

# Women's Wellness

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## The Rhythm of the Rocking Chair

**A** Cayce reading says, “For the vibrations should be from within, rather than from *without!* And so create within thine inner self those closer relationships that where thy body is, *there* may be found succor and aid and help and love for others.” (1183-1)

As I ponder this quote, it brings back memories of rocking chairs, porch swings, rocking my babies in my arms, and the whole process of rocking our bodies. I have wondered why this is such an integral part of our life as human beings on this planet.

I have watched a group of women who have all had children. When a young mother comes into the circle with a new baby, within moments all the women around the new baby are rocking. It’s almost instinctive – intuitive – here’s a new baby and we need to rock. I remember my mother’s rocking chair and how it traveled with us, into the jungles of north India, and how important it was when I was small to climb into her arms in that rocking chair. I remember how important it was for me as a mother to have a rocking chair where I could hold my babies and my older children as life’s issues emerged in their lives. What a comfort it was to me and to them to be able to rock back and forth, back and forth.

My “ayah” (Indian nanny) when I was a small child did not use a rocking chair, but she rocked back and forth on her heels as she sat on the ground and held me when I would go to her with some problem. She didn’t need to say anything; we just needed to rock.

How many of us have memories of porch swings or gliders where we shared secrets or just sat to relieve the stress of the day? There is something about that rhythmic back-and-forth, up-and-down movement that quiets the mind and soothes the spirit.

When I was actively involved with the old A.R.E. Clinic,



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(and had had a heart attack in his late 40s) having a remarkable experience on the ETA. While he was lying there, the Virgin Mary appeared and touched his chest. When he was finished and got up, he felt completely different and the EKG report before and after the experience showed major change in his heart’s condition.

The MRI uses magnetic field imaging and science is opening more and more doors to the relationship between the magnetic fields of the individual and their environment.

Isn’t it wonderful that our souls have known this since the beginning of time and intuitively we have found the rocking motion is healing? Not only do we move our individual magnetic fields in relationship to that of the earth, but the human body is approximately 98 percent water, and water re-

sponds to the magnetic pull of the moon, which causes the tides. Our bodies respond to the movement of the water within our structure which allows the cells to be constantly stimulated as we rock back and forth. There is something about the rhythm that connects us to our innermost being and the very elemental structures of our body.

Edgar Cayce said the vibration should come from within rather than from without. He is talking about the attunement, at-one-ment, of the inner vibratory body (which we all have), which brings about a closer relationship to that from without. It’s a matter of attunement, at-one-ment, allowing our innermost being to align to the world in which we live. If we stay seated in one position, no matter how active our mind is, our body does not attune itself to our environment. The rocking chair allows us to do that. I think it would be a wonderful addition for every nursing home to have a porch swing and rocking chairs available to the elderly. Nurseries and preschools would serve their students