



# CASTOR OIL PACKS

A Step-by-Step Guide to Working with Strong Emotions and Challenging Behaviors Based on the Edgar Cayce Readings

To support noticeable, long-lasting change, please work with these remedies for a 28-day cycle.

● **STEP 1:** .....

Assemble the ingredients you will need for your castor oil pack: wool flannel and castor oil at minimum. You can purchase both items at [www.baar.com](http://www.baar.com). You will also find additional castor oil pack components here.

**What are castor oil packs?**

Castor oil packs are one of the most frequently and universally recommended remedies in the Edgar Cayce readings. A castor oil pack is an external application of castor oil to the body. A piece of wool (or cotton) flannel is saturated with castor oil and applied to a specified area with, or without, heat. They were suggested to heal a huge range of illnesses ranging from muscular spasms, to migraines, to an inflamed gall bladder to a threatening appendicitis to a puncture wound from a splinter. In addition, the Edgar Cayce readings recommended them for children with challenging behavior and the accompanying strong emotions.

● **STEP 2:** .....

Decide on a time each day when your child will be able to easily rest with a castor oil pack on their abdomen for at least an hour. Ideally this would be at night before falling asleep, perhaps even letting them fall asleep with the pack on.

**How do I make a Castor Oil pack?**

For detailed instructions on how to make a castor oil pack and what it is, including an instructional video, take a look at the A.R.E. website here:

<https://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/therapies-castor-oil-packs/>

● **STEP 3:** .....

Refresh the castor oil on the wool flannel as needed before each or every several uses.

**Why apply to the abdomen? How can Castor Oil Packs support mental/emotional healing?**

Dr. William McGary, physician and author of the *Oil the Heals*, wrote “Castor oil, absorbed into the tissues, may, in its vibratory activity (for all things are in essence vibratory in nature) act to stimulate that parasympathetic nerve supply which is anatomically located in the area treated, which then would stimulate the lymphatics to drain more adequately the tissues which are under duress, perhaps at the same time acting directly on the lymphatics to perform the function just stated.” (Edgar Cayce and the Palma Christi, p.80)

The autonomic nervous system regulates the bodily actions we do not need to actively control, like breathing, heartrate, sweating, digesting etc. It has two parts the parasympathetic and the sympathetic nervous systems. The sympathetic activates the bodily functions needed for our fight, flight and freeze responses. The parasympathetic nervous system brings the body into calm, restorative, resting states. The Vagus nerve is part of parasympathic nervous system; it is the largest organ in the parasympathetic nervous system—and the largest part of the Vagus nerve (about 100 million neurons) travels through the abdomen, the gut. The Vagus nerve is so large biologists often call it the second brain. Resmaa Menakim, somatic therapist, describes the Vagus nerve as the soul nerve. He writes in his book, *My Grandmother’s Hands*, “The soul nerve is not a nerve in the way we typically think of one. It is a highly complex and extraordinarily sensitive organ that communicates through vibes and sensations. This communication occurs not only between different parts of the body, but also from one person to another.” It could be that castor oil packs stimulate the Vagus nerve, helping to initiate those restorative, healing impulses that only bring about physical healing but reset the brain’s flight, flight, free responses, encouraging balanced, calm emotional states as well.

With castor oil packs, we get to the heart of the connection between the physical body and the role of the mind in healing. The trauma and hardships we experience set patterns and responses in motion, which stimulates sympathetic nervous system responses. By applying castor oil packs to the heart of the Vagus nerve in our abdomen we stimulate the settling and calming response of the autonomic nervous system.

● **STEP 3:** .....

Repeat the process of applying the castor oil pack for at least 1 hour, every night, for at least 28 days. Notice any changes in your child during that time.

