

## 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

Drs. Deepak Chopra and David Simon founded the Chopra Center for Wellbeing in Carlsbad, California, to offer individuals from around the world programs in stress management, mind-body medicine, emotional healing, and life transformation. They have both practiced and taught the fusion of Ayurveda with modern science for over 35 years.



### DEEPAK CHOPRA, M.D.

Acknowledged as one of the world's greatest leaders in the field of mind-body-spirit medicine, Dr. Chopra continues to transform our understanding of the meaning of health and healing. The author of more than 80 books, Deepak is changing the way the world views physical, mental, emotional, spiritual, and social wellness.



### DAVID SIMON, M.D.

Dr. David Simon, a board-certified neurologist, was a pioneer in mind-body-spirit medicine. Since co-founding the Chopra Center for Wellbeing with Deepak Chopra, M.D. in the early 1990s, Dr. Simon had become one of the world's foremost authorities on the effective and appropriate use of holistic healthcare practices. He was also the author of many popular wellness books, and developed programs dedicated to helping people consciously heal and transform their lives.

To enroll in a *Primordial Sound Meditation* class, contact:

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Certified by the Chopra Center for Wellbeing

 **CHOPRA CENTER**  
**CERTIFIED INSTRUCTOR**  
chopra.com

# LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF  
PRIMORDIAL SOUND MEDITATION



DEVELOPED BY  
**DEEPAK CHOPRA, M.D.**  
AND  
**DAVID SIMON, M.D.**

CO-FOUNDERS OF  
THE CHOPRA CENTER FOR WELLBEING

"Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there — buried under the 50,000 thoughts the average person thinks every day."

—Deepak Chopra, M.D.

## 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 about 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 us to weave silence and stillness into our 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. Your Chopra Center–certified instructor 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**, your Chopra Center–certified meditation instructor will introduce you to the basic principles of meditation, its 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 your instructor.

In **Session Four**, you will attend a lecture about the higher states of consciousness that can be achieved with regular *Primordial Sound Meditation* practice. Your instructor 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 towards developing a *Primordial Sound Meditation* practice, please feel free to call or email your local Chopra Center–certified instructor.