

Meditation with Cayce method

Video for meditation John Van Auken

https://www.youtube.com/watch?time_continue=168&v=VRC9tmEtiJg

Buddhist Priest, Dandapani - Unlocking the secrets of Meditation

<https://www.youtube.com/watch?v=aMzBjtTsGd0>

These guided meditations are voiced by Charles Thomas Cayce, late grandson of Edgar Cayce.

- Session 1: DIRECTING POSITIVE ENERGY TO OTHERS
- Session 2: BODILY SENSATIONS
- Session 3: PRACTICAL TECHNIQUES TO PREPARE FOR MEDITATION
- Session 4: THE MIND-BODY CONNECTION
- Session 5: CONSTRUCTIVE THINKING AND AFFIRMING POSITIVE THOUGHTS
- Session 6: SIMPLE AIDS: MUSIC, CHANTING AND CLEANSING RITUALS
- Session 7: OVERCOMING DISTRACTIONS
- Session 8: DIRECT ENERGY TO OTHERS
- Session 9: PRACTICING HEALING MEDITATION
- Session 10: USING MEDITATION FOR MAKING IMPORTANT DECISIONS
- Session 11: REVIEW OF KEY CONCEPTS
- Session 12: GUIDED REVERIE

mp3 audio from EC grandson

<https://www.edgarcayce.org/media/7361/session1.mp3>

<https://www.edgarcayce.org/media/7927/session2.mp3>

<https://www.edgarcayce.org/media/8417/session3.mp3>

<https://www.edgarcayce.org/media/8418/session4.mp3>

<https://www.edgar cayce.org/media/8419/session5.mp3>

<https://www.edgar cayce.org/media/8420/session6.mp3>

<https://www.edgar cayce.org/media/8421/session7.mp3>

<https://www.edgar cayce.org/media/8422/session8.mp3>

<https://www.edgar cayce.org/media/8423/session9.mp3>

<https://www.edgar cayce.org/media/8424/session10.mp3>

<https://www.edgar cayce.org/media/8425/session11.mp3>

<https://www.edgar cayce.org/media/8426/session12.mp3>

Buddhist monk power of attraction

<https://www.youtube.com/watch?v=hv1k2YG0JK8&index=9&list=RD1ZidbzAtUDo>