

Cayce Primer and Update

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Abstract

The work of Edgar Cayce has made a notable contribution to the development of modern holistic medicine. This paper explores some of the important themes of Cayce's approach to health and healing with special emphasis on current research and clinical application. The causes and treatment of three common syndromes (migraine, psoriasis and asthma) are discussed based on the Cayce model. Pilot studies on several other conditions are also briefly described. Various educational resources and opportunities for participation in Cayce oriented research and clinical application are described.

INTRODUCTION

Historical Background of Edgar Cayce's Life and Work

More than fifty years ago, an important body of information about health and healing presented itself through the work of Edgar Cayce (1877-1945). Cayce's childhood was marked by paranormal experiences such as seeing and speaking to recently deceased relatives and sleeping with his head on textbooks to memorize school lessons. His abilities as a psychic diagnostician surfaced during his early twenties when he developed a gradual paralysis of the throat and medical doctors were unable to provide relief. As a last resort, he allowed a friend to hypnotize him so that he could reestablish the altered state of consciousness that he had utilized as a child to memorize his school books. From this trance state, he was able to diagnosis his condition and prescribe treatments which remedied his problem.

For over 40 years, Cayce would lay on a couch and present information and respond to questions from a sleep-like state, covering a wide range of topics. Cayce was hesitant to use his ability to help others. He felt responsible for the

information and was concerned that the suggested treatments might have deleterious effects. Consequently, many of the early beneficiaries of his services were desperate cases, often given up by medical doctors. Working closely with various types of physicians who applied his recommendations, Cayce gradually became convinced that his unusual ability could provide help to suffering humanity.

As an indication of Cayce's interest in providing help to persons suffering from physical illness, over 9,000 were given in response to health issues. The remainder of the 14,000+ readings cover virtually every field of human endeavor, from religion and philosophy to business and international affairs. Apart from the content of Cayce's readings, the trance process itself is a fascinating aspect of Cayce's work. Harmon Bro provides a glimpse into the trance procedure and the physical context of the readings:

What took place in the morning and afternoon trance sessions, in the months that followed when I heard and took notes on some six hundred of Cayce's readings, was a profound shock. Nothing could adequately prepare one for the amount of swift helpfulness that flowed from the unconscious man. His outward procedures were simple enough. Cayce sat on his plain green studio couch in his cheerful windowed study, across the room from his desk and little portable typewriter. He prayed, then lay down and step by step went unconscious. He spoke in measured address about each person or need to which his wife, sitting beside him, quietly directed his attention. After an hour or more of discourse and questions which his secretary

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recorded in shorthand, he came swiftly back to consciousness, remembering nothing of what he had said, and got up to resume the activities of his busy correspondence and office. It was all done in broad daylight and simplicity, as naturally as if he were still taking portraits in a photographic studio. But the plainness of the process did not take away the jolt of seeing him accomplish day after day what our culture said was impossible. (Bro, 1990, p. 58)

Although many of the early readings were not recorded, over 14,000 were stenographically transcribed and have been preserved by the Association for Research and Enlightenment (A.R.E.) in Virginia Beach, Virginia. A CD-ROM containing the Cayce readings is available from A.R.E. Press (see below).

Edgar Cayce and the Holistic Movement in America

An oft-quoted *Journal of the American Medical Association* editorial acknowledged Edgar Cayce's contribution to the holistic movement in America:

The roots of present-day holism probably go back 100 years to the birth of Edgar Cayce in Hopkinsville, Ky. By the time he died in 1944 [sic], Cayce was well recognized as a mystic who entered sleep trances and dictated a philosophy of life and healing called "readings." (Callan, 1979, p. 1156)

With regard to the creation and development of the AHMA, some of the founding members of the AHMA have acknowledged Cayce's influence.

Principle Concepts of Edgar Cayce's Approach

The Cayce approach to health and healing is based on the following fundamental concepts:

- **Holism** - This approach affirms that human beings are multidimensional including physical, mental and spiritual aspects which must be considered in relation to health and healing.
- **Inner Healing** - All healing comes from within. Our bodies have the inherent ability to be healthy. Therapeutic interventions work best by assisting the processes of innate healing.
- **Prevention** - Healthy lifestyle is emphasized as a means of staying well and preventing disease. Because all healing comes from within, the same therapies

which assist the body in healing itself are often helpful in the prevention of illness.

- **Self Care** - Self responsibility in making choices and applying what we know to be true on a regular basis is the foundation of health. Most of the therapies utilized in this approach are best done in the home and as part of the daily routine of life.
- **Natural Therapeutics** - "Nature cures" is the basis for many healing systems as it is for this one. Natural remedies and therapies which work closely with and are supportive of the body's innate healing ability are emphasized in this approach.
- **Integration** - The Cayce approach acknowledges that all therapeutic modalities and systems of healing can be helpful. The important point is to find the best combination of treatments for each individual. This cooperative attitude seeks the common ground between systems and is known by various names such as "complementary medicine," "integrative medicine," and "comprehensive medicine."
- **Individuality** - Each person is a special entity. Health and healing can best be achieved by a person-centered approach which recognizes and utilizes the uniqueness of each individual rather than limiting people to diagnostic categories and pathological labels.
- **Health & Illness** - Health is a state of wholeness, balance and growth. Incompleteness and imbalance ("incoordination") are common experiences which can challenge us to grow and develop. Thus illness can often be viewed as an opportunity for transformation.
- **Non-Invasive Assessment & Treatment** - "First do no harm" should be practiced with regard to assessment and treatment. Practitioners should seek the least invasive procedures available that can assist with inner healing. Keep in mind, however, that surgery and/or medications can be helpful for extreme situations.
- **Cause and Effect** - Although symptomatic relief to decrease suffering is desirable, addressing the underlying cause(s) is also strongly emphasized in the Cayce readings. One of the strengths of the Cayce approach is the wealth of insight into the patterns of "cause" and "effect" associated with the various categories of disease.

CAUSES AND TREATMENTS OF THREE COMMON SYNDROMES BASED ON THE CAYCE MODEL

Migraine and the Enteric Nervous System

Migraine is a complex, systemic disorder of unknown causation. Typically, migraine presents with various neurologic, vascular, and gastrointestinal symptoms. One of the major problems in understanding the etiology and pathophysiology of migraine is how to conceptualize both the nervous and vascular aspects of the syndrome. Traditionally, migraine has been regarded as a “vascular” headache due the obvious abnormalities in circulation to the head. More recently, nervous system involvement has been emphasized, with particular emphasis on the trigeminal or fifth cranial nerve. An integration of these two models has culminated in a trigemino-vascular theory which integrates nerve and circulatory processes. Although the neurovascular components are a primary focus in medical diagnosis and treatment, historical and contemporary viewpoints also attribute great significance to gastrointestinal features.

The conceptual basis of the integrative approach advocated by Edgar Cayce is described by Mein et al. (1998). In essence, the model emphasizes that migraine is often a consequence of problems in the intestinal system and enteric nervous system (ENS - "gut brain"), rather than the brain or central nervous system. According to this theory, dietary or other irritations to the bowel are common causes of migraine.

Edgar Cayce gave numerous readings describing the pathophysiology of migraine in terms of intestinal irritation (usually in the upper small intestine), nerve reflexes from the abdomen affecting circulation (sympathetic vasomotor reflexes) and reflex irritation to the trigeminal nerve.

Therapeutically, a variety of natural remedies are utilized to reduce intestinal irritation, heal the gut, and improve neurovascular functioning. These treatments are a complement to standard medical treatments which are directed toward symptomatic relief.

Migraine is a general classification which probably encompasses various etiological subgroups. Designations such as abdominal migraine, dietary migraine, cervical migraine, menstrual migraine, etc. suggest that a multifactorial approach is needed to understand migraine.

The Cayce approach views intestinal pathology as one possible etiological subgroup, perhaps a major subgroup. Or alternatively, intestinal pathology may represent a common pattern which ties together various other subgroups into a

more integrated model of migraine etiology.

Psoriasis and Leaky Gut Syndrome

Psoriasis can best be understood from a multifactorial approach that recognizes the systemic aspects of the disorder. Among the various factors thought to be involved in the etiology and pathogenesis of psoriasis, bowel pathology has assumed a noteworthy position in the literature.

Considered to be an autoimmune disorder with systemic features, psoriasis is known to be associated with joint and bowel disease. This article explores the concept of intestinal pathology as a significant etiological factor in psoriasis. In essence, the model focuses on intestinal permeability as a primary factor in the pathogenesis of psoriasis. According to this theory, various factors produce a “thinning of the walls of the small intestine - specifically, the jejunum and the lower duodenum ... This thinning allows toxic products to leak from the intestinal tract into the circulation; these eventually find their way into the superficial circulation and lymphatics and are eliminated through the skin, producing the plaques of psoriasis” [5, p. 176]. Therapeutically, a variety of natural remedies (such as diet, herbal teas, hydrotherapies, and topical applications) are utilized to heal the gut, decrease systemic toxicity, and provide symptomatic relief.

Vasomotor Etiology in Asthma

Although various exciting factors are known to trigger asthmatic attacks, the etiology of asthma remains clouded. Many authors are concerned that the incidence of asthma has increased significantly in recent years.

The conceptual basis of Edgar Cayce's approach to asthma has been described by Mein (1989). In essence, the model focuses on nervous system dysfunction as a primary factor in the pathogenesis of asthma. According to this theory, “... a single mechanism underlies the vast majority of asthmatic attacks - namely, “spinal lesions” and a facilitated neural reflex, most commonly in the upper dorsal region; factors producing these lesions include injuries, sometimes occurring at birth, and previous lung infections. With the balance between ... nervous systems disrupted, any number of factors can further place pressure on the system and trigger the neural reflex causing bronchial constriction ...” (Mein, 1989, pp. 156-157)

Thus, pressure on spinal nerves (such as a “subluxation” in the dorsal/thoracic area) alters nerve impulse and blood flow to the respiratory system creating a

hyperreactive condition which can be triggered by any of several well-known mediators of asthmatic attack. In such cases, treatment recommendations typically focused on removal of somatic dysfunction by manual therapy, limiting exposure to mediators (especially dietary and environmental triggers), and providing symptomatic relief for acute episodes (usually systemic medicines or inhalants).

RESEARCH

Scholarly Research

The Abdominal Brain

An article titled "The Abdominal Brain and Enteric Nervous System" (McMillin et al, 2000) has recently been published which documents the role of the abdominal nervous system in neurological conditions such as migraine, epilepsy and autism.

Leaky Gut Syndrome in Psoriasis

A comprehensive review titled "Systemic Aspects of Psoriasis: An Integrative Model Based on Intestinal Etiology" has been accepted for publication in *Integrative Medicine* (McMillin et al., 2000).

Early American Manual Therapy

To fully document Edgar Cayce's utilization of traditional therapeutic modalities, Meridian Institute has conducted extensive scholarly research into primary disciplines such as historic osteopathy, chiropractic, neuropathy, massage and other manual healing approaches. *The Early American Manual Therapy* (EAMT) collection is one of the outgrowths of this study. The EAMT collection is an interactive database with text and graphics from the traditional manual therapy literature. Currently the collection contain thirteen texts and numerous articles. EAMT is hosted on the Meridian Institute website and is also available in a CDROM format.

Physiological Regulation

Cayce's most frequent therapeutic recommendations included osteopathy and massage. He emphasized the importance of regulating physiology and re-establishing equilibrium and balance among the various systems of the body. A review of the key concepts in Cayce's view of manual therapy has been published as "Physiologic Regulation Through Manual Therapy," in the *Manual*

Therapy volume of the series *Physical Medicine and Rehabilitation: State of the Art Reviews* (Mein et al., 2000). An article highlighting the importance of these regulatory concepts in assessing the efficacy of manual therapy has been published as "Manual Healing Diversity and other Challenges to Chiropractic Integration," in the *Journal of Manipulative and Physiological Therapeutics* (Nelson et al., 2000).

Basic Research

Improvement of Circulation Using the Radial Appliance

The purpose of this study was to determine if a subtle energy device, the Cayce Radial Appliance, could improve circulation in the extremities (Richards et al., 1996). There were two aspects to the study: a double-blind, placebo-controlled experiment and a small clinical investigation. In the experiment, 30 subjects were selected for cold extremities, with the criterion that either the hands or the feet had to be below 80 degrees F during the initial measurement session. To measure improvement of circulation, we used digital thermometers to record the temperatures of the thumbs and big toes on both hands and feet. Subjects were instructed to use the appliance 16 times; laboratory measurements were taken during the 1st, 4th and 16th sessions.

Skin temperature turned out to be a difficult variable to work with, due to the wide variability in temperature apparently not related to the experimental situation. The strongest results were observed in the 4th session. During the session baseline, the difference between hand and foot temperatures of the experimental group was significantly higher than that of the control group ($t(13,11) = 2.49$, $p = .02$).

The 16th session did not yield significant differences between the experimental and control groups. However, in the experimental group, there was a correlation of $r(9) = -.56$ ($p = .07$) of hand temperature increase with the number of days it took to complete the 16 sessions. That is, those subjects who were more consistent in using the appliance may have obtained better results, though statistically the result is only suggestive due to the small sample size.

In contrast, in a clinical follow-up study with five subjects and no control group, we found that all subjects had a substantial increase in hand temperature following three sessions on the appliance (Mean increase = 8.4 degrees F, SD = 3.3). This increase was well in excess of that seen in either the experimental or control groups in the previous study. One important difference was that in the

clinical study, use of the appliance was closely supervised, whereas in the blind study most of the appliance sessions were conducted by the subjects alone in their homes.

Physiological Effects of Manual Therapy Techniques

A study currently in progress is exploring the physiological effects of the manual therapy techniques recommended in the Cayce readings. The osteopathic and vibratory therapy manuals of the early 1900s make specific claims about the effects of various techniques in regulating such physiological parameters as heart rate and blood pressure. Selected techniques are being evaluated using computerized monitoring equipment. For example, vibration to the right of the upper thoracic spine (T2-3), over the sympathetic ganglia, is claimed to affect heart rate and circulation. Measurements in this study have shown both psychological and physical effects. The psychological effect is typically a heightened sympathetic response (increase in heart rate and decrease in peripheral circulation) in response to preparatory movements immediately before the physical stimulus is applied. The physical effects include both stimulation and inhibition of the sympathetic nervous system, as reflected in heart rate and peripheral circulation, depending on the duration and location of stimulation.

Thermographic Measurement of Somatic Dysfunction

The Cayce readings explicitly suggest measurements of skin temperature as indicators of underlying physiology. In particular, Cayce recommended a chiropractic device, the neurocalometer, for measurement of paraspinal temperatures reflecting somatic conditions. He also spoke of an abdominal cold spot as characteristic of idiopathic epilepsy. Two methods of measuring temperature are being used in the current project to explore the relationship of skin temperature to somatic dysfunction.

The first technique is liquid crystal thermography, in which a sheet of plastic changes color in response to temperature. It can simultaneously measure skin temperatures over a wide area. This technique has revealed the presence of an abdominal cold spot in several epileptics. In psoriasis patients, it has also shown the presence of hot spots in the thoracic spine in the area most often identified by Cayce as needing adjustment.

The second technique is paraspinal infrared thermography, a computerized improvement over the neurocalometers of Cayce's day. The device consists of two temperature sensors, designed to scan up both sides of the spine. It can be used for before/after evaluation of spinal manipulation. For example, one woman with epilepsy had a difference of about 2 degrees C between the left and right

sides of her spine in the mid-thoracic area. After three months of treatment, the difference had become less than 0.5 degrees C. Future work will focus on correlating these surface temperature changes with underlying physiological changes.

Clinical Pilot Studies

Meridian Institute, in cooperation with HRRC, conducts clinical pilot studies (residential research programs) on specific medical conditions. The purpose of these projects is to explore the efficacy of Edgar Cayce's recommendations for treatment. These projects use a complementary medicine approach that supplements conventional treatments, but is not intended to replace them.

Participation in a typical residential research program requires participants to: Attend a 10 day, live-in program in Virginia Beach,

- Follow a treatment program at home for 6 months,
- Return for a 3-day follow-up assessment at Virginia Beach.

Thus far we have conducted clinical pilot studies on the following conditions:

- Psoriasis
- Migraine
- Epilepsy
- Multiple Sclerosis
- Parkinson's Disease
- Chronic Fatigue Syndrome
- Asthma
- Arthritis
- Hypertension
- Irritable Bowel Syndrome

Meridian Institute has created research reports and journal articles on these studies which are available on the Meridian Institute website.

APPLYING THE CAYCE APPROACH

Protocols for over 40 illnesses

Research protocols are simple, standardized portable health packages on specific illnesses that allow individuals to apply the Cayce approach at home. Meridian Institute has created a wide variety of protocols as listed in the TABLE 1.

Each protocol varies due to the inclusion of books, tapes, etc. for some conditions. However every protocol contains a treatment plan and instructions for doing the recommended therapies. Data collection forms provide a simple pre/post research format.

Protocols are upgraded as we gain more understanding of how to effectively apply the Cayce approach. New protocols are constantly being developed for the numerous and diverse conditions addressed in the Cayce readings.

The Cayce Herbal

For persons interested in the Edgar Cayce approach to healing, herbal medicine is an extremely important area in need of further research. Edgar Cayce recommended over 100 different herbs for a wide range of problems. To explore the role of botanical medicine in the Cayce readings, Meridian Institute has undertaken a research project to understand Cayce's approach and document our findings in a manual - *The Cayce Herbal*.

Currently, *The Cayce Herbal* is an electronic text available on the Meridian Institute website. Because this is an ongoing project, *The Cayce Herbal* will be regularly upgraded with our latest findings. Version 1.0 of *The Cayce Herbal* consists of the following sections:

- Overview - An introduction and outline of *The Cayce Herbal*.
- Home Remedies - A home medicine chest; simple remedies for common ailments.
- Monographs - Fact sheets on over 100 herbs recommended by Edgar Cayce.
- Classics - Classic texts that complement *The Cayce Herbal*.

The electronic format of *The Cayce Herbal* makes it possible to quickly and inexpensively upgrade the information by editing existing topics and adding new material. Future versions of *The Cayce Herbal* may contain additional sections on clinical applications, popular herbs not mentioned by Edgar Cayce, and current research on the effects of specific herbs.

CCSI and ATLI: Two Psychometric Instruments

One of the major challenges in researching and applying the

TABLE 1: PROTOCOLS

Acne
Alzheimer's Dementia
Angina Pectoris
Aphonia
Asthma
Autism
Blepharitis
Breast Cancer
Cataract
Charcot-Marie-Tooth Disorder
Chronic Fatigue Syndrome (CFS)
Cirrhosis of the Liver
Coronary Heart Disease
Crohn's Disease
Cystitis
Depression
Diabetes (Type II)
Dysmenorrhea
Epilepsy
Fibromyalgia
Hemophilia
Hemorrhoids
Hepatitis C
Herpes Zoster (Shingles)
Hypertension
Irritable Bowel Syndrome
Kidney Stones
Lumbago
Lung Cancer
Lupus
Menopause
Migraine
Multiple Sclerosis
Muscular Dystrophy
Osteoarthritis
Parkinson's Disease
Prostate Cancer
Prostatitis
Psoriasis
Rheumatoid Arthritis
Sciatica
Scleroderma
Sinusitis
Stroke
Tinnitus
Tuberculosis
Ulcerative Colitis
Varicose Veins
Vitiligo

Cayce approach to healing is the development of a standardized assessment process. As an intuitive diagnostician, Edgar Cayce's assessment process was relatively comprehensive (holistic) and noninvasive. Also, the uniqueness of each individual was emphasized, rather than relying solely on diagnostic categories. Without Edgar Cayce to provide an assessment for each person, how can a modern clinician effectively apply the Cayce approach?

Meridian Institute, in conjunction with the A.R.E. Health and Rejuvenation Research Center (HRRC), has been exploring various assessment techniques that are consistent with the Cayce approach. The following sections will focus

on two new psychometric instruments created specifically to address Cayce's person-centered assessment process.

CCSI

The *Cayce Comprehensive Symptom Inventory (CCSI)* is a structured assessment instrument intended for use as an adjunct to traditional and alternative assessment procedures. The CCSI consists of a wide variety of signs and symptoms of physical and emotional distress. The items are arranged in scales, each scale representing a pattern of etiology (cause and effect) used by Edgar Cayce in his system of assessment and diagnosis.

Individuals taking the CCSI are asked to rate the presence of the sign or symptom during the past twelve months. Some items are retrospective, requiring information preceding the previous twelve month period. Based on the responses, the CCSI calculates scores for each scale. Some of the CCSI scales (such as hypothyroid or calcium deficiency) are found in many symptom inventories. Other scales (such as "lacteal duct adhesions" or "high hepatic circulation") are distinctive to the Cayce material.

The CCSI can be administered electronically or on paper. When administered on a computer (Excel spreadsheet), the program automatically generates statistics and graphics displaying normative data. This provides a measure of how the individual compares to others who have taken the CCSI.

The CCSI is intentionally designed to serve as an educational tool for understanding the Cayce approach to anatomy and physiology. The various scales correspond to sections of a typical Cayce physical reading. Working with the CCSI will make the Cayce health readings more accessible with regard to the language and conceptual basis of Cayce's perspective. A workbook/manual for the CCSI has been created to document this instrument.

ATLI

The *Approach To Life Inventory (ATLI)* is a brief psychometric instrument for the assessment of psychospiritual functioning. The ATLI is based primarily on the philosophy of Edgar Cayce. The foundation of Cayce's holistic philosophy is the role of spiritual, mental, emotional, and interpersonal factors in health and healing. The ATLI focuses on nine aspects of psychospiritual functioning as represented by the following scales:

1. Ideals (Purpose and Meaning in Life)
2. Applied Spirituality ("Fruits of the Spirit")
3. Love of God (Relationship to a Higher Power)
4. Love of Others (Interpersonal Functioning)
5. Love of Self ("Self-Esteem")
6. Will (Locus of Control and Empowerment)
7. Mind (Attitudes, Beliefs, and Cognitions)
8. Emotions (Affective Functioning)
9. Balanced Living (Work and Play)

Individuals taking the ATLI are asked if they agree or disagree with items on each scale. The electronic version of the ATLI automatically creates statistics and graphics for each administration. An additional analysis generates a health index based on specific items that may be particularly relevant to the healing process (self-efficacy, neglect, social support, relation to the divine, locus of control).

The electronic versions of the CCSI and ATLI generate tables and graphs. Meridian Institute is currently collecting data from research participants to establish normative data and document reliability and validity of the instruments. *The CCSI Workbook* and *CCSI Administration and Interpretation Manual* are on the Meridian Institute website.

RESOURCES

Key Published Works

One of the strengths of the Cayce legacy is the amount of published works that have been created during the fifty-five years since Edgar Cayce's death. In large measure, this is due to the A.R.E. Press. See Appendix A for a selected bibliography of Cayce oriented works.

Internet Websites

Meridian Institute

The Meridian Institute website is a major resource on the Cayce health approach. The site contains thousands of pages of text on all phases of research and clinical application.

<http://www.meridianinstitute.com>

A.R.E. HRRC

The HRRC section of the A.R.E. website also contains numerous resources for health professionals seeking information on the Cayce model. Of special note, *The Cayce Health Database* is a comprehensive collection of articles and reports.

<http://www.are-cayce.com/health/index.htm>

Education and Training Opportunities

Annual Health Professionals Symposium

The Annual Health Professionals Symposium is held each fall at the A.R.E. in Virginia Beach. This gathering of practitioners and researchers features reports on Cayce oriented health research, demonstrations of therapeutic techniques recommended in the readings, and interdisciplinary presentations on the integration of spirituality and healing. The conference is co-sponsored by the A.R.E. and Meridian Institute and features presentations by Meridian Institute personnel, Cayce-oriented health professionals and researchers of the Cayce health information.

Cayce-Reilly School of Massotherapy

The Cayce/Reilly School of Massotherapy is a department of the A.R.E. The origin of the Cayce/Reilly School lies in the A.R.E.'s therapy department, founded in 1967 by Hugh Lynn Cayce and Dr. Harold Reilly, a well-known New York physiotherapist. Dr. Reilly developed the Cayce/Reilly massage by combining his personal techniques with the methods recommended in the Edgar Cayce readings. In 1985, Dr. James C. Windsor, then-president of the Edgar Cayce Foundation and Atlantic University, saw the need for a full-fledged school of massage in Virginia and began the development of the Cayce/Reilly School. The school was issued a certificate to operate as a proprietary school by the Virginia Board of Education in March 1987.

The Cayce/Reilly School of Massotherapy is licensed

by the Commonwealth of Virginia Department of Education and is a member of the Virginia Association of Private Career Schools. The program of the Cayce/Reilly School of Massotherapy is accredited by the Commission on Massage Training Accreditation/Approval (COMTAA).

Atlantic University

Atlantic University is an outgrowth of the A.R.E. education division. Located in Virginia Beach, but offering distance education courses to students around the world, Atlantic University has developed a graduate program in holistic education which is designed specifically for adults interested in exploring the self in a liberal learning context. Atlantic University offers an Holistic Health Concentration as a special area of study. The holistic concentration provides an opportunity for students to learn traditional and contemporary healing systems that recognize the physical, mental and spiritual dimensions of health. The holistic health curriculum is a blend of academic study in the history and philosophy of holism balanced with personal application of holistic principles and techniques. Some students are already involved in health care service and are seeking alternative perspectives on healing to compliment their practice. Other individuals are more interested in achieving optimal wellness for personal growth and development.

HRRC Assessment Center

The HRRC (Health and Rejuvenation Research Center) has created an assessment program specializing in noninvasive evaluation procedures. Based on the Cayce philosophy of attending to individual uniqueness, the HRRC Assessment Center offers a broad range of diagnostic techniques which closely parallel the Cayce readings. These assessments are being made available to health professionals seeking additional information about their clients and also to the general public.

Current assessment modalities include darkfield microscopy, heart rate variability, computerized segmental electrography, infra-red neurocalometry, Cayce Comprehensive Symptom Inventory, Approach to Life Inventory, Taylor-Johnson Profile and the RISO Type Indicator. The capabilities and capacity of the HRRC Assessment Center will be expanded with additional evaluation techniques and personnel as resources allow.

A.R.E. Health Services

The A.R.E. Health Services department in Virginia Beach, Virginia offers a variety of health services based on the

Cayce health recommendations. Services include massage, steam baths, colon hydrotherapy, and Epsom salts packs and baths.

A.R.E. Health Services is open to the public. A.R.E. members receive discounts on services.

PARTICIPATION

A.R.E. Health Care Professional Referral List

The A.R.E. maintains a Health Care Professional List used for making referrals to A.R.E. members and others who contact the A.R.E. requesting information on health professionals who are willing to work with the Cayce approach. The A.R.E. membership numbers over 20,000 making this list a valuable networking tool for connecting clients with practitioners.

The list is comprised of licensed healing arts practitioners, including medical and osteopathic physicians, naturopathic doctors, chiropractors, dentists, physical therapists, nurses, massage therapists, social workers, and psychologists. The list is divided by states and is available to anyone requesting it. Basic continuing education on the Cayce approach is required in order to remain on the list.

Meridian Institute Participating Researcher Program

One of Meridian Institute's primary purposes is to "conduct and support ... clinical projects incorporating a network of cooperating researchers and clinicians." To begin the process of creating such a network, Meridian Institute has initiated a program intended to develop cooperative relationships with professionals working with the Cayce health information.

A Cooperating Researcher is a health care professional who is applying the Cayce readings, and is willing to share with Meridian Institute the results of this application. This sharing might include: presentations at Meridian Institute conferences and workshops, contribution to a database on results of applications, and contribution of new research protocols. A Cooperating Researcher might also offer services such as massage or chiropractic, either as a volunteer or for reimbursement to be agreed on for specific projects.

To clarify the relationship between Meridian Institute and cooperating researchers, the following guidelines have been developed:

- Meridian Institute will provide suggested research protocols, data sheets, and information on the results of our own research projects.
- There will be no obligation on the part of either the Cooperating Researcher or Meridian Institute to participate in any particular activity.
- Cooperating Researcher status applies only to individuals, not organizations or companies. If more than one individual in a particular organization desires to be a Cooperating Researcher, they would have to seek this status individually.
- Cooperating Researcher status is not meant to imply that Meridian Institute approves or accepts responsibility for projects not under its direct control. It is your responsibility to practice within the limits of your license or certification, complying with all applicable laws or regulations. It is also your responsibility to conduct research in an ethical manner, including informing subjects of benefits and risks of participation, and maintaining confidentiality.
- Meridian Institute conducts educational and research programs, not training programs. Meridian Institute does not certify expertise in Cayce therapies, and Cooperating Researchers must not state or imply that they have been trained by Meridian Institute to offer those therapies.
- Meridian Institute does not endorse products or therapists. Cooperating Researchers must not use the Meridian Institute name in any advertising materials.
- Meridian Institute is not a membership organization. Cooperating Researchers are not "members" of Meridian Institute. They are independent practitioners with an interest in sharing expertise and research results.
- Cooperating Researcher status is granted for a specific time period, normally a year, and is renewable by the mutual agreement of the researcher and Meridian Institute.

CONCLUSION

The full potential of the Edgar Cayce approach is still not known. There are many anecdotal stories of success, but like many other holistic approaches, they have only started to be scrutinized in a systematic fashion. The Cayce readings themselves, however, encouraged people to verify their principles and gave ideas for experimentation to

accomplish this. Meridian Institute and HRRC are working toward this end and invite the participation of interested clinicians and researchers.

The A.R.E. Library in Virginia Beach, Virginia also makes them available to A.R.E. members. The CD-ROM is sold through the A.R.E. Bookstore.

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APPENDIX A

Key Published Works on Edgar Cayce's Approach

The following books are sold at many bookstores and can be purchased from the A.R.E. Bookstore at (800) 723-1112.

Books About Edgar Cayce

Bro, H. *A Seer Out of Season*. New York: Penguin Books.

Smith, R. A. (Ed.) *The Lost Memoirs of Edgar Cayce*. Virginia Beach, VA: A.R.E. Press.

Stearn, J. *Edgar Cayce: The Sleeping Prophet*. New York: Bantam Books.

Sugrue, T. *There is a River*. New York: Holt, Rinehart and Wintson.

The Edgar Cayce Readings

Cayce, E. *The Complete Edgar Cayce Readings on CD-ROM*. Virginia Beach, VA: A.R.E. Press.

Overviews of the Cayce Approach to Health and Healing

Mein, E. *Keys to Health: Holistic Approaches to Healing*. St. Martin's Press: New York.

Reilly, H. & Brod, R. *The Edgar Cayce Handbook for Health Through Drugless Therapy*. Virginia Beach, VA: A.R.E. Press.

Other Resources

Carricato, J. *Edgar Cayce's Health, Healing & Diet*. Virginia Beach, VA: A.R.E. Press.

Duggan, J. & S. *Edgar Cayce's Massage, Hydrotherapy & Healing Oils*. Virginia Beach, VA: Inner Vision Publishing Company.

Duggan, S. *Edgar Cayce's Guide to Colon Care*. Virginia Beach, VA: Inner Vision Publishing Company.

Karp, R. *Edgar Cayce Encyclopedia of Healing*. New York: Warner Books.

McGarey, W. *The Oil That Heals: A Physician's Successes with Castor Oil Treatments*. Virginia Beach, VA: A.R.E. Press.

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Beach, VA: A.R.E. Press.

McMillin, D. Living Nightmares: Case Studies in Anxiety
(Based on the Readings of Edgar Cayce). Virginia Beach,
VA: Lifeline Press.

McMillin, D. An Alternative Perspective: Alzheimer's
Disease and the Dementias. Virginia Beach, VA: A.R.E.
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McMillin, D. & Richards, D. The Radial Appliance and
Wet Cell Battery. Virginia Beach, VA: Lifeline Press.

McMillin, D. Principles & Techniques of Nerve
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McMillin, D. Case Studies in Depression. Virginia Beach,
VA: A.R.E. Press.

McMillin, D. Case Studies in Schizophrenia. Virginia
Beach, VA: A.R.E. Press.

Pagano, J. Healing Psoriasis: The Natural Alternative.
Englewood Cliffs, NJ: The Pagano Organization.

let's assume we have a Spring Data repository interface with a custom method @Modifying @Transactional @Query("UPDATE MyEntity SET deletedAt = CURRENT_TIMESTAMP WHERE id = ?1") void markAsSoftDeleted(long id); This method simply sets the deletedAt field of the entity, ok. Is there any way to allow this method to return an updated version of the MyEntity? Obviously @Modifying @Transactional @Query("UPDATE MyEntity SET deletedAt = CURRENT_TIMESTAMP WHERE id = ?1") MyEntity markAsSoftDeleted(long id); ...does not work, since java.lang.IllegalArgumentException: Modifying queries can only Edgar Cayce Primer book. Read 6 reviews from the world's largest community for readers. The Edgar Cayce story is one of the most compelling in inspiratio...
The Edgar Cayce story is one of the most compelling in inspirational literature. Over the course of forty years the Sleeping Prophet time and again closed his eyes, entered an altered state of consciousness, and spoke to the very heat and spirit of mankind on subjects such as health, healing, dreams, meditation, sexuality, and reincarnation. His more than 14,000 readings a The Edgar Cayce story is one of the most compelling in inspirational literature. Read "The Edgar Cayce Primer Discovering the Path to Self Transformation" by Herbert Puryear available from Rakuten Kobo. The Edgar Cayce story is one of the most compelling in inspirational literature. Over the course of forty years the Slee...
The Edgar Cayce story is one of the most compelling in inspirational literature. Over the course of forty years the Sleeping Prophet time and again closed his eyes, entered an altered state of consciousness, and spoke to the very heat and spirit of mankind on subjects such as health, healing, dreams, meditation, sexuality, and reincarnation. His more than 14,000 readings are preserved at the Association for Research and Enlightenment. Primers have different ingredients, weights, and textures that will work better with different skin types. If you're not sure what kind of skin you have, wash your face with a gentle cleanser and let it air dry. How does your skin feel after 15-20 minutes? If your face feels moist or oily, you have oily skin. Try a mattifying primer to tone down shine and soak up the oil.[7] X Research source Primers with salicylic acid also absorb excess oil.[8] X Research source.
Equally important: clean your hands. You may be applying your primer and other makeup with your fingers, so you don't want to be spreading dirt on your face, either. 2. Apply moisturizer. Primer is not a replacement for moisturizer, and you should not skip your moisturizer for fear that it will be too heavy.