we find should, and will, bring about the normal activities in the pelvic organs; making the corrections that will change the conditions in regard to the acts of copulation.
9. In the general conditions, - we would keep up the applications for ALL of those conditions as we have indicated; in the mental attitudes as well as being more consistent in the use of the mechanical forces indicated.
12. (Q) Is there anything to be done to allow normal sex relations?  
(A) Just as indicated. From the conditions existing in the vagina from the periods of childbirth, there has been the contraction of same. With the corrections made through the areas indicated, by osteopathic adjustments, and with the douches as a purifier for the organs, we should bring about normal conditions.

**INDEX OF READING 2475-1 M 44**

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**TEXT OF READING 2475-1 M 44 (Physics Research Director, Quaker)**

This Psychic Reading given by Edgar Cayce, this 27th day of March, 1941.

2. EC: Yes, we have the body, the enquiring mind, [2475]; and those conditions, those experiences of the body in the use of Yoga exercise in breathing.
3. To give that as would be helpful to the body at this time, there might be indicated for the body something of that which takes place when such exercises are used - and the experiences had by one so doing.
4. These exercises are excellent, yet it is necessary that special preparation be made - or that a perfect understanding be had by the body as to what takes place when such exercises are used.
5. For, BREATH is the basis of the living organism's activity. Thus, such exercises may be beneficial or detrimental in their effect upon a body.
6. Hence it is necessary that an understanding be had as to how, as to when, or in what manner such may be used.
7. It would be very well for the body to study very carefully the information which we have given through these sources as respecting Meditation. Then this information as may be given here may prove of beneficial effect in the experience of the body.
8. Each soul, individual or entity, finds these facts existent:
9. There is the body-physical - with all its attributes for the functioning of the body in a three-dimensional or a manifested earth plane.
10. Also there is the body-mental - which is that directing influence of the physical, the mental and the spiritual emotions and manifestations of the body; or the way, the manner in which conduct is related to self, to individuals, as well as to things, conditions and circumstances. While the mind may not be seen by the physical senses, it can be sensed by others; that is, others may sense the conclusions that have been drawn by the body-mind of an individual, by the manner in which such an individual conducts himself in relationship to things, conditions or people.

11. Then there is the body-spiritual, or soul-body - that eternal something that is invisible. It is only visible to that consciousness in which the individual entity in patience becomes aware of its relationship to the mental and the physical being.
12. All of these then are one - in an entity; just as it is considered, realized or acknowledged that the body, mind and soul are one, - that God, the Son and the Holy Spirit are one.
13. Then in the physical body there ARE those influences, then, through which each of these phases of an entity may or does become an active influence.
14. There may be brought about an awareness of this by the exercising of the mind, through the manner of directing the breathing.
15. For, in the body there is that center in which the soul is expressive, creative in its nature, - the Leydig center.
16. By this breathing, this may be made to expand - as it moves along the path that is taken in its first inception, at conception, and opens the seven centers of the body that radiate or are active upon the organisms of the body.
17. This in its direction may be held or made to be a helpful influence for specific conditions, at times - by those who have taught, or who through experience have found as it were the key, or that which one may do and yet must not do; owing to whatever preparation has been made or may be made by the body for the use of this ability, this expression through the body-forces.
18. As this life-force is expanded, it moves first from the Leydig center through the adrenals, in what may be termed an upward trend, to the pineal and to the centers in control of the emotions - or reflexes through the nerve forces of the body.
19. Thus an entity puts itself, through such an activity, into association or in conjunction with all it has EVER been or may be. For, it loosens the physical consciousness to the universal consciousness.
20. To allow self in a universal state to be controlled, or to be dominated, may become harmful.
21. But to know, to feel, to comprehend as to WHO or as to WHAT is the directing influence when the self-consciousness has been released and the real ego allowed to rise to expression, is to be in that state of the universal consciousness, - which is indicated in this body here, Edgar Cayce, through which there is given this interpretation for [2475].
22. So, in analyzing all this, - first study the variations of what has been the body-temperament, in thought, in food. For, the body-physical becomes that which it assimilates from material nature. The body-mental becomes that it assimilates from both the physical-mental and the spiritual-mental. The soul is ALL of that the entity is, has been or may be.
23. Then, WHO and WHAT would the entity have to direct self in such experiences?
24. To be loosed without a governor, or a director, may easily become harmful.
25. But as we would give, from here, let not such a director be that of an entity. Rather so surround self with the universal consciousness of the CHRIST, as to be directed by that influence as may be committed to thee.
26. Thus the entity may use constructively that which has been attained.

27. But to prevent physical harm, mental harm, - attune self in body and in mind with that influence by which the entity seeks to be directed; not haphazardly, not by chance, but - as of old - choose thou this day WHOM ye will serve: the living God within thee, by thee, through thee? or those influences of knowledge without wisdom, that would enslave or empower thee with the material things which only gratify for the moment?

28. Rather choose thou as he of old, - let others do as they may, but as for thee, serve thou the living God.

29. Thus ye may constructively use that ability of spiritual attunement, which is the birthright of each soul; ye may use it as a helpful influence in thy experiences in the earth.

30. But make haste SLOWLY! Prepare the body. Prepare the mind, before ye attempt to loosen it in such measures or manners that it may be taken hold upon by those influences which constantly seek expressions of self rather than of a living, constructive influence of a CRUCIFIED Savior.

31. Then, crucify desire in self; that ye may be awakened to the real abilities of helpfulness that lie within thy grasp. Ready for questions.

33. (Q) Is there at present any danger to any particular body-function, such as sex; or to general health?

(A) As we have indicated, without preparation, desires of EVERY nature may become so accentuated as to destroy - or to overexercise as to bring detrimental forces; unless the desire and purpose is acknowledged and set IN the influence of self as to its direction - when loosened by the kundaline activities through the body.

34. (Q) Just what preparation would you advise for the body, now?

(A) This should be rather the choice of the body from its OWN development, than from what ANY other individual entity or source might give.

Purify the body, purify the mind; that the principle, the choice of ideals as made by the entity may be made manifest.

Do whatever is required for this, - whether the washing of the body, the surrounding with this or that influence, or that of whatever nature.

As has been experienced, this opening of the centers or the raising of the life force may be brought about by certain characters of breathing, - for, as indicated, the breath is power in itself; and this power may be directed to certain portions of the body. But for what purpose? As yet it has been only to see what will happen! Remember what curiosity did to the cat! Remember what curiosity did to Galileo, and what it did to Watt - but they used it in quite different directions in each case!

35. (Q) Considering the development of the entity, is further practice of the Yoga exercises of breathing and meditation recommended?

(A) By all means! if and when, and ONLY when, preparation has been made; and when there is the knowledge, the understanding and the wisdom as to what to do WITH that gained! Without such, do not undertake same!

**INDEX OF READING 2720-2 F 26**

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**BACKGROUND OF READING 2720-2 F 26**

12/7/27 Letter from [2720] to EC: "I would like to have the following questions asked: Is my present condition due to merely physical causes - and if so, what are they? Is there danger in my continuing in this state? Or is this strange cessation of a natural feminine function due to psychic causes - either a manifestation of wrong-doing and misuse or a special dispensation of Providence aiding me to overcome the forces of Maya? I would be glad to know anything you can find out for me concerning the cause and cure - or if a cure is unnecessary and if there is no future physical danger. I would be greatly content to sit back and let things as they are - Will this condition influence my relations to my husband? Thanking you for your efforts in my behalf...."

**TEXT OF READING 2720-2 F 26 (Housewife, Gentile married to a Jew)**

This psychic reading given by Edgar Cayce, this 17th day of December, 1927, in accordance with request made by self - Mrs. [2720].

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also the treatment for the cure and relief of this body.
2. EC: Yes, we have the body here - sleeping.
3. Now, as we find from the physical viewpoint, or from the pathological conditions, very little is shown in the physical forces of the body. While we have disturbing conditions at times, and these bring distraughtness to the body, rather are these those that are termed psychological, rather than biological, though some biological effects enter in.
4. In the physical forces we find as these conditions:
5. In the mental attitude, and in that in the effect of the nervous system, as is created by this attitude (not wholly of its own making either), these conditions appear:
6. One distraught in its actions; yet one very capable.
7. One who has almost a nervous breakdown at times. This then causing general nervous debilitation, and the aversion as the body finds towards sex relations - these bring this action in the mental forces until the body really is overwrought; then cold or congestion, or the inactivity of digestion, is as a natural result.

8. Were these conditions cleared up, would the body remove from its present surroundings, would the body bring about different physical conditions within itself as respecting sex relations - then we would find a different reaction, physical and mental.

9. To meet the needs of this condition from the physical sense, we would use as this: Not that any great pathological condition is to be changed, but there will be found - with the use of these - a different reaction to the body as respecting such relations, and as to the effect or susceptibility of the mental and physical forces of the body, and more active forces of the nerve system toward being able to meet the needs of conditions.

10. At least three to five times - that is, once each day for three to five days after menses period - the body should heat water to the boiling point, pour into a container over which the body may sit with ease, pouring about gallon and a half to two gallons of water, and to this add sweet gum (in the gum) fifteen grains, tincture of myrrh tablespoonful, and let the body - the pubis - be exposed to the fumes as arise from same. The irritation - as will be seen - will be decreased, and also there will be the more desire for sex relations and the effect as is produced in the body from same; for with this constant aversion (with the individuals as are about the entity), and with this constant drain on the nerve system, the mental forces suffer sympathetically.

11. Do that. Ready for questions.

12. (Q) Is my present condition due to merely physical causes? If so, what are they?

(A) Rather from psychological than purely physical causes. The relations, the conditions, the unstable relations as exist between the mate and this body - be well if these were separated. Be well if they lived in different parts of the country.

13. (Q) Is there danger in my continuing in this state, or is this strange cessation of a natural feminine function due to psychic causes - either a manifestation of wrong doing and misuse or a special dispensation of Providence aiding me to overcome the forces of Maya?

(A) These are as that condition builded in the body through those conditions as have been given for the body. In the application and study of self, these will be found to be more beneficial in the manner as given, than in ANY physical condition that may go about to change these. Let that be enacted for self as has been outlined in the physical and mental manner, and we will bring the better conditions; for MUCH may be accomplished. Hence much is required at the hands of this body.

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<b>POSSESSION: BY SELF</b>	
Sex: Possession	Par. 8
Spine: Subluxations: Possession	Par. 8

**BACKGROUND OF READING 3421-1 F 39**

6/6/43 Letter: "For more than 22 years I have been constantly troubled by an elemental thing. It troubles me at night, and oh, I have had so little sleep all these years. It has been seen by 3 different people with clairvoyant vision, but not one has been able to help me or to tell me how I may be freed from this creature. I and my husband [3480], and family, have all pursued religious theosophy in hopes that by self purification I could lift myself out of this. We have always held hopes of gaining freedom.... Would it be possible to advise or help through mail?... "

8/2/43 Letter: "... I am reaching a point of desperation, and haven't much to work on. The things I have used in the past to give me relief, now fail. Electricity applied to the hands and feet have given at least temporary relief in the past, as Sloan's Liniment and Epsom Salts baths, but now nothing does. My body and mind are so tired I can't do the spiritual work I have done in the past by walking the floor all night long and saying affirmations and trying to become more and more aware of my own Christ self.... I can't stand it unless I vigorously exercise and move. So I walk all night long until my body is so weary I can't go any longer, and I'm mentally a blank and fall asleep sometimes standing up, and the minute I sit, only have to get up and move on. It's a most peculiar case, most unusual. It goes wild when we pray and work, and becomes even more violent. My sleep has averaged for some time now, 1, 2 or 3 hours a night, and that only from the most desperate fighting and walking, only to be violently awakened again at the end of that period. And I haven't been able to rest days either, it's constant. My poor husband, who isn't at all well, is straining himself and working so hard, and he is very powerful spiritually....

**TEXT OF READING 3421-1 F 39 (Housewife, Theosophist)**

This psychic reading given by Edgar Cayce, this 27th day of December, 1943.

3. In giving that which as we find will be of help, the pathological as well as psychological conditions must be considered with the mental conditions of the body.
4. We find that there has been the opening of the Lyden (Leydig?) gland, so that the kundaline forces move along the spine to the various centers that open with this attitude, or with these activities of the mental and spiritual forces of the body - much in the same manner as might be illustrated in the foetus that forms from conception. These naturally take form. Here these take form, for they have not in their inception been put to a definite use.
5. The psychological reaction is much like that as may be illustrated in one gaining much knowledge without making practical application of it. It then forms its own concepts.
6. Now we combine these two and we have that indicated here as a possession of the body; gnawing, as it were, on all of the seven centers of the body, causing the inability for rest or even a concerted activity - unless the body finds itself needed for someone else. Then the body finds, as this occurs, the disturbance is retarded or fades - in the abilities of the body to exercise itself in help for others.
7. Pathologically, we may find this center in the reproductive gland or activity of the body - the ovarian activity. Here apply an equal combination of Mutton Tallow (melted), Spirits of Turpentine and Spirits of Camphor, and then apply heat. This combination may be put on a flannel cloth, or the cloth saturated with it and applied to the area. This will tend to segregate and separate the disturbance.
8. Also corrections osteopathically are necessary, where there is a subluxation in the tip end of the coccyx area. This was brought about at a period when there was activity in these areas, and it has remained. Hence the distress easily enters, or even when the body sleeps at times, it becomes possessed. When it is in deep thought it will become possessed. This varies according to the physical activities of the body; that is, as to whether or not the body is active in spiritually constructive work. Overactivity physically may bring it on. Overactivity mentally may bring it on. Highly emotional activities, as in sex, may bring on the conditions.
9. All of these indicate, then, the pathological and psychological conditions.
10. When the corrections have been made osteopathically (not before), begin applying the low form of electrical vibrations of the body - through the use of the Radio-Active Appliance.
11. And use that period for the meditation. What should be the trend of the meditation at such times? Exodus 19: 5, John 14: 2, 3, 4. These are one, applied to self.
12. Do these. Be consistent, be persistent. Use the Appliance each day for an hour. In the beginning surround self with that which is the heart and soul of Exodus 19: 5. For there is the hope.

**INDEX OF READING 3686-1 M 65**

APHONIA	
Attitudes & Emotions: Worry	Background
Breathing: Shortness	Background
Circulation: Poor	Background
Constipation	Background
Diet: Vitamins: KalDak: Hypotension	Par. 7
Digestion: Indigestion: Nervous	Background
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Neurosis: Aphonia	Background
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Prostatitis	Background
Rejuvenation	Par. 5, 7
Sex: Intercourse	Par. 3--5, Background

**BACKGROUND OF READING 3686-1 M 65**

11/13/43 Letter from [3686]: "...At about the time the voice began slipping my normal weight was close to 180 lbs. when dressed for the street. When I went to Mayo's at Rochester for a check-up, I weighed 170 lbs. stripped. Today I weigh about 155 lbs. dressed and that much of a loss is something to think about. Probably much of my trouble has been brought about by worry. When my first wife died of ulcerated intestines six years ago, it followed quite a long siege of very poor elimination... Her experiences have remained in my thoughts. I don't want that same condition to get a start with me, but my stomach has given me quite a lot of trouble. I am not a heavy eater, yet am considered a good eater. There is a little difference in my favor. The last couple of years I have used more milk to drink than ever before, thinking that it would not only help me to put on more weight but also, because of a natural food would help straighten out the slow and irregular bowel action. I can't see that it does either, and of late have experienced more uncomfortable feelings in the region of both kidneys, than I ever had before....

11/27/43 Letter from [3686]: "...While I am really very active for one of my age, my muscles are too soft, and I want to overcome this condition... For your information, several years ago I had an X-ray examination, to determine whether or not I had stomach ulcers. It showed negative and I was told at that time that I have a very small appendix. This has not troubled me lately although I do have a very full feeling in that part of my body, at times. Does smoking effect either my voice control, or my lungs? Is it the cause of very short breath? Should I quit it, for my own good? What can I do to prevent constipation? Does a diet of some meat, daily have anything to do with such irregular bowel action as I have, when my stomach seems to get so full that its contents, or what has passed into the intestines, seems to be crowded back toward both kidneys? (That is where I have much discomfort when bowel action slows.) Does intercourse, only about

once in ten or twelve days, effect the prostate gland? (While this action takes only a short time, it takes away my breath, quickens the heart action and seems to make my insides quite sore the next morning. You notice I say it SEEMS to do that; something else may cause that sore feeling, but it disappears shortly after rising.) Would dead teeth, (teeth with nerves killed) be likely to cause any of my physical troubles? I have two that were treated and filled many years ago and at the present time, have no tooth trouble. I still have 27 of my 2nd teeth. Is there anything to longevity following right through several generations?...

I am going into a general description for the reason that while I am getting a reading for one physical defect, I may as well cover them all. For my financial good, the voice trouble is my greatest problem... I am feeling much better lately and think much of my discomfort has been due to wrong eating, which I am trying to correct.

**TEXT OF READING 3686-1 M 65 (Salesman, Government Clerk)** This Psychic Reading given by Edgar Cayce, this 22nd day of February, 1944.

3. As we find, considered all in all, there are very good conditions with this body. While there is not the best coordination between the impulses of the body and the central nervous system, we find that if the body would rather be itself and its age, it would - with minor changes - build back to greater strength and vitality.

4. There are those tendencies for a nervous digestion. Much of this in a manner is produced by the attempt to overenergize the creative forces or the nervous system of the genital system. This naturally brings excess energy to the solar plexus, to the base of brain, to the general activity of body, and thus depletes the heart's activity and in a minor manner depletes the blood pressure.

5. As we find, for regenerating the body, refrain from those excesses through the activities of the imaginative system and of the genital system, for periods of at least six to eight weeks.

6. Cleanse the colon with colonic irrigations, ten days apart. For there is a tendency for a plethoric condition in the ascending and transverse colon.

7. As a stimuli for more blood and body-building, more resistance in the system, we would take a heaping teaspoonful of KalDak once each day, preferably in the evening. First dissolve this in a little hot water and then fill the glass with milk.

8. We would have at least three of the high colonic irrigations, however - and these at least ten days to two weeks apart, before beginning with the KalDak as a tonic or to tone the system.

9. Occasionally have a general osteopathic stimulation to the cerebrospinal system; once a week for three to four weeks, leave off a week to two weeks, and then have three to four to five more treatments.

10. Do that, if we would make better conditions for this body.



## **Past Life Influences**

### **2720-1, F 26 (Housewife) 8/25/27**

In the one before this we find in the land now known as the Indian country. The entity then among those who gave the lessons to the peoples through that of being the interpreter to the leader in religious or in the spiritual training of the period. In the name Alphi, and the entity gained and gained, and lost and lost - through the inability to contain the physical expression of desire of the flesh, and in the conditions as appear as urges - that of susceptibility to those conditions pertaining to sex and the study of same. The entity becoming, through same, one that would make - and DOES MAKE - the exceptional psychoanalyst, for the study of mind and the application of same exceptionally developed in the entity.

### **2122-1, M 38 (Furniture Manufacturer, Hebrew), 5/12/31**

In the one before this we find in that land now known as the Egyptian, and during those periods when there were dissensions and discussions arising from conditions existent from the return of the deposed priest. The entity was then as the aide to the keeper of those moneys cast in the treasury, and made for those peoples that that aided in the hours of recreation to give much of self in the relaxing of body AND mind. Hence in the PRESENT is seen those ingenuities that may be builded for expressions of individuals through relaxation of mind, yet - as has been seen through the experiences to the present - REQUIRING that an accurate work BE ACCENTUATED in the developments of same. In this experience the entity gained and lost. Gained through much as was given to the peoples through the associations of those that were about the priest and the keeper of the jewels, the moneys, the things as were contributed; yet when the entity stood ALONE - with the passing of these - in being sent TO the other lands, the entity allowed those of the opposite sex in the lands to lead the entity astray, falling in that way that so easily beset those that have set self for a purpose. In THIS the entity lost. In the name Ra-Sisri.

### **5040-1, F 44 (Housewife), 5/4/44**

Again we find the entity with the ability such that if it attempts to attract any of the opposite sex, he is already "hog-tied", as far as this entity is concerned, for there are those characteristics and those abilities in the means and manner in which the entity may draw in the sentimental, as well as the deeper feeling of the opposite sex. This can be used, or abused, dependent upon the ideals and purposes....

The entity was among those in the "city in the hills and plains", aiding in the interpreting for others of the activity that had to do with the spiritual, the mental and social life.

As the records were kept, these bring to the entity's experience the abilities to write, to compose, to wind men around her own purposes. Use it, don't abuse it, and you will have most anything you wish materially in this experience.

**270-35, M 50 (Accountant), 1/21/36**

(Q) It has been given - this body is one who analyzes conditions unless it be matters of heart. Will you explain the exception, as this body feels its analytical faculty and creative mind is in a rut.

(A) As it has been indicated for the body in the information given, there are those tendencies from influences of sojourns - or activities of the entity under certain, definite environments - that make for weakness in those matters pertaining to the affairs of the heart, and such relationships, with those of the opposite sex. And this prevents the body from making such an analysis of situations, conditions or activities or relations, as would ordinarily be expected in the light of the abilities of the entity in the regular business relationships, economic conditions, or activities of such natures. These abilities are the natural results. Then, by mental training - or by mental activity, or by taking upon self comparisons in such relationships - there may be evolved or developed or brought about a strengthening of self in that particular or individual direction. Yet there would be a great tendency for the body to become lopsided.

Hence, in making the analysis of such things pertaining to the greater relations in economic conditions, or in the political economy, or those activities in the State or business or social relationships, the entity may prevent self from keeping in - or coming into - a rut; by making or drawing for self the comparisons, owing to various conditions. Keep abreast with the general activities, by comparisons of the various individuals who have written or who have demonstrated such activities in the political or economic or social or general welfare. This will make for a stimulation to the body in these directions.

Also, this will make an INTERESTING activity for the body.

**1881-1, M 23 (Unemployed), 5/12/39**

As to the former appearances, and their effect upon the impulses through the emotional self - as we have indicated, as in Venus, as in Uranus, as in Saturn - we find that the opposite sex becomes more and more attractive, and yet this - too - may become the stumbling-stone, - as it did in some of those appearances in the material plane.

Being warned, be forearmed; and AGAIN that injunction, - let all such relations be tempered with "As we would that others should do to you, do ye even as to them." Treat every man's sister as ye would have THY sister treated! Treat every woman as ye think of thy mother!...

Hence the warnings again that may be given regarding music, as well as its relationships especially to those of the opposite sex....

But lean ye heavily upon those tenets of old, and the voice which ye heard in the pronouncements throughout those experiences there.

**INDEX OF READING 1156-1 M 18**

Astrology: Mercury	Par. 7
: Venus	Par. 12
Ideals	Par. 6
Incarnations: Persia: Uhltd	Par. 28--30
Soul Development: Application	Par. 8
Soul Retrogression: Self-Aggrandizement	Par. 30
: Sex: Polygamy	Par. 30

**TEXT OF READING 1156-1 M 18 (Student, Catholic)**

This psychic reading given by Edgar Cayce, this 24th day of April 1936.

6. In the applying, then, set first thine ideal in that which has made, does make for those influences that may grow in thine inner self. For He will meet thee within thine self and there ye may know, ye may commune as one with Him.

7. In the astrological indications, though, we find Mercury making for that inclination for a seeker; the high mental abilities; an analytical mind; one delving into the mysteries.

12. In Venus we find the making for those innate influences in which sympathy and friendships and relationships with those of the opposite sex will have their appeal. Do not become overburdened with those forces that portend only to the gratifying of self's OWN desires or self's own emotions. WEIGH them well, rather in the balance as He hath given in thine own understanding. For these may be used for the advancement in the material, the mental. And SURELY a spiritual understanding arises only from love. Yet these abused become as stumblingstones that make for regrets and for those forces that become as millstones about thine own endeavors, thine own opportunities....

28. Before that we find the entity was in that land now known as or called the Persian or Arabian, during those periods when there were those gatherings of many from varied lands for those interpretations, those healings that came to many; that interpretation that made for those activities that brought for cleanliness in the experience of individuals that made for the greater perfecting of the bodily activities.

29. The entity was among those peoples from the Indian land, that came into that experience, and made for the aiding, the interpretation of same for its OWN group, in the relationships that were established - as the trading post for other lands.

30. Also the entity aided in publicizing, as it would be termed today, the activities of others that were of a kindred thought. Those made for periods of development AND retardment. For there the entity interpreted rather in those things at times that were for the self-aggrandizements, and especially in those relationships when the entity attempted to establish those rules of more than one woman in the own household. Of THESE beware!

**INDEX OF READING 1738-1 F 15**

CHILD TRAINING	
Human Relations	Par. 19-A--21-A
Ideals	Par. 10, 15, 19-A--21-A
Incarnations: America	Par. 10
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Karma: Home & Marriage	Par. 15, 22-A, 23-A
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Religion: Christianity: Sex: Female	Par. 20-A
Sex: Female: General	Par. 20-A
Soul Development: Suffering	Par. 10
Vocational Guidance: Home & Marriage	Par. 15, 22-A, 23-A

**TEXT OF READING 1738-1 F 15**

This psychic reading given by Edgar Cayce, this 19th day of March, 1930.

10. In the one before this in that land now called Vineland, or Connecticut. The entity then among those who came to that land as settlers; becoming the one who gave most in the understanding of the MUSIC of that period, and the companion of the MUSICIANS of that period. In the name Alti. In this experience the entity developed much, in being able to meet the emergencies and the varying conditions; suffering in PHYSICAL, yet in the mental and SPIRITUAL body GROWING much. These lands, these countries about same, have a peculiar influence upon the entity, and especially weird music, or that of the conditions out of the ordinary as respecting same. The associations of the entity WITH that musician in that period will always be WELL, and the DEVELOPMENT in the present should be with that one; for waters, across waters, in courts, in lands where conditions are changed, will the entity go - and the abilities to give the ease and understanding will not fail the entity, will the IDEAL be kept.

14. In the abilities of the entity, and that to which the entity may attain in the present, and how:

15. Home influences, with those of the broadening of the travel, and the companion of one that must meet peoples, in places - as those that would exchange ideas that rule nations and powers, the entity WILL succeed; KEEPING that ideal - for in Him that giveth light, trust is placed by the entity. Keep to that faith as lies within, for none can take away THAT as is felt from WITHIN. While position, power, fame and fortune, may take wings, but that of self - well grounded in the faith of the Giver of all good and perfect gifts - makes one NOT afraid, even though all stand against thee; for "He that is on the Lord's side need NOT be afraid". Ready for questions.

16. (Q) Is it worth my preparing for college?

(A) By all means!

17. (Q) Which college do you advise?

(A) Any that, and particularly those that, train for the associations of self in MANY climes - for the entity must be, will be, an emissary - will it keep the faith. Not a MISSIONARY; an emissary!

19. (Q) Is the entity too active socially at her age?

(A) No; for the entity is well balanced in this respect. Just keep that IDEAL. The entity is out of the ordinary, ESPECIALLY in this respect, that those associates in social affairs and social relations MUST measure to an IDEAL, or the entity CANNOT ASSOCIATE with such. DO NOT LOWER THE STANDARD!

20. (Q) Are the present intimate girlfriends the right influence?

(A) Some are, some are not. Be governed by that one and those who have trained, who have counselled well with the entity as respecting these. Then weigh same in the balance of the ideal held by self, and make decision for self - for out of LITTLE things do GREAT conditions and associations and relations grow. Harbor not that in any manner that would eventually bring to self even discontent, and - most of all - the discouragement of self's abilities. Do not lose faith in self, but not pampered - but tutored in that way as is known in self is towards the IDEAL as was set by Him, in that - "Though He were the Father, yet in the Son came that relationship with man and woman that exalted, honored, GLORIFIED, WOMANHOOD!

21. (Q) What are the entity's weakest faults in character and what can she do to overcome them?

(A) These may have been easily seen in that warning, and in those conditions as has been given. The entity is EASILY influenced by others. DO NOT lower the STANDARD of self's own IDEAL. This the weakness; this that which the entity must apply WILL. Developments have been the entity's lot in most of the experiences. Then, do not LOWER self's own discernment, or self's own interests.

22. (Q) At what age will the entity be married, and will her marriage be successful?

(A) This may be best determined by the entity itself. As we would find, it would be near twenty-two or three; and, will those associations be with that one as the entity aided in Vineland, these will be successful.

23. (Q) How may the entity know that one in the present?

(A) For the interests in music, especially in the weird music of the outdoors.

**INDEX OF READING 1828-1 F 20**

Attitudes & Emotions: Spirituality	Par. 45
Healing: Economic	Par. 50-A, 51-A
Home & Marriage: Not Recommended	Par. 52-A--54-A
Human Relations	Par. 4--6
: Friendship	Par. 55-A
Incarnations: America	Par. 24--27
Karma: Psychological: Sex	Par. 26, 27
Soul Development: Constructiveness	Par. 41
: Home & Marriage	Par. 44
: Human Relations	Par. 6
Vocational Guidance: Arts	Par. 43
: Home & Marriage & Business	Par. 44

**BACKGROUND OF READING 1828-1 F 20**

2/5/39 [1828]'s letter to EC:

New York City

Dear Mr. Cayce,

Enclosed please find a list of primary thoughts at present uppermost in my mind....

Would marriage be an aid or a hindrance at this time? Will I be capable of making happy the person I desire at the present for a life partner? For the sake of all concerned should that wish be culminated now or soon? Of a woman friend, should that friendship be strengthened or brought to a conclusion?

**TEXT OF READING 1828-1 F 20 (Free Lance Artist)**

This Psychic Reading given by Edgar Cayce, this 21st day of February, 1939.

2. EC: Yes, we have the records here of that entity known as [1828].
3. In giving the interpretations of the records as we find them here, much might be said of the abilities of the entity, - if they are directed in those channels for constructive experience. Also much might be said if they are allowed to run in those directions from the innate manifestations of the entity as innate influences that predominate from some experiences in the earth's plane.
4. The abilities are wonderful, but the inclination to be hardheaded and somewhat egotistical and selfish may easily become a stumblingstone to this entity.
5. Beautiful are the purposes oft. Beautiful friendships, beautiful companionships arise in the experience through associations that bring a beautiful friendship; but mind that there is not the inclination to abuse such - from those inclinations as we will see that arise from the application of self through some sojourns.
6. If there will be the greater development for the entity in this experience, whether from a vocational activity or from the home, there MUST be MORE application of the milk of human kindness; more of spirituality in the associations with others.

23. As to the former appearances, then:

24. Before this we find the entity was in the land of the present nativity, though of a different environ, in the early portions of the settlings of the land; in the pre-Revolutionary periods when there were the settlings and the dealings with other lands and other groups as they gathered.

25. We find the entity was a teacher, - yea, of song; also of the abilities to draw and to weave things that made for conveniences through those periods of activity.

26. The entity gained in the greater portion, until the allowing of SELFISHNESS to fulfil the longings of the BODILY forces and it partook of those things that were, even to self, unlawful - taking another's companion; bringing upon self the satisfaction for the moment but in the end remorse, - that eateth as a canker, producing hate and jealousies that made for a manifestation which in the present brings those inclinations towards self-centeredness.

27. Beware of these in thy experience. Replace them rather with that beauty that is capable of being manifested through the very material activities as well as associations with others.

42. As to the abilities of the entity in the present, then:

43. In a field of artistic abilities, - these are the channels through which great expression may come, whether it is in that of drawing for the natures of advertising, or the depicting of characters, or artists' models or designs. Any or all of these are open, and in the application may the entity find great expression.

44. In the HOME, to be sure, is the greater opportunity. This should come much later than in the present, however; in the twenty-eighth, or twenty-seventh or eighth or ninth year. THEN there may be the joys of a career as well as a home well established, for the purposes of making it an Eden for those who may dwell therein, - and WITHOUT the tempter therein!

45. Let thy purposes then be grounded in spiritual things. Faint not at material disturbances. For the earth is the Lord's. Art thou His also?

51. (Q) Is my present business set-up advantageous to progress?

(A) It may be made either good or bad. If it is of self and self's purposes alone, it may be stalemated. If it is for the creative, for the beauty in same that may be enjoyed by the many, it is a constant growth.

52. (Q) Would marriage be an aid or a hindrance at this time?

(A) A hindrance, - for at least six, seven, eight years.

53. (Q) Will I be capable of making happy the person I desire at present for a life partner?

(A) This must be a fifty-fifty proposition. But there will come another!

54. (Q) For the sake of all concerned, should that wish be culminated now or soon?

(A) As we find, this must pass of itself - for the BEST for all.

55. (Q) Of a woman friend, should that friendship be strengthened or brought to a conclusion?

(A) Never a soul that has so many friends it can afford to lose a single one!

**INDEX OF READING 1872-1 F 30**

Home & Marriage: Divorce	Par. 40--42, 45-A--48-A
Incarnations: America	Par. 46-A
Karma: Psychological: Home & Marriage	Par. 45-A--48-A
Sex: Home & Marriage	Par. 45-A--48-A

**BACKGROUND OF READING 1872-1 F 30**

4/11/39 [1872]'s letter to EC:

My dear Mr. Cayce

. . . We have been married almost 6 years and live with my mother-in-law. (It is impossible for us to live alone, due to certain financial circumstances and the death of her husband two years ago.) My husband and I seem to have almost nothing in common and very little to talk about, leading very quiet lives. He seems to have lost all physical love for me, although he is very pleasant otherwise, and we have not (except on rare occasions) lived as man or wife for several years. He seems to think we lead quite a normal life and I should be satisfied. I think he has an idea that the intimacies that generally go with married life are wrong and should only be indulged in if you want children, which he does not, nor can we afford them.

**TEXT OF READING 1872-1 F 30 (Stenographer), 5/5/39**

37. As to the abilities of the entity in the present, then, and that to which it may attain, and how:

38. First, study to show self approved unto God, in all good conscience, as to what IS thy ideal - in relationships to that form of service or activity as to God. What is thy ideal relationship as to home? For, know that such is as a pattern of that HOPED for in a heavenly home.

39. And if each entity would so live in this material sojourn as if it were for an eternal home, much more beauty, much more joy, much more peace would be attained.

40. If it requires, then, the severance of those present relationships for the acquiring of, or the attaining to such a relationship in this material sojourn, act IN that manner - as in all good conscience - that there may be the greater, the more beautiful, the more hopeful expression in the experience in the present.

41. Such a choice can only be made by self. Not as in a passive, but as in an ACTIVE way and manner.

42. As to the material activities, - in the capacity of the homemaker may the greater joys and the greater expression of self come.

43. The channels for material service may come as a helpmeet in secretarial manners, or in activities where there may be used those ABILITIES in the directions of writing, of keeping accounts.

45. (Q) Is there anything I can do to make my husband fall in love with me again?

(A) There needs to be rather those separations there, - unless physical conditions with the husband, in his idea OF material relationships, are changed by surgery.

46. (Q) Why do we seem to have so little in common, so little to talk about?

(A) As indicated, these are the meeting of self from those experiences through the sojourn just previous to this, - when the relationships were rather as father and daughter; yet BROUGHT relationships where it required the separate activities for the greater benefit of each.

And so it may become here, UNLESS those activities of a material nature - and physical conditions - are changed.

47. (Q) Why does he seem to have lost all physical love for me?

(A) As indicated, - it is a physical defect, - a PHYSICAL condition in that body - the husband.

48. (Q) What has come between us?

(A) As indicated, it is a physical defect, - not a mental, not a purposeful one. But the entity must choose for itself, see?

Do, then, that as indicated. Study within self, first: What is thy ideal, spiritually, - thy ideal home? Not as to what is the ideal thing that OTHERS should do, but the ideal manner that YE should do! And do that!

**INDEX OF READING 2175-3 F 29**

Human Relations	Par. 21-A--23-A
INCARNATIONS: AMERICA	
Karma: Home & Marriage	Par. 17-A--19-A
Sex: Home & Marriage	Par. 18-A, 19-A, 21-A

**TEXT OF READING 2175-3 F 29**

This Psychic Reading given by Edgar Cayce at office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of June, 1941.

1. GC: You will have before you the life existence in the earth plane of [2175], born October 23, 1911, in Danville, Virginia, and the earthly existence of this entity as Sarah Grossman, in Jamestown and Williamsburg during the early settlings. You will give a biographical life of the entity in that day and plane of earthly existence, from entrance - and how -into the earth's plane, and the entity's departure, giving the development or retarding points in such an existence. You will answer the questions she has submitted, as I ask them, concerning her present associations and problems arising from that period.
  2. EC: Yes, we have the records here of that entity now known as or called [2175] - Sarah Grossman.
  3. In giving the biographical sketch, those conditions which surrounded the early settlings - when Williamsburg was being established or built, - that portion of the history of same should be studied and analyzed; that the problems of the entity through that experience might be better understood.
  4. The entity was born in that now called Jamestown, during those periods when there was the distributing or the dispersing of landholders or owners about that portion of the land.
  5. The entity grew up under those environs as may be seen from the study of those happenings in the early settlings in the land.
  6. Then, the entity was born in 1622, in that camp or fort.
  7. During the early periods the entity was very much associated with the activities that brought about the better affiliations with the Natives of the land.
  8. Is it a wonder, then, that the entity has at times been called "the little Indian"?
17. (Q) What were the conditions in that sojourn which bring about the present inability for [2301], my husband, and I to understand each other; [2301] then being my father, Monroe Grossman?
- (A) As just indicated, there was the breaking up of the home. And the misunderstandings that arose make for that urge of the inability almost to do without one another, yet almost the inability to "get along" with one another!

18. (Q) What were the relations then that bring the present questionings in our minds regarding sex, as indicated in his life reading?

(A) There were many questionings in that experience as to the relation of the entity with others; and these became a part of the material experience of the father in that sojourn.

19. (Q) Are these questionings in regard to our own sex relationship, or in regard to others?

(A) Of course, they become partially both. More, of course, with that influence arising that has much to do with both in thought, - little in material.

20. (Q) In meeting the problems in my relationships, my life reading indicated I should depict the happenings in the lives of others. Please explain just how this should be done, - by writing the actual stories of such happenings, or by conversation, or just how?

(A) As was indicated heretofore, it is best that there be the attempt to write such, or the actuality of writing such; whether they are to be published or only to make for the analysis of same so as to give the outlet for the entity's urges in relationships. Then in the analysis of same there may come the understanding of the better manner in which they may be applied in the own experience. Write them, then.

21. (Q) How was I associated with [3569] Sr. during that period?

(A) One with whom the entity had the "affair".

22. (Q) What should be my attitude to hold toward him in the present?

(A) Loving indifference.

23. (Q) How was I associated with [...], his wife?

(A) A companion in many questionable experiences.

28. (Q) How was she associated with Monroe Grossman, then my father, now her father [2301]?

(A) A friend; and at times more than a friend.

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**BACKGROUND OF READING 2329-1 F 41**

B1. 8/15/40 Mrs. [2329]'s letter to EC:

Dear Mr. Cayce -

. . . There has been a long history of emotional tension which I have more or less taken care of thru meditation. One aspect of the tension is due to 18 years of married life with no physical connection with my husband. He has always been impotent thru no fault of his. There is simply not the physical development necessary. I do not think it necessary to go into the reasons why I stayed with him all these years. There was a few liaisons on my part at first until I found the Arcane School & received its very fine instructions in meditation.

I got along very well, considering, until a former suitor came precipitately into my life last Fall. He is now married (nearly 10 years). From the minute we met again, the flame came back to him in its full intensity, AND I responded. I am trying to release us - but I find my health going down as it was before I found the School. WHAT CAN I DO FOR MYSELF TO BUILD MYSELF UP - ? I SEEK TO KEEP VERY BUSY....

I do not know, but I believe the Kundalini fire at the base of the spine has mounted to the base of the skull. There has been three distinct raisings, each time higher. The School forbids any tampering with this and I have not done so.

I do not know if this is due in part to sexual abstinence or not. THIS IS A QUESTION I WOULD LIKE ANSWERED.

I think you will know thru your own investigation the particular type of psychic & mental sensitivity I have. Part of my problem is my extreme sensitivity to this man's desire and thoughts. He has tried to discipline himself here because he has learned how disastrous it is for me. I would not hesitate to have a liaison if he was NOT married. I would not leave my husband for a number of reasons which you may see, and also, he has evolved into a very beautiful character.

Perhaps my desire for this man is not love - but due to the peculiar circumstances of married life. However, he also is a fine person. He loved me from childhood and I did not know it (his mother told me that also). He did not let me know until he was able to support a wife. It was too late then, for I had just returned home to announce my engagement to my husband. Peculiar circumstances all along, which spell karma to me, seem to have dogged our three lives....

We have a happy home & people like to come to it! My husband works very hard, but loves his work & is very creative in it. He treats me with every consideration & loving tenderness - but there were years of terrible adjustment. I hope I have not gone into too much detail for your needs - But I did not know your requirements. May I hear from you at your earliest convenience?  
Most sincerely yours, (Mrs. [2329]) N.Y. City

8/20/40 Mrs. [2329]'s letter to EC:

Dear Mr. Cayce -

QUESTIONS - . . . 4. What are my obligations to my husband & to this man who has recently returned in my life. Would a liaison with some trusted friend help me so I could function positively & rhythmically in carrying on the normal business of home life & work? A bachelor. 5. I'm not particularly interested in #4 unless it could be with this man but I hesitate because he has a wife & I LIKE her. I don't want to disturb her. Society is against it & from HER point of view it would be wrong if she ever knew it. I don't want to hurt anyone. This man does not dislike her. I believe, though she gets anything she wishes by making fun of him or nagging over weeks at a stretch. She does not hesitate to belittle him in public - but she does have some good qualities. She cannot have children. 6. Please give me some information if the kundalini fire has risen to the head or top of spine at base of skull as I think it has? I do not want to harbour any false illusions. If so, was it because of sex abstinence & discipline that this happened?  
Sincerely yours, Mrs. [2329]

**TEXT OF READING 2329-1 F 41 (Housewife, Occultist), 8/23/40**

3. Yes, we have the records here of that entity now known as or called [2329].  
4. In giving the interpretations of the records that are written upon the skein of time and space, these are the forces and influences that each soul builds in its passing through time and space. Thus they become a part of that which the entity must meet in all phases of its activity.

5. That which is in keeping with the law of Creative Forces, or energies, is developing. That which is of self, self-aggrandizement, self-indulgence alone, is retarding.

6. These then are the lines that create what some call karma. Hence meeting them is the law. For, what ye sow, so shall ye reap. But as has been interpreted by the entity in much of its study, its analysis of the atonement, or at-onement with Creative Forces, - being the law, one meets or overcomes. But such overcoming must be a continuous practice in the daily experiences with others.

9. That there has been great advancements through various sojourns, and great retardments in others, is apparent in the urges latent in the emotional influences of the body. However, there should not be judgements other than as of the spiritual nature or value; and not as to anyone's moral code, but as to purposes of same.

10. Know that the birthright of every soul is choice, or will.

11. Choosing then to do that which is to self an expression of Creative Force, or love, may to the entity become a stumbling-stone in the experience or the lives of others; and yet to the entity a NATURAL PHYSICAL emotion or expression of a spiritual law, a spiritual desire.

46. (Q) What are my obligations to my husband?

(A) These have been as problems ye have worked out together before. It was this companion who forced thee to be in that relationship during those periods of his journeys in other lands, - which has brought to thee the OPPORTUNITY for the meeting of same in the present.

48. (Q) What are my obligations to the man who has recently returned in my life? and how should I conduct myself for our mutual development?

(A) Keep self unspotted from the world. As to what the conduct should be, let it never be for only emotional satisfaction - but creative in its nature.

49. (Q) Through my meditation, has the kundalini fire risen to the head or top of spine at base of skull? If so, was it because of sex abstinence and discipline that this happened?

(A) It has risen at TIMES, but has not remained; else there would NOT be those periods of confusion. For, when this has arisen - and is disseminated properly through the seven centers of the body, it has purified the body from all desire of sex relationships. For, THIS IS an outlet through which one may attain to celibacy - through this activity. That it has NOT REMAINED indicates changes.

50. (Q) Since my husband has been impotent these many years, would sexual relationship with some trusted friend (a bachelor) help me so I can function positively and rhythmically in carrying on the normal business of home life and work? Please advise me in regard to such.

(A) Such questions as these can only be answered in what is thy ideal. Do not have an ideal and not attempt to reach same. There is no condemnation in those who DO such for helpful forces, but if for personal, selfish gratification, it is sin.]

**INDEX OF READING 2464-2 F 24**

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**TEXT OF READING 2464-2 F 24 (Art Student, Protestant)**

This Psychic Reading given by Edgar Cayce, this 13th day of November, 1941.

1. GC: You will have before you [2464], born January 1, 1917, in New Rochelle, N.Y., now present in this room; together with the information given this entity through this channel March 15, 1941. You will give at this time a detailed biographical account of the entity's incarnation in Atlantis as a high priestess of the Law of One; giving especially the urges in the present from that experience relating to marriage. You will answer the questions that will be asked:
2. EC: Yes, we have the records of the entity now known as [2464].
3. In giving the interpretation of the records, or a biographical interpretation of the experiences of the entity during the Atlantean sojourn, something of the history and something of conditions at the time should be comprehended, - if the interpretation is to be in the consciousness of the present day experiences.
4. Through that particular period of experiences in Atlantis, the children of the Law of One - including this entity, Rhea (?), as the high priestess - were giving periods to the concentration of thought for the use of the universal forces, through the guidance or direction of the saints (as would be termed today).
5. There are few terms in the present that would indicate the state of consciousness; save that, through the concentration of the group mind of the children of the Law of One, they entered into a fourth-dimensional consciousness - or were absent from the body.
6. Thus they were able to have that experience of crystallizing, through the Light, the speech from what might well be termed the saint realm, to impart understanding and knowledge to the group thus gathered.
7. To be sure, there were those influences apparent in which the children or sons of Belial sought more and more the use, or the interpreting of that spiritual unity into individuals or material things for self-aggrandizement or indulgences without due consideration for the freedom of choice or decision by those who were then, in the physical experience, in that state of evolution of developing their mental abilities for single or separate activity.
8. Thus the great conflicting problems that arose in the experiences of the entity through that period of activity.

9. Among those of the entity's own group that division had come in which there had arisen the separation of the sexes. There were those who had listened, and who were inclined to listen to the tempting applications made by the sons of Belial. These had made some impressions upon the companion, upon the workers - together with the entity in its choice of the representatives, in the activity among the peoples of that period.

10. Something of the consciousness of the individuals that were in that state of evolution or development might well be interpreted in the language of today, if there is to be a proper interpreting of that influence to be applied by the entity in its choice of companion, of associations, in this present experience.

11. A comparison might be made, that is not a full interpretation but gives something of an idea of the beings that have in some experiences advanced to that activity as may be implied in present day terms.

12. Those individuals who had through their sojourns in the earth as souls pushed into matter as to become separate entities, without the consideration of principle or the ability of self-control, might be compared to the domestic pets of today, - as the present development of the horse, the mule, the dog, the cat.

13. This is not intended to indicate that there is transmigration or transmutation of the soul from animal to human; but the comparison is made as to trait, as to mind, and as to how those so domesticated in the present are dependent upon their masters for that consideration of their material as well as mental welfare, - yet in each there is still the **instinct, the predominant nature of that class or group-soul impregnation** into which it has pushed itself for self-expression.

14. Hence those interpretations are implied by the characteristics indicated in the name itself, as to the relationships to its group and its dealing in sexual relationships. Hence the terms, - as docile as the horse, as catty as the cat, as stubborn as the mule, or the like. These, then, are merely the indications of the groups that were being used through that period for the activities of the individual entity, as to its application of spiritual and mental universal laws in materiality; the same as in every realm of today.

15. **The entity then was the high priestess in authority, or the interpreter to the groups of the messages attained or gained from the periodical meetings with those from the universal realm, for instruction, for direction, for understanding in those periods of activity.**

16. **Being influenced by the groups or individuals about same, there were those disputations with them as to the purposes of the children of Belial; that these were to be exploited rather than to be made equals with those thus endowed with the spiritual understanding.**

17. **For, as it remains in the present day: That declaration made and those influences entertained, whether for construction or destruction, depend upon that force upon which the declaration by the entity was made, or that spirit with which the declaration was made or the influences entertained.**

18. **In other words, with what spirit do ye declare thyself? That in conformity with the universal consciousness, the law of love? Or that of hate, dissension, contention - which brings or produces burdens upon thy fellow associates?**

19. For, the law of love is unchangeable; in that as ye do it to the least of thy fellows, ye do it to thy Maker.

20. These are the problems with which the entity was confronted in its activity, in its sojourn through that particular phase of its experience; being tempted by that entity who favored less and less the law of One and became more and more favorable to the sons of Belial.

21. Through the experience the entity maintained its integrity, its justness; yet tempered and tempted, ever.

22. So, in making the application in the present, - in the choice of a companion, an associate, those relationships as may bring about the state, the ability of becoming co-creators or channels for souls' expression in the earth, - there should be the assurance that they be of one mind, of that of the spirit of truth; that the ideals, the purposes, the hopes are one.

23. That should be the application, - that, as indicated, is the warning - to be sure in thy choice of such.

24. For, to fail in such association as to enable self as well as the association to bring about again the abilities for the entrance of those whose purposes would become self-indulging, those who would forget the truth - or forget the true, the only way - would be to temper self again in the trials that have brought the varied experiences through the material sojourns.



5. (Q) Am I working out my destiny rightly by taking little children into our home?

(A) As given, the problem, the development for the entity, may and should - and WILL - be gained in such development; for in this, as given, is the development for the entity, meeting those conditions that were lacking in the development through those experiences in the earth's plane as given.

That troubles arise, that there is seen the complex that arises from fear within - this fear, this complex, will only be understood by the proper UNDERSTANDING of self. That there is such is the natural development of conditions as were brought in the life, and in life these are met, and those dreads, those fears, are the karmic forces in action.

6. (Q) How can I best draw people of the right vibration to me?

(A) By the correct vibration in self. Like begets like. Toned to a tone brings the proper tone from the perfect radiation of such. Each entity RADIATES that tone, that reflection of the concept of its creative force. Each entity each atom of the entity radiates that vibration to which it attunes itself. Each entity contacts, each entity brings that about itself by putting into action laws, those conditions, those individuals, those vibrations that are necessary for its own development. Hence has it oft been given, when thou prayest enter into thine closet, or into thine self, and thine Father that see-eth in secret shall reward thee openly. When thou attunes thine self to those vibrations, those necessary developments of thine own soul, the rewards are as that given - the end of that vibrated, for they are one. And while secularly or materially these may seem far afield, yet even unto the ends of the earth, even unto the beginning and end of time, the vibration, the truth of those forces of the creative energy are one, and - attuned - these bring those of the same attunement, for ALL are of ONE SPIRIT, and the various variations are those creations as sparks are of that which set same in motion, for all are a portion of that first Creative Energy - God.

7. (Q) Please tell me what my karma is, in order that I may strive to overcome it.

(A) Overcome that fear and dread in self. That is the karma. That is that to be conquered in self, for this applies to the entity in its secular, physical, mental, and spiritual body - for, as is seen, when the body physical, mental or spiritual has set self to disregard fear of consequences, so long as that activity was in keeping with the first law of the directed or creative energy, all well! but when applied in the manner of I! the vibration has brought that as of against the stone wall.

8. (Q) Why have I always had more or less of an aversion to the opposite sex?

(A) Rather that of the complex, brought on by fear - as has been given - in the various experiences of the entity in and through the earth's plane. This at times as the entity has felt mentally, and at other times felt inwardly has **been** detrimental, yet - would that law become the fullness of the truth in the entity - let that prayer be: I will be all things unto all peoples, that I may GAIN the more. NOT in the sense of building in self as one that would live upon the efforts of another, but that - being all things - I may be understood, and may UNDERSTAND the viewpoint, the concept, the impelling force, the reflective angle to which another sees its God.

**INDEX OF READING 3308-1 M 63**

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**TEXT OF READING 3308-1 M 63 (Newspaper Editor, Metaphysician)**

This Psychic Reading given by Edgar Cayce, this 22nd day of October, 1943,

19. Before that the entity was in the English land during those periods of the Crusades, when many an individual - stirred by a zeal for an undertaking - forgot purposes and ideals; forgetting that each entity, each soul manifesting in the earth is here by the grace of God, and has its place. Then it is not by might nor by power - as the entity learned in those periods of material as well as physical suffering - that God makes manifest; but rather in the lowly things, the little things, the beauty, the joy, the love that creeps in through patience, kindness, gentleness. These grow. For they are as the manners in which ye cultivate the spirit of truth in the earth.

20. In that experience the entity gained in spirit, in mind; lost in body. For, as in the present experience, too oft affairs with the opposite sex may bring disturbing influences. Let not thy good be evil spoken of because of weaknesses of the flesh.

**INDEX OF READING 3655-1 F 25**

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**TEXT OF READING 3655-1 F 25 (Secretary), 2/1/44**

6. To be sure, there are those tendencies for the entity to be psychic within self and to have the abilities for visioning that which may be materially desired. Are these the better purposes? How well hast thou studied thyself and known thy relationships in those directions where material and materialistic influences are to be considered.

7. In those manners, then, the entity may find the greater activities by applying self, in such measures that only good - in peace, in harmony, in beauty of service to others - may be brought to the entity. Thus there may be the full comprehension, the full appreciation for that which may be the experience of the entity, if applied in those ways as to bring creative influences and powers as the motivating forces in the relationships to others.

8. The activities should be in that direction pertaining to training, education, application in self to lessons, causes and purposes and whys. For search ye the scriptures, for in them ye think ye have eternal life. For they are they which testify of those ideals and purposes of the creative force manifested in Him, who is the way, the truth and the light.

9. No, not by just goody-goody. Rather good for something. Don't sit still and wait for things to happen. For the entity may in the present have many strings dangling to her bow, yet only when there has been the choice of those that answer to something of purpose that is of a spiritual or creative nature in self, may there be brought harmony, hope. For the home should not only be the height of the entity's ambition, but it is the channel through which a more perfect, more harmonious understanding may come. But know that it can only be with a companion with whom there is some unison of purpose. Don't let either become disinterested in the purposes and ideals of the other. For while the prayers of the wife may save the husband, more often the prayers of the husband help the wife - as the prayers of the wife - should help the husband; by each living, each contributing, each being a complement on to the other.

18. Before that the entity was in the Grecian land when there were those attempts to conquer the eastern places.
19. The entity was among those chosen ones who went with the Armies of Xenophon when he invaded portions of Arabia extending even into Persia and those portions of the land.
20. Hence things oriental are a part of the consciousness. To make these coordinant with occidental becomes the problem in the present entity.
21. In that experience, though, the entity applied self well; gained in those abilities to analyze, in those abilities to keep many dangling at once, when desired - that is, of the opposite sex, as well as to keep those of her own sex guessing.
22. The name then was Aabana.
- 
30. (Q) What steps should I take to secure a home of my own such as I want?  
(A) So live that in your body, in your mind, and in your purpose, ye deserve to have one, and the Lord will give it to thee - if ye are trusting it to Him. If ye are trusting in man, ye are trusting in a poor thing!
31. (Q) What kind of career should I study and prepare myself for?  
(A) The home.
32. (Q) How shall I go about finding the kind of man I want?  
(A) Better find the kind of man you can be the best mate with! And if you are thinking of self alone, you are chopping up the wrong tree.

**INDEX OF READING 4082-1 F 52**

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**BACKGROUND OF READING 4082-1 F 52**

2/8/44 Questions submitted by Dr. Ernest Weltmer, the first six of which got asked in her reading 4082-1: 7. Psychoanalytically speaking, does Mrs. [4082] have a split personality? 8. Does Mrs. [4082] have a crystallized image of any sort that has made her inflexible and not easily adapted to her husband? If so, what is it and how can it be removed? 9. Psychoanalytically speaking, what is Mrs. [4082]'s emotional age? 10. What are the reasons that Mrs. [4082] has not found happiness in her marriage? 11. Does Mrs. [4082] love her husband in the way that should make for a happy marriage? 12. To what extent have childhood influences incapacitated Mrs. [4082] for a successful, happy marriage? 13. Have any adolescent experiences incapacitated Mrs. [4082] for a successful, happy marriage? If so, what were they, and how can their influence be counteracted? 14. Are there any adulthood experiences which still interfere with Mrs. [4082]'s successful living? If so, what are they and how can she be saved from their harmful influences? 15. Psychoanalytically speaking, are there any repressed, unresolved complexes in Mrs. [4082]'s unconscious mind? If so, what influences are they having? Also describe each in some detail and tell how it may be brought into full consciousness and its influence vitiated. 16. Should Mrs. [4082]'s sexual desires be classified as normal or abnormal? Please discuss from physical, mental, and spiritual viewpoints. 17. What are the reasons that Mrs. [4082]'s sexual experiences so frequently have left her with feelings of dissatisfaction? 18. Have any disincarnate evil entities influenced Mrs. [4082]'s emotions, attitudes, or conduct? 19. How can a satisfactory state of hypnosis be induced in Mrs. [4082]'s case? 20. Are there any books that would be especially helpful to Mrs. [4082] in her efforts to achieve a normal, happy marriage with her husband? If so, please give titles, authors, and where they can be bought.

**TEXT OF READING 4082-1 F 52 (Chiropractor, Radionist)**

This Psychic Reading given by Edgar Cayce, this 12th day of April, 1944, in accordance with request made by the self - Mrs. [4082], recommended by Dr. Ernest Weltmer.

7. The entity has its ideals physically, it has its ideals mentally, it has its ideals spiritually. Are those ideals creative? Are they of the divine? These may be best answered within the entity itself. For what it does about those ideals, and how sincere it is in such activity, governs what the future will be. As the entity experiences (as do others), there have been through the sojourns in the earth those tendencies constantly deep within self to hide something. Never completely telling the whole story.

8. The entity then lives within self that it would have others feel about self, and that it feels deep within self because of its experiences and associations with individuals of the opposite sex, that very oft become repulsive to the entity, especially in sexual relationships. These are builded urges latent and manifested in the experience of the entity.

9. For as the entity took those vows of chastity, purity and devotion to celibacy, these have become innately displeasing at times. Never satisfying or never gratifying desires for self or for others.

10. These will become and are stumblingblocks to the entity. Yet these are not necessarily those things that should make for disagreements with others, for there are those abilities within self to meet the needs of those relationships in those directions when there is the choice. But as should be from every individual, there should be agreement between those individuals in such relationships and only when there is such should there be the relationships. For the lack of such agreement brings more discordant notes between individuals than any portion of relationships with the opposite sex. The disagreements may be very slight at times, but they grow. For these relationships are the channels for the activity of creative forces and not by mere chance.

11. The abilities then are for the entity to build that within self to make this experience in the earth harmonious, bringing peace, happiness and joy, cultivating those things deep within self that are the fruits of the spirit.

12. Man may not live by bread alone. Man may not live by the gratifying of appetites in the material world. For man is not made for this world alone. There is a longing for those experiences which the soul, as an entity, has experienced. And without spirituality the earth is indeed a hell, an individual soul do what it will or may. Such longing may not be gratified from without or in the consciousness of, and the experiences that pertain to, the forces and influences without self. For the body is indeed the temple of the living God. Act like it! Keep it clean. Don't desecrate it ever, but keep it such that it may be the place where you would meet thine own better self, thine own God-self. As ye do this, there may be brought harmony, peace, joy. As in everything else, if ye would have joy ye must make others happy! Bring joy to others. If ye would have love, ye must show thyself lovely! If ye would have friends, show thyself friendly! If ye would know God, search for Him, for He is within thine own self! And as ye express Him in

the fruits of spirit; love, grace, mercy, peace, longsuffering, patience, kindness, gentleness; ye will find such within thyself. For if ye would have life indeed (and life is the manifestation of God) ye must give it. For the manner in which ye treat thy fellow man is the manner in which ye treat thy Maker. This is the source of life, the source of love, the source of peace, the source of harmony, and as ye give expression to same, it may come indeed to thee.

13. In the application, then, know thyself, thy ideals, thy purposes. Then study to show thyself approved unto God, condemning no one, for with what judgment ye mete, it is measured to thee. Ye cannot judge others harshly and not expect to be judged harshly. Ye cannot do evil that good may come. For each tree, each body, each life is known by the fruits it bears within itself.

17. (Q) How did the entity's inferiority complex originate?

(A) For the fear or dislike of men. You cannot be one who took the vows and kept them and then lightly turn around and try to gratify the appetites of those who are not easily satisfied.

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**5056-1 M 22 (Pianist; Protestant), 5/6/44**

2. EC: Yes, we have the records here of a very unusual personality, being also an Atlantean. This experience may make or break the entity in its search for that which is to answer those spiritual interpretations or the carnal forces in the experience of the entity through the earthly sojourns.

3. Then, as indicated, we have those unusual experiences in the earth by the entity and the definite urges which are at variance to the general activities in the sex relationships. For in the experience in the Atlantean land, the entity sought to be both and wasn't very successful at either.

4. In giving the interpretations, then, of the records as we find with this entity; these are urges latent and manifest:

5. Music should be the career, should be the purpose of the entity in its activity but should be accomplished by its own efforts within itself for the very love of music itself and should be only of the classic and operatic nature.

6. For the entity was a student under Saint Cecilia, who attained to the realms close to infinity, or able to interpret the music of the spheres and yet failing in some respects, for the entity became enamored of the Saint and you can guess what happened.

14. DO NOT, then, make an early choice of companionship! For this would be thy undoing. DO NOT wed before the thirty-second year of age! DO NOT wed, then, until at least ye have conquered thyself in the full training of the body, the hand, the mind in thy music! Use the piano alone!

15. Before that we find the entity was in the Atlantean land and in those periods before Adam was in the earth. The entity was among those who were then "thought projections", and the physical being had the union of sex in the one body....

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**TEXT OF READING 5250-1 M 22 (U.S. Army Infantry)**

This Psychic Reading given by Edgar Cayce, this 6th day of June, 1944.

4. Here we have an unusual entity. For the entity is an Atlantean and will in this experience either make a marvelous success or a miserable failure with its life.
5. It is up to the entity, then, in its experience, in its associations, with others, in its dealing with opportunity with others, with conditions and circumstances, to use all in a constructive way and manner and, when there are those periods when disturbance and disappointments come, to have in the spiritual ideals, the mental and mental purposes, that which will keep the body from seeking only gratifying of physical appetites.
6. There is little, if anything, which has to do with human behavior, about which the entity does not know a great deal.
7. The relationship with sex has a special, definite urge on the body and this may become the stumbling block, but rather is it that the apparent egotism, the sarcasm, the "know-it-all" expression of the entity may be the greater curse to the entity.
8. Study self in its relationships to not merely a physical world, for as the body will find, if it will analyze itself, it is made up of physical body with all of those appetites of a physical being. These may be cultivated or they may be held in abeyance by the mind of the entity.

9. Thus, there is a physical-body and there is a mind-body which the entity may or may not control; may or may not control the appetites of the flesh, dependent upon the ideals. Ideals indicate not merely the mental process but the acceptance of something outside of self as an ideal state for body and mind, or a spiritual realm also. These may be one or they may be separated, but each has its influence one upon the other. The ideal is unattainable. Those who have come to the attitude of seeking physical gratification find that this is plain hell itself. This is very much the attitude of the entity to satisfy it, to gratify it to Satan. This becomes the weakling, the attitude of those who only know gratifying of some physical desire, some appetite, some attribute of the physical body which may be satiated.

10. These become, then, those problems for this particular body. Analyze self, body, mind, soul, and ye will find a counterpart in Him who would be thy redeemer. Are ye working with, not for, but with God? Ask that man be co-creator with, not for, not by, but WITH that which is best within self of physical, of mind, of soul, of spirit. Do that; if you would find self.

12. Ideas may be merely thoughts. As they run the course through those activities and minds of individuals, they may become crimes or they become miracles, dependent upon that with which the individual entity gives the thought or the idea to an ideal, or merely to an experimentation, as ye have in the sojourns in the earth, as ye did particularly in those periods when in the Atlantean land there were the separations of sex from the individual entity, the gratification.

13. And thus a beautiful body of the opposite sex becomes the highest idea of Satan for the entity. It's a poor excuse for anything, gratifying, satisfying. Or it may be that which may bring peace and harmony. It may bring satiation for a while but appetites prevent it becoming other than that which must eventually destroy its own self. Gratifying of same only destroys the own self. It is given for opportunity, for joy, for gratification, of a period as well as for assistance in creation, but used as for gratifying of self alone it is hell.

18. Before that we find the entity was in the Spanish land when there were those early periods of adventure, and the settling in other lands, those lands from which the fruits of the earth, of nature, might be gathered.

19. The entity then was among those who were in authority in those periods when Mexico, South America were being exploited.

20. In the name then Herman Hernandez, the entity lived in luxury and in what many would call vice. For those of the opposite sex were off its playthings and these became then, eventually, those which brought sorrow, sadness into the life, causing the entity in the end to destroy its own self. Don't let it happen again! But there must be those curbings of cynicism, of "know-it-all", of criticism. But find in each individual, find in each purpose those things wherein there may be something with which you agree. Use those, don't abuse the rest, for it will one day meet you face to face. Abuse of any is a curse to self.

23. Know there is a way that is right, and it is not unattainable by the entity, the way is straight and narrow, yet it is not a life of horror, a life of sadness, but a life of doing for others.

24. Find each day where ye may help someone less fortunate in some way, whether in body, in mind, in opportunity, in circumstance. Help not for pay, not just because you want to help, but because he is your brother, because he is yourself, for as ye do unto others ye do to thy Maker and there was a first cause and ye must one day give account for the deeds done in the body. Don't fret yourself, this will come to pass!

25. In that manner, then, may the entity, as through that experience, find that which will bring the greater help, the greater joy, the greater experiences of life. Just being kind to others, being patient, showing brotherly love, showing gentleness and not criticism, fault-finding. For there is so much good in the worst that it would never behoove thee to say the least about anyone else.

26. Before that we find the entity was in the Atlantean land when there were those periods of the law of the children of one, of the sons of Belial. The entity, with the abilities to bring those things to pass from the application of the spiritual laws in its use for gratifying of material appetites, brought under its control, many of those brought into the material experiences in the opposite sex, or was able to make them of one form or another, shapely, unshapely, those with forms divine, those with such monstrosities in each as to become to the self disturbing at times, but to self that it had need of.

27. This brought to self disaster, in that there are appetites which must be curbed. What will ye do with thyself?

30. (Q) Is there something spiritual in the attraction between the sexes (as I suspect), or would it be to advantage if I repressed the constant quest for a beautiful girl companion?

(A) There is something spiritual, which is being, as has been indicated, a co-creator with the divine.

## The Immaculate Conception

**1158-5, F 46 (Housewife), 12/2/36**

**Jesus' sister, Ruth**

(Q) Was Jesus the natural son of Joseph?

(A) As just given, as ye questioned in Athens as regarding these; a conception through the Holy Spirit. For the pouring out of the body of thy NATURAL mother, the natural daughter of Joseph the Carpenter - these brought to the consciousnesses of the entity the fact that there were, there are, there can be such to those who OPEN themselves into the Will of the Father-God, that THEIR wills are one with His.

And in such even in the earth there comes the natural to be unnatural, and the unnatural natural. For Nature proclaims God, as the unnatural in nature magnifies God.

(Q) If not, how can the rest of humanity be expected to reach His perfection when they start with a less divine origin?

(A) O that the children of men would gain that which is the purpose for procreation in the earth! and start within their own selves, in those periods of activities that bring about the channel for or the means of the entering in of the holy ones, that ideal! For He IS the way, and He asks that all follow in that way.

And as two souls come in a union of purpose - not a gratifying of earth, not a gratifying of the earthly impulses and desires but that they, too, may be used as channels through which souls may enter - there may be brought into the earth those that may quicken. **For all must be lifted up even as He.**

But through the natural, the unnatural means as He entered, all become then in that purpose, in that oneness as the natural way, the natural source.

(Q) **Does this mean that the world will evolve into bringing souls into the world in the manner that Mary did?**

(A) **Souls will evolve into the manner to be able to bring into the world souls, even as Mary did.**

And these may come as the souls of men and women become more and more aware that these channels, these temples of the body are INDEED the temple of the living God and may be used for those communications with God, the Father of the souls of men!

**5749-7, 6/27/37**

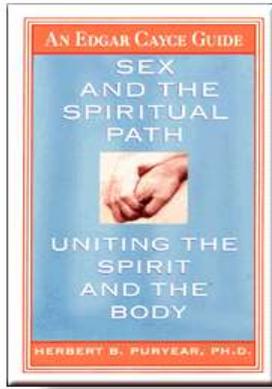
(Q) Explain the immaculate conception.

(A) As flesh is the activity of the mental being (or the spiritual self and mental being) pushing itself into matter, and as spirit - as He gave - is neither male nor female, they are then both - or one.

And when man had reached that period of the full separation from Creative Forces in the spirit, then flesh as man knows it today became in material plane a reality.

Then, the immaculate conception is the physical and mental so attuned to spirit as to be quickened by same.

Hence the spirit, the soul of the Master then was brought into being through the accord of the Mother in materiality that ye know in the earth as conception.



## **Sex and the Spiritual Path** **Uniting the Spirit and the Body**

Herbert B. Puryear, Ph.D.

- “Does physical desire affect my spiritual development?”
- “What is ‘normal’ sex?”
- “Is sex outside of marriage a sin?”

In this enlightening book, clinical psychologist Herbert Puryear explores the subject of sexuality and spirituality based on the work of renowned American psychic Edgar Cayce. This guide provides excerpts from the Cayce readings to reveal how sex “can be one of the most beautiful modes of expression of love that approaches the Divine”, and much more, including:

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- The body-beautiful as a temple
- The difference between the creative sexuality and selfish sexuality
- The role of sexuality in your spiritual path
- Birth control
- Separation and divorce

This thought-provoking book sheds new light on the relationship between the body and the soul and shows how we can develop a healthier and more spiritually based understanding of sex through the work of renowned seer Edgar Cayce.

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