

**The Edgar Cayce Castor Oil Pack**

**By**

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**Courtesy of A.R.E. ([www.edgarcayce.org](http://www.edgarcayce.org))**  
**BioCytonics**

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Edgar Cayce, the “sleeping prophet” of the early and mid 20<sup>th</sup> Century, recommended castor oil packs for a variety of conditions from gallstones to lymphatic cleanses. Following are the instructions for its use. Edgar Cayce recommended this for any condition of lymphatic blockage such as cholecystitis (inflammation of the gall bladder), poor eliminations, epilepsy, various liver conditions such as cirrhosis and torpid liver, scleroderma, headaches, appendicitis, arthritis, incoordination between assimilations and eliminations, colitis, intestinal disorders such as stricture and colon impaction, incoordination between nervous systems, neuritis, and toxemia.

A castor oil pack is an external application of castor oil. A piece of wool flannel is saturated in castor oil and applied to the abdomen with a heating pad. The Cayce readings recommend castor oil packs to improve assimilations, eliminations and circulation (especially of the lymphatic system). Although this therapy may seem unusual, it is one of the best documented of the Cayce therapies. Dr. William McGarey has applied castor oil packs to treat many conditions.

## INSTRUCTIONS FOR CASTOR OIL PACKS

### To Make The Pack

Take the piece of wool flannel and fold it into 3 thicknesses. Put it in a pan (like a large disposable baking pan) and pour cold pressed castor oil on it. Saturate the whole flannel, and leave it until it is well-saturated. When you use it, you want it saturated, but not dripping. The size you want for use is about 12 x 18 inches - about the same size as your heating pad, so that the pad heats the whole pack, but does not touch your skin. After each use, you will probably need to add a little more castor oil. You can use the pack many times. When you're not using it, you can store it in a plastic bag in the refrigerator.

### Where To Place The Pack

This will depend on what the problem is. In general, it should be on the right side of the body, extending from a little above the bottom of the sternum (breastbone) to about 4 inches below the navel. It should go from the navel around the body on the right side as far to the side as you can get it. Basically, cover as much of your right side as you can.

### Using The Pack

Use the pack in the evening, as you are resting before bed. Spread out a large plastic garbage bag on the bed so that the castor oil won't leak onto the bed. Fold a towel (that you will use only for castor oil packs, because the oil is almost impossible to wash out

completely). Take the cloth cover off the heating pad. Then put the heating pad on top of the towel. We have found that using plastic wrap is even more convenient. Simply place the pack on the troublesome spot and wrap a layer or two of plastic wrap completely around the body. (Be careful not to wrap it too tight and make sure not to cover too much of the “bare body” with the wrap)

The readings say that it is important to heat the pack before you put it on yourself. One way is to heat it in the oven on a "low" temperature setting. Another is to heat it in a microwave oven (in a microwave-safe container) for about one minute. Another way is to put the pack on top of the heating pad and turn the pad on high. Let it warm up for a few minutes.

Lie down on your back on the plastic bag. Place the pack on your abdomen, with the heating pad on top and the towel on top of that. Have the heating pad control within easy reach of your hand, because you may need to adjust it so the pack is not too hot or too cold. It should be very warm, but not so hot it burns you. Be careful! If you're not sure how hot is safe, start with a slightly warm session and work up to a warmer one. If it's not warm enough, it may help to rest your arms and hands on the towel to press the pack onto your body.

Keep the pack on for 1 to 1 ½ hours. Have a paper towel handy to wipe the oil off your self when you get up, and be careful not to get any on the bed. Make up a solution of baking soda in warm water (2 teaspoons to a quart), and use paper towels or a sponge with the baking soda solution to clean off the castor oil. You might also want to take a shower with soap after that.

Use the pack for 3 days in a row. Then take a break for 4 days, and repeat.

#### After 3 Days of Using The Pack

On the evening of the 3rd day, take olive oil (not castor oil!) by mouth. Begin with about a teaspoon. If you feel OK, you can take up two tablespoons. This will help in the detoxing effect.