A 369 RABBIT HOLE EDITION

2026 THE EDGAR CAYCE READINGS INDEX

Fifty six subjects counted across 14,301 readings, with dates and reading numbers to look up

THE 369 RABBIT HOLE

The 369 Rabbit Hole



The Edgar Cayce Readings Index
Counted and written by The 369 Rabbit Hole, 2026.

This book holds our counts, our summaries and reading numbers. It holds no text of the readings. Edgar Cayce (1877 to 1945) gave them, and the Edgar Cayce Foundation holds the copyright. The Association for Research and Enlightenment, edgarcayce.org, is where members can read every one.

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FROM 369 RABBIT HOLE

Before you go down

This index counts what is in the 14,301 readings we hold and says what they said about fifty six subjects, one at a time. For each you get a short summary in our own words, how many readings use the words, the first and last dates, and a few reading numbers to look up.

The readings are not printed here. The Edgar Cayce Foundation owns them, and the A.R.E. lets its members read all of them. The reading numbers in each table are there to take you straight to the right ones.

A subject is a rule of words run over the reading itself. A hit means the words are in the reading, which is not the same as the reading being about them. We read samples of every rule, fixed the ones that caught the wrong thing, and say so where a rule still runs wide.

HOW TO READ IT

Go by chapter, or start at the table on the last pages. A reading number has two parts. The first is the series, one person or one group, and the second says which of theirs it is, so 294-5 is the fifth reading in series 294.

Read the first and last dates as the earliest and latest reading we could date that uses the words. They do not say when he first spoke on the subject.

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How we counted

What the numbers are, and what they are not

We hold 14,301 readings, parsed from a 2001 copy of the complete text as the A.R.E. had it online. The A.R.E. itself gives 14,306, so five are missing from ours, and we have not found which.

Of our 14,301, 14,099 carry a date and 202 do not. One of the dates is in 1947, after he died on January 3, 1945, which is an error in the record. For that reading we leave the date out of every first and last date in this book.

A subject is a set of words and phrases run over the text of the reading itself. We left out the notes and letters the A.R.E. filed after each reading, and every passage in square brackets, which is later editorial matter. A reading counts once however often it uses the words, and the uses column counts every time.

The first and last dates mean the earliest and latest dated reading that uses the words. They do not date when he first spoke on the subject, since the record has gaps and 202 readings with no date at all.

A few word sets catch more than the subject. Death includes dangers in health readings, Ideals and Diet include everyday use, and Earth changes is a narrow rule that finds only four readings. Where this matters the summary says so.

01

Remedies

DOWN HERE

- Castor oil packs
- Glyco-Thymoline
- Atomidine
- The wet cell appliance
- The radio-active appliance
- The violet ray
- Massage and peanut oil
- Osteopathy
- Colonics

The health readings are mostly a list of things to do at home, and these nine come up again and again. Each one is something a person was told to apply, wear, rub in or sit with. They are described here as the readings describe them, as history, and nothing in this book is medical advice.

Subject 01

Castor oil packs

Flannel folded in three or four thicknesses, soaked in castor oil, warmed as hot as the skin could stand and laid over the liver, the gall duct or the lower right side of the abdomen. Sessions ran half an hour to two hours, every few days or once a week, for a few weeks at a stretch. The readings often paired the packs with osteopathic adjustments, and they gave them for complaints that traced back to digestion and elimination.

548 readings use it, 989 times in all. Dated 1924 to 1944. Busiest year 1944 with 77.

READING	DATE	WHY IT IS LISTED
4280-2	Aug 26, 1924	Earliest dated reading that uses it
1055-1	Nov 12, 1935	Uses it 7 times
1363-1	May 4, 1937	Uses it 7 times
2153-1	Mar 23, 1940	Uses it 7 times
5399-1	Aug 25, 1944	Latest dated reading that uses it

Subject 02

Glyco-Thymoline

A product the readings call an alkaline antiseptic. They added it to the water of colon irrigations, soaked cloth packs in it for the abdomen, advised douches at a teaspoon to a quart of body temperature water, and had one person massage it along the spine at bedtime. Use climbs steeply in the last two years of the record.

735 readings use it, 1,126 times in all. Dated 1917 to 1944. Busiest year 1943 with 174.

READING	DATE	WHY IT IS LISTED
1715-1	Jun 5, 1917	Earliest dated reading that uses it
3469-1	Dec 20, 1943	Uses it 7 times
2794-4	Jan 6, 1944	Uses it 6 times
5094-1	May 13, 1944	Uses it 6 times
294-212	Sep 17, 1944	Latest dated reading that uses it

Subject 03

Atomidine

A drop dose iodine preparation. A reading in 1931 was given for a doctor who asked how to prepare and distribute it, and after that it turns up in about one reading in fifteen. Doses are small, often one drop a day for five days and then five drops, and one reading says to use it in periods and not continuously. Another calls it a purifier of the glands.

959 readings use it, 2,146 times in all. Dated 1931 to 1944. Busiest year 1943 with 126.

READING	DATE	WHY IT IS LISTED
358-1	Sep 10, 1931	Earliest dated reading that uses it
1800-26	May 6, 1936	Uses it 9 times
2070-1	Dec 30, 1939	Uses it 9 times
5402-1	Aug 29, 1944	Latest dated reading that uses it

Subject 04

The wet cell appliance

A low voltage battery with plates fastened to the body, said to carry the vibration of a chosen substance into the system. Gold chloride in distilled or rain water, at one grain to the ounce, is one the readings name. Sessions of

thirty to forty minutes a day are described. The record has it from 1922, and use peaks in the final year.

548 readings use it, 781 times in all. Dated 1922 to 1944. Busiest year 1944 with 112.

READING	DATE	WHY IT IS LISTED
214–1	Oct 21, 1922	Earliest dated reading that uses it
1006–1	Sep 19, 1935	Uses it 6 times
1026–1	Oct 21, 1935	Uses it 7 times
1031–1	Oct 25, 1935	Uses it 6 times
294–212	Sep 17, 1944	Latest dated reading that uses it

Subject 05

The radio-active appliance

A second appliance, worn at rest. Plates went on the extremities and the current circulated about the body for an hour or so in the evening, so that sleep came more easily, and one reading says it brings the glands into better coordination. Use is heaviest in the middle thirties, and the earliest directions we found date to 1923.

891 readings use it, 1,381 times in all. Dated 1923 to 1944. Busiest year 1936 with 96.

READING	DATE	WHY IT IS LISTED
4183–1	Apr 11, 1923	Earliest dated reading that uses it
1800–15	Oct 16, 1926	Uses it 5 times
1800–16	May 27, 1930	Uses it 5 times
920–9	Nov 7, 1936	Uses it 6 times
4025–2	Jul 26, 1944	Latest dated reading that uses it

Subject 06

The violet ray

Treatments with an ultra violet lamp, applied over the spine, the solar plexus or the back of the neck. One reading gives a distance of thirty eight inches from the body, and a late one says to pass the light through green glass. A reading in 1943 tells its person not to use it at all.

1,069 readings use it, 1,720 times in all. Dated 1921 to 1944. Busiest year 1924 with 88.

READING	DATE	WHY IT IS LISTED
4667-1	Feb 9, 1921	Earliest dated reading that uses it
464-4	Apr 21, 1927	Uses it 6 times
323-1	Apr 27, 1933	Uses it 7 times
275-34	Sep 21, 1933	Uses it 7 times
4021-1	Aug 25, 1944	Latest dated reading that uses it

Subject 07

Massage and peanut oil

Massage with peanut oil, alone or mixed half and half with olive oil, along the spine and down the limbs, taking in all the skin would absorb. It first appears at the end of 1937, later than the other big remedies, and by 1943 it is in about one reading in six that year. One reading calls it a guard against rheumatic tendencies.

612 readings use it, 731 times in all. Dated 1937 to 1944. Busiest year 1943 with 170.

READING	DATE	WHY IT IS LISTED
1504-1	Dec 30, 1937	Earliest dated reading that uses it
1788-5	Apr 3, 1939	Uses it 3 times
2499-1	May 14, 1941	Uses it 4 times
3077-1	Jul 7, 1943	Uses it 4 times
294-212	Sep 17, 1944	Latest dated reading that uses it

Subject 08

Osteopathy

Osteopathic adjustments, relaxing massage and manipulation of the spine, named in about a quarter of the readings we hold. A reading in 1944 prefers osteopathic massage to chiropractic adjustment, and another asks for relaxing work over stimulating work. Of the treatments we counted, it is the one the readings name most.

3,391 readings use it, 6,239 times in all. Dated 1903 to 1944. Busiest year 1944 with 312.

READING	DATE	WHY IT IS LISTED
5676-1	Mar 29, 1903	Earliest dated reading that uses it
5609-6	Aug 18, 1932	Uses it 9 times
954-2	Mar 16, 1936	Uses it 9 times
1498-1	Dec 10, 1937	Uses it 9 times
294-212	Sep 17, 1944	Latest dated reading that uses it

Subject 09

Colonics

High colonic irrigation, often the first step in a course of treatment. The water carried soda and salt, followed by an antiseptic, and treatments were spaced from two days to two weeks apart. The idea behind it is that poisons gather in the intestines, and clearing them comes before almost anything else.

977 readings use it, 1,658 times in all. Dated 1929 to 1944. Busiest year 1943 with 152.

READING	DATE	WHY IT IS LISTED
5593-1	Oct 24, 1929	Earliest dated reading that uses it
1141-1	Apr 10, 1936	Uses it 7 times
1660-2	Sep 24, 1938	Uses it 9 times
1930-1	Jun 23, 1939	Uses it 8 times
5389-1	Aug 29, 1944	Latest dated reading that uses it

02

Diet and the body

DOWN HERE

- Diet
- Almonds
- The apple diet
- Psoriasis
- Epilepsy
- Arthritis
- Cancer
- The head and neck exercise
- Hair, scalp and crude oil

Food is the largest subject in the whole record, and the named conditions below are a small slice of what people asked about. What follows is what the readings said, topic by topic, with counts from our word rules.

Subject 10

Diet

Food advice runs through about four readings in ten. The patterns repeat: citrus juice in the morning, raw vegetables at noon, cooked ones at night, no white bread, little fried food. A reading in 1903 told a man to leave off meat and take starches, so the advice was never one rule for everyone.

5,496 readings use it, 9,987 times in all. Dated 1903 to 1944. Busiest year 1943 with 406.

READING	DATE	WHY IT IS LISTED
5676-1	Mar 29, 1903	Earliest dated reading that uses it
480-13	Dec 31, 1934	Uses it 10 times
3823-2	Jan 26, 1935	Uses it 9 times
257-228	Jan 27, 1941	Uses it 10 times
294-212	Sep 17, 1944	Latest dated reading that uses it

Subject 11

Almonds

Nuts as the main source of fat, with almonds named first in a reading of 1936. Two readings, in 1941 and 1943, say an almond or two a day keeps skin blemishes and growths away. One reading rules out peanuts and another walnuts. One early hit is an unrelated mention of an altar light.

57 readings use it, 81 times in all. Dated 1925 to 1944. Busiest year 1934 with 7.

READING	DATE	WHY IT IS LISTED
900-159	Nov 10, 1925	Earliest dated reading that uses it
257-22	Oct 23, 1927	Uses it 3 times
658-2	May 18, 1931	Uses it 3 times
3180-3	Dec 21, 1943	Uses it 5 times
5403-1	Aug 26, 1944	Latest dated reading that uses it

Subject 12

The apple diet

A three day cleanse of raw apples and nothing else, finished with half a cup of olive oil on the third evening. One reading asks for Jonathan apples. It is among the best known pieces of advice in the record, and it is rare, with under twenty readings giving it.

18 readings use it, 28 times in all. Dated 1935 to 1944. Busiest year 1938 with 3.

READING	DATE	WHY IT IS LISTED
294-182	May 6, 1935	Earliest dated reading that uses it
543-26	Dec 15, 1937	Uses it 3 times
1622-1	Jun 24, 1938	Uses it 3 times
1850-3	May 10, 1940	Uses it 3 times
780-12	May 8, 1944	Latest dated reading that uses it

Subject 13

Psoriasis

Few readings name it, and the account is steady. The skin trouble is the body trying to push toxins out through the surface when the proper channels fall short, so the fix is better elimination, a changed diet and a peanut oil massage across the lower back. One reading adds that it does not always have the same cause.

14 readings use it, 18 times in all. Dated 1922 to 1944. Busiest year 1941 with 4.

READING	DATE	WHY IT IS LISTED
3827-1	Dec 9, 1922	Earliest dated reading that uses it
943-17	Jan 21, 1932	Uses it 2 times
2455-3	Sep 25, 1941	Uses it 4 times
5016-1	Apr 14, 1944	Latest dated reading that uses it

Subject 14

Epilepsy

Few readings name it. Several say the condition is not true epilepsy but spasms from poor coordination between the two nerve systems, with pressure along the spine as the cause. In 1932 a reading is asked whether sufferers are possessed, and the answer is that the causes vary.

24 readings use it, 39 times in all. Dated 1930 to 1944. Busiest year 1944 with 7.

READING	DATE	WHY IT IS LISTED
1800-16	May 27, 1930	Earliest dated reading that uses it
4537-1	Aug 15, 1930	Uses it 3 times
281-4	Mar 10, 1932	Uses it 4 times
146-8	Jun 15, 1932	Uses it 4 times
5391-1	Aug 29, 1944	Latest dated reading that uses it

Subject 15

Arthritis

The readings tie it to poisons from the colon and poor elimination. Treatment is the usual set of massage, packs and diet. A reading in 1924 tells its person they do not have it and names pressure in the lower spine instead.

230 readings use it, 312 times in all. Dated 1924 to 1944. Busiest year 1944 with 53.

READING	DATE	WHY IT IS LISTED
4471-1	Mar 4, 1924	Earliest dated reading that uses it
631-6	Mar 8, 1935	Uses it 3 times
1663-1	Aug 18, 1938	Uses it 4 times
1820-1	Feb 13, 1939	Uses it 4 times
5402-1	Aug 29, 1944	Latest dated reading that uses it

Subject 16

Cancer

A few hundred readings use the word or a close one. In the samples we read, many are a question from the person and the answer is that there is none. Where a reading finds a malignant growth, a 1926 one says it is set deep and hard to reach, and the work is to prepare the blood stream.

255 readings use it, 391 times in all. Dated 1910 to 1944. Busiest year 1935 with 19.

READING	DATE	WHY IT IS LISTED
5579-1	Nov 26, 1910	Earliest dated reading that uses it
4752-1	Mar 13, 1925	Uses it 6 times
4977-1	Jul 17, 1926	Uses it 7 times
1242-6	Nov 30, 1936	Uses it 6 times
1151-32	Aug 11, 1944	Latest dated reading that uses it

Subject 17

The head and neck exercise

A short exercise done morning and evening for a minute or two, turning the head to each side, forward, back and around. The readings give it for the eyes, hearing and throat. One in 1944 says it will do more for hearing than a device for the ear. It was prescribed from 1922 to the end.

158 readings use it, 209 times in all. Dated 1922 to 1944. Busiest year 1944 with 24.

READING	DATE	WHY IT IS LISTED
599-2	Jun 22, 1922	Earliest dated reading that uses it
416-3	May 27, 1934	Uses it 4 times
1497-4	Apr 21, 1938	Uses it 6 times
1523-15	Apr 28, 1942	Uses it 6 times
5404-1	Aug 26, 1944	Latest dated reading that uses it

Subject 18

Hair, scalp and crude oil

Two kinds of advice run together here. One is scalp and hair trouble, with massage, diet and crude oil rubbed into the scalp once or twice a month. The other is a hair tonic one reading calls perfect. The rule also catches falling hair and graying, so the count is for the whole family of hair advice.

197 readings use it, 459 times in all. Dated 1911 to 1944. Busiest year 1943 with 19.

READING	DATE	WHY IT IS LISTED
3782-1	May 31, 1911	Earliest dated reading that uses it
658-9	Mar 22, 1932	Uses it 12 times
636-1	Aug 20, 1934	Uses it 11 times
1467-1	Oct 29, 1937	Uses it 9 times
5334-1	Jul 17, 1944	Latest dated reading that uses it

03

Soul and mind

DOWN HERE

- Meditation
- Prayer
- Dreams
- Reincarnation and past lives
- Karma
- The akashic records
- Soul mates
- Death and the afterlife
- The mind as builder
- Ideals

Most of the 14,301 readings were about a body, but a large share turned to the mind and what lies beyond it. These topics are where the readings sound closest to a philosophy, and where the same words come back from one reading to the next.

Subject 19

Meditation

A 1932 reading for a group is asked how a person can meditate or pray without disturbing mind or body. Elsewhere the readings say to relax first, find your ideal and turn within, and a 1937 reading tells someone how to prepare. One person is told not to take up yoga practice.

959 readings use it, 1,583 times in all. Dated 1921 to 1944. Busiest year 1937 with 94.

READING	DATE	WHY IT IS LISTED
4718-1	Apr 14, 1921	Earliest dated reading that uses it
281-13	Nov 19, 1932	Uses it 20 times
281-18	Aug 24, 1933	Uses it 13 times
436-3	Nov 11, 1933	Uses it 14 times
5399-2	Aug 26, 1944	Latest dated reading that uses it

Subject 20

Prayer

Prayer is paired with meditation again and again, as one practice with two halves. The readings for the study group suggest a daily prayer to show the Christ spirit in your dealings with other people.

985 readings use it, 1,587 times in all. Dated 1922 to 1944. Busiest year 1944 with 130.

READING	DATE	WHY IT IS LISTED
4215-1	Jun 23, 1922	Earliest dated reading that uses it
281-13	Nov 19, 1932	Uses it 11 times
281-35	May 26, 1937	Uses it 10 times
262-118	Apr 10, 1938	Uses it 12 times
5399-2	Aug 26, 1944	Latest dated reading that uses it

Subject 21

Dreams

He was asked to interpret dreams, and in the middle twenties he did it by the hundred. The readings call dreams symbolic, with the people and places in them standing for forces in the person. Use drops fast after the late twenties.

1,035 readings use it, 2,853 times in all. Dated 1923 to 1944. Busiest year 1925 with 217.

READING	DATE	WHY IT IS LISTED
3744-1	Jun 18, 1923	Earliest dated reading that uses it
900-18	Jan 14, 1925	Uses it 13 times
900-77	Jun 3, 1925	Uses it 13 times
136-4	Jun 9, 1925	Uses it 17 times
5399-2	Aug 26, 1944	Latest dated reading that uses it

Subject 22

Reincarnation and past lives

The life readings give a series of earlier lives, by place, period and name, and then say what carried over into the present. About one reading in nine has such a passage. The first appear in late 1922. The readings measure each life by whether it built up or held back the soul.

1,648 readings use it, 3,267 times in all. Dated 1922 to 1944. Busiest year 1944 with 222.

READING	DATE	WHY IT IS LISTED
4850-1	Oct 9, 1922	Earliest dated reading that uses it
903-23	Mar 19, 1935	Uses it 9 times
1468-6	Apr 13, 1940	Uses it 14 times
2072-10	Jul 22, 1942	Uses it 9 times
5392-1	Aug 28, 1944	Latest dated reading that uses it

Subject 23

Karma

He used the word sparingly, and often as something other people call it. In the readings it means causes carried from earlier lives that shape a person's relations with others, and a 1943 reading says it is often the cause of conditions called hereditary.

115 readings use it, 158 times in all. Dated 1922 to 1944. Busiest year 1943 with 29.

READING	DATE	WHY IT IS LISTED
4492-1	Nov 15, 1922	Earliest dated reading that uses it
257-78	Feb 6, 1932	Uses it 6 times
440-5	Dec 20, 1933	Uses it 5 times
276-7	Apr 14, 1934	Uses it 4 times
5359-1	Jul 22, 1944	Latest dated reading that uses it

Subject 24

The akashic records

The records of each soul, written, the readings say, upon the skein of time and space, and read by him to give life readings. The first use of the word is reading 169-1 in March 1928, which speaks of a record made by each individual. After that the readings mostly say records and skein, and the word itself stays rare.

80 readings use it, 97 times in all. Dated 1928 to 1944. Busiest year 1937 with 16.

READING	DATE	WHY IT IS LISTED
169-1	Mar 15, 1928	Earliest dated reading that uses it
364-6	Feb 17, 1932	Uses it 3 times
443-5	Jan 9, 1934	Uses it 4 times
3902-2	Mar 25, 1944	Uses it 3 times
5356-1	Jul 19, 1944	Latest dated reading that uses it

Subject 25

Soul mates

Eleven readings use the idea. One person asks whether they were married to a soul mate in Egypt and is told they were not married to anyone. Another asks whether husband and wife are soul mates and is told they have been companions often. A 1944 reading says the idea is worth analyzing and writing about.

11 readings use it, 15 times in all. Dated 1933 to 1944. Busiest year 1934 with 2.

READING	DATE	WHY IT IS LISTED
275-33	Aug 14, 1933	Earliest dated reading that uses it
275-37	Jan 12, 1934	Uses it 2 times
1556-2	Jun 22, 1938	Uses it 2 times
3345-1	Oct 24, 1943	Uses it 2 times
5254-1	Jun 16, 1944	Latest dated reading that uses it

Subject 26

Death and the afterlife

A mixed family. Many hits are physical danger in a health reading, and many are the older teaching that life and death are a choice set before everyone

each day. A reading in 1930 calls death the beginning of life, and another speaks of the borderland.

582 readings use it, 848 times in all. Dated 1911 to 1944. Busiest year 1943 with 53.

READING	DATE	WHY IT IS LISTED
4814-1	Apr 18, 1911	Earliest dated reading that uses it
900-8	Nov 2, 1924	Uses it 7 times
900-189	Jan 28, 1926	Uses it 9 times
137-64	Mar 10, 1926	Uses it 7 times
5375-1	Jul 24, 1944	Latest dated reading that uses it

Subject 27

The mind as builder

A maxim the readings repeat over eighteen years, that every thought is a deed and the mind builds in the material and the spiritual alike. A reading in 1927 says a thought can be made into a miracle or a crime. Use is highest in 1938.

165 readings use it, 170 times in all. Dated 1926 to 1944. Busiest year 1938 with 20.

READING	DATE	WHY IT IS LISTED
900-217	Apr 2, 1926	Earliest dated reading that uses it
996-11	Feb 28, 1927	Uses it 2 times
1620-1	Jun 21, 1938	Uses it 2 times
2677-1	Jan 27, 1942	Uses it 2 times
3481-2	Jun 27, 1944	Latest dated reading that uses it

Subject 28

Ideals

6,108 uses, in about one reading in seven. An ideal is the standard a person sets, in body, mind and spirit, and the readings say it must be chosen, held

and made to guide each choice. It is also the subject of the study group lessons.

1,979 readings use it, 6,108 times in all. Dated 1923 to 1944. Busiest year 1943 with 216.

READING	DATE	WHY IT IS LISTED
228-1	Feb 5, 1923	Earliest dated reading that uses it
257-20	Jul 29, 1927	Uses it 22 times
1738-1	Mar 19, 1930	Uses it 18 times
5392-1	Aug 28, 1944	Latest dated reading that uses it

04

Ancient lands

DOWN HERE

- Atlantis and Poseidia
- Lemuria and Mu
- The Law of One and the sons of Belial
- The Tuaoi stone and the firestone
- Bimini
- Egypt
- Ra Ta, the priest
- The hall of records
- The pyramids and the Sphinx
- Persia
- Palestine and the Holy Land
- The Essenes

The life readings reached back into lands and ages that no history book covers. These topics gather the places, peoples and sacred things named in them. Everything here is what the readings claimed, and we have not tested any of it against archaeology.

Subject 29

Atlantis and Poseidia

A lost civilization the readings call Atlantis and Poseidia. Over eight hundred readings place a person there, and describe two camps, one using its knowledge for service and one for self. The readings say the land broke up in upheavals, and some Atlanteans came to Egypt. We have not tested any of it against geology.

807 readings use it, 1,569 times in all. Dated 1923 to 1944. Busiest year 1943 with 78.

READING	DATE	WHY IT IS LISTED
288-1	Nov 20, 1923	Earliest dated reading that uses it
5750-1	Nov 12, 1933	Uses it 11 times
275-38	Jan 16, 1934	Uses it 11 times
2795-1	Aug 9, 1942	Uses it 16 times
5395-1	Aug 26, 1944	Latest dated reading that uses it

Subject 30

Lemuria and Mu

An older land in the Pacific the readings call Lemuria or Mu, said in 1932 to have begun to disappear before Atlantis. A 1944 reading says the people of Mu treated each other as equals, and a 1933 one says upheavals in Mu shaped later peoples. Mentions are scarce.

69 readings use it, 109 times in all. Dated 1925 to 1944. Busiest year 1935 with 10.

READING	DATE	WHY IT IS LISTED
2698-1	Aug 3, 1925	Earliest dated reading that uses it
5750-1	Nov 12, 1933	Uses it 7 times
877-10	Sep 10, 1936	Uses it 7 times
2067-4	Oct 1, 1940	Uses it 4 times
3653-1	Jan 7, 1944	Latest dated reading that uses it

Subject 31

The Law of One and the sons of Belial

The two sides of the Atlantean story. The children of the Law of One held to serving the whole, and the sons of Belial used spiritual truth for gain and indulgence. Some people were told which side they stood on. The pair first appears in 1933.

281 readings use it, 503 times in all. Dated 1933 to 1944. Busiest year 1935 with 35.

READING	DATE	WHY IT IS LISTED
365-3	Jul 6, 1933	Earliest dated reading that uses it
877-26	May 23, 1938	Uses it 10 times
1968-2	Jan 25, 1940	Uses it 9 times
2464-2	Nov 13, 1941	Uses it 8 times
5395-1	Aug 26, 1944	Latest dated reading that uses it

Subject 32

The Tuaoi stone and the firestone

A six sided stone said to have lit a temple in Atlantis, opalescent, with light from the top. Only four readings use the word Tuaoi or the firestone, and the main description is reading 2072-7 of 1942. A 1944 reading uses firestone for a gem carried by a Persian caravan.

4 readings use it, 6 times in all. Dated 1933 to 1944. Busiest year 1942 with 2.

READING	DATE	WHY IT IS LISTED
440-5	Dec 20, 1933	Earliest dated reading that uses it
2072-7	Mar 7, 1942	Uses it 2 times
2072-10	Jul 22, 1942	Uses it 2 times
5294-1	Jun 26, 1944	Latest dated reading that uses it

Subject 33

Bimini

A small topic. The earliest readings, from 1926, were given for a group asking whether the island held oil. A 1935 reading mentions a fresh water well found there, and a 1932 reading names Bimini with the Gulf Stream. Readings about Poseidia are counted under Atlantis.

9 readings use it, 12 times in all. Dated 1926 to 1935. Busiest year 1927 with 3.

READING	DATE	WHY IT IS LISTED
996-1	Aug 14, 1926	Earliest dated reading that uses it
996-8	Feb 7, 1927	Uses it 2 times
587-4	Jul 1, 1935	Uses it 2 times

Subject 34

Egypt

The land named most often in the life readings. People were told they had lived there from the days of the first pharaohs to the Roman period, and about one reading in nine uses the word. Use is highest in the last two years.

1,561 readings use it, 2,953 times in all. Dated 1923 to 1944. Busiest year 1944 with 176.

READING	DATE	WHY IT IS LISTED
5717-5	Nov 7, 1923	Earliest dated reading that uses it
1100-26	Jun 12, 1939	Uses it 13 times
1825-2	Oct 9, 1943	Uses it 11 times
2011-3	Dec 4, 1943	Uses it 17 times
5392-1	Aug 28, 1944	Latest dated reading that uses it

Subject 35

Ra Ta, the priest

A priest and seer in Egypt, in an account of divided interests between the native rulers and an incoming people, with a king named Arart. The readings say he returned later. People were told they had known him, and the name is spelled several ways.

146 readings use it, 225 times in all. Dated 1924 to 1944. Busiest year 1936 with 21.

READING	DATE	WHY IT IS LISTED
304-5	Apr 24, 1924	Earliest dated reading that uses it
294-147	Jul 19, 1932	Uses it 8 times
294-148	Jul 26, 1932	Uses it 11 times
294-151	Jul 29, 1932	Uses it 7 times
5359-1	Jul 22, 1944	Latest dated reading that uses it

Subject 36

The hall of records

A chamber of records said to lie near the Sphinx, with a passage from the right forepaw, to be found in a future time. A 1933 reading says the temple of records will be opened. Only a handful of readings describe it, which is a surprise next to how famous it is.

16 readings use it, 20 times in all. Dated 1932 to 1944. Busiest year 1933 with 3.

READING	DATE	WHY IT IS LISTED
5748-6	Jul 1, 1932	Earliest dated reading that uses it
378-16	Oct 29, 1933	Uses it 2 times
2462-2	Jun 19, 1941	Uses it 2 times
3605-1	Jan 21, 1944	Latest dated reading that uses it

Subject 37

The pyramids and the Sphinx

The longest discussion of the Great Pyramid is reading 5748-6 of 1932. Others tie a person's life to the pyramids and the Sphinx, and a few use them only as a symbol, as in a personal seal.

93 readings use it, 203 times in all. Dated 1923 to 1944. Busiest year 1942 with 15.

READING	DATE	WHY IT IS LISTED
341-1	Dec 10, 1923	Earliest dated reading that uses it
195-14	Jul 8, 1925	Uses it 7 times
5748-6	Jul 1, 1932	Uses it 18 times
378-16	Oct 29, 1933	Uses it 9 times
5251-1	Jun 14, 1944	Latest dated reading that uses it

Subject 38

Persia

Persia is named in about one reading in twenty. It appears as a land of caravans, kings and warriors, and a leader named Uhjltd taught there in accounts given in 1938 and 1941. Use is highest in 1943.

710 readings use it, 1,183 times in all. Dated 1923 to 1944. Busiest year 1943 with 66.

READING	DATE	WHY IT IS LISTED
5717-5	Nov 7, 1923	Earliest dated reading that uses it
1096-3	Apr 3, 1936	Uses it 7 times
2091-2	Nov 18, 1941	Uses it 15 times
2795-1	Aug 9, 1942	Uses it 8 times
5395-1	Aug 26, 1944	Latest dated reading that uses it

Subject 39

Palestine and the Holy Land

The land of the Bible, named by readings that place people there before, during and after the life of Jesus, and in the Crusades. Over six hundred readings use one of the words, and use is highest in the last two years.

602 readings use it, 964 times in all. Dated 1923 to 1944. Busiest year 1944 with 106.

READING	DATE	WHY IT IS LISTED
341-1	Dec 10, 1923	Earliest dated reading that uses it
1373-2	Nov 24, 1937	Uses it 6 times
1602-4	Sep 26, 1939	Uses it 6 times
2803-2	Sep 11, 1942	Uses it 7 times
5399-2	Aug 26, 1944	Latest dated reading that uses it

Subject 40

The Essenes

A sect the readings connect with the preparation for the coming of Jesus. In 1941 a reading was given for the association's pamphlet on the subject, and in 1944 one is asked whether two people had been Essenes and answers that their names imply it.

70 readings use it, 134 times in all. Dated 1934 to 1944. Busiest year 1941 with 11.

READING	DATE	WHY IT IS LISTED
489-1	Jan 17, 1934	Earliest dated reading that uses it
254-109	May 20, 1941	Uses it 13 times
2067-7	Jun 25, 1941	Uses it 5 times
2067-11	Feb 22, 1943	Uses it 11 times
2072-15	Jun 20, 1944	Latest dated reading that uses it

Subject 41

Jesus

The readings call him the pattern for everyone and the one ideal. Long accounts of his ministry were gathered for a pamphlet in 1941. The name appears in about one reading in thirty, and most often in 1937.

424 readings use it, 778 times in all. Dated 1924 to 1944. Busiest year 1937 with 62.

READING	DATE	WHY IT IS LISTED
900-10	Nov 3, 1924	Earliest dated reading that uses it
262-105	Jan 24, 1937	Uses it 11 times
2067-7	Jun 25, 1941	Uses it 25 times
2067-11	Feb 22, 1943	Uses it 15 times
5400-1	Aug 21, 1944	Latest dated reading that uses it

Subject 42

The Book of Revelation

The last book of the Bible, taken as an account of the body and its centers. A study group asked the questions in 1936 and 1937, and a reading confirms that the seven churches stand for seven spiritual centers in the body.

32 readings use it, 76 times in all. Dated 1925 to 1944. Busiest year 1937 with 8.

READING	DATE	WHY IT IS LISTED
900–68	May 9, 1925	Earliest dated reading that uses it
281–16	Mar 13, 1933	Uses it 5 times
281–30	Feb 17, 1937	Uses it 6 times
281–31	Mar 12, 1937	Uses it 7 times
5322–1	Jul 3, 1944	Latest dated reading that uses it



05

Vibration

DOWN HERE

- Vibration
- Color and auras
- Music
- Gems and stones
- Astrology
- Numbers and numerology
- The pineal gland
- The seven centers and kundalini

Vibration is the thread that ties the whole record together. The readings use the word for the body, for color, for music, for stones and for the planets, and the topics below are the places where it shows up, sometimes under another name.

Subject 43

Vibration

In about a quarter of the readings. The earliest, in 1909, are about treatment by vibration, and a 1924 reading sets out the law, that all force is created by vibration and all vibration becomes electrical in its action. Color, music and thought are described in the same terms.

3,496 readings use it, 8,526 times in all. Dated 1909 to 1944. Busiest year 1930 with 234.

READING	DATE	WHY IT IS LISTED
4468-1	Jul 26, 1909	Earliest dated reading that uses it
4392-1	Jun 14, 1923	Uses it 27 times
2492-5	Jul 3, 1924	Uses it 34 times
900-448	Aug 17, 1929	Uses it 28 times
294-212	Sep 17, 1944	Latest dated reading that uses it

Subject 44

Color and auras

Color for the body and the day. A 1937 reading says blue green is a color and a vibration for one person, a question in 1938 asks what colors to wear, and in 1942 a reading takes up the aura charts.

228 readings use it, 353 times in all. Dated 1924 to 1944. Busiest year 1942 with 33.

READING	DATE	WHY IT IS LISTED
221–2	Jan 5, 1924	Earliest dated reading that uses it
1436–3	Sep 9, 1937	Uses it 7 times
294–204	Aug 24, 1941	Uses it 6 times
5746–1	Jul 30, 1942	Uses it 10 times
5398–1	Aug 24, 1944	Latest dated reading that uses it

Subject 45

Music

Music is treated as a vibration that shapes a person. A reading may say someone has a gift for it, and one in 1944 says practice will bring greater harmony into the experience. Use is highest in the last year.

654 readings use it, 1,650 times in all. Dated 1921 to 1944. Busiest year 1944 with 77.

READING	DATE	WHY IT IS LISTED
4137–1	Feb 12, 1921	Earliest dated reading that uses it
949–12	May 17, 1938	Uses it 15 times
949–13	Sep 9, 1938	Uses it 15 times
5201–1	Apr 20, 1944	Uses it 17 times
5399–2	Aug 26, 1944	Latest dated reading that uses it

Subject 46

Gems and stones

Stones for vibration. A reading in 1935 says the moonstone and pearl are well to keep near the body, and one in 1934 describes setting a dial for resonance with azurite and lapis. A few early hits are about land that held opal and turquoise.

129 readings use it, 258 times in all. Dated 1924 to 1944. Busiest year 1934 with 18.

READING	DATE	WHY IT IS LISTED
195-5	May 6, 1924	Earliest dated reading that uses it
440-11	Jan 9, 1934	Uses it 16 times
440-12	Jan 10, 1934	Uses it 9 times
5294-1	Jun 26, 1944	Uses it 14 times
5353-1	Jul 25, 1944	Latest dated reading that uses it

Subject 47

Astrology

Astrology is the basis for temperament in the life readings, with the planets as urges and the earth life as the testing. A 1938 reading calls the astrological influences urges. It appears in about one reading in ten.

1,474 readings use it, 3,311 times in all. Dated 1919 to 1944. Busiest year 1943 with 145.

READING	DATE	WHY IT IS LISTED
254-2	Mar 19, 1919	Earliest dated reading that uses it
338-2	May 27, 1933	Uses it 10 times
1210-1	Jun 29, 1936	Uses it 10 times
5755-1	Jun 27, 1938	Uses it 10 times
5392-1	Aug 28, 1944	Latest dated reading that uses it

Subject 48

Numbers and numerology

Numerology is named in about a hundred readings. A 1935 reading says astrology, numerology and symbols are only gateways or signs of expression, and a 1943 one tells a person to master numerology. It is a small topic next to the fame of the idea.

103 readings use it, 171 times in all. Dated 1925 to 1943. Busiest year 1934 with 13.

READING	DATE	WHY IT IS LISTED
900-167	Dec 1, 1925	Earliest dated reading that uses it
445-1	Nov 16, 1933	Uses it 8 times
826-10	Jan 10, 1938	Uses it 7 times
1402-3	Jul 20, 1938	Uses it 7 times
3178-1	Aug 24, 1943	Latest dated reading that uses it

Subject 49

The pineal gland

The gland appears with the nervous and glandular system in the health readings, and in a 1944 reading it is tied to the third eye and to visions of things to come, along with the Leydig center and the kundalini. Many early hits are purely physical.

237 readings use it, 330 times in all. Dated 1923 to 1944. Busiest year 1924 with 28.

READING	DATE	WHY IT IS LISTED
3761-1	Oct 9, 1923	Earliest dated reading that uses it
140-1	Oct 11, 1924	Uses it 5 times
5498-1	Jan 7, 1930	Uses it 5 times
567-1	Jun 1, 1934	Uses it 5 times
4087-1	Apr 15, 1944	Latest dated reading that uses it

Subject 50

The seven centers and kundalini

The spiritual centers in the body, with the Leydig gland and the kundalini named for them. A 1936 reading answers yes when asked whether the seven churches of Revelation are seven spiritual centers, and a 1944 reading speaks of the kundalini energy passing along them.

145 readings use it, 206 times in all. Dated 1921 to 1944. Busiest year 1944 with 17.

READING	DATE	WHY IT IS LISTED
4506-1	Mar 22, 1921	Earliest dated reading that uses it
3997-1	May 11, 1928	Uses it 4 times
281-29	Oct 28, 1936	Uses it 7 times
281-53	Apr 2, 1941	Uses it 5 times
294-212	Sep 17, 1944	Latest dated reading that uses it



06

World and money

DOWN HERE

- Earth changes and the poles
- Russia
- America
- The stock market
- Oil wells
- Buried treasure

A smaller set of readings looked outward, at business deals, markets, nations and the earth itself. The counts are low and some are tiny, so each summary says plainly how far the record goes.

Subject 51

Earth changes and the poles

A very short list, by a narrow rule. A 1932 reading says change begins with a breaking up in the South Pacific, a 1933 one gives 1958 to 1998 for upheavals and the shifting of the poles, and a 1934 one says parts of western America, Japan and Europe will change. A 1936 reading ties a shifting of the poles to the years around 2000.

4 readings use it, 9 times in all. Dated 1932 to 1936. Busiest year 1932 with 1.

READING	DATE	WHY IT IS LISTED
311-8	Apr 9, 1932	Earliest dated reading that uses it
378-16	Oct 29, 1933	Uses it once
3976-15	Jan 19, 1934	Uses it 6 times
826-8	Aug 11, 1936	Latest dated reading that uses it

Subject 52

Russia

Russia appears in forty one readings. A 1932 reading in the world affairs series says by 1936 the great powers, Russia among them, will be broken up. A 1944 one says the war will end before the snow flies, even in Russia.

41 readings use it, 55 times in all. Dated 1923 to 1944. Busiest year 1932 with 5.

READING	DATE	WHY IT IS LISTED
3744-1	Jun 18, 1923	Earliest dated reading that uses it
3976-10	Feb 8, 1932	Uses it 5 times
257-89	Aug 1, 1932	Uses it 3 times
261-16	Aug 19, 1935	Uses it 4 times
254-116	Aug 28, 1944	Latest dated reading that uses it

Subject 53

America

A mix of the world affairs readings and life readings that place a person in the land. A 1921 reading for a relief committee deals with the Jewish Relief Fund, and a 1934 reading says the earth will be broken up in the western part of America.

171 readings use it, 283 times in all. Dated 1921 to 1944. Busiest year 1934 with 14.

READING	DATE	WHY IT IS LISTED
3976-1	Feb 18, 1921	Earliest dated reading that uses it
3976-15	Jan 19, 1934	Uses it 10 times
3976-19	Jun 24, 1938	Uses it 6 times
3976-24	Jun 16, 1939	Uses it 6 times
5398-1	Aug 24, 1944	Latest dated reading that uses it

Subject 54

The stock market

In the middle twenties he was asked about stocks constantly, and use peaks at 92 readings in 1925, then falls to 35 in 1929. A reading in 1938 is asked for a formula to time the market and answers that many factors move individual stocks.

382 readings use it, 886 times in all. Dated 1923 to 1944. Busiest year 1925 with 92.

READING	DATE	WHY IT IS LISTED
257-1	May 24, 1923	Earliest dated reading that uses it
900-157	Nov 6, 1925	Uses it 11 times
137-74	Apr 21, 1926	Uses it 11 times
826-10	Jan 10, 1938	Uses it 14 times
3436-2	Jun 20, 1944	Latest dated reading that uses it

Subject 55

Oil wells

The business readings on drilling. Several give the position of a well, the depth and the sands, and one in 1926 is for a well on a Florida tract. Use peaks in 1925.

217 readings use it, 666 times in all. Dated 1921 to 1944. Busiest year 1925 with 40.

READING	DATE	WHY IT IS LISTED
4141-1	Mar 8, 1921	Earliest dated reading that uses it
3940-3	Nov 12, 1922	Uses it 19 times
4905-18	Mar 24, 1925	Uses it 13 times
5741-7	Jan 10, 1927	Uses it 13 times
5094-1	May 13, 1944	Latest dated reading that uses it

Subject 56

Buried treasure

Requests to locate buried treasure, from 1924 to 1943. One in 1931 is for three men seeking a cache on a Virginia hill, and a 1937 one asks how to prepare to meditate on one. A 1927 reading says each person who seeks must keep the promises made about its use.

80 readings use it, 249 times in all. Dated 1924 to 1943. Busiest year 1931 with 18.

READING	DATE	WHY IT IS LISTED
4908–2	Apr 24, 1924	Earliest dated reading that uses it
996–10	Feb 24, 1927	Uses it 11 times
1279–2	Mar 3, 1927	Uses it 9 times
5674–1	Mar 3, 1929	Uses it 11 times
3094–2	Aug 26, 1943	Latest dated reading that uses it



07

The whole index at a glance

DOWN HERE

- Every subject
- Readings counted
- First and last year

The same fifty six subjects on one table, grouped as in the chapters. Counts are readings, not uses.

SUBJECT	READINGS	FIRST	LAST
REMEDIES			
Castor oil packs	548	1924	1944
Glyco-Thymoline	735	1917	1944
Atomidine	959	1931	1944
The wet cell appliance	548	1922	1944
The radio-active appliance	891	1923	1944
The violet ray	1,069	1921	1944
Massage and peanut oil	612	1937	1944
Osteopathy	3,391	1903	1944
Colonics	977	1929	1944
DIET AND THE BODY			
Diet	5,496	1903	1944
Almonds	57	1925	1944
The apple diet	18	1935	1944
Psoriasis	14	1922	1944
Epilepsy	24	1930	1944
Arthritis	230	1924	1944
Cancer	255	1910	1944
The head and neck exercise	158	1922	1944
Hair, scalp and crude oil	197	1911	1944
SOUL AND MIND			
Meditation	959	1921	1944
Prayer	985	1922	1944
Dreams	1,035	1923	1944
Reincarnation and past lives	1,648	1922	1944
Karma	115	1922	1944
The akashic records	80	1928	1944

Soul mates	11	1933	1944
Death and the afterlife	582	1911	1944
The mind as builder	165	1926	1944
Ideals	1,979	1923	1944
ANCIENT LANDS			
Atlantis and Poseidia	807	1923	1944
Lemuria and Mu	69	1925	1944
The Law of One and the sons of Belial	281	1933	1944
The Tuaoi stone and the firestone	4	1933	1944
Bimini	9	1926	1935
Egypt	1,561	1923	1944
Ra Ta, the priest	146	1924	1944
The hall of records	16	1932	1944
The pyramids and the Sphinx	93	1923	1944
Persia	710	1923	1944
Palestine and the Holy Land	602	1923	1944
The Essenes	70	1934	1944
Jesus	424	1924	1944
The Book of Revelation	32	1925	1944
VIBRATION			
Vibration	3,496	1909	1944
Color and auras	228	1924	1944
Music	654	1921	1944
Gems and stones	129	1924	1944
Astrology	1,474	1919	1944
Numbers and numerology	103	1925	1943
The pineal gland	237	1923	1944
The seven centers and kundalini	145	1921	1944
WORLD AND MONEY			
Earth changes and the poles	4	1932	1936

Russia	**41**	1923	1944
America	**171**	1921	1944
The stock market	**382**	1923	1944
Oil wells	**217**	1921	1944
Buried treasure	**80**	1924	1943

END OF LEVEL 07

You reached the bottom of this one.

The same counts run as a dot field on the site, one dot for each of the 14,301 readings, and you can filter it by subject and jump to any number.

THE READING FINDER, THE TOOL →

THE EDGAR CAYCE HUB →

THE AKASHIC RECORDS →

DEATH IN THE READINGS →