

Edgar Cayce's Secrets for Manifestation:



Boosting Health and Power with the Radial Appliance

by James Knochel

First Edition

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Introduction

This book is primarily about the author's search for health. I thought I was pretty 'normal' when I was growing up. After recovering from a near-drowning at the lake when I was 17, I still thought my health was mostly normal, except for the occasional headache and memory lapse. Then I went off to college, where my health rapidly deteriorated into an intolerable condition.

The engineering school I went to required all incoming freshmen to have a laptop computer. I got the standard IBM Thinkpad 600E, which used an eraser-sized pointing device integrated into the keyboard.

I used my index finger to browse all over the internet. Before long, I had shooting pains up and down my right forearm. I switched cursor control to my left index finger, and before long I had shooting pains up and down that arm too. I mostly just switched back and forth.

I thought it was a typing problem. Searches on the internet led me to believe that I had “carpal tunnel syndrome”, which is a poorly-defined condition caused by any number of factors. I went to the campus health center. The physician's assistant did some tests, said I didn't have carpal tunnel syndrome, prescribed double-strength ibuprofen, and said nothing was wrong that a little exercise wouldn't fix.

More online searches convinced me that I had a generic “repetitive strain injury”. One non-establishment medical writer said that “relaxation” was an important therapy for resolving just about every adverse health condition. I thought this was a

reasonable proposition, and *tried* to relax as much as I could. I put emphasis on 'try' because I could only successfully relax for a moment and a half before my body rejected the state and tensed up again.

Based on the occasional 'flashes' of blissful relaxation, I knew what it was supposed to feel like. But I couldn't get the state to last, and my body mostly just let me know that it wasn't happy with itself.

I started looking for answers. I went to seminars, traveled to foreign countries, and bought a lot of books. This was while I attended an “ivy league” science and engineering school for an undergraduate degree in computer science.

I did well in my classes, all things considered. After graduation, I moved back westward to figure myself out. I wandered around Arizona, California, Nevada, and Oregon. I went to Thailand for a week-long hypnosis seminar from someone I thought would have answers for me.

I visited modern-day mystics and wise men, who told me all about myself. They pointed me in the right direction to find the answers I was looking for, but did not tell me explicitly what I needed to do. For this I am grateful, as self-discovery is infinitely more valuable than being preached at.

Eventually the stars lined up, and I met a doctor in Phoenix, Arizona who was able to help me release the trauma stored in my body as a result of the near drowning and other accidents. The Valley of the Sun is spread out across hundreds of square miles; this particular doctor's home-office was exactly 1 mile from my

grandfather's house, and ½ mile from where I'd lived with my Aunt right after the incident at the lake. But were it not for a series of fortunate events, I would have never met this healer.

While the doctoring certainly helped, it could only do so much for me. My jaw worked better, but I still couldn't relax. It was at this point that I met the woman who eventually became my wife. She had health problems too, and I used the principles I'd discovered to help her resolve old physical injuries and released her from the ghosts of her past.

Someone recently said that I could have had Lupus, an auto-immune condition where the body attacks itself. I experienced joint pain, cold hands and feet, and inflammation, which are some of the symptoms characteristic of this condition.

My search has taken many turns, and has covered a lot of territory. The most amazing twist of all were my 'conversations' with the now-deceased 20th Century health authority, Edgar Cayce.

Edgar Cayce and the Readings

There are many approaches to health, but the basic principles that create health in an individual are universal.

One approach to health is that which emerged from the words of a simple man named Edgar Cayce, who was born on a Kentucky farm in 1877. He lost his voice on April 18th, 1900, and took to photography to make a living. A traveling hypnotist

came to town on February 12th, 1901. Cayce was in the show, and while hypnotized was able to speak!

After the show, the hypnotist tried many different approaches to get the voice to return permanently, but he was unsuccessful. Cayce returned to his mute existence and the hypnotist left town.

But the hypnotist wasn't necessary for Cayce to put himself into a hypnotic trance: he could do it himself, too. So after the hypnotist left, he took himself into self hypnosis, and an observer asked him to say why his voice worked well while 'asleep' and not at all while awake.

Cayce said the problem with his body was a lack of blood to the throat. The observer asked what could be done about the condition, and Cayce said that the flow of blood could be increased by suggestion.

The suggestion was made, and when he emerged from trance, Edgar Cayce was able to speak for the first time in almost a year.

Thereafter, Cayce and his associates quickly discovered that he had an uncanny ability to talk in his sleep, and to assess the physical condition of others.

While he was a very simple man while awake – uneducated past the first year of high school – he had a vast medical knowledge while asleep. He used precise medical terms and demonstrated a comprehensive understanding of anatomy and available treatment options, all of which was unavailable to his waking self.

One of Cayce's early cases was the local school superintendent's daughter. She'd come down with a viral infection (gripe, now known as the flu) when she was two years old, and her development stopped for the next three years. The family took their daughter to every doctor they could find, but none were able to resolve the girl's condition. Finally, an Osteopathic physician (a field then considered quackery by many) brought Cayce in for his psychic opinion.

Cayce went into a trance and said that the child had fallen a day before the infection began. This fall had resulted in a vertebrae being out of place, and the viral infection had become settled in that area. If the physician were to adjust the vertebra, the child's symptoms would resolve. It took a second reading before the Osteopath was able to perform the adjustment correctly. The girl's mind cleared up, she remembered her doll's name, then her parents.

Within a few weeks, the treatment performed on the advice of Edgar Cayce restored a hopeless case to perfect health.

In time, a stenographer was obtained to make a record of each case. The collection of records is referred to as "the readings". A copy of each reading was sent to the person who requested it, and second copy was retained for Edgar Cayce's records.

While much is played up about his simple upbringing, Edgar Cayce studied what he said while asleep extensively, so he was anything but simple after a few years of exercising his 'gift'.

When the collective readings are examined, a few basic principles reveal themselves:

- **The body must be properly nourished, and must be able to assimilate nutrients from food and the environment.**
- **The body must be able to evacuate waste products from the system. The organs of elimination are the skin, the lungs, the kidneys/bladder, and the large intestine/colon. If any of these systems is compromised, problems will result.**
- **The body's structure must support the functionality of the body's organ systems.**
- **The activities of mind have a major influence on the body's state.**
- **The body has electrical properties – vibrations – which must be balanced for optimal health**

It is this last point which is the most neglected item of the Cayce readings. Two electro-therapeutic appliances were invented by the sleeping Cayce to balance the body's electrical energies.

One is the wet cell battery, which produces a very low electrical current. The wet-cell battery consists of two rods, one of copper and the other of nickel, which are put in a container with distilled water, copper sulfate, sulphuric acid, zinc and willow charcoal.

The rods are attached to the body with a nickel plate and a copper plate.

The wet cell battery was typically used for cases that were more serious. The intervention is quite "subtle" and requires longer periods of application to achieve therapeutic results. Months or years of daily application of the wet cell battery are usually required to achieve the desired results.

In contrast, the effect of the Radial Appliance can usually be noticed in less than a week.

The Radial Appliance has potent capacity to balance the body's parasympathetic nervous system. The autonomic nervous system is composed of two parts: the fight-or-flight part (sympathetic nervous system), and the rest and digest part (parasympathetic nervous system).

Due to the state of the world, the fight or flight system takes over for most of us. This is mainly because the world our bodies evolved to fit essentially ceased to exist a little over 100 years ago.

Today our living environments have thousands of artificial chemicals, artificial electric fields, artificial lights, and a thousand other things that our bodies are unfamiliar with. While the fight-or-flight mode of the Sympathetic nervous system can be calmed, it's a bit more difficult to 'wake up' the parasympathetic nervous system.

There's not a lot that we can do individually about the polluted environment, other

than to be aware of the choices we make for diet and lifestyle.

Rather than accept a constant state of fight-or-flight in our body, it's better to use the technology we do have to restore balance to our bodies. There are specific ways of using the mind that are more effective, there are physical and energetic interventions that facilitate and create harmony in our bodies.

And there is Edgar Cayce's Radial Appliance, which activates everything else a person does for themselves.

A Constant Search for Better Answers

As humans, we're all on a personal development quest, whether we realize it or not.

The various societies of the planet are the major influence in our personal development.

Society trains its children in acceptable and non-acceptable behavior. It also molds our instincts, so that we think we 'know' whether something should work or should not work.

Sometimes members of our species become unwell. Usually the sick person seeks help from someone who has chosen to specialize in the care and maintenance of the human body-system.

Many people in the western world go to Doctors, where they receive prescription drugs to take the symptom away, surgery to fix the problem, or comforting advice that we'll be fine – that our symptom will take care of itself in time.

There are other options when looking for health, but the accepted place to start is with conventional doctors. But sometimes doctors don't have an answer for us.

Some people spend a year or two or three or twenty going from doctor to doctor, hoping that the next visit will provide an answer to their suffering.

My wife and I both have had significant health crisis. We started with going to

conventional doctors, but they were only able to take care of the symptom for a time.

After two distinct roundabout journeys, the final piece of both our unique health puzzles was Edgar Cayce's Radial Appliance. The device is not, of course, the only piece - it's just the “magic ingredient” that makes everything else – diet, exercise, every type of therapy – melt together to create the vibrant health that is possible for each of us.

When my wife was a child, she was on a nearly constant dose of antibiotics for chronic ear infections. Tubes inserted in the eardrums allowed clogged lymph fluid to exit from her head. Surgical removal of her adenoids seemingly allowed more space for the lymph to drain into the chest, and the constant ear infections took care of themselves. But she continued to have other problems, for which her doctors were unable to provide acceptable solutions.

My wife's health problems started at birth: she was born breech (feet-first) with her umbilical cord wrapped around her neck. The doctors tried pulling her out with forceps, but the cord wouldn't let her out.

She was always full of anger throughout her growing years. She fought with her siblings, and kept her father in line. After 21 years of conflict, she finally learned that her gallbladder meridian – which is responsible for processing rage– had been ‘sent away’ when she was very young. Her higher self knew that if she were allowed to let her guard down, she wouldn't survive her childhood.

Before we met, my wife went to the doctor or the hospital about every six months or a year for some sort of health crisis. This usually took the form of an infection in her head or neck: sinus infections, swollen lymph glands in her neck, strep throat, etc.

Her doctors didn't know (or even care) why the infections kept coming back. They just saw an infection, and their training says that infections are best treated with antibiotics.

My own health crisis started with a typical trip to Lake Powell. I remember driving up to the lake, setting up camp, waking up the next morning, and launching the Sea-Doo watercraft to jump tour boat wakes in the main channel.

It is not known what exactly happened, but at one point I was found floating face down in the water. The most likely scenario is that I hit my head on the handlebars when the craft hit the water after a jump.

I was airlifted off the lake and have no memories of a two-week period. I started to fade back into consensual reality about two to three weeks later. I had double vision whenever I looked to the left for about three months, and had notable short-term memory problems for at least six months.

I missed the first week and a half of my last year of high school, and thought that I could better catch up in my classes if I could read and learn faster than I was used to. I had learned about the potential for reading at a fast clip some years before when I found an abandoned speed reading home-study course. I thought that if

only I could read quickly, I'd be able to catch up on the week of school I'd missed.

My online searches for 'speed reading' lead to discovery of the Photoreading system (which promised speeds of a page a second), and Win Wenger's book on creative problem solving, *The Einstein Factor*.

I bought both books, and became infatuated with self-development techniques. I joined email lists on hypnosis and other topics, and spent endless hours reading books and websites, all with the goal of being able to learn quicker and better than before.

Before long, I learned that humans have the capability of produce "mental imagery" of some sort - not necessarily visually, but possibly auditorily or kinesthetically. This would be some kind of sensation – visual, auditory, kinesthetic, olfactory, gustatory – that was not created through interaction with the physical world.

My goals were to make contact with this fabled "imagery", and activate my dreams again. I remember two dreams from childhood, and the promise of dreaming regularly sounded fantastic.

The two tasks seemed related, so I worked on them both at the same time.

Some three years later, discouraged with my lack of progress, I went to Dr. Wenger's yearly conference, with the hope of finally making some mental pictures of my own.

One of the speakers, a psychologist, talked about how she got much better results with her clients when she sent them for two specific forms of bodywork.

I was captivated by her speech, and promptly found practitioners of the two forms of body work she recommended. I had several sessions, but they didn't seem to be of much help.

The following spring, I decided to read some of the thousands of unread mailing list posts. One email was from a person asking what other discussion lists were good. Someone had responded with a list of lists.

One of the lists mentioned was owned by Dr. John La Tourrette, who posted semi-regularly to the list I was reading. I remember seeing that entry and thinking, "yeah, he knows what he's talking about!" I joined Dr. La Tourrette's mailing list, and promptly learned three important strategies:

The Three Basic Strategies

- 1. If you want to learn how to do something or answer a question, there's probably a book on the topic. Buy them all.**
- 2. Donna Eden, author of *Energy Medicine*, is the best current source of information on the human body's subtle energy systems. Go with what she says.**
- 3. The Edgar Cayce readings provide a good starting point to resolve any health question or concern.**

I immediately purchased *Energy Medicine*, and started doing the exercises. I visited used book stores, used book sales, thrift shops, yard sales, Amazon.com, and looked at books wherever I found them for sale, and bought everything that looked or seemed interesting.

After two years, I consulted with one of Donna Eden's recommended practitioners. It was a powerful experience.

My self-care routines had done a lot to "tidy up" my subtle energy systems, and my disconnected "Basic Grid" point was even ready to hook up again. I had two appointments in May, and three more appointments 5 months later. My shaken soul had been more-or-less restored following these visits.

But I was still unable to relax. I returned to *The Strategy: Buy Books, Read Books, Trust Edgar Cayce*.

One night I gathered my books on Cayce's health readings and asked myself, "If I were to have gotten a reading from Edgar Cayce, what would he have me do?"

The answer was clear: "Go to an *Osteopath*." Osteopathy was founded on the premise that many conditions benefit from hands-on treatment. I had wondered if I should find myself an Osteopath years before, but figured that all modern Osteopaths used drugs and surgery just like Medical Doctors, and went to a few different Chiropractors instead. While many Chiropractors do good work for many patients, all the ones I visited couldn't help me.

Mostly they just cracked my spine, and scheduled a follow-up appointment for the following week.

Soon thereafter I read an article in the newspaper about a state Osteopathic Association's meeting. The interviewed doctor said that Doctors of Osteopathy [D.O.] have full licenses just like M.D.s, but that some Osteopaths use their training in manipulation. Some modern D.O.s even specialize in "Osteopathic Manipulative Therapy". The article gave the organization's website.

While I was looking for a D.O. that specialized in manipulation, I went to a book signing by a local Homeopathic M.D. who'd just self-published his book on a gentle approach to medicine. Osteopathy was one of the modalities listed in the table-of-contents, so I told the author/doctor that I was looking for someone of that profession who specialized manipulation. The doctor asked 'why', then said that there was only one such Osteopath in town, and that whenever *he* needed an Osteopath, he went to a doctor in Phoenix.

I went to that doctor (eventually), where I successfully released a lot of old injuries that had been stored in my body. My jaw started working better, and sometimes I experienced moments of relaxation and mental imagery (the two seemed to go together). There were weeks where I was fabulously productive, which mostly seemed to follow getting a new eyeglass prescription.

Edgar Cayce frequently recommended various types of hands-on therapy, but the field has changed markedly since the early 20th century. [Edgar Cayce's Lost Guide](#)

[to Hands-On Healing](#) covers the modern options for hands-on healing.

After a year of regular treatments from the Osteopath, I stopped noticing subtle improvements. "Now what?" This time the answer came in an email to one of the discussion lists.

A poster shared a website about how the commercially-available version of Edgar Cayce's Radial Appliance was improperly constructed.

There was a diagram of how the Appliance is supposed to be built, and I got the feeling that I could build one for myself.

The construction process wasn't nearly as easy as I'd been led to believe, and it was several months before my prototype Radial Appliance was completed. And while it seemed to help me relax a bit, it wasn't the magic bullet I thought it'd be. I looked into a few more websites on Edgar Cayce, and decided that if I could find a doctor who could implement the instructions for relaxation I'd finally be able to visualize and speed-read.

So I went and had appointments with 6 more Osteopaths. None of the visits provided the relaxation I was looking for.

Then I met the woman who I would eventually marry, and the Radial Appliance project was put into storage while I helped get her straightened out.

I knew right away that she had old injuries of her own – the adenoid surgery, a hip

injury from the Air Force, car accidents, etc.

She was finishing up college, and went on a class trip to Mexico's shanty towns soon after we met. When she returned, she couldn't turn her head to the left or to the right, and her vision had deteriorated noticeably. I had already made an appointment for her with a local Cranio-Sacral therapist the next day.

Little did I know that her condition would deteriorate so much on the two-week trip to Mexico!

The Cranio-Sacral therapist helped quite a bit, but when the engorged lymph glands, now the size of golf balls, on her neck didn't go away, she still thought she had to go to the hospital. I convinced her to wait a week so she could see my Osteopath in Phoenix.

It took some cajoling, but she finally agreed to put off going to the hospital. Her neck had improved significantly after the last appointment, so she wondered if maybe I was on to something.

The osteopath found that the neck lymph nodes were puffed up because a rib or two in her back were displaced. These ribs pressed on a passageway for lymphatic fluid. He said it was like what happens when you clamp down on a hose: fluid balloons up in the hose behind the blockage. He did his techniques to gently release the rib to its proper location, and said that the swollen lymph nodes should gradually shrink over the following three days. He also said her eyeglasses were a good prescription for her – that the vision problems she'd experienced were likely

another side effect of the displaced rib, and that her vision should also return to its previous level.

But to cover himself (liability), he suggested going to an urgent care center if she didn't get better, possibly for a tuberculous test (because she'd been in Mexico) or an X-ray (for lymphoma).

Dr. D's training is in Osteopathy, not hypnosis, so he had no idea of the impact his “just in case” statement would have on his new patient. She insisted on stopping at the Urgent Care center on the way home for a TB test and an X-Ray.

After hours of waiting, the X-Ray came back as inconclusive. All the doctors at the Urgent Care center got together to discuss the possibilities. She'd been in Mexico – maybe it was a parasite? Or perhaps she did have TB. But as soon as the X-Ray was taken, she realized she was going to be fine.

Such is the nature of a conversational post-hypnotic suggestion. Sure enough, as the week passed, the lymph glands in her neck gradually returned to their usual size.

After a month of courtship, my girlfriend wanted to go somewhere for Spring Break. She suggested San Diego, or Texas, or Florida. I wasn't interested in going *anywhere*.

But if we were going to go somewhere, it might as well be a productive trip. I said that I knew some people in Ashland Oregon. This is where Donna Eden used to

live, before she became famous.

She thought that Oregon would be a nice place to visit. I scheduled a followup visit for the Eden Energy Medicine practitioner whom I'd seen before.

On the day of the visit, I offered my appointment to my girlfriend. Because I'd already had several sessions with this Energy Medicine practitioner, I knew how powerful a single session could be. She was a little apprehensive, but something inside said "take it!"

I was able to watch the session. The practitioner was amazed with her new client. She had a lot to say. Much of the comments centered around the fight-or-flight response, which was on overload in my girlfriend. When the fight-or-flight response is active, it takes energy from all of the body's other systems. This had played out in various ways through her entire life: the constant fights, all the people in her life who'd died prematurely, etc.

But the practitioner recognized a tremendous potential too. What I remember most was the comment about my girlfriend having a tremendous aptitude for healing others with her hands. The exact words were, "You're going to heal a lot of people with these hands."

We spent the next 2 years trying to figure that ability out. At first my girlfriend didn't care about her potential as a healer. About a year after we got married, my wife found the courage within herself to tentatively "see what she could do." And *that* has been quite a fantastic journey.

Borrowing The Expert's Skill

Win Wenger, PhD, has a number of techniques for getting past our usual limited way of perceiving.

He calls one of his tools “Borrowed Genius”, where the learner uses their imagination to put on another’s head to ‘see’ as if through another person’s eyes.

The borrowed genius procedure allows us to perceive a situation as an expert in the field would. *What does the expert notice that you normally would not?*

Many other authorities advocate studying experts' abilities to add their unique insights to our own.

For example, noted speaker and author Napoleon Hill talks about developing others' positive characteristics in *Think and Grow Rich Action Pack*, pg 248:

While I was passing through the age of “hero worship,” I found myself trying to imitate those whom I most admired. Moreover, I discovered that the element of faith, with which I endeavored to imitate my idols, gave me great capacity *to do so quite successfully.* (emphasis in original)

I asked my girlfriend/wife many times to help me relax by working on me with “other people’s hands.”

I wanted her to be able to notice more when she worked on me, but when she

finally agreed to this strategy, we quickly found that her implementation of the protocol was slightly different than I expected.

Instead of just “borrowing” the expert’s perceptual abilities, she *became* the expert in question.

This is a step beyond Dr. Wenger’s technique and is known in the literature as “deep trance identification”.

Another label is channeling.

Whereas one who borrows another’s perceptual abilities should remember the experience, my wife has little-to-no memory of what she does or says when she identifies herself as another. She explains,

“I did not intend to ‘channel’ these personalities. They just came to me. In fact, I’ve been aware of the deceased since childhood, but I was too fearful to initiate conversations. The first time I ‘communicated’ with a long-dead person for James, I woke up the next morning in sleep paralysis, and on the other side of my bedroom was a very dead woman, yet she was awake, and leaning against the wall. Since then, I’ve discovered it’s much easier [and less spooky] to ‘turn off’ while helping James. “

In fact, the guest personality has in some cases told me explicitly to *NOT* tell my spouse about their follow-up instructions.

She started with living experts who we've met – Donna Eden, my Osteopath, Donna's senior teaching assistants, etc.

There were also some now-deceased figures of historical interest too: Dr. A.T. Still (founder of Osteopathy) and Dr. Tucker, D.O. (founder of Neuropathy, an early offshoot of Osteopathy).

At our second and last encounter, Dr. Tucker mentioned, almost casually, that my wife could talk to Edgar Cayce too. He also said we should do so promptly.

Cayce had reincarnated soon after his passing in 1945, and that it would be more difficult to contact the "Edgar Cayce" personality as he became further removed from that particular life experience.

Channeling Edgar Cayce

A month later, out in our hideaway in the high desert, my wife decided to work on me as Edgar Cayce. “But he wasn’t a healer, he just gave readings...” My protestations were of no use - she probably just wanted to get me to quit whining all the time and asking her to work on me.

First she went to a deep meditative level of the mind, as she'd done many times before.

Then she made motions as if she were putting on her target’s hands, head and body.

She was quiet for a minute, then she started talking. At first she sounded like herself, but as the session developed her voice took on a decidedly southern flavor.

“Mr. Cayce” started his investigation by feeling my spine, and noted that a problem in the lower thoracic wasn't there anymore. One of the first things he did was reset my pancreas. He asked me if it ever burned when I urinated: “sometimes”.

“Exactly, you’re dehydrated.” He counseled me to drink more water every day. The kidneys are one of the body’s primary eliminative organs, and I was overworking them by failing to drink adequate amounts of water. The pancreas also had something to do with letting people walk all over me.

There was a connection from my eyes to my hips, and he did something to release that. I promptly misplaced my glasses, which was probably for the best: the only

thing worse than no glasses at all is wearing a prescription that causes the body to strain itself.

'Cayce' said he hated working on people, and that this was the only time he would ever work on me. "If you come get me again, it better be interesting, and *you* are *not* interesting."

There were a few instructions:

All healing is self healing.

Instead of expecting my wife to provide relaxation for me, I had to find it myself.

He gave the example of someone he'd known in Virginia who wanted a healing. He'd turned the boy down, and the kid did just fine after he performed appropriate self-care for himself.

Mr. Cayce asked if I'd been running, as another channeled healer had told me. "A little".

That was not enough - I was to go out every day for much longer distances.

I needed the running because my energies were habitually homolateral. In Energy Medicine parlance, this means that my body-system's energies were confined to running up and down the same side of the body, when they should be connecting to the opposite side.

Our bodies work sub-optimally when its energies are homolateral: we have ½ the thinking power, ½ the immune system capacity, ½ the coordination, ½ the healing capacity, etc.

Running is one exercise that retrains the body-system to connect left and right, by virtue of the motion involved. With each footstep, the runner also raises their opposite arm.

There are many ways to retrain the body so that its energies habitually choose the more beneficial cross-over pattern, but running is the exercise that Cayce said I needed most.

I was also told that I had to use my Radial Appliance to get better.

At that point, I hadn't used my prototype appliance for almost 3 years. Once a day was good, twice or three times a day was better.

The Radial Appliance helps balance the parasympathetic nervous system, which was exactly what my body needed most.

Furthermore, I was instructed to get angry at people who take advantage of me:

“I was an angry son of a bitch, and so are you.”

My usual pattern was to allow the situation, and even empathize with my abuser.

The anger had been stored in my colon, and a colonic was prescribed: “you need to

stick a hose up your butt, but I won't do it for you, that's disgusting.”

Also interesting was the comment about Cayce’s host: "this body is stiff," and that it had "lots of acids."

I had encouraged my wife to eat celery and larger quantities of other vegetables, or at least take some baking soda in water, but she continued with a diet that consisted of large amounts of animal proteins.

When the assessment was later brought to my wife's attention, she agreed that she was incredibly stiff. After the fact, an oriental medicine doctor advised her to consume more alkaline foods (lemon juice, vegetables, etc) and to cut red meat out of her diet completely. Red meat has more acids than fish and fowl (chicken, turkey, etc). Cayce's approach to the diet is covered in the report on [Edgar Cayce's Guide to Enhanced Intuition](#).

'Cayce' also mentioned, almost offhand, that our cat needed sunlight.

She's white with green eyes, and has spent the past 8-years of her life indoors. She liked to sit in the windows at some of our prior residences, but the hideaway was easily the darkest of all the places we've lived.

Vitamin D, synthesized by the skin on exposure to Ultraviolet light, is crucial for the health of all mammals, and our poor cat wasn't getting enough of this vital nutrient.

Balancing the Body's Charges With Edgar Cayce's Radial Appliance

Edgar Cayce covered a lot of ground in his 14,000+ readings. Some recommendations were only used occasionally, and others were given out regularly.

A device perfected over a series of years in the readings was said to be good for everyone.

Cayce called it the "Radio Active Appliance" for its ability to distribute and balance the body's radial energies.

Because the device's name given in the readings would easily confuse the unfamiliar (the "Radio-Active" Appliance is NOT "radioactive"), post-1945 names for Cayce's Appliance are the Impedance Device or the Radial Appliance.

The Appliance is fairly simple in design. It consists of two pieces of carbon-steel separated by two pieces of glass. These are surrounded with plate carbon or graphite, and held together with a single layer of masking tape. A hole is drilled into each of the pieces of steel, into which a binding post is attached. This core is placed in a container - usually brass or copper - and the empty space is filled with fine charcoal. The Appliance is sealed with a layer of hot glue and (optionally) non-conductive epoxy, with only the two binding posts externally visible. The hot glue permanently seals the core from the environment.

The carbon-steel must have *at least* 6/10ths of a percent (.6%) carbon - C1060 is the grade of steel usually recommended.

The Appliance will not function correctly if the carbon content of the steel is too low. Some batches of C1060 only have .56% carbon.

Later readings said to use *tool steel*. This form of steel also has a high carbon content.

The Radial Appliance is activated when the carbon steel core is chilled. An ice-bath is used to lower the temperature of the Appliance.

The two pieces of steel are attached to the body with copper wires connected to two German-silver plates. Also known as Nickel-silver, this material is a mixture of nickel and copper (and sometimes zinc). One wire is red and the other is black. The difference in the steel cores is created by always attaching the Positive/red wire to the body first.

One way the Radial Appliance works is by "picking up the electrical charges flowing through the body which are in excess in one place and deposits them where they are deficient in another." No electrical current is produced by the Appliance itself - the body's charges are just redistributed.

This has the effect of balancing circulation (superficial and deep). A week of regular use is usually enough to warm cold feet.

The Appliance has a potent effect on nerve function. The autonomic nervous system controls smooth muscle and glands, and has two parts: Sympathetic and Parasympathetic.

While the Sympathetic nervous system governs the "fight or flight" response, the Parasympathetic nervous system governs "rest and digest".

When "fight or flight" is over-stimulated, it can be difficult to reactivate the "rest and digest" nerves.

This is where the Radial Appliance comes into play - it is the single best way to balance the parasympathetic nervous system. By redistributing charge, the Parasympathetic nerves are tickled back to a more normal state of functioning.

The chilled Appliance's two leads are usually connected to a wrist and the opposite ankle. If the red wire is first attached to the inside of the right wrist (nearest the thumb), the black wire is attached second to the inside of the left ankle.

On the second usage, the red wire is attached to the left wrist first and the black wire is attached to the right ankle.

The third usage has the red wire attached to the left ankle, and the fourth has the red wire attached to the right ankle. The black wire is attached to the opposite wrist each time.

Sometimes Cayce gave variants on this usage - if circulation in the head was a problem, he recommended switching the red plate between wrists, and only attaching it to the ankle every third or fourth use.

Sometimes the plates were connected to nervous centers on the spine, at specific vertebrae, or near the navel.

Once attached, the user lies in a meditative state for 30 minutes to an hour. The position should be in a comfortable recliner or flat on the floor.

When I started using my Radial Appliance again, Cayce said (at a followup encounter) that it wasn't working for me because I was too close to electrical influences (a CD player was right behind the chair) and that I wasn't comfortable enough. I found lying flat – on a bed or the floor – to be an acceptable position.

Frequently a user won't notice anything from being connected to the Appliance.

Sometimes I notice a tingly feeling, then I feel tight muscles in my back relaxing and letting go. When I first started using the Appliance, I'd quickly lose consciousness. This was something like falling asleep, but not exactly. In hypnotic literature, there is some discussion of “bridges of consciousness” between different brainwave states. For example, most people's only experience of theta brainwaves is when they are fast asleep. With training, an individual can stay conscious while experiencing different brainwave levels.

I lost consciousness less frequently as I used the appliance more, and began to enjoy the feelings of relaxation that accompany a balanced nervous system.

After some time – 20 minutes, 30 minutes, 60 minutes, 2 hours – has passed, the user disconnects from the Appliance. It is removed from the ice bath, and stored on a *non-metallic* surface.

Storing the Appliance on metal changes the vibration of the steel, so that it's too active. If an appliance is accidentally stored on metal, it can be shorted out by submerging it in water, then reset by charging it in sunlight.

It's okay to “fall asleep” while connected to the Appliance. The user should detach the wires when they wake up.

Cayce said to occasionally 'charge' the Appliance with sunlight - 20 minutes is usually enough. Sometimes longer periods of sunlight and/or moonlight are appropriate. If the appliance gets shorted out by being submerged in water, it should be charged in sunlight.

While Cayce introduced the Radial Appliance, and gave no credit to anyone else, it is likely that the technology is very old. Perhaps it is even Atlantean. It is only in the modern era that humans have the ability to once again produce steel with the specific carbon content required.

Testing the Radial Appliance

The human aura is an energetic field that surrounds and permeates our physical body. The aura is how we interact with the world – it sends our energies out into the environment and filters the environment's energies before feeding them into the chakras.

Working with the aura benefits all of the other subtle energy systems. There are several different ways that a person's aura can be damaged.

Sometimes the aura becomes disconnected from the body. A person whose aura is disconnected tends to have very thin or non-existent inter-personal boundaries. Such a person has a tendency to pick up and share other people's undesirable energies.

When the aura collapses, it shrinks so that it closely hugs the body. Someone whose aura has collapsed can feel vulnerable, hopeless and alone. Sometimes surgery or illness causes the aura to collapse. The body does this to protect the organs and makes the person not want to be sociable while they recuperate.

Injuries – both physical and emotional – are reflected in the aura. A disease state first reveals itself in the aura before it ever appears in the physical body.

We've found that using the Radial Appliance dramatically strengthens the Aura. This is due to the way it acts upon the body.

The Appliance works with the body's Figure 8 patterns, and heals the body by weaving up holes in the body's energy fields.

It starts with the holes at the outermost edges of the aura, and over years of use slowly works its way in closer to the body.

The Radial Appliance can also “weave up” injuries obtained in previous lives.

One of the first things my wife noticed was how much my aura expanded when I was attached to the Radial Appliance.

I went to a class on the body's subtle energies soon after I started regular use of my Radial Appliance.

One aspect of the class involved testing the aura to see how far it extends from the body. Because I was using the Appliance twice a day during that period, we were unable to find out exactly how far my aura extended.

The procedure to test the extension of a person's aura is simple:

Aura Testing Procedure

1. Have the testee extend their arms at 45-degree angles in front of them, parallel to the floor.
2. Get a baseline reading. Tell the testee to “hold” while pressing down on their forearms, just above their wrists.

3. The tester “chops” through the testee’s aura just past each hand’s finger tips. The tester then return to the front, tells the testee to ‘hold’, and pushes down as before.
4. There are two outcomes for this test:
 - a. If the arm tests strong as before, the testee’s aura extends past their fingertips. Re-test by “chopping” at subsequently farther distances.
 - b. If the arm tests weaker than before, we know that their aura does not extend very far past their finger tips. Sometimes the aura doesn’t even make it to the fingertips. “Chop” and test at various points along the arm until you find the location that remains strong.

While the Radial Appliance is a potent aura strengthener, it also has the potential to collapse the aura. This is done by thinking about things you don't like or conditions that you're not happy about.

Some of the experiments that we have conducted are described at the end of this report.

Supercharging the Radial Appliance Experience

While Cayce said that his Radial Appliance would be good for everyone, it was frequently recommended in combination with other therapies.

The most frequent combination was with massage and manipulation.

While massage was advised on its own to help distribute circulation (amongst other purposes), Cayce recommended use of the Appliance to "wire in" this redistribution, or to make the correction last.

The form of manipulation most frequently counseled by Cayce was Osteopathic manipulation.

Bones are moved by muscles, and muscles are controlled by nerves.

An operator with skilled hands can quickly calm misfiring nerves, thereby causing a tight muscle to release. This release restores the bony structure to a more normal orientation. And when the bones are where they're supposed to be, all the body's systems work better.

More information on present-day options for Osteopathic treatments can be found in the report on Edgar Cayce's preferred forms of manipulation.

(I experienced some stumbling blocks while putting together the report. My wife thought I needed to talk to Cayce again, so she called him in. 'Cayce' said that our

emphasis was totally wrong, and that he didn't recommend Osteopathy very frequently. Recall that I didn't find my Osteopath until I'd already taken care of my other dysfunctional energy systems, and that all healing is self-healing. The information about present-day options for this style of treatment are placed in a separate report to encourage people to do what they can for themselves first.)

Bringing Rest to the Weary: Insomnia and Nerve Imbalance

Preparations to assist the body with sleep are a popular item today.

Pharmaceuticals (Tylenol PM, Ambien, etc), supplements (melatonin), teas (chamomile), home remedies (warm milk), self-hypnosis - all offer their own trick to falling asleep.

Sometimes these are relatively innocuous, while others produce dependency. I met a woman not so long ago that had quickly become hooked on the latest-and-greatest prescription sleep aid. It was wonderful for a week, but she quickly found herself dependent on the pill for any sleep at all.

Weaning herself off the drugs was quite an endeavor! When we first met, she'd found a routine of taking a different prescription sleep aid once a week was helpful. She kept detailed logs of when she awoke, but sleeping was quite a chore, and she didn't know what else to do.

I myself used to have a very tough time falling asleep. This was the case for the entirety for my childhood years. I'd toss and turn in bed for hours before I finally passed out.

When I first learned about self-hypnosis, I found that just attempting to relax my body was enough to quickly pass out most nights. But being able to relax the body on command was an elusive goal until I started using the Radial Appliance regularly.

Because the Radial Appliance calms nerves that are overactive, it quickly quiets an overly active body and allows it to easily fall asleep.

It works better than osteopathic manipulation treatments or massage because it can be used every day of the week at home, in the evening, just before bed.

I recommended that the sleep-deprived woman go to my osteopathic physician. I was stunned that she already knew him, as her son was a former patient, and numbness in her partner's face had gone away with a few treatments. (This recommendation was given before I was told to start using my Radial Appliance again)

Three months later, I saw this woman at the next class. She actually sought me out to tell me how much better she was doing after seeing the Osteopath that I'd recommended.

But there were two problems: the physician wanted to see her twice a month, and all those visits strained her budget. All the best osteopathic physicians I know accept cash or check, and provide a receipt so that their patients can bill their own insurance.

And even though she was sleeping better, she wasn't doing as well as she would like, and she didn't know what else to do. The Radial Appliance is an excellent option for her. Whatever you're doing for yourself, the Radial Appliance makes it work better.

Further Considerations on the Importance of the Radial Appliance

There's an old nursery rhyme about a hard-boiled egg: "Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. And all the king's horses and all the king's men, couldn't put Humpty Dumpty together again." This is obviously because the king didn't have Edgar Cayce's Radial Appliance.

If you've been working for years on putting yourself back together, balancing the body's nervous systems and subtle electric charges with the Radial Appliance is like using glue to mend all your separate pieces back together into one coherent whole.

For more information on the Radial Appliance, visit:

<http://radialappliance.teslabox.com>

The Lucidity Training Device

Responsibility for the development of esoteric technology has been passed from group to group for generations. One group from the 19th century was The Theosophical Society, founded by H.P. Blavatsky and Col. O.S. Olcott in 1875.

Many books were published by this organization, including *The Mahatma Letters to A.P. Sinnett*. These letters were from a group of advanced teachers (known as the Mahatmas) to the then-editor of India's most prestigious English-language newspaper (circa 1880). These letters covered a variety of metaphysical topics, and were said to have materialized on a semi-regular basis in a certain location.

One of the letters offered a physical technology to improve the student monk's ability to perceive:

The methods used for developing lucidity in our chelas [student monks in Tibet] may be easily used by you. Every temple has a dark room [snip...]

[End of Free Version of this text. The rest of this section about supercharging the body's chakras is available for FREE with the purchase of the two other reports:

<http://teslabox.com/store/ebooks>]