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Circulating File

EXERCISE

**A compilation of Extracts
from the Edgar Cayce Readings**

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EXERCISE CIRCULATING FILE

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Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

There are in truth no incurable conditions.... 3744-2

This Circulating File consists of passages from the Edgar Cayce psychic readings on exercise. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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EXERCISE CIRCULATING FILE

Exercise*

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EXERCISE CIRCULATING FILE

Through diet and exercise the greater portion of all disturbances
may be equalized and overcome, if the right mental attitude is kept.
288-38, Female 29, 9/19/1934

EXERCISE CIRCULATING FILE

EXERCISE (Morning & Evening)

1523-2, Female 29, 2/10/38

And this will aid - with this character of exercise - to strengthen the muscular forces of the abdominal area.

Then if this congestion is entirely relieved, by keeping to the activities indicated, those tendencies for adhesions and for the lesions that form through the operative forces will be aided through the increased circulation as to also bring the nearer to normal activities of the body; making for better position of the organs of the pelvis, making for better assimilations and activities throughout the bodily forces themselves.

The exercises as we find that would be indicated for this body are not to be taken just occasionally, but should be used in a systematic, consistent and persistent manner for at least periods of three to four weeks; then there may be a rest period from same for a week to ten days, and then be revived again.

But as we find, if these are CONSISTENTLY kept, there will be such an exuberance or the reaction will be such that the body will desire to keep them the more often.

Of morning, and upon arising especially (and don't sleep too late!) - and before dressing, so that the clothing is loose or the fewer the better - standing erect before an open window, breathe deeply; gradually raising hands ABOVE the head, and then with the circular motion of the body from the hips bend forward; breathing IN (and through the nostrils) as the body rises on the toes - breathing very deep; EXHALING SUDDENLY through the MOUTH; NOT through the nasal passages. Take these for five to six minutes. Then as these progress, gradually CLOSE one of the nostrils (even if it's necessary to use the hand - but if it is closed with the left hand, raise the right hand; and when closing the right nostril with the right hand, then raise the left hand) AS the breathing IN is accomplished. Rise, and the circular motion of the body from the hips, and bending forward; EXPELLING as the body reaches the lowest level in the bending towards the floor (expelling through the mouth, suddenly). See?

Then of an evening, just before retiring - with the feet braced against the wall, circle the torso by resting on the hands. Raise and lower the body not merely by the hands but more from the torso, and with more of a circular motion of the pelvic organs to strengthen the muscular forces of the abdomen. Not such an activity as to cause strain, but a gentle, circular motion to the right two to three times, and then to the left.

Take these exercises night and morning; the standing and the bending and circling with the breathing of a morning; the circular motion of the pelvis and the torso of the body with the feet braced, using the hands, of an evening; doing these, of course, with the clothing loose or removed, so that there are the full movements.

And then keep the eliminations well - by the diets and by the activities that may bring about the full eliminations and we may bring to normal conditions this body.

EXERCISE CIRCULATING FILE

1131-3, Male adult (Gasoline Station Operator), 3/18/36

Of morning upon arising take the head and neck exercise; circulating the head first, very slowly, three to five times to the right, then three to five times to the left. Sitting or standing erect, bend the head BACKWARD slowly, just as far as it can, three times; then forward three times; then to the left three times; then to the right three times. Take the TIME to do these, slowly but definitely; not as rote but as doing an act for the accomplishing of a purpose.

Then the exercise of the arms, as straight out from the body, either side. Then bend backward, with the arms attempting to touch in the back; three, four, five times. Then to the front, or from the back to the front.

After these exercises, inhale - shake the solution and inhale - the fumes through the nostrils ONLY; two, three times through each nostril.

In the evening just before retiring, take rather the circular motion exercise of the body from the hips up, first; standing erect, hands on hip, circling the body as from the hips. Then bend forward, without bending knees, the fingers towards the floor. Then standing erect, hands on hips, take the circular motion again of the head and neck.

658-1, Female 60 (Hotel Manager, Protestant), 4/15/31

In the physical forces of the body there are those physical conditions of which the body should take warning. While the conditions as yet are not such as to be so detrimental in the PRESENT conditions or status, there should be precautions taken as respecting those of the eliminations - that affect the blood pressure in the body; for with the conditions existent, these WILL eventually - unless the proper precautions are taken - bring about detrimental forces.

Be mindful that there is not too much of the vitality used in the body exercise, or in the worrying over varied conditions, and keep the eliminations. This does not merely mean those of the alimentary canal, but as related to the whole system. This may well be done by SPECIFIC exercises, or the COORDINATION of vibratory forces in the system, and by the mindfulness of the diet itself.

We would, then, for those precautions, be mindful that - in the exercises - the head and neck exercise is taken, especially in the mornings, that the body may gain its full equilibrium, removing the strain on the head, the neck, allowing the circulation through those portions of the body that clarification may take place. Of evenings, when retiring, those exercises of the lower portions of body - in circular motion, in stooping, in bending - these will reduce those pressures that at times cause a nervous or mean, or little headaches and dizziness that comes to the system; keeping the alimentary canal in an even manner, with full eliminations, not overtaxing any portion of the system. These may be done by the altering or the changing in the diet, and by exercises as outlined.

EXERCISE CIRCULATING FILE

General

4462-1, Female 44, 1/19/27

We find that the exercises such as the sitting-up exercise when the body first arises of a morning would be well, for this will bring strength to the lungs, vitality to the blood supply, and new life, as it were, to the muscular forces of the body. Take, then, at least five to ten minutes of exercise of the arms and limbs when the body first arises each morning.

2090-2, Female 39, 11/30/40

(Q) What type of exercise is best for the body?

(A) Walking is the best exercise. Bicycling, - either stationary or in the open, - is well. These are the better types of exercise. The open air activity is better.

628-3, Female 6, 11/13/34

(Q) Would any type of home exercises produce similar results to osteopathic treatments recommended?

(A) No. Corrections and exercises are quite different. To be sure, head and neck exercises would be HELPFUL, but they would not take the place of the three to - Well, THREE adjustments

EXERCISE CIRCULATING FILE

Exercise (Feet)

1771-3 Female 21, 6/26/39

(Q) What is condition of back? Why does it ache from standing a long time? (A) As just indicated, there have been some mis-adjustments. Hence we would have those corrections along this line, especially in the areas indicated, and also in the lumbar and sacral axis.

(Q) What will correct the metatarsal arch?

(A) The corrections in the way as has been indicated.

(Q) Would you recommend special foot exercise?

(A) It would be well if there would be this exercise night and morning; night before retiring - but after the massage as indicated, see; and of morning just before putting on the hose - after the massage has been given:

Stand erect (without anything on the feet, of course). Then raise the arms, gently, slowly, over the head, - directly over the head. Then gradually rise on the toes. Then, as the body relaxes or lowers itself, lower the hands also, the hands extending in front of the body. Then rock back upon the heels, with the hands extended sufficiently to strain or to exercise the bursa of the heel, or those portions of the heel AND the arch, you see, to aid in strengthening. Doing this, together WITH the massage of the properties indicated through heel and arch, and especially over the frontal portions of the foot, we will bring better conditions for same.

1620-3, Female 45, 12/14/38

(Q) What is the most effective treatment to follow to stop the progression of structural destruction in my feet?

(A) Rising upon the toes twice a day, morning and evening - upon arising and before retiring. Before putting on shoes and stockings of morning. Raise the arms, rocking back and forth on the heel and toe. Gradually, as the body raises up, raise the arms high also. Such an exercise is most beneficial.

(Q) Can they be re-aligned by manipulation?

(A) They'll be more aligned by the exercise, in this particular case; though manipulation can materially aid.

Do those things.

EXERCISE CIRCULATING FILE

4003-1, Male 45, 3/24/44

Some disturbances are indicated in the digestive forces of the body. These are from the lack of proper eliminations even though there are regularities. With the variations that occur from bodily exercise and the general changes indicated in the body, the eliminations need to be increased from these angles. This may be done in no better manner than by having colonic irrigations occasionally and by including in the diet such things as figs, rhubarb and the like.

Hydrotherapy and physical exercise, combined with these, should bring the better conditions for the body. These are the manners in which the body, or any individual body, may keep better activities.

In the diet we would keep the correct balance between the acids and alkalines of the body. This may be done by the using of vegetables and grasses, raw foods and fruits.

The exercise that we would follow for this body would be the stretching much in the manner as the exercise of the cat or the panther, or that type of activity; stretching the muscular forces, not as strains but as to cause the tendons and muscles to be put into position for the formation of strength-building to the body.

Do these and we will make for better conditions for this body.

Ready for questions.

(Q) Should the corrections in the foot be made by an osteopath?

(A) Be made by an orthopedic surgeon. If he is an osteopath it would be very well, but any good bone structural specialist would be good - though this treatment suggested here will receive more consideration and sympathy by those of the osteopathic school.

(Q) How may "classic" physical development be retained over the longest possible period of years, without sacrifice of health?

(A) As indicated through the exercise and diet, and the character of exercise that follows closely the movements of the cat and its kind.

(Q) What causes this digestive upset?

(A) Read that just indicated as to the lack of the proper associations of eliminations. Thus as indicated, have a few colonic irrigations and then set up better eliminations throughout the body-forces - as the accumulations or deposits are broken up and ready for eliminations from the system; else we will have them settling in other portions of the body.

We are through with this reading.

EXERCISE CIRCULATING FILE

Exercise (Not Always Advisable)

283-1, Female 46, 7/22/27

Then, to over-exercise any portion not in direct need of same, to the detriment of another, is to hinder rather than to assist through exercise. Exercise is wonderful, and necessary - and little or few take as much as is needed, in a systematic manner. Use common sense. Use discretion.

1772-2, Male 70, 11/18/40

(Q) Is exercise dangerous to the condition of the heart?

(A) As indicated, this is not an organic heart condition, you see; but it is from a combination of things. Until there is the beginning of better eliminations, strenuous exercise would be dangerous; but as improvements come, a little general exercise would be beneficial.

4008-1, Male 41, 3/28/44

(Q) In exercise what muscles should I concentrate on, if any, for most beneficial results?

(A) This depends upon what portion is to be developed, but as indicated, it is not best to undertake this until the subluxations have been corrected and there has been established better circulation and coordination through the body.

603-3, Female 34, 5/11/37

(Q) Would Dr. Thind's [Bhagat Singh Thind] [breathing] exercises help?

(A) Not until there have been the proper corrections made. These would tend to make for too much pressure, without the physical body being in perfect accord. The corrections made, then these gradually taken are very good; but these taken with the abnormalities in the cerebrospinal system and the pressures in the cerebrospinal nerve system and the sympathetic system are harmful.

EXERCISE CIRCULATING FILE

5162-1, Male 45 (Business Administrator), 5/27/44

We would not make or take the exercises as to raise the kundaline forces in the body without leaving that kind of an experience that is of a nature to coordinate the activities of such exercises through the organs and centers of the body. Not that these are not good, but it is not very good to give a child a razor, not very good to use a razor to sharpen pencils and try to shave with same. So it is in the activities of those who disregard the means to an end of bringing coordination to organs of the body.

Exercise (Head and Neck)

3755-1, Female (Adult Writer), 4/ 21/21

It will be well if this body would take exercises to give more strength. Keep this thought always in mind to give strength to the eyes. Exercise the head and neck muscles by exercises regularly.

4565-1, Female 25, 3/8/28

(Q) Will the eye trouble be corrected?

(A) This a reflex from the cervical region and a sympathetic trouble. The head and neck exercises will correct this condition with the osteopathic corrections of those centers in and near the secondary cardiac plexus.

3008-1, Female 66, 5/18/43

The activities should be much in the open; walking.

And take the head and neck exercise regularly; this for the head, the neck, the eyes, and the organs of the sensory system....

(Q) What can be done to stop the growing tendency towards deafness?

(A) The head and neck exercises, as suggested

EXERCISE CIRCULATING FILE

5404-1, Male 65, 8/26/44

(Q) May anything be done for hearing?

(A) This should be been done long since. The head and neck exercise will contribute more to the assisting of this in the present than mechanical applications to the ear. This is the character of exercise: Do these of a morning standing, of an evening sitting. Sitting erect bend the head forward three times at least, then back as far as it may be bent three times, to the right side three times; then to the left side three times. Then circle the head and neck to the right three times, then to the left three times. Be consistent with this though, not just doing it occasionally. Thus we will make for helpful forces in the auditory activities with the inhalant as it purifies the circulation through soft tissue.

470-37, Male 54, 6/20/44

These, then, necessitate that the attitude be kept without getting mad, yes, but don't say anything, don't think it. Just know that you can't afford to for physical self and for the better self.

For those conditions with the sympathetic system, if the body would take the head and neck exercise, we will find it will relieve those little tensions which have been indicated as part of conditions in head, eyes, mouth and teeth. All of these will respond to regular exercise of body and neck. It doesn't take long, but don't hurry through with it. But do regularly of morning take the time before dressing, rise on the toes slowly and raise the arms easily at the same time directly above the head, pointing straight up. At the same time bend head back just as far as you can. When let down gentle from this you see, we make for giving a better circulation through the whole area from the abdomen, through the diaphragm, through the lungs, head and neck. Then let down, put the head forward just as far as it will come on the chest, then raise again at the top, bend the head to the right as far as it will go down. When rising again, bend the head to the left. Then standing erect, hands on hips, circle the head, roll around to the right two or three times, then straighten self. Again hands off the hip, down gently, rise again, down again, then circle to the opposite side. We will find we will change all of these disturbances through the mouth, head, eyes and the activities of the whole body will be improved. Open your mouth as you go up and down also.

Ready for questions.

(Q) Is there a cyst on the upper left molar? if so what should be done?

(A) There is an accumulation but it is more as a gum boil. But it will be well if we will rinse the mouth out one time with Glyco-Thymoline or Lavioris and the next day rinse it with Listerine. These are opposite in their effects, yet both are antiseptics and with the exercise it'll disappear.

EXERCISE CIRCULATING FILE

(Q) What should be done about all the teeth?

(A) Have them examined locally, but there are many that do not need much attention, if you'll do these.

(Q) Are the teeth on upper left side close to the antrums so there will be danger in case of extraction?

(A) No, they won't need to be extracted yet. For you'll have many years to use them if you'll keep these exercises and rinses.

(Q) Any other advice or counsel?

(A) Only as to the attitude. As indicated for most people and it is very well here: don't get mad and don't cuss a body out mentally or in voice. This brings more poisons than may be created by even taking foods that aren't good.

7/23/64 GD's note: Mr. [470] told me today that he is in perfect health. Although having the diabetic tendency he has never resorted to insulin, and he feels he has been kept in shape by following the health advice in his readings.

1564-2, Male 44, 6/5/38

This back condition may also be materially aided by the use occasionally of the hydrotherapy methods; that is, the cleansing of the colon itself from the effect of toxic forces and the slowing of the circulation through portions of the system; and where centers or impulses along the cerebrospinal system become as it were a static influence. Not set forces, but short circuits - as it were - for impulses of activity through the whole system itself.

Hence we find, in making for improvements in the conditions for this body:

We would first give that there be an adherence to the diets, those purifiers for the circulation, for the assimilation and the distribution through the system; those things that have been indicated - or that have been applied.

Then, we would have the adjustments in the head and neck; and especially the specific treatment to the eustachians along the right portion of the auditory forces.

Also we would take the head and neck exercise consistently; not just take it one day and forget it the next, or take it once a week or three to four times a week and leave off, but take it morning and evening - two to three minutes. This will add materially to the ability to keep the equal balance, and it will prevent much of those inclinations for the body to FEEL the heaviness through the upper portion of the system. That is: Sit very erect. Move the head forward two to three times, then a circular motion; then to the left or to the right; then to the rear, and then the circular motion again. Do this gently, positively. Not just to be gotten through with, but for DEFINITE activity to be received. (continued on the next page)

EXERCISE CIRCULATING FILE

Then as indicated, once a week for two to three weeks, and then they may be skipped to be given once a month, and then again two to three weeks, we would have the full work-out through the hydrotherapy methods. After the first two to three weeks, the frequency of such treatments will depend upon the general feeling of the body.

Do these, and we will find we will bring the near to normal forces for this body, Mr. [1564].

Ready for questions.

(Q) Right ear only 25% efficient. Is it true this is bone deafness, as the doctors tell me, and that nothing can be done about it?

(A) Rather WE find, as indicated, this character of disturbance becomes bone because of the poor circulation by pressures created in the system, see? and causing along the eustachian tube and the bone circulation LACK of flow of impulse for activity, which means lessening the circulatory forces. And with the applications of those natures indicated, we may increase this to at least eighty-five to ninety-five percent efficiency.

681-2, Female 41 (Beautician, Rosicrucian) 2/28/35

(Q) What other measures may be taken with it to improve my present physical condition?

(A) The diet. And naturally, of course, the regular exercises; exercises that bring ALL the muscular and physical reactions into play, that are to be kept with same.

(Q) What diet should be taken?

(A) There might be one diet given today and then next week you would have another! That which keeps the spittle or salivary reaction alkaline. That which keeps the blood reaction, by test, negative. That which keeps the urine eliminations as a balance at twenty-four (24) without albumin, without sediment, and with an alkaline tendency; but not too great a tendency. That which makes for the proper eliminations and body-building without becoming superfluous flesh, or drainage to same - see? Hence these are to be kept by CONSTRUCTIVE measures and forces, see?

(Q) What can I do for improvement of my eyesight, hearing, catarrhal condition, nervousness?

(A) Just as explained, so that there are the normal reactions in the physical body. Keep body-building forces for each of the axle centers for the varied organisms; as for the head and the body-building forces from the 3rd and 4th dorsal to the head itself. There must be in each center the proper impulses for the circulation that is revived to pass through all of those centers that make for the relief or the

EXERCISE CIRCULATING FILE

building to the auditory forces. Much of this can be accomplished by the stretching of the head and neck, the activities in exercise that would make for - in this particular body - the correcting of the flow of nerve and blood energies to the optic nerves, the auditory forces or ears, the feelings that may emanate from the activities to that which is being trained or developed in the activity of the voice - that may be controlled by not only the deeper nerve or body-building nerves from the diaphragm through the lung area to the larynx and vocal box and to the throat itself, but by keeping these in balance and so revivifying as to overcome those tendencies for the lack of the lymph circulation which is the basis - or the catarrhal condition is the lymph becoming so overcoated with the air in such measures or manners, not being properly balanced to produce the correct circulation, see? Hence the catarrhal condition. So, to say as to what may be the necessary measures for correction and revivifying, we are repeating much that may appear to be contradictory - from specifics, or from the specific condition of the individual; but they are in their own phase of the body-mind development in this body, [681], we are speaking of.

As to the character of the exercise, those are given for the development of the muscular forces of the diaphragm, the lower portion of the lungs or across the sternum to the throat portions; yet if these are developed without regards to the flow from the upper dorsals, through the cervicals to the sensory forces, it is to the detriment of the other portions. There must be kept a body-balance, then. Hence, ionizing of the energies from all the radial forces about the superficial circulation - as may be taken by the activities that come from electrical emanations about self - is helpful. But if these are passed as the equalizing from one extremity to another, and then the exercises, so much the better!

The body must see, to be rejuvenated, the body must be kept in a condition of construction; to ever find that the heart, the digestive organs' combination, the elimination and assimilation, the hair, the scalp, the nasal, the eye, the ear, the throat, the bronchi, the lungs, the structural forces of the body work as a UNIT - or as ONE! And then we may find, and do find, the body BUILDING, ever.

(Q) What can I do for varicose veins, low blood pressure, fallen arches?

(A) Just the same as given. No better exercises may be taken than the stretching exercise; as rising on toes - and this doesn't mean with shoes on! - on heels, rocking back and forth; stretching the arms upward, the bending exercises, what may be literally termed - and is termed by some - the cat-stretching exercises, which includes, of course, being able - (put very coarsely) - to do the split, be able to put the head on the feet, to put the feet behind the head, to make the head and neck exercises and all of those activities that may be said to be of the feline or cat exercise. To be sure, in the present period, present development, present conditions that exist, must be gone at gently; but be persistent morning and evening, working at it, still not letting it become rote, but purposeful.

EXERCISE CIRCULATING FILE

681-2 continued

(Q) Any indication of ulcers of the stomach?

(A) There have been periods when indiscretions in eating, the overtoxic forces, have made for a roughing, and a thinning or smoothing of the walls of the stomach itself; but more disturbance in the duodenum, as we find, has been indicated, than what might be termed ulcers, or even lacerations, in the stomach. More of an acid or a gastric regurgitation is indicated.

1523-5, Female 29, 5/23/38

(Q) What form of exercise is advisable to keep body normal?

(A) A portion of the head and neck exercises, and any of those that keep in that form to make for the correcting of the balance upon the lumbar axis.

Exercise (For Lower Back)

633-6, Male 26, 1/9/37

(Physical Suggestion)

EC: Yes - same address [as for 480-32 which preceded it]. We have the body, [633]; this we have had before.

As we find, there are indications of a great deal of improvement from those disturbances we have had here before. The indications are of those disturbances through the alimentary canal having been materially aided. There is still not as good eliminations through the alimentary canal as there should be. This at times, with the pressure as produced by the filling as it were of the lower portion of the colon and those areas through the lower sphincter muscular forces, produces an irritation to the body and a nervousness. At others the reflex action from the toxic forces as this produces makes for the tendency for the body to be sluggish, or the inclinations - if in an easy position - to easily fall to sleep; or an inclination to put off activities that should be attended to. And these tend to make for further irritations.

But these arise as we find from these same disturbances.

As we find, if there will be the raising of the portions of the coccyx in the lower end of the spine - even through the anus - we would find a great deal of this would be eliminated.

EXERCISE CIRCULATING FILE

Also we find that the exercises as of those that make for the movements of the sacral area are beneficial. These should not be too severe, but regular and specific. The stooping, the circular motions with the hands upon the floor, the feet extended and circle the body around - would be well; as well as the general manipulations to gradually alleviate those tendencies for segments in the lumbar and lower dorsal to adhere or to be close together.

And these will change the whole circulation, as will this also aid in alleviating those tendencies for slow emptying of the stomach itself, as well as making for better assimilation.

These we would do.

Not that we would leave off altogether other suggestions but rather let these as activities, let those as specific applications and the exercises be the greater part of the applications in the present.

Ready for questions.

(Q) Doctor says there is an iliac dislocation. Is this true and what can be done?

(A) As we find not so much a dislocation in the ileac plexus as in the lower coccyx area; and this gradually raised in the manner as indicated, with the exercise and with the general applications indicated, would relieve these pressures.

(Q) What routine now for better elimination?

(A) We would keep much of that as has been indicated, except this raising, this dilating of the anus itself.

(Q) Have the thinning walls been helped?

(A) These have been materially aided, but we would continue - for the present at least, possibly not quite so often but do not neglect to take - those properties indicated for same.

(Q) What particular diet at this time?

(A) A general diet that includes those active forces that have a tendency for laxative reaction; as prunes, figs, stewed raisins - all of those activities that include such. The pie plant or rhubarb, those of such natures that tend to make for not merely weight but an activity to the mucous membranes to the LOWER intestinal system.

(Q) Any other suggestions at this time?

(A) These we would follow as has been indicated. And it is better to take the exercises, specific - stooping and bending, morning and evening - for a few minutes, than to take them a lot one day and leave off for two to three days. For these are MOVEMENTS that not only will rest the body from long activity but will make for specific actions through the areas where disturbances have been indicated. Do that.

EXERCISE (Eliminations)

417-2, Male 36 (Clothier), 8/27/30

(Q) Why do legs feel heavy at times? What should be done to remedy same?

(A) This is produced by impaired circulation through the lower extremities, produced by pressure existent in lower dorsal and lumbar. This may be aided materially by the right character of exercise, and by the keeping of eliminations as respecting the alimentary canal; exercise being such as takes the blood from upper portion of body, distributing same through the lower portion, taking time to take specific exercises of stooping, bending, and circular motions of mornings of the lower limbs, and then keeping up eliminations. This will correct condition.

(Q) What cause the needle pains through side at times? What remedy?

(A) Emptying the colon and alimentary canal, this will relieve same. This is produced by slowing up of circulation through this portion of system.

(Q) What laxative should body use?

(A) The exercise will be the greater laxative to use. The specific as for medicinal properties, a combination of oil, Phenolax and of soda, these taken alternately, will be the most beneficial.

(Q) What is the condition of the eyes? and what should be done for them?

(A) There should be some local treatments for the inflammation in the socket or portion of the eye itself; also some correction in the lens of glasses as used by the body. The best stimuli will be an exercise of a circular motion, and of the bending forward, backward and side, of head - this taken every morning.

(Q) What treatment should the body follow to keep physically fit?

(A) Plenty of exercise in the open, and do not overeat.

2930-1, Male Adult, 3/7/43

(Q) What is the best and quickest way to build up my health?

(A) As indicated, the mental attitudes - combined with the proper eliminations being kept. This will include exercises, of course, as well as the establishing of coordination in all of the eliminating channels of the body.

EXERCISE CIRCULATING FILE

4643-1, Male Adult, 6/6/23

For the condition through the trunk portion to produce elimination, exercise of the character that affects the diaphragm reaction and of the lumbar and locomotories through the portion of the body. Do that, [4643] present in this room.

(Q) Mr. Cayce, what kind of exercise should be taken by this body?

(A) Those that are for the trunk portion of the body. You understand here, you see. Those that move the diaphragm up and down. Those that come to the abdomen and affect the locomotories, here.

(Q) Mr. Cayce, please explain just exactly what kind or form of exercise this body should take?

(A) Lying prone, and the movement of the body and the lower limbs, see.

**Exercises
(Constipation)**

69-2, Female 48, 10/22/29

(Q) Why have I not overcome constipation?

(A) Not sufficient activity of the system in the lower portion. THIS, for this body, will overcome it. Not so much other than the diet that's been taken. Of morning - upon arising - exercise the body only from the waist up, of morning - see? Before retiring, the circular motion of the body from the diaphragm down.

1620-3, Female 45, 12/14/38

(Q) How cure a life long case of constipation? By diet, exercise or faith?

(A) ALL! By the use of the proper diet, by the use of enemas to cleanse the colon, by the use of exercise in the abdominal movements - as has been a part of the experience; AND by faith in that which IS used to be efficient, when CONSISTENTLY applied.

3795-2, Female Adult, 9/8/31

We would take, morning and evening, those of the bending exercise wherein the fingers are tended to touch the floor in the front of the feet - see? that we may LIFT, as it were, those of the pelvis organs, making for that of a better peristaltic movement.

288-24, Female 24, 11/11/29

Yes, we have the body here. This we have had before. The general conditions are bettered. There should not be so much doctoring of the body, but rather the exercise and diet to keep an even keel and balance. That is, the tendency of the system - as has been given - is towards that of constipation, with the various portions of system - or glands - suffering from poisons from same; as tonsil, the appendix region (vermiform appendix) and those of the systems as have to do with assimilations. Cathartics tend to excite a portion of the lymph-producing portion of digestive system, and gradually weaken the vitality. Then, the irrigations are GOOD - but BETTER to be consistent in eating and in exercise.

EXERCISE CIRCULATING FILE

Exercise (Hemorrhoids)

480-45, Female 26, 1/30/38

Where or when these become protruding, we would use first an ice pack, cap or the like against same; and then anoint or massage gently with Tim; taking the exercise that is especially for same; that is:

Gradually rising on the toes, extending the hands high above the head, slowly bend forward just as much as possible; dropping hands, gradually raising hands and rising on toes at the same time, repeat this several times.

555-7, Male 38, 9/11/36

Standing, if the body may stand, and bending to put the hands on the floor, raising the hands as high above the head as possible, this exercise for three to five minutes will help materially.

Bending the body over - as over a table or chair - and pressing upon the nerves about the anus, where we would hold the ends of the ileum and scrotum plexus, will relieve easily.

563-5, Female 25, 3/1/40

Then, - each morning and each evening, before there is anything binding about the body of morning and AFTER disrobing in the evening, - for at least three to five minutes take this exercise: Rise gently on the toes (and this without shoes, of course), and at the same time raise the hands high above the head, then lean forward as much as possible without losing balance. Do this slowly and consistently.

EXERCISE CIRCULATING FILE

Exercises (Reducing)

654-7, Adult Female, 7/28/37

Also we would take exercises each morning and each evening. These exercises will also aid in keeping a better condition through the bodily forces and reduce that tendency for the increase in the weight. Take these same exercises morning and evening, for at least five minutes. Do not take them as something merely to be gotten through or gotten rid of, but see, feel, know - by the very activity - that which is being accomplished for the whole system.

STAND ERECT, with very little clothing. RISE gently on the toes, at the same time taking a deep breath and raising the hands just as far above the head as possible. Then, STILL on toes, tend to lean forward - just as far as the body can.

Keep these up until the body is able to stand ON TOES and touch the floor with the tips of the fingers! Each time the breath is taken rise on the toes, raising the hands at the same time. Just in the last two of these activities use the head and neck motion also; that is, the head far back, gradually brought forward, turn to the side, circle; or the head and neck exercises - taking the others at the same time. This will aid much also in those conditions in the head and in the neck; and, with the use of the Ipsab, change much of the condition in the gums and mouth; as well as having the corrections to aid same - by the adjustments in the cerebrospinal system.

Keep optimistic; not only being good - mentally - but good FOR SOMETHING!

5282-1, Female 43, 6/30/44

(Q) What is a good way to reduce arms and calves?

(A) By exercise would be the better. For these, as we find, there would be used, besides the applications suggested, a regular exercise with feet against the wall, on hands, (face down, to be sure) circle the abdominal area stretching the limbs. Do this about three times, first to the right and then to the left. Do this morning and night, but don't begin it and then leave it off after a day or two, but be consistent. For there are tendencies for accumulations because of lack of activity, and with these activities we will bring much bettered conditions.

EXERCISE CIRCULATING FILE

Exercises (Breathing)

1158-31, Female 51, 8/31/41

(Q) Would breathing exercises help balance my metabolism?

(A) Breathing exercises of some natures are VERY good. Some others, for this body as for many people, would not be good.

Mornings, it is better that these be the enlivening exercises of breathing. When arising of morning, open the lungs for fresh air - not too many clothing on. Breathe in deeply through the right nostril, gently rising on the toes, with the arms gradually extended and raised. This purifies the body. Do this three to four times. One then dismisses ALL of the carbon dioxide from the lungs and fills them with fresh air, unless - of course - one is breathing dust or pollen or some other disturbing factor; but this is presupposing that the body is breathing fresh air, see?

Evenings - before retiring - the inhalations would be to EMPTY the lungs. These exercises would be more of the bending nature. So, when the body is tired is the time to use the bending (while when ready to be enlivened of morning, OPEN the whole lungs and body to the fresh air). These would be good breathing exercises for this body, as well as any other body.

The bending exercises would be standing erect and bending forward. Then the stooping and bending forward, see, emptying the body.

1523-5, Female 29, 5/23/38

(Q) Should breathing exercises be continued indefinitely?

(A) Only as they are necessary. As has been indicated for the body, there is not sufficient of the vital forces through the assimilating system. These may be strengthened or added by the compound indicated for the assimilation, and may be distributed through stimulating the glandular system by the removal of pressures osteopathically as indicated - or the stimulating impulses thusly for circulation. Then as it is a portion of the body's natural development for exercise AND character of breathing, these would become naturally a part of the routine. Not just as rote, but to produce definite results in the physical forces of the body.

EXERCISE CIRCULATING FILE

2036-6, Female 16, 10/19/40

(Q) At times breathing isn't deep enough and doesn't satisfy. Is anything wrong with her respiration?

(A) Rather it's the circulation so increased to the upper portion in attempting to adjust, that it prevents the respiratory organs from responding. There should be the exercise of the arms back and up, and rising on the toes, breathing deep, morning and night.

1773-1, Female 38, 12/30/38 [Posture]

After there have been taken the adjustments for a month or six weeks, we would being then to take some regular exercise; as that to make for a balancing of the equilibrium of the structural body; such as:

Mornings upon arising, take for two minutes and exercise in this manner, - where the body, standing with the feet flat on the floor, gently rises to the toes, at the same time bringing the arms high above the head. Then bring these as far back as possible or practical, swinging both arms back. Then gradually bring them towards the front, then let down. Breathe IN as the body rises, and OUT as the body brings the hands to the front, slowly. Do this three or four times each morning (AFTER some of the adjustments have been made by the osteopath, as indicated). This is an excellent exercise for posture and for aiding in keeping this balance which will be set up by the general manipulations as combined with the osteopathic corrective forces.

2533-3, Male 37, 5/26/42

(Q) Outline breathing exercises best for purifying the body.

(A) Three to five minutes of morning and evening - before an open window, of course - that of rising on the toes with the hands gradually raised above the head at the same time, breathing in deeply. The better way is to breathe first through one nostril, then the other, but this is not easily done - in the beginning. This is the best exercise that may be taken by most any body. For this is not only an exercise of the respiratory system but of all the muscular forces. Watch a cat or a tiger as it stretches. That is the exercise for the muscular forces.

If there is the attempt to vary the breathing from the right to the left nostril, keep same balanced. The left nostril is the spiritual, or the easing; the right nostril is the strength. So keep 'em balanced! Don't get too much strength - that is, don't get more physical strength than you are able to keep balanced through the system. Two to three times through each nostril is the better way, for the expansion of the lungs and for the purifying of circulation by same. Breathe IN through the nostril, OUT through the mouth - when taking such exercise.

EXERCISE CIRCULATING FILE

1523-17, Female 35, 12/29/43

(Q) Would breathing exercise for re-ionizing the system together with the head and neck exercise be well at this time?

(A) Not until we get the body coordinating better physically and physically-mentally. Then these exercises would be very well, to keep the activity in body.

275-45, Female 25, 2/10/38

6. (Q) Should the body carry through the nerve treatments suggested by Dr. Conrad Meibauer, Woolworth Bldg., 233 B'way, N.Y.C.?

(A) These are very well, though there are within the body-forces of the body itself as we find, the mental attitudes and the quieting that can be brought about within, that is much more EFFECTIVE.

But if there is the desire of the entity to have mechanical assistance to the quieting of the nerve forces, very well.

But as we find it can be accomplished much more satisfactorily within self by the right character of meditation and breathing exercise - which would be those with the body seated IN what is ordinarily termed as Chinese or Japanese fashion, and with the chant that has been a portion of the body - of the Ar-ar-r-r---e-e-e---o-o-o--m-m-m [See 275-45, Par. R1], in the deep breathing and the circular motions of the body, and the carrying of the directing of the spiritual influences and the mental activity to the glandular forces of the body; raising these WITHIN self, and directing them to that to be accomplished would be the manner.

Not that this becomes as an Egyptian or an East Indian chant, but keeping the mental attitude of the Christ-Consciousness within that is purifying, is magnifying the abilities for peace, quiet, yet ATTUNING self to the aliveness of not only the emotions but to the mental application for CONSTRUCTIVE experiences in the body and mind.

These are much better than depending upon either suggestion from without or the application of any form of electrical or mechanical appliance for the raising of the vibrations for THIS body, [275].

This would not do for ALL, but can be accomplished within self.

EXERCISE CIRCULATING FILE

1158-19, Female 48, 12/11/38

(Q) Please describe in detail the breathing exercises you mentioned I should follow, in the June 10, 1938 Reading?

(A) This as we find is the extension of the limbs and the arms as the body rises for the intake of the oxygen of a morning. This begins by the gradual raising of the hands far above the head and a bit forward. Gradually arising upon the toes, and this of course is preferable with just the toes, - not with shoes on or the like, unless those that are very soft for such an activity. As the body rises there should be the deep intake into the lungs. And as the body gradually goes back upon the ball of the foot and the heel, exhale. Well that there be the practice also of the inhaling for Strength through the right nostril, and exhaling through the mouth; as well, for the Spiritual, inhaling through the left nostril, exhaling through the mouth. This, of course, would be separate from the BODY exercises and limb exercise as the deep breaths are taken.

2072-5, Female 31, 7/23/41

(Q) When, how often, and in what manner may a purifying fast be taken by my body?

(A) It is better that this be NOT attempted to be taken at the same time that the adjustments are being made and the building forces are being created for the ganglia and the glandular forces.

When there has been the full correction of the MECHANICAL forces, - that is, the structural centers where the lesions have been indicated and are apparent, that prevent the flow of the kundaline forces, as well as the sympathetic and cerebrospinal nerve energies. When these are released, and there is better reaction, this will be most beneficial. Then once in a moon, or the like, it would be well.

(Q) Of what should it consist?

(A) Let's correct the conditions first. Then it may be better given as to the necessary forces to act as a contributing agency to the betterment of the conditions, by its being easily assimilated; dependent upon the coordinated balance created in the chemical forces of the body.

(Q) Alternate breathing, cleansing breath, etc., have seemed beneficial to the body and health when pursued. Please explain the use of breathing and its purifying qualities.

(A) These are well when there are NOT physical hindrances to their more perfect activity. That help has been obtained when there are already obstructions indicates the greater benefit that might be had IF there were the normal flow of impulse from glands and nerve centers raised by activities of breathing.

EXERCISE CIRCULATING FILE

Breath is the life-blood cleansing of the body, normally - see? For, there are the needs for the combination of the gases as inhaled to act upon the purifying of the system. And these are well, if done properly.

In the present, though, we would only take the breathing exercise that so fills the lungs that there is a full equalizing or energizing or the blood-purifying area there. This would be, then: At full height or stature, preferably with few or no clothing on, with plenty of fresh air, - inhale deeply through the right nostril. First it would require closing, or a pressure on the left - but attain to that ability to purify by breathing ONLY through the right nostril. Hold it as long as possible and gradually rise on the toes, as this is taken in, raising the arms to fill the chest more. Then exhale, not too suddenly - but suddenly - through the mouth. Do this for at least three times.

Then rest five minutes.

Then repeat same, this time through the left nostril. And when there is the raising of the body-structural force by the intake, turn slowly from the waist up, so as to allow those areas of the body - that have been hindered - to be purified by the oxygen, which is the most of the gases taken, as well as the others, to affect or be active to the body.

Do this regularly, say at least three times each week.

These would be the beneficial breathing exercises UNDER the existent conditions. As those pressures are removed from the cervical areas, and through the lower portion of the dorsal and lumbar, these may be altered by DIRECTION of breath - as well as position of body. But DO NOT do these until such mechanical corrections are made. The ones indicated, do.

(Q) What do you mean by turning slowly from the waist up?

(A) That is, turn to the left - not moving the feet, but swinging the body around - AS the inhalation is taken, for the LEFT nostril only.

281-28, Glad Helpers Prayer Group, 10/26/36

(Q) Are we using the correct methods of breathing and intonation in our group meditations?

(A) As has been given in Meditation, to some, THIS then is the correct manner: As has been given so oft of old, purge ye your bodies, washing them with water, putting away those things of the mind and of the body; for tomorrow the Lord would speak with thee.

EXERCISE CIRCULATING FILE

Hence in this group make thy mind, thy body, as a fit subject for a visit of thy Lord, thy God. Then as ye seek YE KNOW, as He hath given, that the wedding feast is prepared and thou hast bid the guests, and that ye have come with the garments of the feast with thy Lord, thy Master, thy King, thy Savior.

For lowly as He was in His earthly ministry, He honored all such that gathered for the commemoration of a union of body, a union of mind, a union of strength for their worship, their sacrifice, their meeting with their God.

So do ye in thy meditation. For thy prayer is as a supplication or a plea to thy superior; yet thy meditation is that thou art meeting on COMMON ground!

Then prepare thyself!

In breathing, take into the right nostril, STRENGTH! Exhale through thy mouth. Intake in thy left nostril, exhaling through the right; opening the centers of thy body - if it is first prepared to thine OWN understanding, thine OWN concept of what YE would have if ye would have a visitor, if ye would have a companion, if ye would have thy bridegroom!

Then, as ye begin with the incantation of the [Har-r-r-r-r- aum] Ar-ar-r-r-r - the e-e-e, the o-o-o, the m-m-m, RAISE these in thyself; and ye become close in the presence of thy Maker - as is SHOWN in thyself! They that do such for selfish motives do so to their own undoing. Thus has it oft been said, the fear of the Lord is the beginning of wisdom.

Wisdom, then, is fear to misapply knowledge in thy dealings with thyself, thy fellow man.

281-13, Glad Helpers Prayer Group, 11/19/32

Then, as one formula - not the only one, to be sure - for an individual that would enter into meditation for self, for others:

Cleanse the body with pure water. Sit or lie in an easy position, without binding garments about the body. Breathe in through the right nostril three times, and exhale through the mouth. Breathe in three times through the left nostril and exhale through the right. Then, either with the aid of a low music, or the incantation of that which carries self deeper - deeper - to the seeing, feeling, experiencing of that image in the creative forces of love, enter into the Holy of Holies. As self feels or experiences the raising of this, see it disseminated through the INNER eye (not the carnal eye) to that which will bring the greater understanding in meeting every condition in the experience of the body. Then listen to the music that is made as each center of thine own body responds to that new creative force that little by little this entering in will enable self to renew all that is necessary - in Him.

Exercises Extracted from the Edgar Cayce Readings

by Rex Conyers, D.O.

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Forward

The late Edgar Cayce in his work dealt with man as a trinity; that is that man is physical, mental, and spiritual. Much of the credit for the exercises in this series is due largely to the research of Harold J. Reilly, Ph.T., D.Sc., and Jeffery Furst, both of whom have authored many books, and many of their books relate to the work of Edgar Cayce. I have personally researched much of Edgar Cayce's work and have added to the research of the aforementioned authors.

Basically Edgar Cayce stated that man didn't fully comprehend the art of exercise, and that he should turn to nature and observe the animal kingdom in particular to properly understand the art of exercise because of course the animal kingdom exercises instinctively. He often referred to the cat family observing that stretching was one of the most important modalities concerning exercise in general.

In researching the Edgar Cayce material he oftentimes stated that one should begin their daily exercise by doing vertical or standing exercises upon arising, and then basically do horizontal type exercises in the evening before retiring. In essence he stated that one should prepare themselves for the activity to be undertaken by assuming that position in exercise that one would be maintaining over a given period of time. Thus standing exercises upon arising prepares one for normal daily activity, and horizontal type exercises would prepare one for a night's sleep. I will follow with a few quotes from the Edgar Cayce materials and then proceed to describe the exercises that he most often recommended, and that were construed to be universal exercises or exercises to be used by people in general.

A few of the more pertinent quotes from the Edgar Cayce readings regarding exercise follow. Although the exercises that are included in this series are largely stretch type, or modified yoga exercises that can be done either indoors or out of doors, Cayce recommended outdoor activity as being preferable.

"Well that the body take each day a certain amount of exercise or as much as possible in the open. Walking is the best exercise, but this though---in the open when at all practical."

"The entity should keep close to all of these things that have to do with outdoor activities, as it is the best way to keep yourself young---to stay close to nature, close to those activities in every form of exercise that breathe it into thine own soul, as you would a sunset or a morning sun rising. And see that sometimes --- it's as pretty as the sunset!"

EXERCISE CIRCULATING FILE

In addition to walking and other outdoor sports, Cayce often recommended a regular program of calisthenics and this is the type of exercises from his work included in this series. He frequently used specific exercises for states of dis-ease.

"We find that the exercises such as the sitting-up exercise when the body first arises of a morning would be well, for this will bring strength to the lungs, vitality to the blood supply, and a new life, as it were, to the muscular forces of the body. Taken then, at least five to ten minutes of exercises of the arms and limbs when the body first arises each morning."

Again relating to the animal kingdom and the cat family in particular, Cayce stated, "The crawling exercise is to lie on the floor and stretch just as a cat would. No better exercise may be taken than ... the cat-stretching exercises, which include, of course, being able --- (put very coarsely) --- to do the split, be able to put the head on the feet, to put the feet behind the head, to make the head and neck exercises and all of those activities that may be said to be of the feline or cat exercise. To be sure, in the present period, present development, present conditions that exist, must be gone at gently; but be persistent morning and evening, working at it, still now not letting it become rote, but purposeful."

The following exercises then will follow this general theme. Much additional competent literature is now available, and which makes the validity of the Edgar Cayce material concrete. I am speaking specifically of the work of Kenneth H. Cooper, M.D. regarding his work which he has chosen to title, "Aerobics," and which is the official exercise program of the United States Air Force and the Royal Canadian Air Force. Dr. Cooper initially did his work while serving in the Air Force, and was done largely with men. Since initiating his program he has come out with three books and has expanded the program to include specific exercising for women. These books are available in most any bookstore, and can be procured at the clinic for your convenience should you desire to read his program, and use the many charts and point systems that he has devised. His last book, "The New Aerobics," deals with much of the feedback that he has received from people around the world concerning the benefits they have derived from his program.

The exercises generally in the Edgar Cayce material deal with callisthenic type (stretch) exercising. He does stress walking to be one of the very best forms of exercise. Dr. Cooper's work merely accentuates this concept and gives various age group's guidelines as to the goals to be achieved through the charts outlined in his books.

The vertical type exercises will be listed first, and then followed by the horizontal type exercises. Each exercise will be prefaced by the clarification as to whether it is construed to be included with the vertical or the horizontal group.

EXERCISE CIRCULATING FILE

These exercises are selected for general conditioning and well being, and for A.R.E. oriented individuals, they are also used as a preparation for meditation. The number of repetitions is an individual consideration, to be increased as a person becomes conditioned to them. It is suggested that each patient always make at least an attempt to do each of the exercises once. As you become more proficient you may increase some exercises more than others. You may find that you may want to limit certain exercises to a maximum of three times, but that others you may want to increase to seven, twelve or even as many as twenty-four times.

It is important in coordinating these exercises that they be done in a persistent manner. That is, these exercises should be done each day. It is very important that we do not begin this program and then allow periods of lapse in our exercise program. It is much better to do them only a little bit, and make an attempt at doing them rather than doing them all vigorously for a time and then discontinuing.

These exercises are usually given to you three pages at a time. Over the course of two, three, or four weeks additional pages are given. Approximately how fast you are to add on the various exercises will be individualized with each patient. It is not intended that all patients will begin doing all of these exercises at the onset of their therapy.

As further related by Edgar Cayce; he stated that manipulative therapy was one of the most important medical modalities that could be performed for any patient. He further related that any patient that knew proper exercises, and that really was persistent in proper exercise, could do, for themselves, their own manipulation usually adequately and many times as well as their own Doctor could do for them in many instances. Of course there are exceptions to this, if the patient has had an accident, etc., or if the previously described reflexes are only accessible to their Doctor. Doing the exercises in a persistent manner should be looked upon as preventative therapy.

With this in mind then, it is the hope of your Doctor that you will be persistent in this that is being outlined for you, so that he may assist you in practicing preventive medicine, and thereby assisting you in attaining and continuing good health.

For those individuals that are A.R.E. oriented it is suggested that you begin these exercises with this affirmation, "Father God - I will that this activity creates in me, a greater channel that thy will be done."

1. Vertical This first exercise can only be done if you are exercising with a group of people, that is, at least more than one person. If a group, it is suggested that you form a circle and while standing proceed to massage the spine of the person directly in front of you. After doing this for perhaps a minute the group turns around, thus allowing the person whose spine you have been massaging, to in turn massage yours.

EXERCISE CIRCULATING FILE

2. Vertical Stand with feet apart. Stretch on your toes and while doing so breathe deeply. It is suggested that you stretch the arms one at a time as high as you can and while stretched make a fist. Alternate then stretching in this manner while coming up on your toes and breathing deeply.

3. Vertical Loosely shrug your shoulders several times. If exercising in a group, form a circle and place your arms on the shoulders of the person's next to you. Turn one foot inward and then rotate the other leg swinging it freely out in front and out in back of your body. Turn the toes inward while doing this. If you are doing this exercise by yourself you will need either an overhead support or will need to stand near a wall for support. This is then followed by arm rotations. Turn slightly toward one side, extend your arm with the thumb pointing downward and rotate the arm clockwise several times and then counter-clockwise. Then turn the other direction and repeat this with the other arm.

4. Vertical This exercise has been named "The Jangle" - it is done by running in place loosening the neck and shaking the arms loosely at your sides and then reaching up with your arms while running in place as if you were reaching for apples hanging from a tree.

5. Vertical Place your arms on your hips and come up on your toes and then do knee bends to the count of three. After a short time you will be able to maintain your balance quite easily. You should inhale deeply as you come up on your toes and then exhale completely as you do the complete "squat." Then inhale deeply as you come to the upright position, attempting to stay on your tip-toes and then exhale once again as you return to the "squat" position.

6. Vertical The next exercise has been titled the "Hula Hoop." In this exercise you again place your arms on your hips and rotate the hips clockwise several times and then counter-clockwise several times. In this exercise you should attempt to stretch completely in all directions. That is, beginning the "Hula Hoop" exercise by extending as far to your left as possible, then the abdomen to the front as far as possible, then flexed to the right side as far as possible, and then backwards as far as possible and then back to the initial left flexion position. You repeat this clockwise motion several times and then in the same manner counter-clockwise several times.

7. Vertical You then repeat exercise number four "The Jangle."

8. Vertical You stand with your legs apart raise your hands up over your head touching the hands and as you raise the hands breathe in deeply and then as you bend forward touching the hands to the floor you exhale completely. Repeat this exercise several times and as you do so attempt to stretch completely while bending forward and when exhaling. One cannot divorce the mental from the physical, and it is suggested in this exercise that as you breathe in deeply while raising your arms you "breathe in positive things such as 'love, good health, understanding, patience, etc.' " As you exhale you then exhale the

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negative such as "selfishness, frustration, greed, malice, hate, etc." It is also suggested that in doing this exercise you keep your toes pointed inward. You may modify this exercise by thinking or saying one of the above words at a time with each raising and lowering of the arms.

9. Vertical Begin this exercise by repeating the Jangle exercise as given in number four. This is then followed by doing flat-footed squats, with the legs out at about shoulder width and your arms extended out in front of you and squatting down as you exhale completely. You inhale while coming up and exhale completely while squatting down flat-footed. As you become more proficient you can increase the effect of this exercise by keeping your outstretched arms horizontal as you squat.

10. Vertical This exercise is titled the "Alternate Sidebend And Toe Touch." In doing this exercise you stand with the legs spread apart. You begin to do this exercise with the knees bent. You first sidebend to the left touching your left toes with your left hand. You then straighten and sidebend to the right touching the toes of the right foot with the right hand. You then band forward and cross over touching the toes of the right foot with the fingers of the left hand. You then reverse this and touch the toes of the left foot with the fingers of the right hand. This completes one cycle of this exercise. You should go through at least three complete cycles of this exercise. Again, as you become more proficient you can modify this exercise by keeping your legs straight, and can also produce more stretch by beginning to touch back further progressively on the sides of the foot, eventually touching behind the heel.

11. Vertical This exercise is designed to compress the spleen and the liver alternately. This exercise is done standing with the legs spread apart. You first bend from the waist with your arms separated and bring the abdomen down over the left thigh, with your arms on each side of the thigh. This compresses the spleen. You then return to the upright position and alternate by bending again at the waist with the arms slightly separated and bring the abdomen down onto the anterior right thigh, again with an arm on each side of the thigh. This compresses the liver. This completes one cycle of this exercise. It is suggested that this exercise is best done with at least three complete cycles.

12. Vertical This exercise is done in the upright position. You should be standing about four to six inches from the wall. The exercise is begun by bringing the hands from the sides together: begin to inhale and bring the hands up over the head and come up on your tip-toes. You then remain on your tip-toes and as you exhale you bring the hands down touching the toes or the floor. Then drop the heels to the floor as you assume the beginning upright position. This completes one cycle of this exercise. It is suggested that one complete three or four cycles in this exercise. It was stated in the Edgar Cayce readings that this particular exercise was excellent in assisting the alleviation of hemorrhoidal problems. Of course, this depends upon the degree of the problem that may exist. Excellent results have been reported by patients who have used this exercise regularly for this problem.

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13. Vertical This next exercise is done in the standing position in the morning, and the sitting position in the evening. This next exercise has been titled, "The Head and Neck Exercise." This exercise is one in which all of the muscles of the neck are stretched. The first stretching is done by allowing the head to drop onto the chest completely. Do this slowly allowing the back of the neck muscles to stretch completely. Repeat this three times. The movement is then reversed allowing the head to come back as far as possible stretching the muscles of the neck completely and this is repeated three times. Next the muscles of the sides of the neck are stretched by allowing the head to move toward a shoulder and slightly in front of the shoulder stretching the muscles then of the opposite side of the neck, allowing stretching of the muscles in back of the neck and shoulder of that side. Repeat this on the opposite side. Then turn the head toward a shoulder but turn the head sufficiently to look in back of the shoulder firmly. This then will exercise the muscles of the opposite side of the neck which are toward the front. Repeat this three times and then repeat on the opposite side. Then allow the head to drop forward easily and rotate the entire neck with the head freely in a counterclockwise rotation three times and clockwise rotation three times.

It was related in the Edgar Cayce readings that this exercise was one very beneficial to all of the tissue in the neck and in the head. It was related that this would then improve function, circulation and elimination in the head and neck and assist in increasing better function of all organs in these areas. As related by Edgar Cayce this was a universal exercise (that is it could be done by anyone), and as one would faithfully do this exercise daily at least once and preferably twice, one would be able to increase the health of all organs in the head and neck. He related that one should then be able to see better, hear better, smell better, taste better, think better, and in general to then allow increased health in this area to assist increased health through the body. He further related that this exercise should be done regularly, and that it was better never to begin this exercise, than to begin and then later discontinue this exercise. The exercise should be done using approximately one minute to complete. If necessary, use more time, never necessitating hurrying any portion of same.

14. Vertical This exercise is done in the sitting position with the legs crossed. The two thumbs are placed just inside the front of the shoulders and then the two elbows are moved to approximate each other. This is done three or four times. One should then begin to massage the tissues of the head, neck and chest in the following manner.

Rub the hands together at a fast rate to create heat inside the finger tips and then apply the fingers over the eyes for a short time. Then massage outward from the eyebrow from the inner aspect toward the outer aspect of the eyebrow. Repeat this at the lower portion of each eye. Then brush downward over each closed eyelid lightly. Then open eyes, and then massage downward in front of each ear two or, three times and then place part of the fingers in front of the ear

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and part in back of the ear and proceed to massage downward. Then with the index fingers massage along the upper portion of the nose on both sides and proceed downward to the outer portions of the lower aspect of the nose. Then massage through the face over the upper gums. Proceed to lower gums. Then massage with the fingertips over both cheeks. Then proceed to massage over the temples and over the forehead massaging up toward the top of the head and then massage around the sides of the head up toward the crown of the head in a vigorous manner. Then taking the thumbs just under the chin massage from the midline back along the jawbone to just under the ear. Massage this easily and do it about three times. Then massage downward on the anterior portion of the throat about three times. Proceed by massaging down the posterior aspect of the neck about three times. Then stretch the tissue in the midline of the throat by taking the thumb and index finger of one hand and stretching upward while taking the thumb and index finger of the other hand and stretching downward, proceed to stretch these tissues of the anterior portion of the throat lightly three or four times.

Then proceed to massage the anterior chest in the following manner. Take the finger tips of the right hand and move out to the lower ribs in line with the armpit separating the fingers so that the tips are between the ribs and massage lightly toward the front of the chest one-third of the distance to the midline. Proceed to move upward until your index finger is in the armpit on that side, massaging toward the midline. Then move just in front of that area on the anterior chest and proceed to massage in this manner from the lower ribs up to the collarbone. Repeat the next one-third toward the midline between each rib. Proceed toward the midline and end at the edge of the breastbone. Then do the opposite side. Finally massage with the fingers of the two hands on the top of the sternum (breastbone) from the top of same to the bottom of the sternum in the midline.

Massaging the chest in this manner will assist in manipulation of the areas referred to osteopathically as Chapman's reflexes. These reflexes are the "coordination areas between the two nervous systems." That is the nervous system that we can command which is controlled by the central nervous system, and the sympathetic nervous system or that referred to as the autonomic nervous system over which we have little conscious control. Massaging over these reflex areas then will better co-ordinate these two nervous systems allowing better over-all function as they relate in their function with each other. As related by Edgar Cayce it was often the incoordination of these two nervous systems that created many of our states of dis-ease, or our discomforts, that are subsequently classified medically today as disease. There are of course additional Chapman's reflexes along the spine and other areas of the body that only your Doctor can reach and manipulate properly, but doing these outlined above, beginning with those relating to the chest, once or twice weekly will assist in the coordination of the two nervous systems described above.

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15. Vertical This exercise is done in the standing position and is the last of this series of exercises. This exercise is the simple "Standing Finger Toe Touch." You will find that as you have proceeded with these exercises and leave this exercise till last that you will be able to progressively do this exercise much easier. Some of you will find that you can progress beyond merely touching the toes with the fingers but will be able to touch the floor with first the finger tips, and then the fingers flat on the floor, and finally will probably be able to place the entire hand including the palm flat on the floor while maintaining the legs locked at the knees. It is suggested that you do this exercise initially three times and progressively increase this to eight - ten - twelve times.

16. Horizontal This exercise has been titled the "Egg Roll." The exercise is done on your back with your legs drawn up and the feet crossed at the ankles. You then grasp just below your knees, and later as you progress you grasp down lower nearer the ankles, bringing the hands in from the outside of the lower thigh, and grasping the foreleg from the inner side of same. Bend your head forward onto the chest, maintaining that position as you then roll back onto the upper portion of your back. Repeat this several times. As you pull the thighs up closely to the body and the chin tucked in snugly, you will probably eventually be able to roll sufficiently so that your toes will touch the floor as you roll back on the head. It is to be stressed that you should not force this but continue to be persistent in your exercise program and allow this gain to be reached gradually. It is also to be stressed that you do the egg roll slowly, thus allowing the individual vertebrae to receive the pressure of this exercise in a smooth and continuous manner. For those people that are in good physical condition, or that progress satisfactorily with this exercise, you may move from the egg roll position into a shoulder stand. While in this position you may stretch the legs by spreading them in various directions. For those that are able to use the shoulder stand section of this exercise you should be able to also touch your toes to the floor above the head from the shoulder stand position. At first this will be done most easily with the legs slightly bent, and eventually you will probably be able to keep your legs stretched out and be able to touch the toes to the floor over the head. You will note when you have reached this stage that you are attaining maximum stretch in the lower back region, or more accurately described that region from just above the pelvis, and on up to the lower portion of the rib cage where it meets the spine.

17. Horizontal This exercise has been titled the "Cervical Release." This exercise is done while lying on your back. You double up your fist and place your fist in the mid portion of the neck that is half way between the base of the skull and shoulder height. You lie in this position with just the weight of the head creating the pressure on the cervical area. This exercise is to be done for thirty or forty-five seconds initially, and after having done these exercises for three or four weeks you can gradually increase the time up to two and one-half to three minutes. You may also create additional pressure at this time by pressing the head back toward the floor creating more pressure on the cervical spine. This

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exercise was a universal exercise related by Edgar Cayce in which he stated that the entire lymphatic drainage of the body could be increased by placing pressure over this described area. He further related that pressure over this area (the 3rd cervical vertebrae), would assist drainage of the lymphatic circulation not only from the cervical area but also would assist drainage from the 2nd, 4th, and 9th dorsal and 2nd and 4th lumbar plexus areas. This exercise was basically described as an osteopathic technique, that is, to be done by your Doctor. I have found that many patients have difficulty locating the proper position to place the fist, and also have found that patients with loss of motion in the shoulder joint usually related to arthritis, have difficulty doing this exercise properly. I feel that its importance demands that it be done by most patients at least once or twice a week, and can be done at least every other day and by some patients daily. The frequency will vary with patients, and will be determined on an individual basis by your Doctor.

Many A.R.E. members, in reading the circulating files, will recall that Edgar Cayce oftentimes recommended daily osteopathic treatments to be given over a period of two weeks and then with a week's rest to repeat this series, and gradually increase the interval of their therapy. As this becomes increasingly difficult for patients on an appointment or a monetary basis I have modified this portion of the exercise in this manner. Procure a two by four approximately fourteen inches in length. Tape an ordinary Coke bottle onto the flat larger surface of the two by four. Then lying down slip this device into the curve of the back portion of the neck so that the concavity of the Coke bottle is in the center of the concavity of the back portion of the neck. This will provide pressure to be applied to the proper area. The height of the two by four and added Coke bottle will provide proper height and allow the head to remain sufficiently above the floor so that the back of the head will not rest upon the floor and the weight of the head will initially provide sufficient pressure to be applied to the proper area. The coke bottle is never moved from the original position, that being the curve of the back portion of the neck. Beginning then with a time interval that will vary from twenty to thirty to forty-five seconds initially, the time interval of the technique can be increased to approximately two and one-half to three minutes gradually over a four to five to six week period. As you progress with this exercise at the end of a five or six week period you can enhance the benefit of the exercise by applying a slight downward pressure with the back of the head, thus increasing the pressure to the area of the third cervical vertebrae. The height of the two by four with the attached coke bottle will allow sufficient height so that with this added backward pressure the back of the head will still not touch the floor. Then with persistency of this exercise you will progressively increase the drainage from the previously described plexus areas, thereby increasing the co-ordination of the cerebral spinal and the autonomic nervous system. It is further suggested that this exercise will give a more pronounced and beneficial effect if it is done immediately following the head and neck exercise.

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18. Horizontal This exercise is titled, "The Knee And Elbow Touch." It is done lying on the back with the hands clasped behind the neck and the knees drawn up. The exercise is performed by having the point of the right elbow touch the left knee and then the point of the left elbow touching the right knee. As one becomes proficient with this exercise one attempts to touch further down on the leg with the point of the elbow below the knee. Follow with complete stretch - always remembering stretching is instinctive to animals as they exercise.

19. Horizontal This exercise is performed in the sitting position. You spread your legs apart, and then draw one of your feet up to the opposite groin having the foot remain on the floor, and touching the inner aspect of the opposite thigh. You then lean forward from the waist as far as possible and then reach out toward and touch with both hands the toes of the outstretched leg. Grasp the toes allowing the stretching to create tension on the involved muscles. After doing this two or three times reverse the position and repeat stretching toward the other leg. You will find that initially it is difficult to touch the toes of the outstretched leg with both hands. Do not attempt to over stretch in this position. You will especially find it difficult to touch the toes when you have the drawn up foot that is placed in the groin lying flat on the floor. I repeat that in this stretching exercise, be persistent, but do not over extend the stretch initially. Do attempt to keep the drawn up leg lying on the floor. Also keep the opposite leg in a complete outstretch position. Reach as far as you can comfortably, bending completely at the waist as far as possible, and then with persistency in this exercise you will find that eventually you will be able to progress with the stretch down the outstretched leg and will eventually be able to touch the ankle, and then the foot, and finally touch the toes without undue stress. I once again repeat that this may take considerable time to attain this full stretch, but is a most valuable exercise, and that your patience in attaining your goal will be worth the reward.

20. Horizontal You now place one leg under you so that you are sitting on the edge of one heel with the other leg outstretched before you and then stretch out as in the previous exercise grasping the toes and the ball of the outstretched leg.

Repeat the same maneuver to the opposite side. In this exercise you are to grasp the foot with both hands, in order to stretch the involved muscles on both sides of the torso. It is also suggested that when sitting on the edge of your heel, you do this so that the edge of the heel is in the mid line and thereby exerting some pressure on the coccyx and the involved ligaments and tendon insertions in the coccygeal area. Adjust the heel so that the pressure on the coccyx is firm but not painful. The proper position of the heel in making contact with the coccyx should allow the tip of the coccyx to receive pressure so that it is being pressed toward the rectum. Pressure on the extreme tip of the coccyx can be quite painful, and it is suggested that the heel placement be such that it allows the pressure to be placed just above and in back of the tip of the coccyx.

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21. Horizontal Remain sitting with both legs spread apart as far as possible and outstretched before you, and bend from the waist and reach for one outstretched foot with both hands holding the tension, and then releasing and stretching grasping the other foot. Repeat this exercise several times.

22. Horizontal You remain in the sitting position, pull your feet up toward your buttocks so that the bottoms of the two feet approximate each other and grasp the two feet with both hands surrounding your toes. Pull the feet up as snugly as possible. Then rock yourself from side to side holding the feet in this position. As you progress with this exercise, you should increase the rocking motion, that is, attempting to rock further to each side as you progress.

23. Horizontal Maintain this position and allow the bent knees to flop up and down much as if it were a butterfly flying.

24. Horizontal Remain in the sitting position and with one leg stretched out before you bring the other foot up on to the top of the thigh of the outstretched leg. Holding the foot in that position press up and down on the bent knee, thereby fully exercising that hip joint. Leaving the foot in this position proceed to massage the toes of the foot that is upon the thigh. Massage the ball and the arch of the foot. Bend the toes freely. Look for any areas of soreness and massage them gently. Then proceed to massage from the foot stroking upward along the foreleg toward the knee. Then raise the foot off of the thigh and cradle the knee in both arms and rock it back and forth. Then grasping the bent knee with one arm, grasp the foot with the other hand and slowly attempt the following maneuvers:

A. Attempt to touch the toes of the bent leg to your chin. B. Attempt to touch the ball of the foot to your nose.

C. Attempt to touch the arch of the foot to your forehead.

D. Attempt to touch the heel of the foot to the top of your head.

This is a rather vigorous exercise and is to be proceeded with slowly. In time you will be amazed at how much more freedom you have attained.

25. Horizontal This exercise is done beginning lying flat on your back. You first raise the shoulders from the floor, reach out with both hands, and at the same time flex the right leg, allowing you to grasp that leg with both hands just below the knees, and compress it to your abdomen. Release the leg and allow it to return to the floor and allow the shoulders to return to the floor. Then again raise the shoulders from the floor and reach out with both hands, and at the same time flex the left leg, allowing you to grasp that leg with the hands just below the knee and compress this leg to the abdomen. Release the leg and allow it to return to the floor and allow the shoulders to return to the floor. You next bring the shoulders up off of the floor, reach out with both hands and flex both legs allowing you to grasp both legs at the same time and compress them against your abdomen. You then release the legs allowing them to return to the floor and then allow your shoulders to return to the floor. This completes one cycle of this exercise. It is suggested that you complete three cycles in this exercise.

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26. Horizontal This exercise is designed to tone up the main abdominal muscles, mainly the rectus muscles of the abdomen. These are the primary muscles of the abdomen, and it is essential that these muscles be exercised properly if one is to maintain a normal waistline. This exercise is begun with you lying flat on your back. You then flex both legs bring your heels up near the buttocks, and at the same time bring the shoulders up off of the floor. You will find that you will not be able to maintain this position for too long a period of time. Do not tire yourself in this position, but allow yourself to gradually increase your time interval of this exercise. You next allow the legs to return to the initial position, and allow your shoulders to return to the floor, and then you raise both outstretched legs up off of the floor and hold them in this position for a short time and before tiring allow them to return to the floor. This completes one cycle of this exercise. It is suggested that this exercise have three complete cycles. After you have been doing this exercise for six to eight weeks you may wish to add to this exercise by kneading the abdomen with both hands, or just by rapidly striking the abdomen with stiff fingers. This latter portion is optional and it is suggested that you wait at least six to eight weeks before adding it to the primary portion of this exercise. Do not hold the outstretched legs off the floor too long allowing tiring as this may cause some degree of low back pain - easy does it - remember consistency, that is, some each day but not to the degree of tiring.

27. Horizontal This exercise is done while lying on the abdomen. Stretch your arms and legs out as much as possible. Then raise one of your legs upward while allowing the abdomen to remain on the floor. Alternate with the opposite leg. Do this exercise several times.

28. Horizontal Remain on the abdomen with the arms and legs outstretched and attempt to raise both arms and both legs off of the floor at the same time while arching your head upwards. This cannot be done, and should not be done for too long a period of time. Rest for ten or fifteen seconds between attempts at this exercise. It is recommended that this exercise be limited to about three cycles.

29. Horizontal Remaining on the abdomen place your hands along side your shoulder, tighten the buttocks and raise up off of the floor as far as possible with the shoulders without using the arms. When the maximum height has been reached push up off of the floor further with the arms. It is suggested that when in this last position then that you stick your tongue out as far as possible. First in the mid line and then to the sides. This is a stretch exercise for the organs associated with the mouth and throat, and is an exercise that has been neglected in most exercise programs. Lower yourself then back to the floor as you relax the buttocks and then slowly bring the shoulders back down to the beginning position after the arms have completed their portion in this exercise.

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30. Horizontal This exercise has been titled, "The Reverse Prayer Exercise." Position yourself on your knees and bend backwards grasping your heels with your hands. Allow the chest to protrude or push upward as much as possible. Repeat repositioning yourself in this position two or three times.

31. Horizontal As a continuation from the reverse prayer exercise, release the hold on the heels with the hands allowing them to come to the floor outside of the ankles and slowly begin to allow your buttocks to lower themselves between the two forelegs, towards, and finally to the floor. This exercise is to be progressed with very slowly. Come down first until you are resting on your elbows on the floor.

Hold this position - massage your forelegs, and ankles and heels on the outside easily. Now begin to allow the shoulders to come down to the floor allowing the head to arch back and touch the floor first, and then finally the shoulders to touch the floor. Final position in the exercise is to position the arms outstretched over and above the head. It is suggested that you do not strain yourself in any of the positions of this exercise. If you have difficulty in attaining these suggested positions you should proceed very slowly, and you will find that eventually you will be able to reach the described positions.

32. Horizontal This exercise is initiated by lying on your abdomen and then raising yourself up from that position with your arms at shoulder level, until the arms are fully extended. You then turn the hips toward the left, that is, touching the left hip to the floor as you turn your head to the right. You then reverse this position by touching the right hip to the floor (turning the hips to the right), as you turn your head to the left. Then return to starting position, and rest five to ten seconds. This completes one cycle of this exercise. It is suggested that you complete three or four cycles in this exercise.

33. Horizontal and/or Vertical Return to the sitting position, and cross the legs in front of you. Then allow yourself to bend forward allowing the elbows to come to the floor just beyond the crossed legs. As you proceed with this exercise you will be able to allow the forearms to rest on the floor easily, and then as you bend forward you will be able to allow the upper portion of the body to move progressively closer to the forearms on the floor. As you proceed with this particular exercise you will eventually be able to separate the forearms on the floor and allow your head and portions of the upper torso to touch the floor.

34. Horizontal and/or Vertical Return to the sitting position and allow the legs to remain crossed. Raise the arms over the head interlocking the hands. Shrug your shoulders then, upward several times to stretch the shoulder girdles. Then allow the hands to remain in this position interlocked over the head and then move the head forward and backward much in the motion of a Balinese dancer. This should be done as if the head is on a sliding joint. That is, the angle of the head and chin should not raise or lower as this is being done. Then move the head from side to side much as the Balinese dancer does. Repeat this several times.

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35. Horizontal This exercise is to be done facing down with the feet resting against the wall. Place the hands just beyond the shoulders at shoulder height. Then do three push ups from this position, and then while positioned with the arms outstretched rotate the lower portion of the body in a counter-clockwise motion three times and then in a clockwise motion three times. This completes one cycle. After one has built up one's endurance this exercise may be repeated. It is suggested that probably at no time should one attempt to do this exercise more than three cycles maximum. As related in the Edgar Cayce readings this exercise afforded maximum assistance in circulation and drainage of the lower extremities and of the pelvis. He related that it was excellent for lymphatic drainage of the lower extremities and of the pelvis in both the male and female and assisted in avoiding stasis of circulation in the rectal area (hemorrhoids), and assisted circulation to the male prostate and to the uterus, ovaries and broad ligaments in the female.

36. Horizontal This exercise has been titled the "Tiger Stretch." As related in the Edgar Cayce readings this exercise can be used as a lymphatic pump to the pelvis, and was suggested as greatly enhancing circulation and drainage from the pelvis in both sexes. It was further stated that of all exercises it would probably be construed as being the single most important exercise of any that could be performed to assist in circulation and drainage of this vital area.

This exercise is done by positioning one's self on one's knees with the hands on the floor approximately eighteen inches above the knees. From this position one should slouch back allowing the abdomen to rest upon the anterior thighs. It is suggested then to take several deep breaths and then to exhale completely. After exhaling completely one should attempt to tighten the muscles beginning in the toes and feet and on up the legs, tighten the rectal sphincters and pull the abdominal muscles inward and upward as if to force the contents of the abdomen into the chest. This is all done while the breath has been exhaled completely. One will not be able to remain in this state for a very long length of time. When one must then finally breathe release all tension, breathe freely and then raise up from the crouched position without moving the hands or the feet, arch the body completely and allow the head to dangle freely much like a turtle's head would come out of the shell. Be sure and allow the head to dangle freely. Then return to the beginning position and complete the cycle. It is recommended that this exercise be initiated by doing two cycles, and finally probably doing three cycles maximum daily.

These exercises represent one facet in increasing your general health. Other modalities including diet, specific manipulation, and the effect of one's thoughts on health, will be given as the individual case dictates. I would close this exercise series by quoting from the Edgar Cayce "Search for God," Book 1 work. This quote is directed to those A.R.E. members participating in study group work, but also is intended as food for thought for anyone seeking a balanced life.

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Quoting then from lesson four, titled "FAITH," and from the sub-heading, "Self Analysis Necessary," on page fifty –


"The solution of mental problems is more important to man than physical, although this does not seem true to the average man lost in the twisted paths of materialism. Free the mind and the battle is almost won. Mental anguish is far greater than physical, for the mind can conquer physical pain, but it is necessary for the spiritual forces to aid the suffering mind."

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The "Daily Dozen" Exercises


From and based around the Edgar Cayce Readings. These have been given on the beach at Virginia Beach by Jeffrey Furst for many years. They are designed to help the circulation and the flow of lymph.

AFFIRMATION: "Father-Mother-God - I will that this activity creates in me a greater channel that Thy will be done."




1. GOOD MORNING – stretch hands up to sky... stand on toes... breathe deeply... touch fingers to floor... repeat 7-12 x's.







2. JANGLE – running in place, loosen neck and arms... reach for apples... in the sky... make a fist.




4. KNEE BENDS – on toes... arms stretched out forward. Repeat 3-12




3. LEG & ARM ROTATIONS – clockwise and counter-clockwise. Repeat 3-12 x's.







5. HIP CIRCLE or hula hoop.
(Repeat the JANGLE)




6. FORWARD BENDS (keep toes pointed inward) – Touch toes, two counts, straighten up, lean backwards slightly on count 3; up straight on count 4. Repeat 3-12 x's.




7. THE EGG ROLL – Lie on blanket... grab flexed knees and roll back and forth several times.



CERVICAL (neck) **RELEASE**... two minutes.


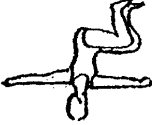




8. KNEE AND ELBOW TOUCH (opposites) – Then repeat egg roll a few times & do shoulder stand.







9. THE FISH – arch back, brace with elbows, and let neck fall gently backward... stretch neck and chest muscles.

(INSERT) LEG STRETCHING EXERCISES
Bring one leg up at a time... knee straight. Then bring knees up to chest, roll knees to the right, and turn head and shoulders to the left. Reverse. Then take left knee only... flex it and bring it over to right side... look left... stretch left arm to the left. Reverse.
Sit up... arms overhead... slowly bend forward, towards ankles and feet... hold... exhale. Then flex left leg and bend sideways to the right leg... hold... relax. Reverse and do other leg. Then cross legs (or lotus), bend forward.
Use foot reflexes... massage foot and ankle... cradle foot... rock it side to side... rotate it in circles frontward and backward... then point toe to chin, to nose, to forehead, and then bend to pineal... stretch leg out move sideways.

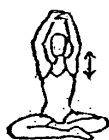



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BUTTERFLY - flex knees... bring under chin... then separate knees... bring heels and soles together... and bring legs apart and to the ground or as far as they will go... letting them move up and down like butterflies.



ARM STRETCH - clasp hands overhead... shrug shoulders up and down a few times... then do Siamese head and neck exercise... keep eyes on a horizontal line.



Massage eyes... palm after rubbing hands. Massage temples, around ears, under eyes, jaw, chin, neck, back of neck... shoulders and collarbone. Massage on each side of sternum (breastbone) between each rib.

(Repeat the JANGLE.)

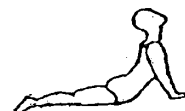


10. FLAT FOOTED SQUATS - keep torso straight (vertical)... and after 4 times, stay in squatting position, and rock side to side, forward and backward; and circle both ways. Follow with the frog if you wish.

11. ALTERNATE SIDE BEND AND TOE TOUCH - (bend knee to side you are leaning towards)... touch toe 2 counts... bring knee towards abdominal area... to help squeeze liver on right, and pancreas and spleen on left.

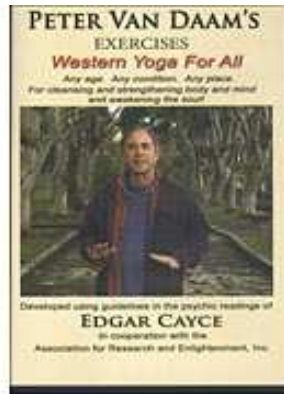


12. TIGER STRETCH - On all 4's... head down, hips up... then go to knee chest position... move side to side... then lean forward, extending spine... stretch head backwards, brace with hands and thighs. Tighten buttocks in this position; can do the "Lion"... stick out tongue... then change to first position... head down, hips up. This is done 7 times... and when in knee chest position, add the vacuum exercise the last three times... where you exhale, let out all air, then suck up diaphragm, pull abdomen towards your spinal column... tighten hips, and lower leg muscles... count to 6, then take a few deep breaths and repeat.



HEAD AND NECK EXERCISE BREATHING CHANTS - and then ready for **MEDITATION**.

EXERCISE CIRCULATING FILE



Peter Van Daam's Exercises DVD **Western Yoga for All** DVD - 90 min

"I am most impressed... I love your DVD and highly recommend it." - C. Norm Shealy, M.D.

"Exercise is wonderful, and necessary—take as much as is needed, in a systematic manner." -
Edgar Cayce reading 283-1

Those who attend the conferences on holistic health at Edgar Cayce's A.R.E. know the importance of regular exercise. Cayce once mentioned good circulation as one of the four basic elements of good health. This is why all conference attendees are treated to an invigorating Cayce-styled exercise session with Peter Van Daam. Everybody feels refreshed and ready for a day of enlightenment and fellowship.

Now you can experience this same soulful regimen in the comfort of your own home. Western Yoga for All was developed guidelines from the psychic readings of Edgar Cayce in cooperation with the Association for Research and Enlightenment, Inc. (A.R.E.) to provide maximum opportunity for physical, mental and spiritual health. This 90-minute DVD features a variety of stretching routines designed to help your body and soul stay fit. Highlights of this DVD include:

- An overview of the available programs
- Instructions on proper stretching techniques
- A 15-minute Yoga workout to stimulate your body and mind
- A 9-minute session for when you want a quick lift to your day
- A pelvic roll session to improve lower body circulation
- The Cayce Connection: How exercise relates to the Cayce readings

Whether you are a beginner to yoga or a regular practitioner, Western Yoga for All is the perfect companion to your daily routine. Just 15 minutes of these gentle, low-impact morning lymphatic exercises can:

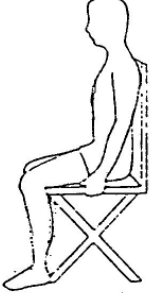


- Restore flexibility, strength, and energy to your body
- Enhance your athletic performance
- Prevent the gradual loss of body and mind function associated with physical inactivity.

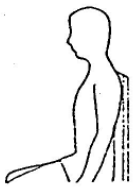


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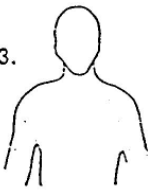

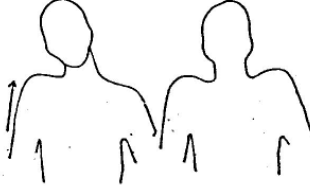
EXERCISE CIRCULATING FILE




Head and Neck Exercises Illustrated

Note: All head and neck exercises should be done slowly and gently, without straining or forcing the muscles.

1.  Sit in an upright position.  Tip head forward, trying to touch chin to chest.  Return head to upright position. Repeat three times.

2.  Sit in an upright position.  Tip head backward, as if to look at ceiling.  Return head to upright position. Repeat three times.

3.  Sit in upright position.  Tip head toward right shoulder, as if to touch right ear to shoulder.  Incorrect Shoulder should not lift or shrug. Return to upright position. Repeat three times to right; three times to left.

 Sit in upright position.  Drop head forward, touching chin to chest.  Rotate head gently in a clockwise direction. Repeat three times clockwise, three times counterclockwise.

(Q) Should the regular exercises be taken twice a day, as well as the head and neck exercise?

(A) Twice a day. Take three to four to five minutes; two to three minutes for the head and neck exercises. Take the head and neck exercises sitting down, because they will be inclined to make the body dizzy in the beginning. 1497-4