

## **What is meditation?**

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it's not about forcing the mind to be quiet, it's finding the silence that's already there and making it a part of your life.

Silence is the birthplace of happiness, creativity and infinite possibilities. From this field of pure potentiality we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the Universe. Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment. Meditation is a journey to the center of our very being; a journey to emotional freedom; and a journey to the reawakening of our unconditioned self.

## **What is Primordial Sound Meditation?**

Primordial Sound Meditation is a meditation technique originating in the ancient wisdom of India. Primordial Sounds—the basic, most essential sounds of nature—are used to disconnect us from the activity of life. These individually selected sounds, known as mantras, are based on the vibration the universe was making at the moment of your birth.

Once your Primordial Sound mantra has been determined, you will be taught how to use it on a daily basis to reawaken balance, tranquility and compassion within. As a Chopra Center Certified Instructor I will help you to integrate this practice into your daily routine.

## **How will Primordial Sound Meditation affect my health?**

Nowadays, doctors are increasingly citing stress as a major contributing factor to most illnesses. Even though meditation should not be considered a cure by itself, research has shown it to be beneficial for a wide range of health problems. As stress is greatly eliminated through Primordial Sound Meditation, our minds and bodies begin to function with maximum effectiveness, creating health, vitality and happiness.

## **How do I learn Primordial Sound Meditation?**

Primordial Sound Meditation is easily learned in four short sessions over a period of a few days. In Session One, as your Chopra Center Certified Meditation Instructor, I will introduce you to the basic principles of meditation; it's history and the importance of your mantra. In Session Two, you will receive personal instruction in your Primordial Sound mantra and learn how to use it. You will try meditation for the first time using your Primordial Sound mantra. In Session Three, you will learn the practical aspects of meditation, share your experience, receive answers to any questions, and meditate with me. In Session Four, you will attend a lecture about the higher states of consciousness that can be achieved with regular Primordial Sound Meditation practice. I will share Deepak Chopra's vision of these higher states. Primordial Sound Meditation is recommended for anyone who wishes to enjoy deeper peace, greater freedom and mastery of life.

## **How do I get started?**

To take your next step toward developing a Primordial Sound Meditation practice, please feel free to call or email me.

## **What are the benefits of meditation?**

Practicing Primordial Sound Meditation on a daily basis can help you to:

- Manage stress
- Reduce anxiety
- Improve your relationships
- Create inner peace
- Awaken your intuition
- Enhance your sleep patterns
- Lower your blood pressure
- Become less judgmental
- Connect to Spirit