



Focusing on Health, Not the Disease



This patient is a good example. She has not become the disease. She happens to have the disease but she is not the disease.



EDGAR CAYCE TOLD US TO: “Magnify the virtues, minimize the faults.”

A.T. Still, the founder of osteopathy, said, “To find health should be the object of the doctor. Anyone can find disease.”

For many years I’ve had the privilege of working with a lady who was a dancer and a healer. She came to my office for a checkup. She was a wonderful person who for many years had worked with concepts from the Edgar Cayce material and for the last few years had been dealing with a physical problem called *polycythemia vera*. When this diagnosis was first made it sounded like she was being given a death sentence. She was told that it was a terminal illness and was something that would have to be treated for the rest of her life. This prognosis was accompanied by the only path open to her, which was medication and regular phlebotomies (bloodletting). I saw her shortly after she received this news. She believed that the “physician” within her knew a great deal about her body, and would have something to add to the therapy.

At that time she was having severe muscular spasms, joint pain, debilitating fatigue, and drenching sweats. As an artist she called on her ability to visualize, and began to picture her red cells reproducing themselves in their own natural way and time and her body ridding itself of the sick and unnecessary cells. This was done not with anger or fear but in the same way her body knew how to get rid of used and unnecessary products. She talked to the cells and, being a dancer, she danced with them. She started using a castor oil pack four times a week, over her liver area, for an hour to an hour-and-a-half. She used this time for meditation, visualizing the castor oil as the healing power of *Palma Christi*, or the palm of Christ. She always had a good diet which she maintained, and she was able to get acupuncture. She knew how to work with her dreams and had followed their guidance for

many years, so this was easy for her to apply to this situation.

After three months of using the castor oil pack she no longer had the severe pain, and her feeling of wellbeing returned. She needed phlebotomies at first, about every six weeks, but when I saw her this time it had been four-and-a-half months since she had needed one. She’s in her late 60s and feels healthy and well, although the diagnosis of *polycythemia vera* is still an issue that she has to deal with.

She told me during this last visit that people ask her about the disease, and she tries to explain it, but doesn’t know very much about it, and doesn’t find herself motivated to do an in-depth study of the disease itself. I found her comment to be very helpful and important in her healing. It is not her job to concentrate on her illness. Her job is to live her life, while I, as a physician, and other physicians, need to understand and study the disease. And the beauty of this lady is that she is able to continue with her love of life, her ability to give light to other people’s lives. She has not become the disease. She happens to *have* the disease but she *is not* the disease. She and her husband have moved into a new home that is easier to maintain. She sees this as a metaphor—she is busy redesigning her home as she is redesigning her physical body.

I have heard it said that the new image of humanity emerging in our century is that of the divine artist in everyone. I believe that this wonderful lady is a prototype of the emerging divine human and we all can learn from her how to deal with issues that arise, doing what we can to mitigate the disease process, and not be overcome by the prognosis or the diagnosis.

An 18-year-old male student asked Mr. Cayce:

Q. For what special experience did I come into the earth plane at this time?

A. That there may be completed in self what the entity, as an entity, does with the knowledge it acquires or understands in its relationships to the Creative Forces or God. For the purposes as from the beginning are that all may show themselves as equal to being in the presence of Creative Forces. (797-1) 

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