



# Edgar Cayce's A.R.E.<sup>®</sup>

Your Body, Mind, Spirit Resource Since 1931

## **Edgar Cayce's Global Prayer & Meditation Day**

**A FREE 24-Hour Event for the Global Manifestation of Oneness**

**December 20, 2020, Beginning at 12:00 a.m. ET.**

Thank you for joining us. Below is a listing of the special sessions we are offering throughout the event.

Welcome from A.R.E.'s Executive Director and CEO Kevin J. Todeschi MA and Director of the Office of Philanthropy Patrick J. Belisle

### **The Glad Helpers Healing Prayer Group: Karen Boldt**

Learn the history and mission of the Glad Helpers, a healing prayer group that originated during Edgar Cayce's lifetime, who have met continuously since inception to pray for the spiritual health and well-being of individuals and the planet. Featuring long-time Study Group/Prayer Group member and current A.R.E. Study Group Coordinator Karen Boldt.

### **It's A Wonderful Time to Be Alive! With Peter Woodbury MSW**

It can be hard to find inner peace in these challenging times, but hypnotherapist and life coach Peter Woodbury MSW shares how he sees these times as the perfect opportunity to explore the realm of the spirit—and that perhaps in some ways the external circumstances are encouraging us, even predicating, that we venture inward. Peter will share his insights and practical tips to finding the elusive inner peace that we so deeply need.



## Special Message from the Edgar Cayce Center in Japan

### The Oneness of Emotions with William Lockett LPC

Counselor and long-time Cayce student Will Lockett, LPC discusses the nature of human emotions and the importance of accepting and moving through each of them fully, treating each as a guide. He will also take you on a guided meditation journey to foster healing through loving emotional acceptance.

### Brief Introduction to Meditation Techniques with John Van Auken

Meditation master John Van Auken gives you a basic overview of simple techniques to jump-start your meditation practice.

### Daoism Alchemy with Winston Cui, Director of Edgar Cayce Center, Shanghai, China

Director Cui (pronounce 'ch-ree') compares ancient Chinese Daoism with the Bible and Edgar Cayce teachings to provide us with the KEY to enlightenment in our consciousness and pure energy in our body temple. He is a lifelong student and teacher of spiritual, mental, and physical wisdom. The friendship between Cui and John Van Auken developed when John led an A.R.E. tour to China, which also inspired John's recent book on *Daoism Edgar Cayce and the Secret of the Golden Flower*, published by A.R.E. Press.

### Cosmic Alignment Meditation: John Van Auken

Join meditation master and Edgar Cayce Foundation Director John Van Auken in this powerful guided meditation that will help elevate and align your spiritual energies.

### Jupiter-Saturn Conjunction From Earth to Air: The Great Mutation: Kathy Rose

A new era begins as Jupiter and Saturn conjoin in Aquarius. We are ending a 200-year cycle and beginning a new exciting phase of evolution related to powerful body-mind-spirit awareness. Renowned astrologer Kathy Rose explores the meaning of this great conjunction.

### Speeding Up Grace: Tom Baker MDiv



Prayer and Meditation are powerful tools for personal and global transformation and both were recommended frequently in the Edgar Cayce readings. In this inspiring presentation, Tom Baker MDiv shares how prayer and meditation can help facilitate a new world—within us, and around us.

### **“Music of The Spheres”: Great Conjunction Sound Meditation with Anthony Profeta**

Join meditation teacher and sound healer Anthony Profeta for a unique sound healing meditation that will both relax and energize you, body and soul, using crystal and brass singing bowls, gentle gongs, and melodic chimes.

### **Guided Meditation and Sound Sanctuary Journey with Simran N’golet**

Integral Sound Healer, Life Coach, and graduate of the Cayce/Reilly School of Massage Simran N’golet shares a sound sanctuary that begins with an immersive guided meditation and moves to a wide array of instruments such as crystal singing bowls, crystal singing harp, Atlantis gong, ocean Drum, Koshi chimes, and Light Language, a galactic channeling modality for transformation and expansion.

### **Spirit is the Spark: Meditation with M.E. Hart**

Spiritual mentor M.E. Hart takes you on a brief but powerful guided mediation journey.

### **“Learn to Live with Self and You Will Learn to Live with Others” Edgar Cayce Meditation with Mike Powers**

Radio personality and musician Mike Powers explores some important concepts around how to bring love and kindness to all of our relationships. Join him in creating ‘statements of love’ to ourselves, our loved ones, to the more difficult people in our lives, and finally to all living beings everywhere.

### **Chanting Meditation: John Van Auken**

The Cayce readings emphasized the use of sacred sounds and chanting to help enhance the power of your meditation practice. Life-long meditation practitioner/teacher and author John Van Auken guides you through these important vibrational elements.



### Heal Thyself with Dr. Jean Paul Amonte

Dr. Amonte give you a short introduction into the healing power of meditation.

### Edgar Cayce 101 with Peter Woodbury MSW

Life-long Cayce student and Life Coach Peter Woodbury MSW shares an overview of Edgar Cayce's life and work.

### Akashic Records Meditation with Kathy Lamm CHt

Experience a different kind of guided meditation with spiritual teacher and A.R.E. Director of Marketing Kathy Lamm CHt and dive deep into your subconscious mind, body and soul, to usher in divine guidance, universal support, and the resources of the One source energy.

### Global Sound Healing with Lila Luna Naniki

Navy veteran, Cayce/Reilly graduate, and life coach Lila Luna Naniki takes you on an immersive sound healing journey featuring crystal bowls, crystal harp, gongs, and chimes.

### Jupiter-Saturn Conjunction From Earth to Air: The Great Mutation: Kathy Rose

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Chyron: Some of the many people from across the globe who are joining us today.

Throughout the Day: Mantras, Testimonials, Guided Meditations, Affirmations from the Cayce readings, information about the A.R.E. and more.

Please note: Order subject to change.

**Thank you again for joining us in Oneness as we help make the world a better place at this important time in history!**

