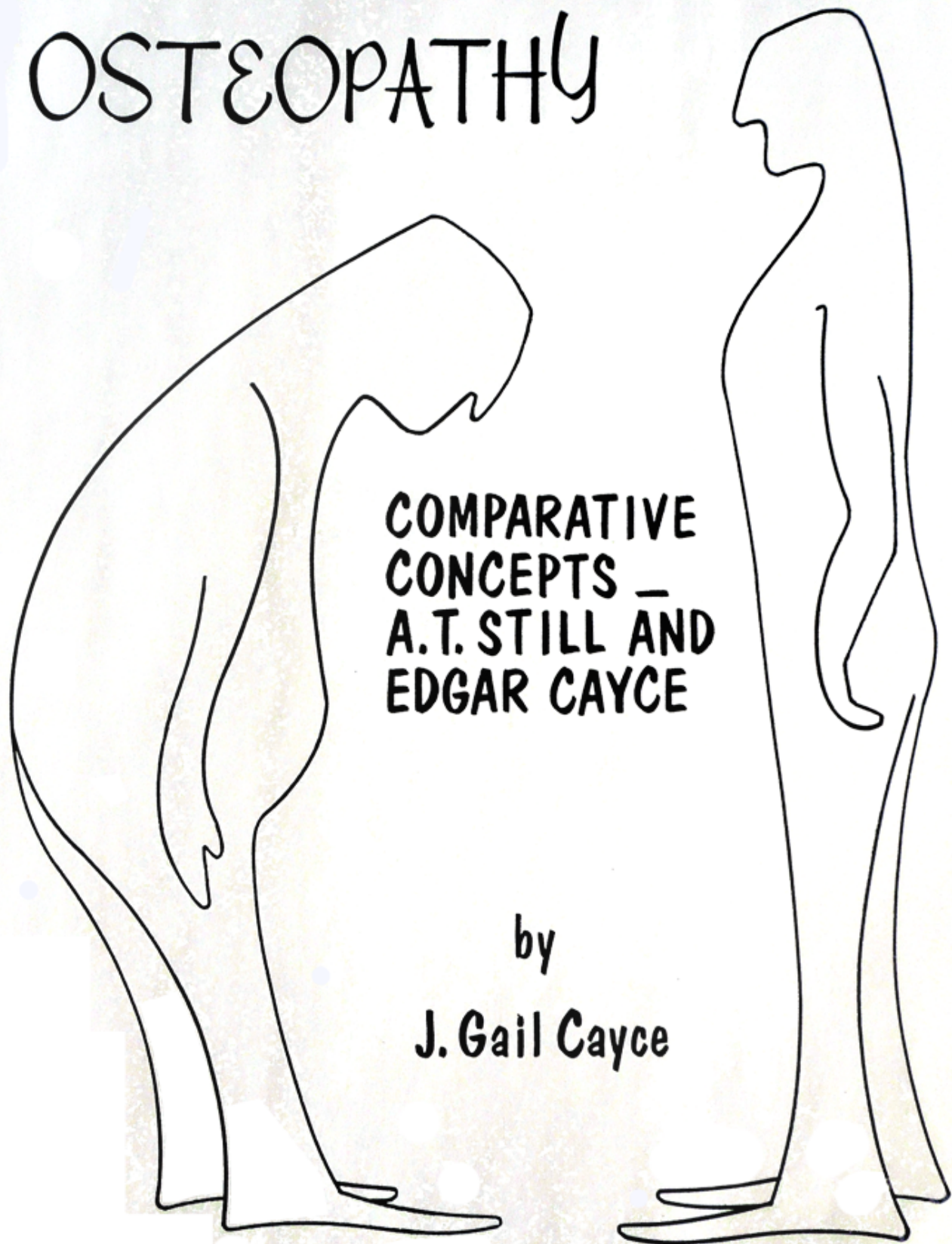


# OSTEOPATHY

COMPARATIVE  
CONCEPTS —  
A.T. STILL AND  
EDGAR CAYCE

by

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## OSTEOPATHY: A COMPARATIVE STUDY OF CONCEPTS

The following is a brief comparison of various parallel concepts expressed by A.T. Still, the founder of Osteopathy, and those expressed in the psychic readings of Edgar Cayce. It is presented only as a starting place; not as an in-depth study. Perhaps the similarities and parallels may prompt someone with an osteopathic background to delve a bit deeper into the various points presented here.

Following the outline on the next page, excerpts from both sources (Cayce and A.T. Still) are examined for parallels with brief comments between extracts. An appendix is attached with further references to particular points from both sources as indicated. A bibliography is at the end.

Let me emphasize that this report merely touches on the information available within the Cayce readings regarding the points on the outline. Many in-depth studies could result from comparing Still's writings with the Cayce data – perhaps on each point outlined.

It is hoped that this survey will serve as a tool and as a foundation for expansion of the various points presented in the outline, which could be utilized in various manners (i.e. – articles in osteopathic journals, lectures, further research, etc.).

J. Gail Cayce

## OUTLINE

The following study examines parallels between the philosophical and physiological theories behind Osteopathy as presented by its founder, A.T. Still and similar concepts found in the readings of the psychic, Edgar Cayce, and examines the science of Osteopathy as presented by both sources.

### I. Theories

#### A. Philosophical premises and concepts

1. God – definition and assumptions
2. Man
  - a. Definition (Triune)
    1. Body
    2. Mind
    3. Spirit
  - b. Abilities/Properties
    1. Innate ability to heal itself
    2. Attributes of the Deity
    3. Miniature Universe
3. Laws – Natural (Nature)
  - a. Cause and effect
  - b. Healing
4. Life equals Electricity

#### B. Physiological – based partly on philosophical assumptions and concepts

1. Body – definition and abilities
2. Blood
  - a. Definition
  - b. Function and purpose
  - c. Properties – relationships
  - d. Corpuscles
3. Nervous Systems: Nerves
  - a. Definition – descriptive
  - b. Function and purpose
  - c. Properties – relationships
4. Organs
  - a. Description
  - b. Function and relationships
5. Disease and Health
  - a. Definition
  - b. Healing – views and concepts

### II. Osteopathy and The Osteopath

- A. Principles
- B. Practice and function
- C. Definition

### III. Research Potentials

## PHILOSOPHICAL PREMISES AND CONCEPTS

### Examination of the Concept of God: Comparative excerpts:

All of A.T. Still's theories – philosophical or physiological – exemplify an evolving and interdependent reasoning. His philosophical assumptions are essentials to the progressive rationale in the physiological realm and both realms of thought intertwine to form his total view of man and develop his science of healing – osteopathy. Each concept serves as a unique stone in an expanding philosophy. Each must be considered to view the total picture. What then are these philosophical and physiological premises? What are the parallels in the Cayce data?

Still begins at the beginning. One of the basic philosophical premises on which his reasoning rests and from which this reasoning progresses is the assumption or recognition of a superior being or unerring Deity. For example:

“... I took as my foundation to build upon that the whole universe with its worlds, men, and women, fishes, fowls, and beasts, with all their forms and principles of life, were formulated by the mind of an unerring God.” AS - pp. 237-238

“An observation upon our surroundings this morning, of budding trees, growing grass, opening flowers, too plainly tells that Intelligence guided and directed and controlled this wonderful creation of all animate and inanimate things. Deity, the greatest of all creators, made this mighty universe with such exactness, beauty, and harmony that no mechanical ingenuity possessed by man can equal the mechanism of that first great creation.” AS - pp. 356-357

This recognition of a higher being or Creative Force runs throughout Still's writings, and is so strong that he even dedicated one of his books, Osteopathy, Research and Practice, to “the Grand Architect and Builder of the Universe; to Osteopaths and all other persons who believe that the First Great Master Mechanic left nothing unfinished in the machinery of His masterpiece – Man – that is necessary for his comfort or longevity.”

Similarly, Edgar Cayce's psychic readings recognize and allude to a Creative Force or God, and this concept also pervades them:

"God, the first cause, the first principle, the first movement IS! That's the beginning! That is, that was, that ever shall be!" 262-52

"God is an all-wise, all-inclusive, all-manifesting force in the experience of man ... God is a fact." 262-57

"Cell by cell the body is builded, each cell having that full

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Abbreviations used: AS – Autobiography of A.T. Still  
PO – Philosophy of Osteopathy  
ORP – Osteopathy Research and Practice  
SIL – Still in the Living

life principle to conform to that element of the One Spiritual Infinite Mind to build to that purpose, that intent, for which it is set ..." 900-237

On this point that a Creative Force or First Cause as Cayce may call it, or a God, a Grand Architect of the Universe as Still might put it, exists, Cayce and Still clearly concur.

From this assumption and recognition that there is a God or superior being, Still continues to define man and describe his abilities and properties. He defines man as the handiwork of God – a triune being consisting of the physical, the mental and the spiritual as the following excerpts illustrate:

"... we are forced by reason to conclude there is a superior being who conducts the material man, sustains, supports and guards against danger; and after all our explorations, we have to decide that man is triune when complete." PO - p. 26

"... man, who is the handiwork of God, the intelligent association of mind, matter, and spirit, the child of God, who is the Author and Builder of all worlds and all things therein ... We see in man, as we comprehend it, the attributes of Deity. We see the result of the action of mind, therefore a representation of the Mind of all minds." AS - p. 319

"First the material body, second the spiritual being, third a being of mind which is far superior to all vital motions and material forms, whose duty is to wisely manage this great engine of life ... When this great machine, man, ceases to move in all its parts, which we call death, the explorer's knife discovers no mind, no motion. He simply finds formulated matter with no motor to move it, with no mind to direct it." P0 - pp. 26, 27

The Cayce readings again and again reiterate this concept – that man is triune – body, mind and spirit. Some typical quotes are:

"Remember, the whole body – physically, mentally, spiritually – is one; and it is as each portion of the system coordinates with the other that there is the better attaining of the normal balance and activity." 920-13

"But, as the body interprets - and will find true, there is a physical body, a mental body, a spiritual body." 3062-1

"Here we find the body should recognize that there is the physical, there is the mental, and there is the spiritual. The body, from a three-dimensional standpoint, is spiritual, mental, material. That manifested in the physical must first have been in the spiritual and the mental. While these are one, the mental and spiritual are neither discerned with the natural eye. Yet one may feel or know or receive the impressions from others in such a manner as to feel their thoughts, their thinking. To be able to materialize these in words so that they convey the thought is not always possible for individuals. Individuals are not always given such ability to express." 3102-1

Both sources, A.T. Still and Edgar Cayce, define man as a triune being – spirit, mind and matter; both express the view that the coordination and cooperation of these three aspects produce health. Cayce seems to express this concept a bit more definitely than Still. but the general theme runs through both. For example, Cayce's readings state:

“ ... the body WHOLE must be taken into consideration; that is, the physical, the mental, and the spiritual attributes of the body ...

“And as is then to be understood, these MUST coordinate and cooperate -- body, mind, soul -- if there is to be the best reaction in the physical, mental or spiritual.” 1189-2

“The body is physical, mental and spiritual. These are one, and they manifest in materiality through the activities of the body-mental and the body-physical. But if the body is fed only upon that which is temporal in its concept, in its activity, then it MUST of itself become a burden sooner or later.” 1691-1

Still does not go into the same depth as the Edgar Cayce material concerning coordination of the mental, physical and spiritual aspects of man. He simply recognizes the fact that these aspects exist and dwells mainly on the coordinating of one part of man's triune being – the body, or the physical. He does not attempt to go into the influence and power which the mental (i.e., attitude) and spiritual aspects play in regard to health, as Cayce does. His reasoning deals mainly with the coordinating of the physiological aspects of the physical body rather than coordination of the triune being, man, itself. However, Still does express the idea of harmony and its importance, as the following quotes illustrate:

“Osteopathy is a science that analyzes man and finds that he partakes of Divine intelligence. It acquaints itself with all His attributes.” SIL - p. 137

“... all His works, spiritual and material, are harmonious.” AS - p. 99

An osteopath places his confidence in “... the intelligence and immutability of God Himself. That the strokes of the smoothing planes of God, the steam boilers constructed by the Divine Being and placed in man here, when unobstructed, act in harmony. What is harmony but health?” AS - p. 304

The data from the Cayce material parallels Still's various points regarding the physical body and coordination of its functions which we will examine later under physiological concepts.

The definition of man as triune leads Still to describe various other properties and abilities which he assumes are innate attributes of the body. The first point, which the following excerpts exemplify, is the assumption that man is a replica (or miniature) of the universe. For example Still states:

“I find in man a miniature universe. I find matter, motion,

and mind ... In man we find a complete universe ... We find all of the parts of the whole solar system and the universe represented in man.” AS - p. 406

Cayce's readings concur with this thought:

“Do keep constructive, creative. And know that the entity is capable within self of being aware of all that is. For, the entity itself – as each soul-entity – is a miniature universe. And with these abilities of re-creation, there is the ability of knowing, of being all that is; so long as the entity is atone with Him who is the builder and maker.” 2072-12

“The BODY is a pattern, it is an ensample of all the forces of the universe itself.” 2153-6

The Cayce readings, however, go a step further with this analogy and suggest that not only is man a replica of the universe, but every cell is a universe within itself. For example:

“Remember, every cell of the body is a universe in itself, with all the elements necessary for the creating of, the bringing into being of that necessary. For is not the human body the effect of all of creation?” 1158-22

“... and that within his own self EACH CELL of its body is but a miniature of the universe without its own body, its own cell of positive and negative force that applies to the material, the mental and the spiritual. Indeed then the body is the temple of the living God ...” 1776-1

“... for remember, each cell in an organism is as a universe in itself, each attempting to manifest the purpose for which its functions are set in an organism, and should coordinate one with another ...” 433-1

“As we would find, it would be advisable to continue the osteopathic treatments at least twice each week; for, while healing of any nature must be from within, it depends upon the attitude taken toward all elements and influences within the experience as to a manifestation of life in the material plane. In the physical body, as we have given, each atom is a whole universe in itself, and is a portion of the whole. When there is coordination within self, in the inner self - when the inner shrine receives the impulse, then healing is complete; yet each atomic influence receives an impulse from various forms of application to a material body, or to a material demonstration or manifestation of a spiritual influence animating through a material body.”

275-32

Both the preceding and the following quotes exemplify the second ability which Still and Cayce attribute to the body – its ability to heal itself, or the assumption that the energies necessary for health are innate or natural properties of the body. For example, Still states:

“He [God] has placed all the principles of motion, life, and



all its remedies to be used in sickness inside of the human body.” AS - p. 238

“I decided then that God was not a guessing God, but a God of truth. And all His works, spiritual and material, are harmonious. His law of animal life was absolute. So wise a God had certainly placed the remedy [of disease] within the material house in which the spirit of life dwells.” AS - p. 99

“All remedies necessary to good health exist in the human body. They can be administered by adjusting the body in such condition that the remedies may naturally associate themselves together.” SIL - p. 132

The Cayce readings agree with this assumption that the body has the ability to heal or revivify, regenerate, rebuild itself.

“But nature's store house (thine own body) may be induced to create every influence necessary for bringing greater and better and nearer normal conditions, if the hindrances are removed.”  
1309-1

“For as the body is the storehouse of all influences and forces from without, it has the abilities for the creating – with the correct firing or fuel for the body – that which is able to sustain, not only sustain but to recuperate and to rebuild, revitalize, regenerate the activities of the body.”  
1334-1

“ ... for the system can, and does create within itself all necessary either to cure or to sustain the virility of a body. Only when the system becomes so unbalanced as to need outside forces to create a different element of consciousness in the system is it necessary for medicinal properties or medicines for the body.” 331-1

The main assumptions covered – (1) that there is a God or Creative Force, (2) that this force created man, who is a triune being consisting of matter, mind and spirit and (3) that this body has within itself the ability to heal itself – are three of the basic philosophical premises upon which osteopathy is founded. From these, Still's reasoning progresses to another premise – the concept of natural laws and their application and relation to the body and healing.

Still, who has already termed God the "Great Architect," leads us into examining and accepting nature's laws with the question:

“Is God an Architect? If so, why not he governed by the plan, specification, building and engineering of that Architect in our work as healers? When we conform to and work by the laws and specifications of this Architect, we get the results required. This is the foundation stone on which osteopathy stands and has stood for thirty-five years.” ORP - par. 41

A.T. Still plainly states that osteopathy is governed by these laws:

“Nature moves by system in all her works. She succeeds because her plans are perfect.”  
ORP - par. 36

“You should ever remember that Osteopathy is confined to the immutable laws of nature, an unerring Deity who is and its Author.” A.S - p. 363

“It [osteopathy] walks hand in hand with nothing but nature's laws .. .” AS - p. 367

Cayce's readings parallel these thoughts with the following quotes:

“And know that nature is that from which man may take his lesson to learn of the Creative Forces or God, who is the spirit and seeks such to worship Him in spirit and in truth.” 5214-1

“Thus the interests of the entity in activities in which there may be the use of mechanical as well as other means for the correcting of deformities or those tenets and truths of that organization in which the entity applies self – create the proper vibrations, coordinating the organs of the bodymind, and letting nature do the healing. By nature here we mean the natural sources, or God's sources. These are correct. Hold close to them.” 3394-2

“... but to act in the manner as will allow nature to adjust itself – for, this – this would be well for all physicians of every character to remember: That they may only aid nature to adjust itself. You can't force nature to do anything! Only aid it in adjusting itself to meet conditions.” 2519-3

The proper use of these natural laws in relation to the body is the basis for osteopathy. Still's reasoning of exactly what these laws are regarding the physical body and how to apply this knowledge to understand the cause and to correct physical illness depends on this concept that nature's laws exist and can be trusted to perform their duty. These quotes define and describe further Still's ideas of what nature's laws are:

“But as the beautiful works of nature stand today, and in all time past, fully able by the evidence it holds before the eye and mind of reason, that all beings great and small came by the law of cause and effect, are we not bound to work by the laws of cause, if we wish an effect? ... Are we not bound to trust and work by the old and reliable self-evident laws, until something later has proven its superior ability to ward off disease and cure the sick?” PO - p. 22

Still goes on to describe and explain this natural law – cause and effect:

“If the laws of the universe are systematic according to kind, then we must observe and follow each system faithfully if we expect to change effects, because every change in cause gives a new effect. The universe is governed by that law. That law is life.” ORP - par. 39

"Cause and effect are perpetual. Cause may not be as large in the beginning in some cases as others, but time adds to the effect until the effect overbalances cause, and the end is death."

AS - p. 245

And he describes the osteopath's use of same:

"The osteopath who succeeds best does so because he looks to Nature for knowledge and obeys her teaching, then he gets good results. He is often amazed to see how faithfully Nature sticks to system. A few years spent in the school of Nature teaches the osteopath that principles govern the universe, and he must obey all orders, or fail to cure his patients. We say disease when we should say effect; for disease is the effect of a change in the parts of the physical body."

ORP - par. 38

Still's recognition of this law of cause and effect leads him to apply it within the physical domain – the body; the Cayce readings recognize its application within the physical or material world, but the application of this law and the philosophy of its origin go far beyond physical application – applying it within the mental, social, and spiritual realms. These comments from the Cayce readings serve as fascinating food for philosophical thought, and I would refer you to the Appendix for a brief preview. However, within the physical, the Cayce readings agree with Still. For example:

"For, the earth is a causation world, for in the earth, cause and effect are as the natural law."

3645-1

"For, it is never by chance but, as with all things in this material world, there are causes, there are effects. To be sure, at times there may be what might be called accidents. But these, too, in a causation world, have their cause and effect." 2927-1

The acceptance of the philosophical premise that a cause exists for every effect deeply influences Still's physiological view of the body, his concept of disease and his reasoning regarding methods of cure. These will be examined under Physiological Concepts and Osteopathy.



## PHILOSOPHICAL PREMISES AND CONCEPTS

### Examination of the Concept of Life = Electricity: Comparative excerpts:

The last philosophical concept to be examined, presented by both sources (Cayce and Still), is the idea of life manifested in a three-dimensional plane equaling a form of electricity. This whole concept is both a philosophical as well as physiological theory as the following quotes and comments indicate. According to them, it is this force, electricity, which enables the bodily functions to operate and yet this force is the Creative Force within man – “an attribute of the Deity” as Still might put it, or “the force that is called Lord,” as the Cayce readings might phrase it.

Let's examine how both sources view this force, life or electricity, in a philosophical trend first, and work from there into its attributes or physiological functions.

In a philosophical vein Still asks the question, “What is Life?” His answer: “Process of life must be kept in motion: All the processes of earthlife, must be kept in perpetual motion to cultivate and be kept in healthy condition ...” (PO - p. 180) indicates that this mysterious something called Life involves motion. This premise of motion leads him to this question and conclusion:

“Is this action produced by electricity put in motion, or is it the active principle that comes as a spiritual man? If so, it is useless to try, or hope to know what life is in the minutia. But we do know that life can only display its natural forces by the visible action of the forms it produces.”  
PO - p. 195

“On whom or what does this engine [man] depend for its motive force? ... All must have and cannot act without the highest known order of force (electricity), which submits to the voluntary and involuntary commands of life and mind, by which worlds are driven and beings move.”  
AS - p. 234, 235

The Cayce readings do not ask the question, “Is electricity related to the spiritual aspect of man?” but clearly state that it is – that life equals electricity and is the manifestation of God in the material, and that motion is a physical manifestation of this phenomenon:

“Then Life, or the manifestation of that which is in motion, is receiving its impulse from a first cause.

“What is the first cause?

“That which has, brought, is bringing, all life into being; or animation, or force, or power, or movement, or consciousness, as to either the material plane, the mental plane, the spiritual plane.

“Hence it is the force that is called Lord, God, Jehovah, Yah, Ohum [Ohm?], Abba and the like. Hence the activity that is seen of any element in the material plane is a manifestation of that first cause. One Force.” 254-67

“As we find, all energy is electrical in its activity in a manifested form.” 735-1

“For materiality IS – or matter IS – that demonstration and manifestation of the units of positive and negative energy, or electricity, or God.” 412-9

“Electricity or vibration is that same energy, same power, ye call God. Not that God is an electric light or an electric machine, but that vibration that is creative is of the same energy as life itself.” 2828-4

“And as the electrical vibrations are given, know that Life itself – to be sure – is the Creative Force or God, yet its manifestations in man are electrical – or vibratory.

“Know then that the force in nature that is called electrical or electricity is that same force ye worship as Creative or God in action!” 1299-1

Motion and electricity are two aspects of life upon which Cayce and Still agree. The third thought – that God or Creative Force is electricity, so succinctly expressed in the Cayce material, can be inferred from Still's quotes – (i.e.) “That electricity is the highest known order of force.” The Cayce readings delve into this idea of electricity = Life = God to a greater depth than Still, suggesting that there are constructive and destructive states of electricity (vibratory rate) and that the study of electrical energies is the basis for finding in the scientific manner the motive force of animation in matter (see Appendix: 440-20, 1861-16).

Agreement that motion and electricity are necessary elements or the motive force to produce Life within this "engine" we call man leads to the question of how this force expresses itself physiologically in the multiple processes essential for maintenance and growth of the body. Still employs some interesting analogies relating electricity to bodily functions:

“Perhaps an electrician would tell us that the heart is a dynamo, the brain is a storage battery, and the nerves are the wires that conduct the electricity to the stomach and bowels where it atomizes the food. Perhaps Edison would say the stomach and bowels are only vessels to hold the chemical compounds till electricity produces the act of combustion, and that electric combustion is all there is to digestion.

“The body of man or beast shows to the electrician that absolutely perfect preparation has been provided for the generation, storing and application of electricity. By examining we see all acids and minerals necessary for vats and storage batteries. Then the heart is the engine to give motion to the electricity and the nerves are the wires for conducting it. The secretions of the alimentary canal are a part of the electrical apparatus. If the body is a machine then we can expect to find preparation for perfect work in all the parts.

“I reason that when compounds are prepared in the stomach

and bowels and are in a condition to receive the electricity from the nerves that terminate in the mucous membrane of the stomach and the rest of the alimentary canal, then Life as the engineer of the electric machine, touches the button, the heart begins, strikes and intermits and thus generates the electricity which is taken up by the nerve terminals in the blood vessels and carried to the storage battery by which it is delivered to the nerve terminals in the mucous membrane of the alimentary canal. From these nerve terminals there is a transfer of electricity to the food to be atomized and by the action of the electricity there is a separation of the molecules contained in the substances that are to be digested. From the heart as the center of force electricity carries on the process of delivering blood by way of the arteries and other fluids and gases by way of the excretories." ORP - par. 328-330

"Electricity being the force that is naturally required to contract muscles and force gases from the body." PO - p. 177

These ideas are thought-provoking, though perhaps a bit radical in medical thinking; the similarities between the two are amazing. We might compare this with these two quotes from Cayce's readings:

"As we may see in a functioning physical organism, electricity in its incipiency or lowest form is the nearest vibration in a physical sense to Life itself; for it is the nucleus about each atom of active force or principle set by the atomic activity of blood pulsation itself, that begins from the very union of the plasm that creates life itself in a physical organism. These are continued throughout the activity of a physical body, known and called plasms of cellular forces in the blood stream itself, building in the various organisms of the system through the activity of the glands or the little engines of activity that create for the system that necessary plasm which has gone to make for not only the functioning of the liver but that which would replace the liver itself; that which would not only make for the functioning of the kidney but that which would make for the plasm that would rebuild the kidney itself; not only that which supplies the pulsation and activity of the heart but that which will also aid to the system that which will rebuild, replenishing the walls of the heart itself; not only that which adds to the system and makes for the pulsation or flow of plasm through the nerve energy, but rebuilds the walls of the cells that hold the plasm that functions in its activity as nerve impulses through the system, whether to a ganglia that may be situated in any portion of the cerebrospinal system or in any plexus or flexes of a muscular force throughout the system, whether in extremities or the central or trunk portion of body, but that which will make also for such plasma that function in the brain matter itself, giving to the system the impulse from that stimuli that may be received from within and pulsation that may be started from without, which we know as a reaction to the functionings of, the system's response to, vibrations without and

and within; enabling the brain to see, the brain to hear, the brain to feel!" 3950-1

"Electricity is life, in the nerve force of the body. We have electricity, as we know from the outside, as a force that exists, motion. In the nervous system of the body or in the human body or being, as we have it here, impressions produced through the sensory system, acted by the force of nature given from the first impressions to the man, or make-up, from the maker, the electrical force applied, as we know from material, acts on the nervous system of the body. Relays of these are as the stations of ganglia or nerve centers as we have them situated in the system of the body. The relays of nerves to the sensory system are through the sympathetics. Those of the cerebrospinal, or the spinal cord, are in the brain itself, or the ends here, as we have through the oblongata." 3990-1

According to Still and Cayce's readings electricity or vibration plays a vital part in both their philosophical and physiological concepts of the body. Philosophically, it is the impetus for manifestation of animation or life in man; physiologically, it is active on the atomic level within a physical organism – its influence ranging from involvement with blood pulsation to relays of neuronal energy within the sympathetic and cerebrospinal system. Perhaps, when examined on an atomic level, it will be seen to be a pivotal factor in complete understanding of the myriad relationships between the body's various systems, functions and processes. The Cayce readings state:

"... the study of electrical energies is the basis for finding in the scientific manner the motive force of animation in matter." 440-20



## PHYSIOLOGICAL CONCEPTS

### Examination of the Concept of Body: Comparative excerpts:

A.T. Still's physiological concepts of man rest on his previous philosophical assumptions, on intense and objective observation of one of man's triune attributes – his body – and on observation of the results and effects of the application of his physiological knowledge, concepts and premises. Still states this clearly:

"For thirty-five years I have observed man's body with the eyes of a mechanic so that I could behold and see the execution of the work for which it was designed, and I have come to this conclusion: The better I am acquainted with the parts and principles of this machine – man – the louder it speaks that from start to finish it is the work of some trustworthy architect; and all the mysteries concerning health disappear just in proportion to man's acquaintance with this sacred product, its parts and principles, separate, united or in action." ORP - par. 34

Before examining and comparing the physiological parts and principles of this machine – man – set forth by A.T. Still and the Edgar Cayce readings, let's establish the concept or definition each had regarding the body as a whole.

As previously stated, Still's definition rests on the philosophical concepts presented, and there are several points that both he and the Cayce readings agree upon. First, Still sees the body as "the material house in which the spirit of life dwells." (AS - p. 99) The Cayce readings describe the body as "that channel, that house, that piece of clay that is motivated in material forces as the dwelling place of the spirit or the soul" (262-85) and illustrate agreement on this point.

Second, Still states:

"... we will have to reason that man is a machine of form and power, forming its own parts and generating its own powers as it has use for them." PO - p. 66

"The human body is a machine run by the unseen force called life, and that it may be run harmoniously it is necessary that there be liberty of blood, nerves, and arteries from the generating point to destination." AS - p. 221

Similarly, the Cayce readings state:

"For as the body-is the storehouse of all influences and forces from without, it has the abilities for the creating – with the correct firing or fuel for the body – that which is able to sustain, not only sustain but to recuperate and to rebuild, revitalize, regenerate the activities of the body." 1334-1

"... for as we see, the whole organism of a body is as an intricate machine, and each portion of the system is supplied by energy as has its motive power through the nerve system." 188-1



## PHYSIOLOGICAL CONCEPTS

### Examination of the Concept of Blood: Comparative excerpts:

With this concept of the body and the previous philosophical premises presented as a basis, Still examines the anatomy and physiology of the body of man. The blood, nerves, and specific organs and their functions, properties, and relationships receive particular attention.

Still defines the blood, some of its functions and properties as follows:

"The arterial blood is the highest order of living fluid and should pass from the heart on to its destination and return without any obstruction whatever. It is a living substance whose function is to build or construct, and when hindered in its passage through the capillaries and into the veins it proceeds to build up abnormal growths and structures.

"Should the venous system be obstructed congestion, inflammation, pus formation would be the result. This same law extends to the deep and superficial cervical glands, the tonsils, the auditory and nasal membranes. The blood must go and come without interference."

ORP - par. 154-155

"In my osteopathic work my object is to deliver arterial blood to its destination that it may execute all the physiological duties incumbent upon it. When it has finished the work of construction and repair, then the next step or object that I have in view is to know that it returns to its shop to deliver its waste and be renewed. It did all it could while it was arterial blood, now it must be returned to the lungs to unite with new substances, receive atmosphere and go through all the qualifying processes necessary to the production of pure blood, and return to the heart that it may deliver arterial blood perpetually. Upon this life depends." ORP - par. 419

"... arterial blood ... by nature was intended to supply and nourish all nerves, ligaments, muscles, skin, bones, and the artery itself." AS - p. 218

The Cayce readings also view the blood as a life-giving fluid whose function is to supply nourishment for repair, rebuilding and sustaining of the body. For example:

"As is understood by the body, there is within each organ that ability to take from the system that necessary for the rebuilding of itself, the continuous reproduction of itself ... Here we find hindrances in the circulation. True, impulse for physical consciousness reacts from nerve centers of the brain, but the SUPPLY of nourishment – as well as the ability of portions of the organs to receive that assimilated – comes from BLOOD supply, that is controlled by the ganglia along the nervous system – either the cerebrospinal or the sympathetic." 1158-31

"... the circulation, or the blood ... is the main attribute to the physical body, or that which keeps life in the whole system, or body, in itself." 4614-1

"The blood supply being that in the system which performs, through its various channels, more than one function – for the supply retains and attains, from the assimilation of foods in system, for the replenishing of the body, as well as often acting as a carrier for elimination of used energies to their various portions or conditions in system where such eliminations may take place; performing also that function of being able to create that which acts as the coagulating forces for the body in any condition as may be occurrent, or concurrent, in the system. Hence, this often may be classified as that criterion through which most any condition existent in the system may be found." 108-2

Both sources continue to emphasize the importance of the blood. First, Still:

"In the year 1874 I proclaimed that a disturbed artery marked the beginning to an hour and a minute when disease began to sow its seeds of destruction in the human body. That in no case could it be done without a broken or suspended current of arterial blood, which by nature was intended to supply and nourish all nerves, ligaments, muscles, skin, bones, and the artery itself."  
AS - p. 218

The Cayce readings concur with Still as the following quote illustrates:

"... there is no condition existent in a body that the reflection of same may not be traced in the blood supply, for not only does the blood stream carry the rebuilding forces to the body; it also takes the used forces and eliminates same through their proper channels in the various portions of the system. Hence we find red blood, white blood and lymph all carried in the veins. These are only separated by the very small portions that act as builders, strainers, destroyers or resuscitating portions of the system ... Hence there is ever seen in the blood stream the reflection or evidences of that condition being carried on in the physical body. The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body."  
283-2

Both the Cayce readings and Still agree that blood is the vital fluid within the body which nourishes, sustains and repairs the organs, nerves and cells of the body. As the following quotes illustrate, they both infer that there is a relationship between the blood and the nervous systems which produces these functions and activities of the blood. The Cayce readings state:

"True, impulse for physical consciousness reacts from nerve centers of the brain, but the SUPPLY of nourishment – as well as the ability of portions of the organs to receive that assimilated – comes from BLOOD supply, that is controlled by the ganglia along the nervous system – either the cerebrospinal or the sympathetic." 1158-31

"... for while the blood is the life-giving factor from that as is assimilated by the body, it must go through that form or process within the body itself for the use of same in building, in replenishing, or in resuscitating life-giving forces." 2884-1

The following quotes illustrate Still's similar reasoning:

"I am sure that the artery takes blood from the heart for the purpose of depositing it into the womb-like cells of the nervous system in which atoms of living flesh are formed by nerve processes that act to give life, motion and form to organs, muscles and all parts of the body. Surely a species of conception takes place as the arteriole connects with a nerve cell which proceeds to form living atoms of flesh. The artery is only a carrier of blood which gives form and life to muscle building. If so, we are prepared to look well to the perfect freedom of the artery, great and small." ORP - par. 595

"To my mind it is not reasonable that blood is in a condition to take its place as flesh when it enters the artery nor when conveyed to the organs or other parts of the system. It is in a semicrude state while arterial fluid and while it is on its way through the system. I am of the opinion that the laboratory of the nerves is the place in which the arterial blood goes through the final process and the atoms become qualified to make muscle or flesh of any kind."

ORP - par. 596

According to Cayce's readings and to Still, this process of sustaining and rebuilding the body (organs, nerves, cells) is an activity occurring on an atomic level which seems to depend upon a relationship between the nervous systems – the energy or electrical vibration created by same as described in the quotes referring to life and electricity – and the blood supply. If the relationship between these two systems results in resuscitating forces for the body, it is easy to understand why both the Cayce readings and Still reiterate the importance of this vital fluid, blood, to the body's proper functioning and to life itself.

The majority of the Cayce material on physical readings would describe the body and its disturbances through examination first of the BLOOD SUPPLY, then the NERVOUS SYSTEM and finally the FUNCTIONING OF THE ORGANS and a description of the methods for relief. Examination of the blood supply, its composition and functioning, was always first; examination of the nervous system second, for it was upon the relationship of these two that life depended.

The Cayce readings went into great detail regarding blood, its properties, composition, functioning, etc. Still acknowledged the importance of blood without detailed discussion or examination of its composition. However, he did introduce an interesting concept -- consciousness or mind within the corpuscles of blood themselves as the following quote illustrates:

"... there is much evidence that mind is imparted to the corpuscles of the blood before it does its work.

"Every corpuscle goes like a man in the army, with full instructions where to go, and with unerring precision it does its

work – whether it be in the formation of a hair or the throwing of a spot of delicate tinting at certain distances on a peacock's back.

"God does not find it necessary to make one of these spots of beauty at a time; he simply endows the corpuscles with mind, and in obedience to His law each one of these soldiers of life goes like a man in the army, with full instructions as to the duty he is to perform. It travels its beaten line without interfering with the work of others. Now you say I am going to get God into trouble by making a statement, claiming that each one of the five million corpuscles contained in a single drop of blood knows just what is expected of it. Is this blasphemy? No. As the troops of General Cook obey his commands unfalteringly, so God's infantry, imbued by Him with mentality, go forth to fulfil their appointed mission in unswerving obedience.

"You dare not assert that the Deity is inferior in power to a man of His own creation." AS - pp. 223-224

This idea of mind or consciousness within a cell is clearly expressed in the Cayce readings:

"In every physical being, the whole body is made up of the atomic forces of the system, with the mind of each atom, as it is builded, supervised by the whole mental mind of the body, varied by its different phases and attributes, for, as is seen in its analyses, an atom of the body is a whole universe in itself, in the minutest state." 137-81

"For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body." 3384 2

This idea of consciousness within each cell and blood corpuscle is evidenced by present scientific findings regarding DNA and RNA within cells. This double helix, DNA and RNA, imbues the cell with determinant growth patterns, properties and characteristics at an atomic level – the physical being the result. Viewing these findings, the concept of consciousness at a cellular, molecular and/or atomic level is a very tenable concept within the scientific as well as the psychic realm.

The importance of the blood – its properties and functions – emphasized and discussed by both the Cayce readings and Still in the preceding quotes form another vital stone in Still's foundation for osteopathy. Other quotes within the Appendix add further insight into both sources' concepts.

## PHYSIOLOGICAL CONCEPTS

### Examination of the Concept of Nervous System: Nerves: Comparative excerpts:

Having recognized blood as essential for life and for sustaining bodily functioning, Still next examines the nervous systems, the nerves themselves, their characteristics and functions, as related to the physical body. Both the Cayce readings and Still define and describe the nervous systems -- the Cayce material viewing the systems in more detail. Notice the emphasis placed on the importance of proper functioning in relation to other systems to produce health. This is stressed not only in the descriptions of the systems themselves, but also in the descriptions of the nerves. Still states:

"Every student of anatomy knows we have a brain with its systems of nerves; also arterial, venous and lymphatic systems. When these systems and every articulation of the body system are in natural working order, ease, comfort and health are the effects." ORP - par. 650

"The brain is a functionary whose duty is to prepare and send forth through the nervous system the forces and fluids necessary to the action of organs of the whole system, none excepted, and that function must be performed to the degree of healthy perfection. The brain secretes, prepares and excretes ..." ORP - par. 49

"... the whole nervous system depends upon the brain for force and nourishment." ORP - par. 92

"All divisions of the whole body are supplied by motor nerves and also by the sympathetic ganglia or system of nerves." ORP - par. 499

Still, then, recognizes the cerebrospinal and autonomic (sympathetic) nervous systems. His writings assume one has other resource material on these systems and so does not go into great detail. The Cayce readings describe in much greater detail the nervous systems – cerebrospinal and sympathetic and the relation or association between the two:

"For the moment, let's understand what the sympathetic and the cerebrospinal nervous system are within the human body!

"In the cerebrospinal centers, here we have the brain, the spinal cord – which enters through all the cerebrospinal system, passing through each vertebra, and the impingements on same often cause much of the distress to the body-physical. This may be represented as the physical organism.

"There is lying along each side of the cerebrospinal system a series, or on either side a cord known as the sympathetic nervous system. Not within the structural portions, but connecting with same at definite points; though in many points connecting with same but at definite points.

"The activities of these:

"The cerebrospinal, the nerve cord itself, acts for the physical attributes of the body through the impulses.

"The sympathetic is the greater impulsive system." 4125-5

"Each segment connects with a centralized area between the sympathetic and the cerebrospinal systems, or in the spinal cord impulse itself. In specific centers there runs a connecting link between the segments. And such an one exists in this particular center as we have indicated [2nd and 3rd dorsal].

"In each of those areas called a ganglion there is a bursa, or a small portion of nerve tissue that acts as a regulator or a conductor, or as a director of impulses from the nerve forces to the organs of the body that are affected by this portion of the nervous system.

"Not that any one organ, any one functioning of an organ, receives all its impulse from one ganglion or one center along the spine; but that these slowing up by a deficiency in the activity because of pressure produce – as here – a lesion, or an attempt of the blood flow (that is, the lymph and emunctory flow) to shield any injured portion or any pressure. This oftentimes increases the amount of pressure to other portions of the body." 1120-2

According to the Cayce readings, such incoordination between the sympathetic and cerebrospinal produces dis-ease. The coordination of these systems is as essential for health as is their proper functioning in relation to other systems, as Still states. There are more than 1,000 references in the Edgar Cayce readings to Nervous System:Incoordination, and the following is an example:

"... nearly all derangements, save mental forces, come from some center being so separated by pressure that another functioning position in body becomes either deranged by lack of nutriment received or by over stimulus and producing too much of another character ..." 1447-1

"Now the abnormal conditions as we find in this body have to do with the nervous systems and the effect as produced in the body by those conditions, both to the brain itself in its functioning and to some portions of the system as traversed by the nerves governing those conditions."

151-1

Q-2. "What causes the dizziness, and why the headaches continued?"

A-2. "The inability of coordination between the sympathetic and cerebrospinal as related to those of the sensory system." 153-2

Both sources describe the nerves – viewing them as the wiring for the body, recognizing nerve energy as a form of electrical energy, and emphasizing the importance of their proper functioning for health. First, Still:



"Then the heart is the engine to give motion to the electricity and the nerves are the wires for conducting it." ORP - par. 329

"All divisions of the whole body are supplied by motor nerves and also by the sympathetic ganglia or system of nerves." ORP - par. 499

"In searching for the cause [of disease] he [the osteopath] should inquire of three witnesses, the nerves of sensation, motion and nutrition, for one or more has failed to perform its part in functioning." ORP - par. 62

"Let us remember that no atom of flesh in the body is out of connection with the three nerves, motor, nutrient and sensory, and that we should know that all muscles and other parts of the body are formed by and act through this nerve energy. In order to succeed in our profession we must work to establish and maintain normal nerve functioning and that can be done by adjustment of all parts that would hinder in the least any perfect action of the three classes of nerves above named." ORP - par. 593

"In all the conditions that I have listed [headache, rheumatism, lumbago, sciatica] I find the normal supply of nerve fluids that should come from the brain is changed in either quantity or quality. Thus the supply of nutritious nerve fluid to the system is diminished, the result of which is the nerve misery experienced, which misery is a cry for food, and the nerve will cry until food comes, as life's palliative and consoler." ORP - par. 630

In the above quotes, Still identifies three types of nerves – motor, sensory, and nutrient. Exactly what this nutrient nerve is, is difficult to determine. Still may be referring to the process between blood and nerves discussed previously, in which case he is referring to an activity of neurons, and not to a particular type of nerve or neuron as the motor or sensory. He could be describing the nutrient nerve as the ganglion or the bursa, which connects the sympathetic and the cerebrospinal systems. If this is the case, Still is continuing to refer to a process inherent in the neurons or ganglia rather than identifying a particular type of nerve.

The Cayce readings also compare the nerves to the "wiring" of man, recognizing nerve energy as a form of electricity and stressing the importance of the proper functioning of this "wiring" for health. For example:

"You tie up nerves along the spine and what do you usually find, in any electrical charge? Corrosion as will appear side of a connection – and it may appear in thine own body. For the nerves are the electrical system of the body. Hence this discharge is from the lack of poisons being carried through their proper channels." 3641-1

"Then, when we have hindrances, as is designated or seen here with this body, where nerves fail to receive proper

incentives, the reaction from those organs or those portions of the system supplied by that nerve energy suffers in its cycle of functioning." 108-2

"When any portion of the nerve system becomes distraught, we find then some portion of the system, in that extent that this distraughtness occurs, suffers, and the lack of same functioning normally brings the various distresses to the body ..." 188-1

The Cayce material also suggests certain characteristics of the nervous systems and the nerves which do not appear in Still's writings. Remember when reading these quotes that both sources do recognize three aspects of man -the physical, the mental and the spiritual. The following quotes from the Cayce readings indicate a relationship or coordination of these aspects physiologically. For example:

"The nerve force to the body ... is the attribute to the mental man, same as the circulation [is] to the physical ..." 34-5

"... the strain between the physical and mental, with the spiritual attributes of the individual, finds expression not only in the brain itself, but in that of the sympathetic system or the brain manifestation of soul forces in the body." 4566-1

"... for the sympathetic nerve system is to the soul and spirit forces as the cerebrospinal is to the physical forces of an entity ..." 5717-3

"This is a reaction to not only the sympathetic or vegetative nerve system (which is the double system that runs along the cerebrospinal and functions for the coordinating or the governing between the mental body and the physical body), but to the cerebrospinal system (which is rather the deeper nerve forces that supply energies to the various portions of the body, the organs and the locomotory centers, for responses)." 1055-1

In addition to the parallels presented between the Cayce readings, and Still's description of the properties and functions of the nervous systems and nerves, both sources agree upon and emphasize again the relationship between the nervous system and the circulatory system. According to both the Cayce material and to Still, the complexity of each system (blood and nervous) is as immense as is the significance of their association and relationship to each other in maintaining life. Both systems are intricately intertwined in sustaining life and creating health. Still states:

"I think the law of the freedom of the nutrient nervous system is equal if not superior in importance to the law of the free circulation of the blood. We find a nerve fiber, trace it to some locality and there we find a great number of capillary arteries in full action surrounding a nerve plexus with many branches coming to and going from it." ORP - par. 592

"I am of the opinion that the laboratory of the nerves is the place in which the arterial blood goes through the final process and the atoms become qualified to make muscle or flesh of any kind." ORP - par. 596

"I am sure that the artery takes blood from the heart for the purpose of depositing it into the womb-like cells of the nervous system in which atoms of living flesh are formed by nerve processes that act to give life, motion and form to organs, muscles and all parts of the body. Surely a species of conception takes place as the arteriole connects with a nerve cell which proceeds to form living atoms of flesh." ORP - par. 595

Similarly, as stated previously, the Cayce readings agree with this essential relationship between the nervous system and the circulatory system:

"For remember, though the heart beats – it is governed, or the circulation is governed by nerve impulse that acts as a supervisor or an overseer would, in conducting to the activity of the system that which not only supplies the nutriment for its individual functioning but also the eliminations of drosses from such used activity as well as supplying nutriment from that assimilated by the circulation in its entirety for the recuperation and rebuilding.

"And remember, these conditions are constantly going on in the system at all times." 1120-2

"As we have here, air entering the lung force forms and produces new cell energy to the whole system so that each unit of energy has its incentive to carry to the various portions of the body the force and power which it is to exercise and use to the proper rebuilding and to the keeping of an equilibrium throughout the system. This is nerve energy. These we find save through the spinal cord or column are circumventions, that is, they surround or produce a cycle around each vein or artery throughout the system, so that incentives to nerve force acting with the muscular conditions in the body produce the blood supplying force to carry on the rebuilding and the eliminating properties of the whole system." 61-1

"... for while the blood is the life-giving factor from that as is assimilated by the body, it must go through that form or process within the body itself for the use of same in building, in replenishing, or in resuscitating life-giving forces." 2884-1

This interacting process between the blood and nerves to reproduce, sustain and rebuild the body's cells, offers interesting avenues for research – particularly when integrating into this process the concept of electricity as the prime energy force within the body and viewing this energy force (electricity) as an essential factor for the process. In light of the above it becomes easy to view the body and its condition – healthy or diseased – as a vibratory rate. The body's rate of vibration varies according to the functioning and coordination of various systems; different methods may be utilized to attune the body's cells to a healthy rate of vibration, depending

upon the specific difficulty.

In review, both sources (1) agree on the importance of the nervous system and circulatory system to maintain life, (2) recognize a relationship or process involving these two systems – a relationship which institutes the rebuilding of cells, sustains the body and involves electricity, (3) assert the necessity of maintaining this relationship and the proper functioning of these two systems for health. Both sources describe the nervous system and view the nerves as the "wiring" of the body which supply nourishment and energy (electrical) and serve as a communicative relay system.

## PHYSIOLOGICAL CONCEPTS

### Examination of Organs: Comparative excerpts:

The two physiological aspects examined – the circulatory system and nervous system – are necessities for the proper functioning of the organs. Paradoxically, the organs themselves are essentials for the nervous and circulatory systems. Proper coordinating of the systems and organs produces health and life. A fascinating study could be made comparing and paralleling the functions and relationships of various organs as presented by Still and Cayce. Rather than attempt such a specific study, the following presents some general functions and relationships of various organs suggested by both sources. Still and the Cayce readings compared the body to an intricate and delicate machine. How do the organs come into play in the operation and sustaining of this "engine" we call man? Since the organs are connected to both the nerves and the blood, we return to that vital force discussed before – electricity. Still states:

"Think of yourself as an electric battery. Electricity seems to have the power to explode or distribute oxygen, from which we receive the vitalizing benefits. When it plays freely all through your system, you feel well. Shut it off in one place and congestion may result ..."

AS - p. 289-290

"... are we justified to go to the brain and examine the electric and magnetic batteries? We know such forces exist but as their location in the brain is not known farther than the fact of their existence, we do not know how they are fed, nor from where, so we are fully warranted in seeking a use for both powers – magnetic and electric. One says the power of electricity belongs more to the motor nerves and the magnetic to the nutrient system; if not, they are happily blended and give the results. Without such forces life and motion could not be sustained."

PO - p. 65-66

Still puts forth the analogy that certain parts of the body function as batteries. He suggests the brain may be a battery, though he goes on to say that the actual location of the battery is unknown. The Cayce readings make the following analogies:

"... the 'batteries' of the nervous system are running down; that is, the activities of the heart, the lungs, the liver, the kidneys may be called the batteries of the body. With changes in the chemical forces of the system, these may become so reduced in their activity as to cause stress to be put upon one or the other, thus gradually building a disturbance functionally. With the distress or disturbance [thus produced], one or the other [organ] gradually becomes organically disordered." 4007-1

".. we have two poles acting to the living body, the kidneys and the liver; the active principles are the same as two poles of electricity in the body – those which give life to the body. The liver is the stronger, [being] excretive and secretive. The kidneys, secreting, taking from the system the impurities. That is the use of these organs." 4909-1

Though Still does not make the analogy, the Cayce readings do – that the organs (kidneys, lungs, liver, heart) equal the batteries of the body – and state that they must be functioning properly to run it. For example:

"Nine-tenths of the cases that come here, while they are wrenched and strained in many places in the body, have to be treated first by turning on the nerves of the excretory organs of the system, for the purpose of cleaning up the dirty house in which we find the human soul dwelling. What do we find? We find the liver not acting properly, we find some lung affected, we find stones in the gall-bladder. We go a little farther down to the renal nerves, veins, and arteries, to those of the kidney. They are out of order." AS - p. 343-344

Both sources agree on the functioning of certain organs. Take the lung as an example. Still calls it "the GREAT I AM of living blood."

"The lung is one of the highest functionaries of the whole system. According to every method of reasoning the lung comes in as the GREAT I AM of living blood. As a functionary its duty is to prepare and return to the heart the pure substances known as arterial blood.

"... the fountain of life, is the lung, and that every atom of arterial blood is set forth as ripe seed grown in the garden of life, the lungs." ORP - par. 50-51

The Cayce readings concur with Still on this relationship of the lung and the blood, bringing in again the fundamental relationship or process that exists between the blood and the nerves.

"How often does the blood pass through the lungs? Every time that it must be clarified, or must receive that to create in the system that of a healing or eliminating force, as well as its clarification through the liver itself." 1048-3

"For, BREATH is the basis of the living organism's activity." 2475-1

"Just as we find this center in the lung force where incentive is taken or gives a new life through the blood by the clarification of the blood. In this we find that the nerve force receives its incentive from the new force carried to the blood supply." 61-1

That the clarification or purifying of the blood by the lung allows the blood to perform its duties is stated first by Still and then by Cayce:

"The osteopath's foundation is that all the blood must move all the time in all parts to and from all organs. The organs must have good blood all the time and plenty of it. The blood must do its work and return to the heart and lungs and there leave its impurities, then return as pure blood to do its work again and so continue through life." ORP - par. 47

"When we have the full blood supply running through the system, it will take out all drosses – for drosses are not only as poisons created in digestion, but as poisons that are left by used system, for when the body functions it uses or burns up, and of necessity the ashes must be removed, see?" 121-1

This brief example suggests how each organ of the body could be explored, contrasted and paralleled as presented by Still and the Cayce readings. However, we simply want to emphasize here the relation of the nerves and blood to the organs and vice versa, through the analogy of the organs as batteries within the body. They are dependent upon blood for their nourishment and the nerves for vibratory energy – electricity – yet paradoxically they are active in producing and continuing this process we call life within the body. Still states:

"When you are dealing with a diseased liver or any other part of the body, remember the highest officer in command is the artery of nourishment, which must be assisted by the nerve of motion and the vein of renovation." AS - p. 230





## PHYSIOLOGICAL CONCEPTS

### Examination of Disease – Health: Comparative excerpts:

The relationship indicated between the circulatory system, nervous system, and organs is pertinent to the concept of health and disease presented by both sources. Still and the Cayce readings state that order or coordination between the above is essential for health. Still states:

"The Osteopath reasons ... that order and health are inseparable, and that when order in all parts is found, disease cannot prevail, and if order is complete and disease should be found, there is no use for order." PO - p. 21

The following excerpt illustrates the agreement in the Cayce readings that coordination and order between the systems and organs are necessary conditions in producing health:

"For, in each physical organism there are those conditions that enable the organ to reproduce itself, if it has the cooperation of every other portion of the body. When these suffer from mental or physical disorders that make for repressions in any portion of the system, then first dis-ease and distress arise. If heed is not taken as to the warnings sent forth along the nervous systems of the body indicating that certain organs or portions of the system are in distress, or the S.O.S. call that goes out is not heeded, then disease sets in." 531-2

Besides indicating the necessity of coordination between the body's systems and organs to produce health, the above quote also suggests that disease, which may result, is a manifestation of effects produced by this incoordination. Restoration of the body to health depends on the discovery and correction of the basic cause (incoordination or disorder) which produces the effect we term disease – not the other way around (dealing primarily with the effects rather than the cause) as symptomatic medicine practices.

Still's concepts of disease strongly concur, for example:

"... if you open and peruse all medical books you will find seventy-five per cent of the work has been devoted to describing and naming effects, in place of finding the cause of the disease."  
ORP - par. 340

"Therefore you have simply an effect, and you call that a particular disease; it is effect only."  
AS - p. 325

"We say disease when we should say effect; for disease is the effect of a change in the parts of the physical body. Disease in an abnormal body is just as natural as is health when all parts are in place." ORP - par. 38

The cause of these effects termed disease can result from various incoordinations and disorders involving relationships of the organs and systems. Still states this in general terms:

"The fundamental principles of osteopathy are different from those of any other system and the cause of disease is considered from one standpoint, viz.: disease is the result of anatomical abnormalities followed by physiological discord." ORP - par. 20

"It appears perfectly reasonable to any person ... who has familiarized himself with anatomy and its workings with the machinery of life, that all diseases are merely effects, the cause being a partial or complete failure of the nerves to properly conduct the fluids of life [blood, lymph, nerve energy, etc.]." AS - p. 108

The Cayce readings agree with Still that disease is a result or effect of various congestions, pressures, incoordinations producing distress and dis-ease. When the causes of this distress are not corrected, and are allowed to remain in the system, actual disease sets in. For example:

"Disease arises from, first, dis-ease – as a normalcy that IS existent and yet becomes unbalanced. Disease is, or dis-ease is, a state at variance to the ideal or first cause or first principle." 2533-3

And when referring to a particular condition:

" ... not disease – but dis-ease, see? Disease only when allowed to remain in system, see?"  
136-69

According to the Cayce readings and Still, disease manifests itself as particular effects of various incoordinations between the systems and organs within the body. Health is the absence of these effects – the body with all its various organs and systems operating cooperatively and in unison. Although the Cayce readings agree with Still on these points regarding health and disease, and indicate that other factors besides the cooperation or incooperation of the physical properties of the body may produce health or disease. These factors are the cooperation of the mental, physical and spiritual aspects of man. The Cayce readings especially emphasize the mental attitude as a prime determinant of an individual's physical condition. For example:

"To be sure, attitudes oft influence the physical conditions of the body. No one can hate his neighbor and not have stomach or liver trouble. No one can be jealous and allow the anger of same and not have upset digestion or heart disorder." 4021-1

"... all building and replenishing for a physical body is from within, and must be constructed by the mind of the entity; for Mind is the Builder; for each cell in the atomic force of the body is as a world of its own, and each one – each cell – being in perfect unison, may build to that necessary to reconstruct the forces of the body in all its needs ..." 93-1

Although Cayce's readings emphasized and recognized the necessity of coordinating the physical, mental and spiritual aspects of man to produce health, they did not neglect the importance of coordinating the various physical properties of the body to produce health. For example:

"When a body becomes then unbalanced through infectious forces or any forces that make for a pathological condition, while the mental and spiritual attitudes are a portion of those influences that may make for corrective measures, it is necessary at times – to create a normal balance – to add through the physical application those elements, those influences which may be lacking in a system for the proper coordination and a proper cooperative reaction in that coordination."

1245-1

"While it is well that constructive activity physically, mentally, spiritually be exercised at all times in the reactions to the conditions in and around the bodily forces, we find that when there are those PHYSICAL reactions that cause a disturbance of the specific natures that exist, then mechanical applications may relieve these when these may NOT be done through mere suggestions themselves." [suggested osteopathic treatments] 1511-1

Whether a disease is produced by an individual's mental attitude, by incoordination of the three aspects of man or by the incoordination of various physical properties of the body, health and healing result from correction of the particular cause producing the effects. There are countless methods of producing health and healing. The Cayce material presents a good definition of what healing entails no matter what method is employed to obtain it -a definition with which the Still writings seem to agree:

"For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body." 3384-2

The method Still developed to produce health and healing of a body was the science of osteopathy. It is this method of healing, which involves coordination of the various physiological properties of the physical body which will be examined next. We will parallel the principles involved, usage of this method of healing and its definition as presented by A.T. Still, its founder, with information presented within the Cayce readings.



## OSTEOPATHY

### Examination of the Science of Osteopathy: Comparative excerpts:

Developed in 1874, osteopathy blends and depends on the philosophical and physiological concepts and theories already presented. A.T. Still's description of osteopathy focuses on its basic principles, the knowledge necessary for application, the usage of this healing method and the results obtained from same. References to this science in the Cayce readings support and parallel Still's description.

According to Still:

"Osteopathy is a science. Its use is in the healing of the afflicted. It is a philosophy which embraces surgery, obstetrics and general practice ... Osteopathy is to me a very sacred science. It is sacred because it is a healing power through all nature." ORP - par. 7

Still continues to stress the fact that nature is the healing force and is inherent within man.

"You [doctors] administer medicines from the chemistry of the arts by mouth, injection and otherwise. We [osteopaths] adjust the machinery and depend upon nature's chemical laboratory for all elements necessary to repair, give ease and comfort, while nature's corpuscles do all the work necessary." PO - p. 148

"... I can trust the principles that I believe are found in the human body ... We find all the machinery, qualities, and principles that the Divine Mind intended should be in man."

AS - pp. 304-305

The Cayce material reiterates this basic principle – that osteopathy is a natural method of healing, emphasizing, as Still does, that nature itself heals.

"There is no form of physical mechano-therapy so near in accord with NATURE'S measures as correctly given osteopathic adjustments. Others may say what they may, but prove it by watching those who have them regularly and depend upon them!" 1158-31

"Remember, mechanical (osteopathic) adjustments, like even properties as may be taken of the medicinal nature, are only correctives – and NATURE or the DIVINE force, does the healing!"  
1467-9

"... and NATURE is better even than the osteopath – though the osteopath is the closest to the NATURAL means!" 1497-4

Still's belief in nature's ability to heal produced an adamant opposition to the usage of medicines. He claimed that if adjusted in time

osteopathically, the body would eventually cure itself. He abhorred the dependency often resulting from the use of drugs.

"The osteopath has his own symptomatology. He seeks the cause, removes the obstruction and lets nature's remedy – arterial blood – be the doctor; and when his patient is cured, he has in his system no blindly administered medicine with which he must contend." ORP - par. S

"... all the remedies necessary to health exist in the human body. They can be administered by adjusting the body in such condition that the remedies may naturally associate themselves together, hear the cries, and relieve the afflicted ... God or nature is the only doctor whom man should respect. Man should study and use the drugs of his drugstore [body] only."

AS - pp. 100-101

The above are very restrained quotes from Still opposing drugs. In his day drugs were often used with no idea of the effects – immediate or indefinite (i.e., addiction). Still lost three members of his family through medical science's inability to cure with drugs and their ignorance in using them. He stated: "Not until I had been tried by fire did I cut loose from that stupidity, drugs," (AS - p. 97) expressing his attitude regarding medicines of the day, an opinion which may be found throughout his writings.

Up to a certain point the Cayce readings agree with Still regarding the use of medicines.

Q-18. "What medicines should he take?"

A-18. "This will depend upon the general eliminations or the general activity. The less medications, as medicines, the better it will be for the body; provided these are not necessary to add stimulation to some depleted or defunct activity of an organ or for the strengthening of the body in some way or manner. But these are rather as tonics and stimulants than as medications, as we find. For nature should be the healer." 1173-5

"Let these be some considerations: If there is the constant dosing or constant application of synthetic influences, these become at times hindrances to the body. But if there are those activities from nature's storehouse, then we find these work with the Creative Energies and impulses of an organism to create and to bring about coordinating influences in the system ...

"For no element outside of body produces healing, but that the attunement to the coordinating and cooperative forces of life-force as it meets the various influences that have been brought about by some error or some misapplication, the awareness of the God-Force, the Life-Force working in and through the system." 1173-8

The Cayce readings suggested that medicines often work at the expense of another portion of the system, and frequently indicated that coordination or

correction of the system through osteopathy was a better way to obtain normalcy or health.

"Each and every atomic structure of the body is able to reproduce itself, and is continually doing so; from the tiniest cell to the functioning of the larger organs – as the heart or the liver or the brain forces or the sensory forces as vision, voice, touch, feeling and hearing and all.

"Then to add other elements, save under great distress, is to OVERTAX some other portion of the system!" 1158-11

" .. though there are characters that may be absorbed through the application of medical natures; yet the general condition, as a whole – this is broadly speaking – when there are properties given that destroy, or dry, or cause that of eliminations, these are at the expense of some other portion of the system. The osteopathic nature of treatment s, in the greatest measure, to aid the physical forces in the human body to adjust themselves, through the continued keeping in accord the various conditions as respecting eliminations in the system." 264-4

"For as understood by the body, and by the one that would make the mechanical or osteopathic adjustments, or the massage or masseuse activity, there is every force in the body to recreate its own self – if the various portions of the system are coordinating and cooperating one with another.

"Hence the reason why, as we have so oft given from the sources here, the mechanical adjustments as may be administered by a thorough or serious osteopathic manipulator may nearer adjust the system for its perfect unison of activity than most any other means – save under acute or specific conditions; and even then the more oft such become necessary.

"... we will find the system is enabled, through these activities [osteopathic manipulations] -- by the proper diet -- to assimilate and replenish all those forces that may be supplied through chemical or drug activities.

"... then the mechanical applications for this body would be more in order than taking other conditions [drugs] in same." 1158-11

Obviously, Still's opposition to drugs is much stronger than that expressed in the Cayce readings. The readings indicate the negative effects drugs may have upon the system, but do not agree that there should be complete abstinence from them, and often recommended them for extreme or acute conditions. Both sources agree that osteopathy is a method of healing which allows the body to cure itself, and agree that this curative ability is an innate property of the physical body.

According to Still a great deal of knowledge is necessary to enable an individual to adjust the body properly so that the natural energies of the body or nature may heal.

"An Osteopath must know the shape and position of every bone in the body, as well as that part to which every ligament and muscle is attached. He must know the blood and the nerve supply. He must comprehend the human system as an anatomist, and also from a physiological standpoint. He must understand the form of the body and the workings of it. That is a short way to tell what an Osteopath must know. AS - pp, 344-345

The Cayce readings do not list the prerequisites of an osteopath, but the three types of osteopathic treatment. they outline demand a thorough knowledge of the body and its functions.

"The osteopathic treatments are of these characters:

[1] "There are those where stimulation of ganglia as related to the functioning of organs will assist in increasing the circulation to produce drainage.

[2] "Or there may be such as to PREVENT drainage, or to prevent activity in this direction.

[3] "And there are those where specific mechanical adjustments may be made." 849-22

Still specifies the same three types of osteopathic treatments as Cayce, though in more descriptive terms. Mechanical adjustment, allowing drainage and prevention of drainage are all mentioned as indicated in brackets below.

"The Osteopath seeks first physiological perfection of form, by normally adjusting the osseous framework, so that all arteries may deliver blood to nourish and construct all parts. [Mechanical adjustment] Also that the veins may carry away all impurities dependent upon them for renovation. Also that the nerves of all classes may be free and unobstructed while applying the powers of life and motion to all divisions, and the whole system of nature's laboratory.

"A full and complete supply of arterial blood must be generated and delivered to all parts, organs and glands, by the channels called the arteries. And when it has done its work, then without delay the veins must return all to heart and lungs for renewal. [Drainage] We must know some delay of fluids has been established on which nature begins the work of renewal by increased action of electricity, even to the solvent action of fever heat, by which watery substances evaporate and relieve the lymphatic system of stagnant, watery secretions. [Prevention of Drainage]" PO - pp. 27-28

Using any one of these three types of osteopathic manipulations necessitates the thorough knowledge of the body (described previously) as well as the ability and experience to apply this knowledge. Manipulations involve usage of the bones as levers to produce the desired physiological result within the body. Both sources strongly concur on this concept. Still reasons that:

"... natural flow of blood is health; and disease is the effect



of local or general disturbance of blood – that to excite the nerves causes muscles to contract and compress venous flow of blood to the heart; and the bones could be used as levers to relieve pressure on nerves, veins, and arteries." AS - Definitions.

Similarly, the Cayce material states:

"Seek out, then, an instrument of the curative forces known as the osteopath, that is capable - through the proper manipulations, using the structural portions of the body as the leverage – of stimulating the secretions through the various activities of glands and centers and ganglia along the system to bring about a coordination of the activities of the physical forces within the system itself." 531-2

Both Still and the Cayce information emphasize again and again that proper usage of the bones as levers in osteopathic manipulations is essential to produce the proper result – healing. One must thoroughly know his business – the human body, its parts, functions and relationships in order to administer treatments correctly by manipulating the bones. Simply cracking, popping or kneading the bones and body is not sufficient to obtain healing and health. The following quotes from Still illustrate this point:

"He [the osteopath] must not be a blacksmith only, and only able to hit large bones and muscles with a heavy hammer, but he must be able to use the most delicate instruments of the silversmith in adjusting the deranged, displaced bones, nerves, muscles, and remove all obstructions, and thereby set the machinery of life moving. To do this is to be an Osteopath."  
AS - p. 360

"I do not say by this that an ignorant paddling of the side on which the liver is located and kneading the bowels like a bull would knead a haystack with his horns is to be considered a treatment. An intelligent head will soon learn that a soft hand and a gentle move is the hand and head that get the desired result." AS - p. 230

"To get good results, your head full of anatomy must guide your hands to correctly adjust from the abnormal to the normal with the exactness required for a perfect articulation. Brute force is dangerous. Hands off unless you know your business. Acquaint yourselves with all structures by a deep and continued study of anatomy, because on this foundation you must stand or fall."  
ORP - par. 502

The Cayce material agrees with Still:

"These [proper eliminations through alimentary canal, respiratory system, kidneys, liver, perspirations] may best be brought about by the manipulations osteopathically. That's why the osteopathic profession should stand as a head for most of physical ailments and treatments; for the general distribution when properly administered (it may be bungled, of course) properly administered – it aids most in coordination with

the general eliminations and corrective measures where lesions, adhesions or such conditions arise, and operates through normalcy; so when conditions are adjusted, the body is near normal and not overtaxed in one portion, as are in so many – either as purely adjustments or that of medication that operates at the expense of another vibratory force set up." 325-28

"Then have a series of two to three weeks [osteopathic treatments], then rest two to three weeks from such adjustments – for the reaction from same. For, as just indicated, a long series of such, just pulling or cracking here or there, has nothing to do with HEALING forces! They have to be scientifically or CORRECTLY administered for the individual or particular disturbances, just as we have indicated here." 1158-24

Both sources continue to emphasize the proper usage of osteopathic manipulations and vividly describe the meaning of and the effect produced by such treatments – first, Still:

"All organs and parts of the human body are the subjects of one general law of demand, supply, construction and renovation in order to keep up normal functioning. Our work as engineers then is to keep the engine so adjusted as to perform its functioning perfectly. Osteopathic adjustment means to so adjust the body that normal action will be sufficient to supply nerve force equal to the demand for construction, and to keep the body or organ in a healthy condition by casting out all impure substances before they become oppressive either from quantity or destructive and deadly poisonous chemical changes which result from stagnant fluids in the body."

ORP - par. 61

"What is the object of moving bones, muscles, and ligaments, which are suspending the powers of the nerves and so on? A very common answer is, to loosen up all spaces through which nerves, veins, and arteries convey elements of life and motion. If that be your answer, then you have fallen far short of an answer that is based on a knowledge of the basic principles of life in beings, its methods of preparing to repair some part, organ, limb, or the whole system. If an over-accumulation should appear and obstruct the process of life to annoy the normal harmony to such measure as to produce unrest or disease, would you or I be satisfied to know we had simply given the sufferer a good shaking up, had pulled the arms and legs, feet, hands, back, thumbs, and fingers, taken a cob or a rough hand and kneaded the chest, limbs, and abdomen, as we have done and do so many times a day or week? No, we would renovate first by lymph, giving it time to do its work of atomizing all crudities first. Then we can expect to see the effect of growing processes as a natural result ... We must know, if we would succeed as healers, that normal does not simply mean to place bones in a normal position, that muscles and ligaments may play in their allotted places and can act with freedom at all times. But beyond all this lies a still greater question to solve, which is how and when to apply the chemicals of life as nature designs they shall be. If life be aided in the process of renovating all hindrances to health, just what power to apply

to call forth lymph, fibrin, albumin, uric acid, muriatic, or any fluid from the great chemical laboratory of man's machinery, that has within itself all qualities, and never fails to have some in the grand show-up, when wisely called on to do so from the outer skin to the center of the great all of man and life in all nature." AS- pp. 253-256

The Cayce readings similarly describe the effect and meaning of osteopathic treatments:

"For as is understood by the meaning of osteopathic treatments, these are not what might be termed curative forces; they are those applications that RELEASE energies that are in the body-forces. And the natural tendency is for each organ, each cellular force, to do its proper activity towards the correlating of the whole. Thus it is as much of a preventative application or treatment as it is curative." 1467-17

"As a system of treating human ills, osteopathy – WE would give – is more beneficial than most measures that may be given. Why? In any preventative or curative measure, that condition to be produced is to assist the system to gain its normal equilibrium. It is known that each organ receives impulses from other portions of the system by the suggestive forces (sympathetic nervous system) and by circulatory forces (the cerebrospinal system and the blood supply itself). These course through the system in very close parallel activity in EVERY single portion of the body.

"Hence stimulating ganglia from which impulses arise – either sympathetically or functionally – must then be helpful in the body gaining an equilibrium." 902-1

Reviewing the descriptions given, what is the definition of this science, osteopathy? How does each source define it? Here is the technical definition given in Autobiography of A.T. Still:

"Osteopathy is that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength." AS - Definitions - technical

Compare this to a definition given in the Cayce readings:

"Let's describe this for a second, that the entity or body here may understand, as well as the one making the stimulation:

"Along the cerebrospinal system we find segments. These are

cushioned. Not that the segment itself is awry, but through each segment there arises an impulse or a nerve connection between it and the sympathetic system – or the nerves running parallel with same. Through the sympathetic system (as it is called, or those centers not encased in cerebrospinal system) are the connections with the cerebrospinal system.

"Then, in each center – that is, of the segment where these connect – there are tiny bursa, or a plasm of nerve reaction. This becomes congested, or slow in its activity to each portion of the system. For, each organ, each gland of the system, receives impulses through this manner for its activity.

"Hence we find there are reactions to every portion of the system by suggestion, mentally, and by the environment and surroundings.

"Also we find that a reaction may be stimulated INTERNALLY to the organs of the body, by injection of properties or foods, or by activities of same.

"We also find the reflex from these internally to the brain centers.

"Then, the SCIENCE of osteopathy is not merely the punching in a certain segment or the cracking of the bones, but it is the keeping of a BALANCE – by the touch – between the sympathetic and the cerebrospinal system! THAT is real osteopathy!

"With the adjustments made in this way and manner, we will find not only helpful influences but healing and an aid to any condition that may exist in the body – unless there is a broken bone or the like!" 1158-24

To what extent do the definitions of osteopathy presented by Cayce and Still agree? Both sources concur that the purpose of osteopathy is to create a balance, a coordination within the physical body. Still states this as regaining the "normal equilibrium of form and function in health and strength"; the Cayce material terms it the "keeping of a BALANCE – by the touch – between the sympathetic and cerebrospinal system." Balance, coordination, equilibrium within the body are the key words stressed. Coordination of the sympathetic and cerebrospinal allow the nerve impulses from them, which operate and coordinate the blood and the organ systems, to produce health by stimulating the organs to function correctly. In all phases of life's activity, all systems (blood, nervous, lymph, etc.) and organs must coordinate to produce health. Both definitions assume that the body has the inherent ability to heal itself. Proper and correct manipulations allow Nature to produce this healing.

Both sources, then, stress the necessity of coordination and balance within the physical body for health and life. In addition, neither overlook the essence of God within man's physical body or the balance and coordination of man's three facets – the spiritual, mental and physical – necessary for good health. As Still states: "People seem to be surprised, as much so as if they should see two suns rise in the morning horizon. They are surprised to see a science and truth of God developed which applies to all men ... a

science grafted into man's makeup and his very life ... He is surprised from the rising of the sun to the setting of the same to find eternal truths of Deity permeating his whole makeup ... The thoughts of God Himself are found in every drop of your blood." (AS - pp. 402-403)

Can we transform this surprise into practical experiments that will lead us to a serene wonderment at man through exploring his magnificent complexity and uniqueness – physically, mentally and spiritually? Following is a short list of research potentials which Cayce's readings and Still's writings present. Researching such hypotheses creates a deeper understanding of the body-mind-soul relationship, importance of balance in health, and other ideas that the Cayce readings and Still outlined.



## RESEARCH POTENTIAL

### Examination of Research Potential

The research potential within the readings relative to osteopathic science or any medical science is mammoth. For example:

- (1) In-depth examinations and comparisons of any organ in the body and its functions, properties and relationships to other organs and systems as presented by Still and Cayce. Compare concepts to present scientific findings.
- (2) In-depth examinations and comparisons of various systems – their functions and relationships as presented by Still and Cayce. Relate to present medical/scientific views.
- (3) In-depth examination of various centers or plexuses of ganglia connecting central nervous system and sympathetic nervous system – the function of IMPULSES from same in relation to operation and stimulation of various systems and organs as presented by Cayce and Still. Compare location of nerve plexus mentioned with present medical information; actual clinical studies.
- (4) Examination and study of relation suggested between nerve energy and blood flow – connection in actual forming of cells, integrating concept of electricity as pivotal or linking factor.
- (5) Examination of the concept that electricity equals life or electricity is the motive force in animation of matter.

In-depth examination and research must precede actual experimentation and/or clinical studies. Hypotheses abound to be proven or disproven:

- (1) Life equals electricity (See Appendix – Electricity – reading 440-20) "As we have indicated again and again, the study of electrical energies is the basis for finding in the scientific manner the motivative force of animation in matter.

"But in the study of this activity of electronic energy in man, look for same in the lower scale and not in the ultra frequent." 440-20

- (2) Circulation (nerve and blood) best improved by general osteopathic manipulation.
- (3) Each cell or blood corpuscle has an awareness or consciousness.
- (4) Effect of emotions on physical condition:
  - a) Patients treated for arthritis will score higher on psychological tests measuring latent resentment than those patients in good health.
  - b) Patients (excluding alcoholics) who are being treated for hepatitis or cirrhosis of the

liver will score higher on psychological tests measuring hostility than a control group of patients being treated for any severe disease of the lung. (See comment on page 37 – reading 4021-1)

5) "Third Cervical Release" (See Appendix – Osteopathy – Cayce reading 3624-1)

a) Patient who is given third cervical release will have more toxins in urine samples taken for a 24-hour period after treatment (assuming constant diet) than in urine samples taken during a 24-hour period preceding treatment.

b) Fewer toxins will appear in blood sample taken 24 hours after treatment ("third cervical release") than in blood taken immediately before treatment.

The above samples are only simple hypotheses which may be derived from some of the information tested. Many more exist. It is hoped that the possibility of sophisticated studies in this field relative to understanding man's functions physically, mentally, and spiritually and the relationships between these aspects will develop into an exciting and fascinating reality.



## APPENDIX – The Cayce Readings

### BLOOD

121-1: ... for, as we find, the body – each body – made up of vibratory force and of cellular conditions within the physical forces, that are as small worlds or universes within themselves, and the blood stream that which correlates the ability of each of these atomic forces to work in unison throughout the system. Hence we see how ... that these may be easily thrown out of balance by hindered circulation, or an overcharge of those conditions that should be nominally eliminated from system through some of the outlets of the body, and are hindered by conditions existent.

4614-1: We have in this system, as we have in most bodies, organs involved in the body which affect the circulation, or the blood, which is the main attribute to the physical body, or that which keeps life in the whole system, or body, in itself.

1065-1: In the factors in the hemoglobin there is the lack of enzymes that make for the proper balance in the hormones – that create from not only the structural portions of the body but from all portions where the plasmas are created for the activity within the blood supply. For, as we find from the bone structure itself, as in the activity of the rib, as in the activity of the portions even of the larger structural bone, there is created an element that forms the plasma about which the central activity of a blood cell is the active force that forms with the plasma of the secretions from glands. For glands are the creators of forces that make for the secondary or (what may be called) the negative force about a positive center that moves through the system in the form of a blood cell.

1070-1: For we see blood forces or cellular forces in the blood supply are issued from the bone as well as from structural forces – ribs!

341-1: ... for each cell of the blood stream, each corpuscle, is a whole universe in itself.

1770-1: For remember, even within each atomic force of a corpuscle, or the very HUMOR of the blood stream, is the pattern not only of the body but of the universe. And as these flow through the system, they need to keep their harmonious activity.

4205-1: ... for each cell of a physical body produces within itself, and the blood forces are only those that give the distribution of the life forces in and through the system ...

108-2: Hence, this [the blood] often may be classified as that criterion through which most any condition existent in the system may be found.

444-2: For, the body may manifest in itself that it may increase circulation where or when it desires to do so. This would be a very good experience for the body to show for itself those variations that may be made in pulsations in varied portions of the body. Not merely as a phenomenon or experimentation, but that – when there is the cause and the need – there may be the increased activity through the blood stream, which is evidenced or recognized in material things as being the life flow of a physical body. Be capable of doing this and applying same in the correct manner.

A.T. Still

BLOOD

The rule of the artery must be absolute, universal, and unobstructed, or disease will be the result ... all nerves depended wholly on the arterial system for their qualities, such as sensation, nutrition, and motion, even though by the law of reciprocity they furnished force, nutrition, and sensation to the artery itself, and further proclaimed that the brain of man was God's drugstore and had in it all liquids, drugs, lubricating oils, opiates, acids, and anti-acids, and every quality of drugs that the wisdom of God thought necessary for human happiness and health. AS - p. 219

It has been up in view for over thirty-five years and has established beyond all controversy that blood is the food of life. When the system can use it normally health is your answer; when not, disease and death are the words of your soliloquy. ORP - par. 139

Pure arterial blood is to me nothing more nor less than the living seeds of life, as much so as the seed of the mustard, wheat or any vegetable seed known to the agriculturist. ORP - par. 232

Two things in our system must be perfectly normal. First, the artery and its nerves must deliver constantly, on time and in quantity sufficient; second, the venous system and its nerves must perform their function and allow no accumulations. These two demands are absolute. The blood must go through and be delivered by the artery, and the venous system must carry the venous blood and all other substances back to the heart. ORP - par. 406

I took the position in 1874 that the living blood swarmed with health corpuscles to all parts of the body. Interfere with that current of blood, and you steam down the river of life and land in the ocean of death ... The arteries bring the blood and wash it with the spirit of life. AS - p. 417

## The Cayce Readings

### BODY: TRIUNE

262-37: So, in selves do we find the physical, the mental., the spiritual (in self) as the patterns that must find the counterpart in the experiences of others, the application of the many, and the direct application of self in this present experience.

281-24: There is the physical body, there is the mental body, there is the soul body. They are One, as the Trinity ...

1158-16: Be consistent with self, in its physical, its mental, its spiritual life. Know that while separate these are one; for the body is – as has been given – the temple of the LIVING God!

3492-1: For, what is the source of all healing for human ills? From whence doth the body receive life, light, or immortality? That the body as an active force is the result of spirit and mind, these coordinating and cooperating, enables the entity to bring forth in the experience that which may be used – or the using of the abilities of whatever nature. Each soul has within its power that to use which may make it at one with Creative Forces or God. These are the sources from which life, light, and the activity of body, mind and soul may manifest in whatever may be the active source or principle in the mind of the individual entity. As experienced here, there has been a disregard of the body. There has been the abuse of the organs of the body by some dissipation, in mind and in body ...

There are, then, as given, those influences in the nature of man that may supply that needed. For, man in his nature – physical, mental and spiritual – is a replica, is a part of whole universal reaction in materiality.

### A.T. Still

#### BODY

If this machine [the body] is self-propelling, self-sustaining, having all the machinery of strength, all the thrones of reason established, and all working to perfection, is it not reasonable to suppose that the amount of wisdom thus far shown in the complete forms and the workings of the chemical department, the motor department, the nutritive, sensory, the compounding of elements, the avenues and power to deliver these compounds to any part of the body, to make the newly compounded fluids, any change in the chemical quality that is necessary for renovation and restoration to health? AS - pp. 397-398

By what force do parts of the engine of life move? If by the motor power of electricity, how fast must the heat or life current run to ignite the gasoline of the body and set a person on fire and burn to fever heat?

If we know anything of the laws of electricity, we must know velocity modulates its temperature. Thus heat and cold are the effect.

If we understand anatomy as we should, we know man is the greatest engine ever produced, complete

in form, an electro-magnet, a motor, and would be incomplete if it could not burn its own gases.

When man, is said to have fever, he is only on "fire," to burn out the deadly gases, which a perverted, dirty, abnormal, laboratory, has allowed to accumulate by friction of the journals of his body, or in the supply of vital fluids. PO - p. 176

Fevers are effects only. PO - p. 185

Man, the most complex, intricate, and delicately constructed machine of all creation, is the one with which the Osteopath must become familiar. AS - p. 357

## The Cayce Readings

### CIRCULATION

99-5: As is seen, in all bodies, not all eliminations are carried on through the alimentary canal – but the respiratory system, the pulmonaries, the skin texture itself, the kidneys, and the alimentary canal, carry off the drosses. True, that nearly fifty percent is eliminated through the activity of the hepatic circulation, but hepatic circulation – while of the liver and kidneys – may throw into the pulmonaries, or the lymphatic circulation, that which should have been carried off in other channels.

421-4: The circulatory system may be best improved by the general manipulations as may osteopathically be given over the whole system. Not one to break the bones or to bend the body double, but to give a full general treatment, as will the respiratory motor – or those activities of same – be well for the respiratory system and the lymph circulation.

1167-1: There are those suppressions [to check the flow or discharge of] that produce the disturbances in the circulation, as to cause a headache through pressures upon the nerve centers and the ganglia ... [Osteopathy recommended]

2883-1: There has been an injury to the end of the spine, or in the sacrum. This, combined with lack of elements in the body, hinders circulation, especially in the lower portion of the body.

Such pressures cause a lack of proper flow of circulation, both nerve and blood, and also are of such a nature as to raise the temperatures of the body at times – in the attempts of the system to create an energy sufficient to carry on through these deflections in the area affecting the sciatic reaction. [Osteopathy recommended]

### A.T. Still

### CIRCULATION

I put them [bones] each and every one in a condition that would take off all restraint from a perfect circulation ... with very few exceptions, success followed my treatment which was confined to the one object – to obtain perfect freedom for both nerve and blood supply from the brain and heart to all the parts affected, and an unobstructed venous return. ORP - par. 479

He [osteopath] will not be satisfied until he knows he has explored and corrected all nerve and blood supply, and the natural drainage of that organ. ORP - par. 339

... if the finale of the atoms of flesh is completed by the nerve system then we see that the two systems, nerve and blood supply, must be kept fully normal or we will fail to cure our patients ... ORP - par. 593

... we strike at the source of life and death when we go to the lymphatics ... this fountain of life-saving water, provided by nature to wash away impurities as they accumulate in our bodies ... PO - p. 108

## The Cayce Readings

### DISEASE

2002-1: Disease has changed little – their names, their classifications, much!

2454-1: As to the functioning organs themselves – we do not find these being other than latently active as causes, because of the slowing of the central impulse from lack of quantity – or quality in quantity – of the blood supply. For, the general nervous forces being exercised through the system cause a slowness to the deeper circulation. Hence the organs are not diseased but at times become dis-eased.

### A.T. Still

### DISEASE

Sickness is caused by the stopping of some supply of fluid or quality of life. AS - p. 310

What we meet with in all diseases is dead blood, stagnant lymph and albumen in a semi-vital or dead and decomposing condition all through the lymphatics and other parts of the body, brain, lungs, kidneys, liver and fascia. PO - p. 108

## The Cayce Readings

### ELECTRICITY

156-1: All life in all bodies is electric and the same vibrations that are given to the cycle in the body will represent the same effect in the system itself.

440-1: For, know, electricity is a manifestation of life principle.

933-3: ... for it is the lowest form of vibration electrically that gives creative forces, rather than the highest. It is the highest vibration that destroys.

1861-16: Life in its manifestation is vibration. Electricity is vibration. But vibration that is creative is one thing. Vibration that is destructive is another. Yet they may be from the same source. As in electrical forces in the form or nature prepared even for use in the body.

444-2: Q-1. Please explain more clearly how the body should go about a study of the low electrical vibratory forces.

A-1. The low electrical vibratory forces are existent. They are! Or, as may be said, the lowest form of electrical vibration is the basis life. The application of such vibrations to the body when it is fagged in mind, in physical endurance, will stimulate the necessary influences for the body to return to the abilities within self to carry on, or to create the life influence for self, or that it may measure out to others.

440-20: As we have indicated again and again, the study of electrical energies is the basis for finding in the scientific manner the motivative force of animation in matter.

But in the study of this activity of electronic energy in man, look for same in the lower scale and not in the ultra frequent.

735-1: As we find, all energy is electrical in its activity in a manifested form.

131-1: Electricity is life; life is electricity, you see. Force or the power here in the atom in itself, which is the body drawn up, we have the electric force on the body will if given into the nervous system produce a reaction on the nerves themselves; that within, nature then produces the effect that we need to take out from the system the waste. Stimulate the body along the digestive organs, supply the force that has been burned up which should have aided the stomach in its digestion. The stomach refuses to take in the proper nourishment because it has been choked up. Ease it down; the whole system strained produces this whole effect as if it was water, too much water, but it isn't water. It is this matter being thrown in the system not being allowed to be carried off or expelled from the system.

470-22: For as the very forces of the bodily functionings are electrical in their activity, the very action of assimilation and distribution of assimilated forces is in the physical body an active force of the very LOW yet very high VIBRATORY forces themselves ...

For within the human body – living, not dead – LIVING human forces -we find every element, every gas, every mineral, every influence that is outside of the organism itself. For indeed it is one with the whole. For it is not only a portion of, and equal to, and able to overcome or meet every influence within, but there is not the ability in the 3rd dimensional force or influence to even imagine anything that isn't a part of the activity of a physical LIVING organism!

4381-1: As we have given respecting this low form of electrical vibration, it is the very essence of life's resuscitating forces in a physical body, rather than at the other extreme in the high frequency, or even in those of the reverse coil high frequency. These of the high frequency only make for a quicker pulsation more from the physical standpoint, while the low vibrations that carry the elements making for the activities of the first principles in resuscitating the activity of glands, serums of the body and the impulses themselves, make for the creation in the glands of that which produces within the body the necessary elements for resuscitation of coordinative forces, especially to the nervous system and to the brain itself.

1800-4: ... the human body made up of electronic vibration, with each atom and element of the body, each organ and organism of same, having its electronic or unit of vibration necessary for the sustenance of, and equilibrium in, that particular organism. Each unit, then, being a cell or a unit of life in itself, with its capacity of reproducing itself by the first form or law as is known of reproduction, by division of same. When any force in any organ, any element of the body, becomes deficient in its ability to reproduce that equilibrium necessary for the sustenance of the physical existence and reproduction of same, that portion becomes deficient, deficient through electronic energy as is necessary. This may become by injury, by disease, received from external forces; received from internal forces by the lack of eliminations as are produced in the system, by the lack of other agencies to meet the requirements of same in body.

### HEALING:NATURE

2396-2: ... and that there is within the grasp of man all that in nature that is the counterpart of that in the mental and spiritual realms, and an antidote for EVERY poison, for every ill in the individual experience, if there will but be applied nature, natural sources.

### HEALING: PHYSICAL

59-1: When one becomes below the normal it must be either supplied from without, that is, when we deal with the physical plane, or so controlled by the forces within the system as to renew that within or else we have an improper balance within the system, as with this body here, you see ...

1245-1: While the body is made up of an atomic structure, with all of the pathological effects of a physical reaction, and the motive force or the builder in such is mind which is set in motion in inception in its forces, we find that it is added to by the attitudes maintained towards spiritual influences.

773-9: Remember, and consider that which has been told and is existent: The



body renews itself continually! Then, set that in order in which the renewing of all tissue may be done in order – and in a manner as to resuscitate injured portions! [Osteopathy recommended]

### NATURAL LAWS: CAUSE & EFFECT

1580-1: For there are immutable laws; and these must be met according to the CHOICE and the DOING!

For it is MOMENT, ACTIVITY that brings anything into being. In itself it may lie latent, but put into motion then desire, then the longings, then the activity becomes as a part of the mental self that finds expression in the material world.

1998-1: For, nothing – as is known in a causation world – happens of itself or without cause.

1998-1: Yet these, as the entity will find, are of one law, IN the material world – which is causation world; but that they arise as well from those spiritual laws, and that the causation law is the outgrowth of the spiritual law.

2648-1: To be sure, the experience of life is cause and effect, which is the first premise of the mental application of the entity in the symbols of its mental, physical and spiritual manifestation. Yet, all should move in straight lines towards a goal. Hence set an ideal first.

2981-2: But approaching purely from the pathological or physical conditions of the body, there are minor disturbances. These are not so much karmic as purely material cause and effect, though cause and effect to many are the same as karmic. Yet, karmic is that brought over, while cause and effect may exist in the one material experience only.

2995-1: And know, while ye are in a causation world, or a three-dimensional world, and while mind, matter and circumstance and environs have their effect, these – as indicated in the entity itself – are, or can be, easily put aside

For, nothing in heaven or hell may separate thee from the love of God, as is manifested in thy being, save thyself.

3412-2: As the individual entity finds itself body, mind, soul, so are the manifestations in a 3-dimensional plane. Hence the concept of the finite, is in the realm of cause, effect and purpose, as in the infinite there is the Father, Son, Holy Spirit. The attaining from the mind to the infinite is through time, space and patience.

343-2: Q-5. When will this trouble clear up?

A-5. When will it rain! When there are those things necessary for the awakening in the physical functioning of a body to produce constructive rather than destructive forces, a body may be said to be wholly on the improve – and the disorders being eliminated.

When there are the applications that insure such conditions, then these may be expected as a result.

Causes and effects are evident in a material world. While one follows the other, they are as interlocking as day and night.

When does night begin, or when does day begin? They are one and the same, relatively. Time, space – as set by man, as relative to any physical condition, as to when it may be: When he has complied with the laws that govern the physical, the mental, the material things – then the change begins.

1432-1: For though there be hope, though there be faith, if you do not manifest it in your own experience IN CIPHERS, will others ever manifest it or see it in you?

It is a natural law, as two and two make four. It is the natural consequence, it is the activity of cause and effect that is so often expressed in your conversation and the more in the activity.

But remember these are spiritual laws as well as material, for without the SPIRIT, without the motive, without the desire, without the will, these become as naught.

For all knowledge or all power is of Creative Forces – or God. And it is a law that is love, if man will but embrace and live and manifest same in the daily experience.

A.T. Still

#### NATURAL LAWS: NATURE

Thus we have unbounded faith that Nature's chemistry is the doctor and the only one on whom we can depend for relief. Nature abounds with remedies necessary for her use in all conditions. ORP - par. 738

Nature moves by system in all her works. She succeeds in all because her plans are perfect. Her designs have an object as their day star, and with her eyes fixed on the plan the effect is seen to follow. The body of man or beast is made for the purpose and to get results. The nature-system must show in all parts of the body. The system of producing blood must be so perfect that all parts can run without obstruction. Food taken into the stomach is passed through each process by a perfect system and order. Force or power to move and run the parts must be provided for. Nerves of every kind are a part of the system of force and action. ORP - par. 36

What is death but a birth from the second placenta to which life has been attached? If this philosophy is true, death is only the delivery of the finished life whose perfection is far superior to the intellectual man, the maternal house of construction, which is left behind. It is a known fact that human life is progressive and that it prepares to proceed with the labor of accumulation and practice of knowledge. It is reasonable to conclude that after what is known as physical death, the life is then and there qualified to enter the higher school to continue its mental development. In all this

Nature had some great object in view. My conclusion is that immortality is the design or object of Nature's God in the production of man. ORP - par. 31

We [osteopaths] are opposed to the use of serums in the treatment of disease. Nature furnishes its own serum if we know how to deliver them. ORP - par. 17

## The Cayce Readings

### NERVOUS SYSTEM: NERVES

1158-24: As we have indicated, as there is a combination of things to be taken internally as well as the mechanical or osteopathic adjustments, these are to be coordinated throughout the 2nd and 3rd dorsal centers; a general stimulation that IMPULSES to the vagus center are such as to carry to that portion of the body the inclination for nominal or normal adjustment of itself!

1158-31: As understood by the body, there is within each organ that ability to take from the system that necessary for the rebuilding of itself, the continuous reproduction of itself. This may be said especially of the organs of the sensory system. Here we find hindrances in the circulation. True, impulse for physical consciousness reacts from nerve centers of the brain, but the SUPPLY of nourishment – as well as the ability of portions of the organs to receive that assimilated – comes from BLOOD supply, that is controlled by the ganglia along the nervous system – either the cerebrospinal or the sympathetic.

As the sensory forces (eyes, ears, nose, throat, sense of touch and the like) are the closer akin to the impulses of the body, their control is then NATURALLY more under the direction of what may be called the superficial or the sympathetic system.

Hindrances in some portions of the body, then, prevent the eliminating of used energies – for by the very act of eating, the very act of using the vision, energies are used! From what? The nerve system; not of the brain entirely, for that responds by producing the mental consciousness – by comparison – but from those energies of the ganglia along those portions of the nervous system, or cerebrospinal system.

Then, those activities of the general nature will aid in assisting to establish better reaction from that assimilated – and thus establish better elimination.

3950-1: ... those plexus centers that govern the locomotion through the lower portion (and that affect the organs of the pelvis from its center in the 4th lumbar plexus) to the organs of the digestive system themselves ... or through the liver, lungs, heart's action, the digestive system, the spleen, the pancreas and those functionings in the same, or at the 9th dorsal vertebra plexus ... the centers from which all portions of the system receive their impulses to the brain center itself, or to the 2nd cervical plexus that carries impulses not only to the central portion of the system (through the activity of the coordinating there of the sympathetic and cerebrospinal system as it enters the brain itself) but to all the functionings of the organs that supply to the sensory system, through the throat, bronchi, upper portion of the lungs, face, head and neck.

61-1: Now, we have the conditions in this body here that are abnormal that have to do with the system throughout for they are affecting both the circulation and nerve energy of the whole system by too much cross currents, as it were, of the forces supplying the incentive to circulation and nerve energy in the body. As we have here, air entering the lung force forms and produces new cell energy to the whole system so that each unit of energy has its

incentive to carry to the various portions of the body the force and power which it is to exercise and use to the proper rebuilding and to the keeping of an equilibrium throughout the system. This is nerve energy. These we find save through the spinal cord or colon are circumventions, that is, they surround or produce a cycle around each vein or artery throughout the system, so that incentives to nerve force acting with the muscular conditions in the body produce the blood supplying force to carry on the rebuilding and the eliminating properties of the whole system.

There are in this system certain nerve centers and ganglia that have become crossed so that their energies are carried on at variance with the whole system, so the incentives or reflex given to the brain force to act out through the system become deflected or cause the improper action to this and the wrong incentive to the brain action or force. Just as we find this center in the lung force where incentive is taken or gives a new life through the blood by the clarification of the blood. In this we find that the nerve force receives its incentive from the new force carried to the blood supply. Again these are reflected in the brain or between the upper and lower brain. We have another pump or engine carrying nerve and blood supply to this part of the body, again we find the same in the system here just below the solar plexus where all activity is given to the trunk portion of the body. That is below the diaphragm, so that all action of the organs in the pelvis are divested of or go through power of action through this central channel of force.

In this connection in this center or along those ganglia from the ends of these do we find the currents as it were of those and cause trouble to the whole system, so that the troubles we have are reflex conditions to a nerve and blood supply of this body here. Nerve energy as deflected becomes then in reactive force through circulation and through supplying force to the various organs and temperamental forces in the body.

In the second lumbar ganglia we find forces that affect the locomotories direct so that their action to the sciatic nerves become reflex to the ends, especially as we find in the feet, causing the muscular force in its revibration, as it were, to circulate opposite from what nature intended. Then we have the knuckle or joint or toes and arch which become contracted opposite from the way they should be. We give a reaction to the muscular force so that the nerves or the ends in these become so close to the cuticle as to give pain through the cerebrospinal forces, reflexly when it is caused by improper distribution of the nerve force from the central plexus governing these here in the lumbar the same as we have here, now reflexly become to these through the second ganglia, that is, in the one in the first lumbar, but the one in the ganglia toward the solar plexus center or nerve entering and going toward the brain that causes to the hepatic circulation interferences causing the juices excreted, not the secretions now, the excretions from the liver (which is one of the largest organs in the whole system and has more to do with the action of the whole system than any other one single organ in the body outside the brain) to cause its juices that are excreted to work against the forces or juice produced in the pancreas and duodenum, that we have then the sick nausea at times, the depression then to all forces, or giving reflex condition from crossed energy and force in the pelvis at the second lumbar in this body. We see these have been crossed by ligaments and nerve ends and energies being exposed and being tied in such shape that the nerve force become crossed wires.

188-1: Another indication of the hindered circulation, and of a repression through nerve system to central portion of system, or to the central blood force of the body, which is in this, as indicated, in the solar plexus region. This brings, then, distress to all of this portion of the body. This, as we see, is a portion of the cerebrospinal nerve system, the location or center of same being, both in the frontal and back portions of the body – radiation then through the right side and to the central portion, connecting, then, through all those plexuses that go directly and reflexly through various centers or ganglions of the cerebrospinal nerve system.

108-2: Then we find that the nervous system must be taken into consideration, as to how the very active force of the blood supply itself is taken, for with each muscular force of the body, and with practically all change in the blood supply, whether of the active force as returns the blood to the heart or takes it from the heart, must receive an impulse for same to function in a normal manner. Then, when we have hindrances – as is designated or seen here with this body, where nerves fail to receive proper incentives, the reaction from those organs or those portions of the system supplied by that nerve energy suffers in its cycle of functioning.

121-1: Brain reflexes at times show the effect of nerve disturbances ... This [is] not a deficiency, but a lack of coordination between the nerve systems – which are as a unit, yet function one with each within itself – for remember, each organism, and each vibratory force as set in the body, is as of a unit within itself – and they are of the countless millions! See?

2432-2: Q-1. What causes tightness and swelling in hip and leg?

A-1. The incoordination of the circulation and the eliminations between the sympathetic and cerebrospinal nervous systems that supply the energies of the circulation, both superficial and deeper circulation, through the body.

Hence, as indicated, the specific centers needing attention -- the lumbar and sacral areas for the circulation to the lower limbs, and the brachial center with the arms, and the cervicals for the head and the internal portions of the body.

108-2: It has long been confirmed that the body in toto renews itself in ever so many periods, or so many cycles of change. It is seen that not all portions of the system move in the same cycle, for the vibration that is necessary to create that tissue which will replenish a heart cell, or a ventricle, will not move in the same cycle as one that replenishes the glands of digestion, whether it be the salivary glands themselves or those of the lactice, or lacteal glands, or mammary glands, or the adrenal gland, or the thyroid gland, or those of the ducts as in the gall duct, or the pancreas, or that of the spleen in itself. All of these, in this particular case, are selfevident that there has been left in system such conditions as that at various stages of their cycle of replenishing or of resuscitating, have the various functioning of organs, or glands, or ducts, suffered at times under the strain put upon same by non-coordination in eliminating system.

A.T. Still

NERVOUS SYSTEMS: NERVES

We must be sure that every bone is lined up and in its proper position, not held to the right nor the left by any muscular contraction which would follow irritation to the muscle or its nerves. The nervous system comes in as an individualized functionary whose duty it is to receive and distribute nervous forces to the whole system. ORP - par. 49

To the Osteopath, his first and last duty is to look well to a healthy blood and nerve supply. PO - p. 69

On its [heart] work all nerves do depend for force and strength to build and renovate the body in all its bones, muscles and nerves – thus all channels to and from the heart must be cleared from all hindrance. PO - p. 99

No nerve can do its part unless it be well nourished. If not it will fail to execute its part for want of power – for by it all blood must move. These nerves are found in plexuses in all parts of the body; they are abundant in the skin, fascia, muscle, lymphatics and all organs great and small. PO - pp. 99-100

Motor nerves must drive all substances to, and sensation must judge the supply and demand. Nutrition must be in action all the time and keep all parts well supplied or a failure is sure to appear. PO - p. 127.

All physiologists agree that a qualified system of nerves pass from the brain to each part of the body, be that part skin, fascia, tissue, bone, bowel, liver, heart or lung; every part must have power in proportion to its need in carrying out its individual work. Then we know the brain to be the storehouse supplying all organs, and all roads and gates leading to or coming from it must be open all the time or confusion will be the condition and show effects which according to some rule are given names. ORP - par. 107

## The Cayce Readings

### OSTEOPATHY

294-111: For, as we find here, osteopathy is a boon to such conditions as exist in the human application of forces for the relief of nerve tension in any animation that arises from such conditions as exist here. See? This would apply in any element of the applications for the human family. [Nervous tension, Asthenia: Adhesions: Lesions]

325-29: Q-1. Has the abnormal condition of the 3rd and 4th cervical been corrected?

A-1. Been corrected in part. This condition, as is held by some [osteopathic] schools of adjustment, would be here thoroughly demonstrated. When there is the release of pressure in a nerve center or plexus, some schools hold that immediate reaction takes place. Might as well say that when there is stoppage of circulation and release, it immediately takes place. It immediately begins to adjust itself, but there is needs be – as in this condition – where the proper releases are made – that there be strengthening to the muscular tissue, that there may be the proper response through that portion of the ganglia so released. See?

110-4: Q-3. How often should the osteopathic treatments be given?

A-3. This will depend upon the needs of the body. As we find, the better manner is to have treatments for two or three weeks, then a rest period for a week or two weeks, and then begin with the treatments again – these at least twice a week. This adds to the body, allowing the adjustments. For manipulative forces osteopathically given, unless there is necessity for corrections, only assist the body in breaking up congestion or congested areas or in assisting ganglia under stress or strain to be so adjusted that the eliminations or drainages in portions of the body are set up and stimulation to active functioning organs is produced. These have been given properly. If the body will adhere to those suggestions in a consistent manner, we will find relief in same.

1523-12: Q-15. Osteopathic adjustment – how often and about how many?

A-15. These are well for anybody occasionally, and – to be sure – MOST desirable throughout a period of pregnancy.

2094-2: For, the one who gives the osteopathic treatments, if thoroughly acquainted with his business (though many think they are when they are not!) will find that there are centers or areas from which both the cerebrospinal and the sympathetic or vegetative nerve system form conjunctions. If specific treatments are given and there is not a coordination of those plexus or areas where the specific conjunctions are made, these may tend to contract the body rather than relax same. Hence there should be the consideration of all of these when treatments are given.

3624-1: And then go to a good osteopath who will relax the whole body; not trying to stimulate but to set up drainages. One of the best methods, even for the osteopath, whether he's ever tried it or not, he will find what it will do here: When the body is upon the back for the treatment, raise the

head and place the fist on the 3rd cervical, and let the body rest full weight, even pressing gently – not hard, but gently – until the body does relax. Hold the fist there for a minute, two minutes, and after a while it may be two and one half to three minutes. This will drain, as it were, the whole system; setting up better eliminations throughout the whole body.

### A.T. Still

#### OSTEOPATHY

You wonder what Osteopathy is; you look in the medical dictionary and find as its definition "bone disease."

That is a grave mistake. It is compounded of two words, osteon, meaning bone, pathos, pathine, to suffer. Greek lexicographers say it is a proper name for a science founded on a knowledge of bones. So instead of "bone disease" it really means "usage." AS - p. 221

As has been before stated, the object of Osteopathy is to improve upon the present systems of surgery, midwifery, and treatment of general diseases; it is a system of healing which reaches both internal and external diseases by manual operations and without drugs. In the common acceptation of the word, as popularly understood, surgery means cutting, and any reference to a surgeon's work calls up a mental picture of such instruments as the knife, scalpel, or lance, and their use upon the human body. We accept that part of surgery also as of great use and benefit to mankind. An Osteopath will use a knife to remove any useless parts as quickly as a carpenter would use a saw to remove a useless piece of timber. We recognize the necessity for bandages, lint, splints, stays, and anesthetics, because they have proven their beneficial uses.

But when should the knife be used? Never, until all nerves, veins, and arteries have failed to restore a healthy condition of the body in all its parts and functions. AS - p. 395

As an electrician controls electric currents, so an Osteopath controls life currents and revives suspended forces ... study to understand bones, muscles, ligaments, nerves, blood supply, and everything pertaining to the human engine, and if your work be well done, you will have it under perfect control.  
AS - pp. 275-276

My object is to remove all obstructions to the circulation of the arterial, venous and lymphatic fluids.  
ORP - par. 174

An Osteopath is only a human engineer, who should understand all the laws governing his engine and thereby master disease ...

An Osteopath stands firm in the belief that God knew what to arm the world with, and follows His principles. AS - p. 312

Osteopathy reasons that the special or general power of all nerves must be free to travel through all parts of the body without any obstruction, which may be caused by a dislocated bone, a contracted, shrunken, or enlarged



muscle, nerve, vein, or artery. When enlarged or diminished they are abnormal in form, and all their actions in and for life, which acts must be strictly in obedience to the law of force, are found in the heart, brain, and the whole sensory system ...

Remove all obstructions, and when it is intelligently done, nature will kindly to the rest. AS - p. 399

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