

OVERCOMING ALZHEIMER'S

A NEW LIFE FOR WALLY

By Barbara Derrick

(Edited from Venture Inward Magazine)

“Although I wasn’t alive during Edgar Cayce’s lifetime, an 80-year-old man brought me as close to Mr. Cayce as if I had known him.”



It all began when a friend, Wally Decker, was diagnosed with Alzheimer's dementia. A diagnosis he considered worse than death as he adhered to a Christian Science faith throughout his life and had been free of the maladies that most people experience. He didn't even have a physician until the age of 67. Wally was a widower who had cared for his wife of 52 years, attended aerobic classes regularly and loved to dance. Now the tremor in Wally's voice told me he felt defeated because medical treatment could only help him adapt to the progression of his illness which was considered incurable.

In such situations I look to the legacy of Edgar Cayce as had so many in his lifetime when all else had failed. Although Mr. Cayce is gone, his many medical readings are still available. When people follow his suggestions, they get better.

While visiting the Cayce Museum in Hopkinsville, Kentucky, I happened to meet David McMillin, who was part of the Meridian Institute - a medical organization interested in the body-mind-spirit connection and the Cayce readings. They compared modern medical science with the therapies suggested by Mr. Cayce for individuals with specific health conditions and compile summery protocols. Then individuals with the same conditions are invited to participate in the protocols in a clinical setting. The results, helpful or not, are then published. I was impressed that medical researchers are finally investigating the health readings of Mr. Cayce.

Luckily the Institute had just acquired a grant for an Alzheimer's research project. After the protocol was formulated, slots would be open for participation for those who qualified. Having a medical doctor attest that a patient had the disease was one of the primary requirements. Wally needed his neurologist to attest that he had Alzheimer's.

Wally's neurologist told us frankly "I don't believe in such stuff." "And I don't want my name associated with anything like this." "If you don't fill out these papers, he cannot take part," I asserted holding the papers in front of him. He took the papers and glancing over his notes began to fill out the report and signed it. There were also many additional documents needed from his family and friends that attested to Wally's changing behavior. All documents were submitted and then we waited.

After he had been selected, the Institute sent a tape and materials describing the program and project. He also needed someone to repeat affirmations daily for him while he was relaxed. I agreed to record a tape with affirmations stating exactly what Wally wanted to achieve. He agreed to listen to the tape each evening before falling asleep.

WALLY'S AFFIRMATIONS (as spoken in first person)

As I relax, I am experiencing quite, peace, happiness and joy.

I can feel God's love surrounding me. This allows me to rest in the knowledge that God's love is guiding me, helping me in every way to make each day good and purposeful. I have good, appreciative feelings for those around me, knowing that I wish every person in my life well and they hold me in high regard.

My mind will move toward functioning well and this will give me great pleasure. My short-term memory is improving, my mind is more alert, and my recall of names and words improves day by day.

This time of relaxing will help to coordinate my nervous system and improve circulation throughout my body. The elimination systems are removing toxins from my body. The foods that I eat will provide nourishment for my body.

I will be calm and cooperative with those around me at all times. I am self-sufficient. This makes me happy and proud. I look forward to each day and enjoy life. My short term memory and recollection of words and names is serving me well.

I am being healed - I am becoming whole at all levels. The divine energy within me is rejuvenating my body, mind and spirit.

Usually Wally fell asleep with the TV playing and whatever was on was influencing his subconscious mind. Now Wally began to listen to the tape each night as he prepared for sleep. The tape repeated for 30 minutes before stopping, but he often was asleep before the tape finished. Even in sleep the positive

Wally's cognitive therapy to rebuild the brain is similar to a reading Mr. Cayce gave for a 34-year-old male who was a resident of a sanitarium. His mother had requested the reading and was told that her son's condition was prenatal in origin. "There were inroads of the softening of the cell cord and brain and abrasions to the nervous system." (271-1)

Besides using pre-sleep suggestions, Edgar Cayce told the mother that her son should have only constructive reading material before retiring - nothing negative, nothing about the underworld, no animosity and no excitement. "You are dealing with mental recuperative forces and conditions acting upon the mind, just as would be experienced in the development of a 6 to 8 to 12-year-old child." "But the mind is being rebuilt!" said Mr. Cayce. (274-4)

While participating in the Meridian Institute experiment, Wally got another devastating diagnosis from his Ophthalmologist. He had macular degeneration in his left eye. His doctor told him there was no treatment to cure the condition. He was now unable to drive at night and because of his failing sight began to make alterations to his house.

After using the tape regularly and following the Alzheimer's protocol, changes became apparent in Wally's behavior. He was happier. He looked upon others with a greater degree of compassion. He accepted the viewpoints of others even when he didn't agree with them. He developed an unconditionally positive regard for other people. Also, his vision improved well enough to drive at night again. He was anxious to get an update from his doctors.

Wally returned to his physician for his check-up. After the exam, his physician remarked, "I really thought you had Alzheimer's." "Now I don't think you ever had Alzheimer's." Wally pointed out that a neurologist and a clinical psychologist specializing in Alzheimer's had performed tests and both had agreed on his diagnosis. "How can you explain that?" Wally asked. "I can't explain it." the physician replied.

Next Wally went for a check-up at the Department of Ophthalmology at the University where he had received the diagnosis of dry macular degeneration with the concurrence of another doctor. After the examination, the professor was surprised. "I see no evidence of macular degeneration."

The two diagnosed illnesses that confronted Wally were now both non-existent. The Alzheimer's Protocol included therapies to improve his general health including better elimination and assimilation and affirmations for a wider spectrum of issues than Alzheimer's. He had been open to inclusive affirmations of health and it worked.

Wally was consistent in following the protocol. He had followed the instructions closely and as faithfully as if he had received readings during Edgar Cayce's lifetime. The health readings that came through Mr. Cayce 66 years ago still work today and miracles can still happen.

(Barbara Derrick, pictured with Wally Decker, is a psychotherapist and minister who works with the Cayce material in her practice.)

This article appeared in the July/August 2004, Venture Inward Magazine. A.R.E. Members can view archived issues of the Magazine and Newsletter, a benefit of Membership, in the online Member-only

EDGAR CAYCE'S PERSPECTIVE ON DEMENTIA

Edgar Cayce gave many readings for persons suffering from dementia. The readings are in close agreement with modern medicine on the physical pathology of the dementias.

Repeatedly, Edgar Cayce provided graphic descriptions of the nervous system deterioration indicative of these disorders. One almost gets the sense that Cayce used his consciousness as a modern researcher might use a high-tech probe or brain scan. Often, Cayce's perspective was from the inside of the body, moving freely among the organs and tissues. His portrayal of the delicate interactions within and between the nervous systems is particularly fascinating. Without going into the technical aspects of anatomy and physiology, the important point is that Edgar Cayce anticipated the results of modern brain research which regards dementia as a progressive degeneration of nerve tissue in the brain.

However, Edgar Cayce's perspective goes beyond brain pathology. The Cayce readings discuss how the brain is dependent upon the rest of the body for its moment to moment existence. Without the continual removal of metabolic waste and the supplying of nutrients, nerve cells in the brain will die in only a few minutes. Cayce explained that the various organs of assimilation and elimination are important in the cause and treatment of dementias such as Alzheimer's. Cayce also emphasized the importance of "drainages" and nervous system coordination.

Edgar Cayce also recommended the use of electrotherapy to stimulate nerve regeneration and the use of psychological techniques such as hypnotherapy and suggestion. Finally, the spiritual aspects of treatment were also strongly emphasized.

SUMMARY

Edgar Cayce provided numerous readings describing the pathological and psychological issues of dementia with recommendations for treatment. In general, his approach was to assist the body in cleansing and nurturing the nerve tissue in the brain by a variety of physical, mental and spiritual therapies. In

CAYCE'S FORMULA FOR REBUILDING THE BRAIN

In reading 1800-16, Edgar Cayce laid out the basics of a treatment approach for dementia.

The Key Elements:

1. Electric frequency therapy with gold and silver solutions. (Wet Cell appliance)
2. Spinal manipulations and massage to improve nervous systems coordination and eliminations.
3. Suggestive therapeutics (a form of natural hypnosis - taped affirmations).
4. Patience (a key spiritual attribute; "Keep on Keeping on." EC).
5. Other activities in the system to improve assimilation, circulation and elimination.

Edgar Cayce's approach to Alzheimer's disease and dementia is described in a book titled *Alzheimer's Disease and the Dementias: An Alternative Approach Based on the Readings of Edgar Cayce* written by David McMillin. Cayce's approach to nervous system regeneration is discussed in detail in *Principles and Techniques of Nerve Regeneration*. Both books are available from A.R.E. Press.

Note: The above is information only and is not intended as medical advice for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in the Cayce Health Database.

NOTES ABOUT AFFIRMATIONS AND SUBLIMINAL PROGRAMMING

With today's technology it is easy to record messages for playback. Whatever method used, record the affirmations in your own voice. Be sure they are in the first person, present tense. Wally's affirmations addressed his issues and concerns. Your affirmations should also address your specific issues and concerns. Always state the affirmations in a positive way. Never use "what I don't want statements." Example: "I never forget words." instead: "My recall of words is perfect."

Recorded affirmations are also effective if played in the background during other activities. The volume should be at a level that the individual words are not discernible. The sub-conscious will still respond to the messages, but without engaging the negating conscious sensors.

