

Electric Vibrator Therapy

home and professional applications

based on the readings of

Edgar Cayce

and other

Historical Sources



DISCLAIMER: The reader should view the material contained herein as a report on research done by the author into the psychic readings of Edgar Cayce and other historical sources. The author is not reporting clinical research, and makes no claims regarding the efficacy of the principles and techniques described in this material. The cooperation of a qualified health care professional is advised if one wishes to apply the principles and techniques discussed in this book.

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INTRODUCTION

Electric vibrator therapy has been used effectively by a variety of health practitioners for over one hundred years. In modern times, the therapeutic use of the electric vibrator has been eclipsed by its recreational potential, a fact that I am reminded of each time I give a public lecture on the topic. The silly grins and giggles that invariably escape from a portion of the audience testify to the common use of the vibrator for pleasurable pursuits. Trying to find a vibrator for health applications on the Internet is even worse! Hedonistic activities notwithstanding, it is unfortunate that the medicinal application of the electric vibrator has greatly diminished over time.

This book documents the diverse applications of electric vibrator therapy with special emphasis on the recommendations for this treatment given by the intuitive diagnostician Edgar Cayce and some of the physicians of his era. Cayce recommended the electrically-driven vibrator in over 250 of his psychic readings, making it an important tool among the various healing modalities suggested in this remarkable body of information. Cayce commonly recommended the vibrator to help the body relax, especially just before retiring at night to improve sleep. The vibrator was frequently used in conjunction with other modalities such as massage and electrotherapy. In one instance, Cayce stated that vibrator therapy would bring about “rejuvenation of the nerve centers in such a way as to supply new life, as it were, to the organs of the body.” (3721-1)

As additional resources, I have included a complete text on vibrator therapy in addition to two extended excerpts from other medical manuals written by physicians who advocated electric vibrator therapy for health maintenance and healing (Appendices A-C). These historical texts provide a revealing glimpse into this treatment modality that tends to balance and extend the Cayce perspective.

In several instances, Edgar Cayce told individuals that if they could not obtain osteopathic treatment where they lived, use of the electrically-driven vibrator would produce similar results. He said that the vibrator would help to produce coordination in

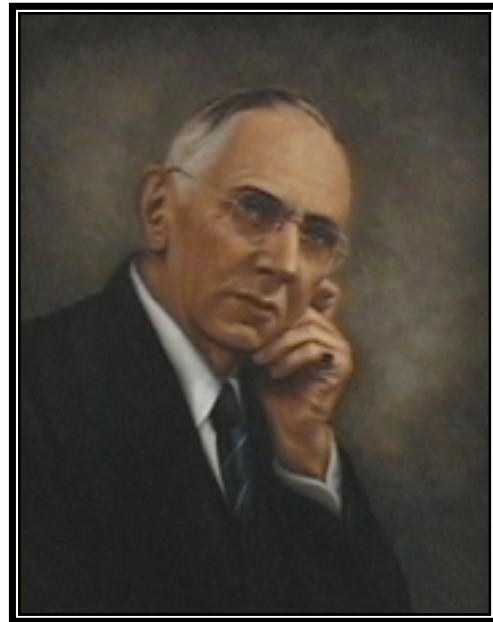


Figure 1: Edgar Cayce

“(Q) Should osteopathic treatments be continued? If so, how often?

(A) With the adjustments that have been made (which are fairly well aligned), the electrically driven vibrations - if applied in any reasonable manner - would be as effective. Then once a month, or once in two months, or three months, have a general treatment osteopathically. Save money and save yourself too!” (Edgar Cayce reading 1048-3)

the nervous systems and the circulatory systems, which were important effects of properly given osteopathic treatment. Given the difficulty in obtaining osteopathic manipulative therapy as compared to when Cayce was giving his readings, any contribution that electric vibrator therapy can make in this area is welcome.

Understanding certain osteopathic concepts is helpful (and probably essential) to a full appreciation of why Edgar Cayce prescribed electric vibrator therapy. Thus, Part II begins with a fairly thorough discussion of specific osteopathic concepts that were also emphasized by Cayce. The important point to keep in mind is that these concepts can be translated almost directly into vibrator therapy. Instead of using the hands to simulate and inhibit nerve centers,

coordinate the nervous systems, and set up drainage, electric vibrator therapy attempts to achieve the same results mechanically. So although it may seem strange to include such an extensive discussion of traditional osteopathy in this manual, please take the time to study these concepts. With this background and overview, Cayce's recommendations for vibrator therapy will make sense.

Edgar Cayce also specifically recommended the electrically-driven vibrator as an adjunct to chiropractic. Unlike the osteopaths of that era, the chiropractors did not typically use general or coordinating treatments. Hence, electric vibrator therapy may also make a contribution to the treatments provided by modern chiropractors who, as a rule, are much more accessible than osteopathic physicians.

The book is arranged in sections with a bias toward application over theory. Thus, Part I focuses primarily on the "how" of electric vibrator therapy and Part II is more about "why." I have attempted to make this manual as user-friendly as possible while offering references and citations to more substantial works for readers interested in the deeper issues raised herein.

Part III consists entirely of selections written by medical doctors. While the osteopaths and chiropractors were primarily focused on the use of the hands to make adjustments and regulate physiology, the medical doctors of the late 19th and early 20th centuries were using *mechanical* devices, especially electric vibrators, to achieve these therapeutic effects – hence the term *mechano-therapy*. Part III blends theory and practice with the work of Dr. Brown being especially pertinent to the Cayce perspective.

It is important to keep in mind the limitations of electric vibrator therapy. It is not a therapeutic panacea that can replace regular medical treatment. Furthermore, in treating systemic illness, the electric vibrator was typically recommended by Edgar Cayce as one component in a comprehensive treatment plan including other modalities such as diet, hydrotherapy, electrotherapy, etc. If you are considering using the vibrator for a medical condition, be sure to obtain the cooperation of a qualified health professional.



Figure 2: "Application of Pneumo-Massage" from *Mechanical Vibration* by Arnold Snow, M.D. (1912).

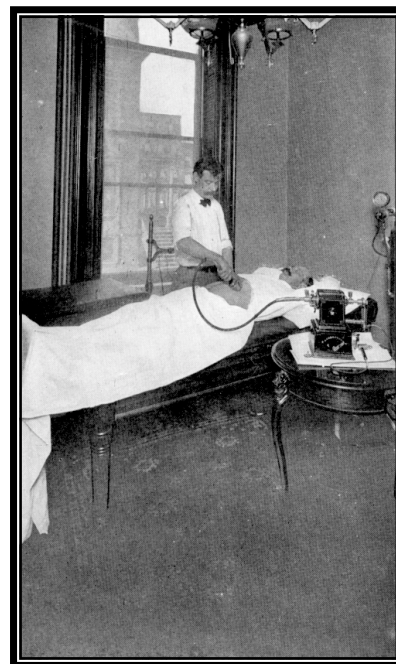


Figure 3: "Application of Abdominal Massage" from *Mechanical Vibration* by Arnold Snow, M.D. (1912).

PART I: APPLICATION
EQUIPMENT

The electric vibrator has been available in many different models for over a hundred years. Generally speaking, vibrators fall into two broad classifications: (1) the portable, hand-held version most often recommended by Edgar Cayce for home use, and (2) the commercial, stationary model that is sometimes used in a physician's office. Various applicators (attachments) are also included with many vibrators as will be reviewed in this chapter.

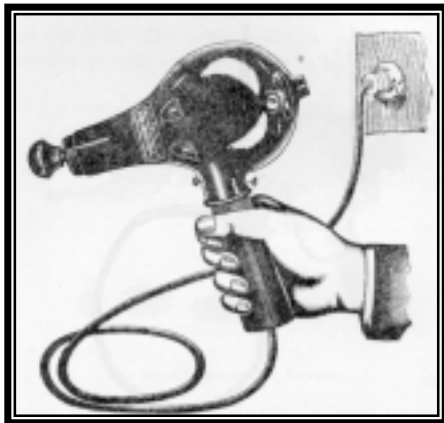


Figure 4: "Type of Portable Vibrator" from *Mechanical Vibration* by Arnold Snow, M.D. (1912). Note ball applicator.

Types of Vibrators

The portable, hand-held vibrator is the most common and least expensive variety. Historically, the portable vibrator is well represented (Figures 4-6). This is the type most often recommended in the Edgar Cayce readings. When asked what make of electric vibrator should be used, Cayce responded that the general brands that were commonly available were suitable (Westinghouse, General Electric or Hamilton), so long as they were "sufficiently heavy ... that the deep manipulations may be given." (379-2) Most modern commercial vibrators fit this description (Figures 8-10).

Stationary vibrators (Figures x – x) are much less available today and are usually seen in a professional setting such as a therapy department or physician's office. These devices are sturdier and can provide more power than the portable, hand-held models.

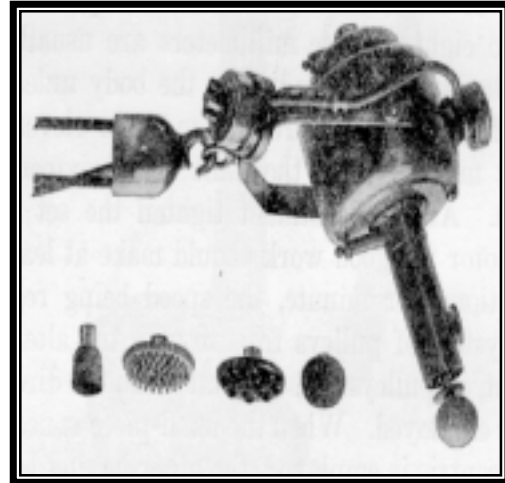


Figure 5: "Counter-Weight Vibrator" from *Mechanical Vibration* by Arnold Snow, M.D. (1912). Note various attachments.

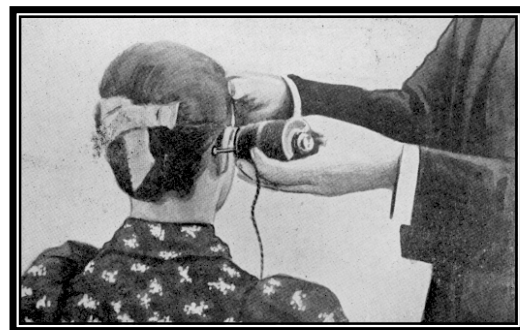


Figure 6: "Nerve Percuter" from *The Art of Massage* by J. H. Kellogg, M.D. (1895).

Applicators (Attachments)

Some electric vibrators come with several attachments for different applications and areas of the body. Figure 2 portrays a vibrator and several attachments that were in use during the early twentieth century. Here are the most common applicators recommended by Edgar Cayce.

The *ball applicator* was suggested for deeper

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manipulations, usually along each side of the spine (see Figures 9 and 10).

The *cup applicator* (Figures 9 and 12) was recommended to increase circulation.

The *sponge applicator* was recommended by Cayce for gentle, soothing treatments, especially on the front of body (i.e., face, neck etc.).

The *flat applicator* (Figures 9 and 11) was mentioned in one reading with the indication that it is best used for gentle treatments.

Baar Products, Inc.
P.O. Box 60
Downington, PA 19335
1-800-269-2502

The Heritage Store
Dept. Y, P.O. Box 444
Virginia Beach, VA 23458
1-800-862-2923

Obtaining a Vibrator

Electric vibrators can be purchased over the Internet and in many drug and department stores. Suppliers of Cayce health products sell the portable models with attachments. Two of the largest Cayce health suppliers that offer the vibrator by mail order are:

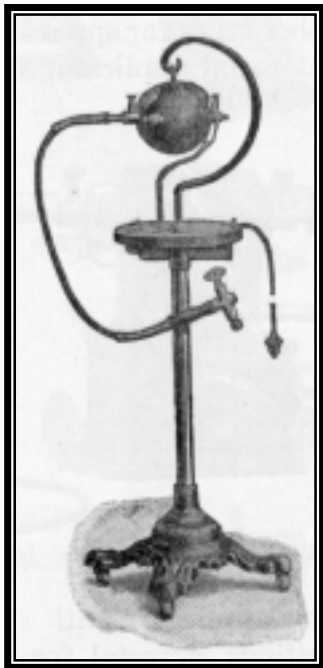


Figure 8: "A Flexible Shaft Machine" from *Mechanical Vibration* by Arnold Snow, M.D. (1912).



Figure 7: "Vibratodes" from *Mechanical Vibration* by Arnold Snow, M.D. (1912).

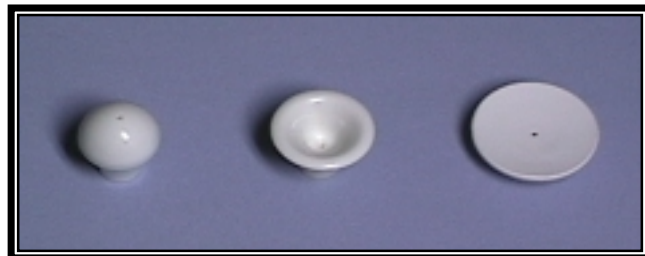


Figure 9: (from left) Ball, cup and flat applicator.

TECHNIQUES

Applicator Techniques

The type of vibrator most often recommended in the Cayce readings was hand-held with a knob that accommodates different applicators or attachments. Here are the most common applicator techniques recommended by Edgar Cayce.

The *ball applicator* was suggested for deeper manipulations, usually along each side of the spine (Figure 10). One reading encouraged the therapist to “hunt out each center” (5556-2) along the spine. Essentially, this technique involved moving the ball applicator from one segment (vertebrae) to the next, pausing at each center. Part II of this text contains a section on osteopathic centers that discusses the theory behind this type of treatment. A brief quote from Brown’s *Vibratory Technique* (Appendix A) provides an excellent description of the technique when using an electric vibrator:

With the ball attachment, medium stroke, from the first cervical to the fourth or fifth dorsal, going on either side of the spine and placing the attachment between the transverse, processes of the vertebrae, leaving it at each point twenty-five to thirty seconds. (Brown, *Vibratory Technique*, 1914)

The *cup applicator* (Figure 12) can be used in two ways. The cup can slide along the surface of the skin to provide a gentle stimulation to the circulation. A second technique involves pressing, holding, and then lifting to create a suction effect to increase superficial circulation.

The *sponge applicator* was recommended by Cayce for gentle, soothing treatments, especially on the front of body (i.e., face, neck etc.). Most modern vibrator kits do not contain this type of attachment. Perhaps the hygiene problems that could result from frequent use and difficulty in cleaning is a factor in the absence of the sponge applicator today. A relatively soft, flat applicator (Figure 11) is currently included with vibrators that have accessories. Used sensibly, the

flat applicator is probably a reasonable substitute for the sponge attachment recommended in the Cayce readings.

Strength of Treatment

Electric vibrators are capable of producing treatment with various levels of strength depending upon the type of vibrator and attachment, amount of pressure used, and the duration of the session. Although Edgar Cayce typically prescribed gentle, soothing vibrator treatments, some readings called for “deep” or “stiff” manipulations. One unusual reading said to give a strong treatment “until it almost jars the teeth with the vibrations.” (243-11) Many modern vibrators can operate at two or more levels of strength providing a range of treatment when combined with the previously mentioned factors.



Figure 10: Modern vibrator with ball applicator.

Patterns of Therapy

Although patterns of treatment varied considerably from one individual to the next, the Cayce readings tended to follow these patterns of therapy:

- for sensory system problems, treat the upper thoracic and cervical areas with treatment proceeding toward the head.
- for problems with the extremities, treat the “locomotary” centers (lumbar for legs; brachial plexus in the upper thoracic for the arms) moving

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from the spinal centers toward the hands or feet.

- for respiratory system problems, treat the upper thoracic and cervical areas.

A general treatment was recommended in several readings to assist with relaxation, systemic drainages, and nervous system coordination. Cayce often prescribed general osteopathic treatments to achieve these physiological states (see Part II). Thus, the electric vibrator version of this procedure can be regarded as an extension of the osteopathic general treatment. Here is a general treatment format based on readings 263-11, 1572-1 and 1779-1:

- Use the sponge applicator around the head and neck.
- Use the suction applicator downward from the head along the back on each side of spine.
- Cross over laterally at the 9th thoracic and 4th lumbar centers.
- Use the sponge applicator on the abdomen over the liver on the right side.
- Use the sponge to follow the colon ascending, transverse and descending portions of the colon.

If you don't have a sponge applicator, any soft attachment (such as a flat applicator) can probably be substituted. See Figure 12 for illustrations of the general treatment pattern.

Frequency and Duration of Sessions

The frequency and duration of each session will naturally vary depending upon the individual case. For rest, relaxation and improved sleep, daily sessions each evening at bedtime for fifteen to twenty minutes were commonly recommended by Cayce.

One of the challenges of doing electric vibrator therapy is the time and effort required for effective treatment. It seems that human nature would have us rush through the session just to get it done. Or, perhaps our subjective sense of time becomes distorted resulting in a shorter session than is optimal. Edgar Cayce often emphasized that the sessions be done with

purpose and commitment, investing the allotted time – even if the session had to be done by the clock to insure adequate duration. In several readings when asked how long the session should be each time, Cayce replied, “Until the body is thoroughly relaxed.”

The next section dealing with various medical conditions will provide guidelines for frequency and duration of treatment for some common health problems.



Figure 11: Modern vibrator with flat applicator.

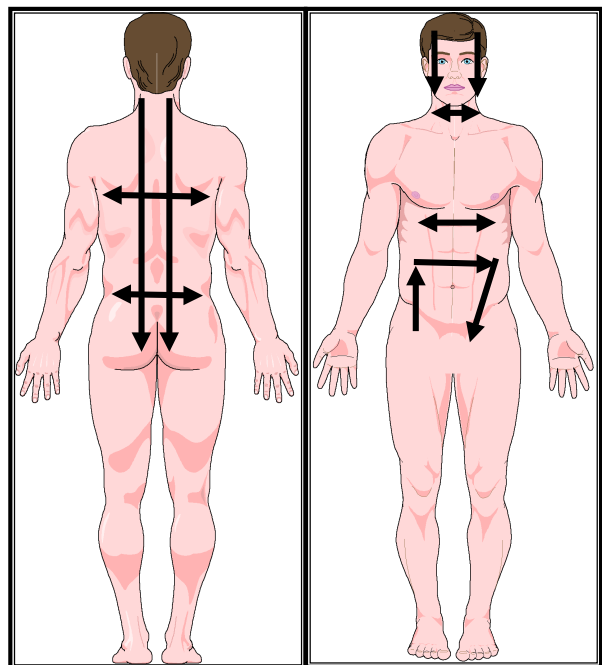


Figure 12: Pattern for general treatment.

CONDITIONS

To provide some specific examples of the Cayce recommendations for electric vibrator therapy, this section will focus on several cases involving common medical conditions. Readers must be aware that Cayce's approach is not so much *disease-centered* as it is *person-centered*. The use of diagnostic labels is convenient and can facilitate the communication of some concepts, especially to persons comfortable with standard allopathic conventions. The following recommendations should be regarded as only suggestive of the type of applications found in the Cayce readings that are indexed as specific medical conditions. These cases have been selected because they tend to exemplify the common patterns associated with each condition.

The text by Brown (Appendix A) provides numerous treatment protocols for a wide range of conditions in which electric vibrator therapy may be helpful.



Figure 13: Modern vibrator with cup applicator.

Condition: ASTHMA

Reading Information: 595-1; Male; Adult; 6/24/34

Attachments: Cup applicator and ball applicator

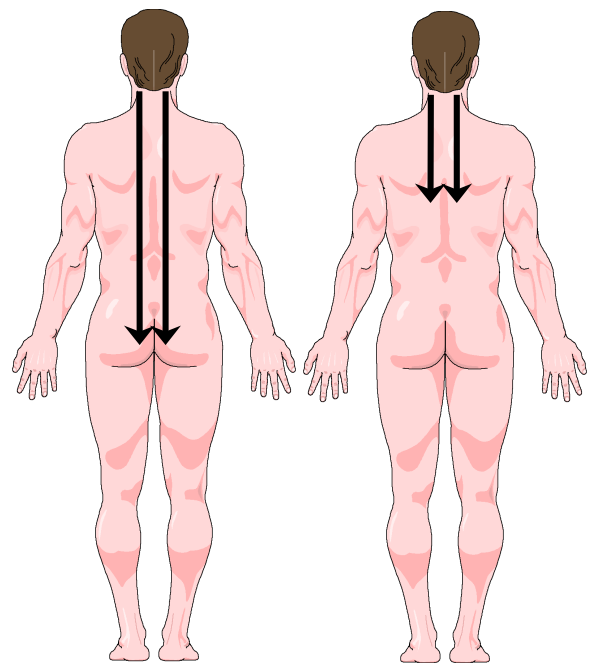
Technique:

1. Apply the cup applicator directly to skin over the whole of the cerebrospinal system.
2. Then use the ball applicator from base of the brain to the 9th thoracic vertebrae, first on one side of the spine and then on the other. Always move downward away from the head with the ball applicator, bearing down rather hard and making a deep vibration.

Other therapies:

1. Eucalyptol compound inhalant
2. Calcidin
3. Apple brandy
4. Chiropractic adjustments, especially to 3rd and 4th thoracic made from the right side with massage through cervical area
5. Specific diet

Comments: Physicians diagnosed this man's condition as bronchial asthma. Brown's treatment for asthma (Appendix A) is remarkably similar to the second portion of Cayce's recommendation: "Treatment – Ball, cervical region to ninth dorsal, medium stroke, 15-20 seconds each point."



Cup Applicator

Ball Applicator

Electric Vibrator Therapy

Condition: CATARACTS

Reading Information: 1861-6; Male; 34 years;

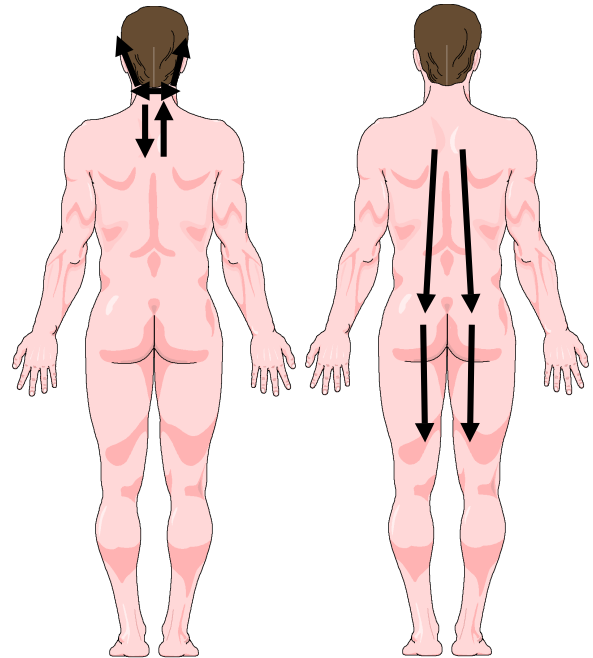
Attachments: Cup applicator

Technique: Each evening at bedtime for at least twenty minutes, begin at 4th thoracic and go up to base of brain on one side and then down the other side of the spine to the 4th thoracic. Go across the base of the skull, coming up behind the ear and around to the temple on each side of the head. At the next session alternate by going up first on the other side of the spine and then back down to the 4th thoracic center. Continue to alternate directions up and down the upper spine each session. Near the end of each session, use the vibrator down along each side of the spine and along the sciatic nerve of each leg.

Other therapies:

1. Violet ray appliance with double eye applicator
2. Meditation during vibration session using visualization of healing happening
3. Diet

Comments: This man received a series of nineteen readings including various therapies for his condition.



Cup Applicator

Near End Of Session

Condition: CONSTIPATION

Reading Information: 504-2; Female; 52 years; 2/1/34

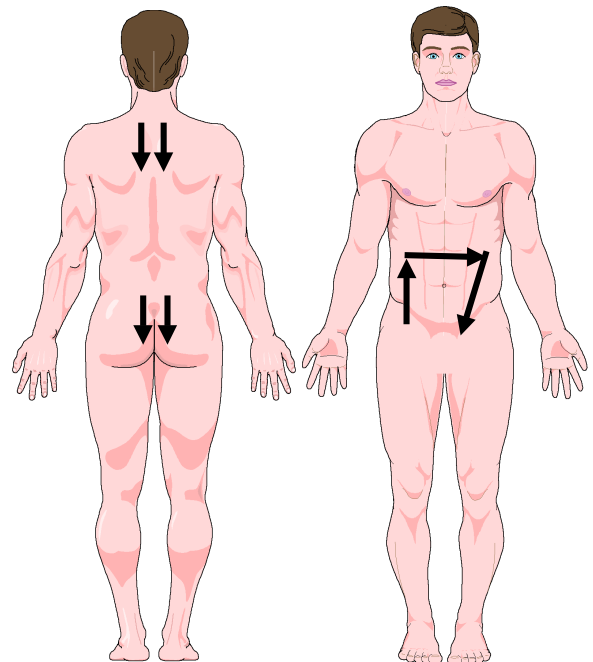
Attachments: Not specified

Technique: Use vibrator along 3rd to 6th thoracic and over the sacrum area (back). Then follow the course of the colon along the ascending, transverse and descending portions (abdomen).

Other therapies:

1. Diet

Comments: The vibration of the upper thoracic was to improve digestion and upper intestinal functioning which then in turn will improve lower bowel (colon) functioning. Brown's extensive discussion of how to treat for constipation (Appendix A) is much more thorough in providing options for the various patterns of causation that can lead to constipation.



Applicator Not Specified

Applicator Not Specified