

# Invitation to Edgar Cayce Meditation Weekend

## Arranged by the Swedish Foundation Edgar Cayce Center

### May 8-10, 2020, Stockholm, Sweden

**General information:** The Foundation Edgar Cayce Center is pleased to hereby invite English speaking people to participate in our upcoming and first Meditation Weekend with Cayce advice! We are honored to have Mr Peter Woodbury and Mr Thomas Jedensjö as our speakers and meditation guides.

The Meditation Weekend begins Friday night May 8 with an opening session including an orientation to the weekend, a short lecture and also a meditation session. Given the nature of the Meditation Weekend, the whole weekend will be in English only and there will be no translation into Swedish. The location is Hälsans hus, Fjällgatan 23B, Stockholm.

The Theme for the event is: *Meditation - Purpose and Practice*

**About the event:** Edgar Cayce repeatedly mentioned the importance of meditation in our daily practice, as a means to tune in and listen to the divine. Peter Woodbury has been a student of the Cayce-material for over 30 years. During the weekend, he will weave together the work of Edgar Cayce and his own experiences with meditation and regression hypnosis. In addition Thomas Jedensjö will give insights and lead meditation sessions based on the Buddhist Theravada tradition – A practice that in many aspects are very similar to what Edgar Cayce talked about in his readings.

*Meditation is listening to the Divine within. [1861-19]*

During this meditation weekend you will learn and experience various aspects of meditation and its benefits. During the practice you may experience a deeper contact with the inner core of your being and due to the practical approach of the weekend you have the opportunity to get first hand deep meditation experiences!

*Whether you are new to meditation or have prior meditation experience,  
we warmly welcome you to this meditation weekend!*

**About the lecturers:** Peter Woodbury attended Harvard University and majored in psychology. He subsequently attended Boston University School of Social Work. And obtained a Master's Degree in Social Work. He enjoyed a successful career in the Boston area as a psychotherapist and faculty member of Boston University School of Social Work. Peter learned about Edgar Cayce while in college, and moved to Virginia Beach in 2002 to become part of the Edgar Cayce organization, The Association for Research and Enlightenment, A.R.E. He has become one of their major teachers, teaching Life Coaching and Past-Life Regression Hypnosis. He travels extensively teaching on behalf of the Cayce work. He leads spiritual tours around the world. He also hosts the Cayce organization's TV show, *Reflections, The Wisdom of Edgar Cayce*, and writes a column for *Venture Inward*, the membership Magazine. Peter Woodbury has been a student of the Cayce material for over 30 years and a regression hypno-therapist for over 20 years. It was through the work of Edgar Cayce that Peter developed his technique called "Soul Contact" that enables individuals to "cross through the veil", and access the unlimited wisdom of the Soul Mind, not unlike Edgar Cayce did himself. Peter is one of the world's most prolific regressionists, having conducted over 5,000 regression sessions, and about 350 regressions a year. In addition he is also a well renowned meditation guide.



Thomas Jedensjö has since 2010 been a board member of the Swedish Foundation Edgar Cayce Center. Besides studying the Cayce material he has also practiced Buddhist meditation in various monasteries and meditation centres in Myanmar, USA, Germany, Italy and Australia. The practice has for the most part been from the lineage of Venerable Pa Auk Sayadaw in the Buddhist Theravada Tradition (Forest Meditation Monks and Nuns), at Pa Auk Forest Monastery in Myanmar. Thomas has been to about 10 silent meditation retreats, with a total duration of about 18 weeks, or 1 to 4 weeks per retreat.

Early in the meditation practice Thomas drew some interesting parallels between what Cayce taught about meditation and what is taught in the Theravada Tradition. Cayce described a meditation practice focused on Love or an Ideal, very similar to the Loving Kindness Meditation in Buddhism. Another interesting aspect is that the Cayce material and Buddhism share the teachings of Oneness, which is something that can be experienced in meditation.

*Meditation, then, is prayer, but is prayer from WITHIN the INNER self, and partakes not only of the physical inner man but the soul that is aroused by the spirit of man from within. [281-13]*

**Special offer from Peter:** In connection with the conference, Peter offers treatments in his special regression therapy. These cost \$ 200 and can be booked directly with Peter by email: Peter.Woodbury@edgarcayce.org. Peter will be in Sweden a shorter period both before and after the meditation weekend.

## PROGRAM

The Meditation weekend will be conducted in English only with no translation of sessions into Swedish.

### Friday

- 18.00 Registration
- 18.15 Welcome and general information
- 18.30 Peter: Orientation to the weekend, Orientation to Edgar Cayce on Meditation & Chanting, Meditation
- 19.45 End of day

### Saturday

- 09.15 Welcome
- 09.30 Thomas: Purification of Mind, Orientation and Guided Meditation
- 11.00 Break
- 11.15 Peter: Managing the Challenges of Meditation with Cayce Advice, Meditation
- 12.30 Lunch
- 13.45 Peter: Guided Meditation with Chanting, including a short break
- 16.00 Break
- 16.30 Peter: The Benefits of a Meditation Practice with Cayce Advice, Meditation
- 18.00 End of day

### Sunday

- 09.15 Welcome
- 09.30 Thomas: Loving Kindness Meditation, Orientation and Guided Meditation
- 10.30 Break
- 10.45 Peter: Cayce on The Book of Revelation & Our Spiritual Anatomy, Meditation
- 12.15 Lunch
- 13.30 Peter: Guided Meditation with Chanting, including a short break
- 15.15 Break
- 15.30 Peter: Cayce on The Book of Revelation & the Path to Enlightenment, Meditation
- 16.45 End of weekend

### Conference Fee and Meals

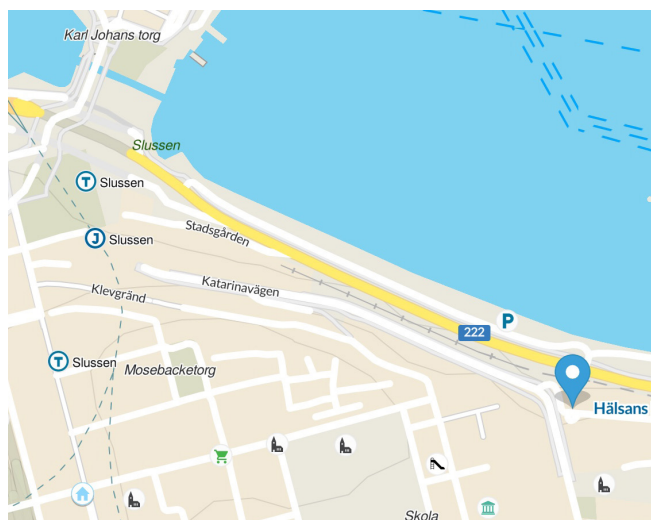
The Conference fee for the weekend is **SEK1300** (about €125). Small snacks and coffee/tea is included. Note! Only vegetarian food is allowed in Hälsans Hus. There is a restaurant in Hälsans Hus, where you can buy lunch.

### How to register

Please fill in the registration form and send it to the address below, or register online at [www.edgarcayce.se/node/237](http://www.edgarcayce.se/node/237)

For our administration and we wish to receive your payment *at the latest of April 28*.

**Note: If participants are less than 15** the event can be cancelled with full refund of made payments.



### How to get to Hälsans Hus, Fjällgatan 23B, Södermalm, Stockholm.

*Subway station Slussen:* From Slussen it's a 10 minute walk East, along Katarinavägen. When Katarinavägen turns 45 degrees South you continue straight, up to Fjällgatan 23B.

*Subway station Medborgarplatsen:* Walk along Folkungagatan or Renstiernas gata until you get to Katarinavägen, there you turn left. When Katarinavägen turns 45 degrees you continue straight, up to Fjällgatan 23B.

*Bus:* If you don't want to walk, there are also buses with stops close to Fjällgatan 23B. Please go to [www.sl.se](http://www.sl.se) for information about subway and also bus connections.

For questions and further information, please call Thomas Jedensjö +47 (0) 46 50 41 66, [info@edgarcayce.se](mailto:info@edgarcayce.se)

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