

## Primordial Sound Meditation

Primordial Sound Meditation is a profound meditation technique which is known to bring significant benefits in health, wellbeing and clarity. It is an ancient technique, recently revived by Deepak Chopra. It is easily learned in four sessions over a two day workshop.

Meditation it is not about forcing our minds to be quiet; it is about finding the quiet that is already there. You will learn how to do this effectively and easily, effortlessly slipping into silence - the birthplace of health and happiness.

During this time, Mary will guide you through all aspects of Primordial Sound Meditation. She will give you the mantra or sound that has been selected specifically for you by the Chopra Centre, based on your birth details, and will show you how to effortlessly integrate meditation into your daily routine.

You will gain an understanding of the variety of experiences you may have in meditation and the benefits you will notice in your life.

In the last session, she will describe a vision of Higher States of Consciousness that unfolds through regular practice of Primordial Sound Meditation.

On the course, you will:

- Privately receive individual meditation instruction using a personal mantra calculated specifically for you by the Chopra centre.
- Receive free follow up sessions to ensure you are receiving the benefits of correct meditation.
- Receive literature from Deepak Chopra on Primordial Sound Meditation and how to easily integrate it into your life
- Learn how to transform your life effortlessly and experience the spontaneous fulfilment of your desires.
- Gain a profound experiential understanding of your mind, body, spirit, connection and learn the specific skills to integration them.
- Experience powerful group meditations and ancient natural healing techniques.
- Receive an invitation to attend regular joy filled meditation sessions and learn advanced meditation techniques to heal the heart and experience further joy in your life.
- Experience limitless benefits in everyday life as you learn greater understanding and self-knowledge.

Practising Primordial Sound Meditation for several months is a prerequisite to attending Deepak's 7-day Seduction of Spirit workshop.

#### Session 1: Introductory Lecture

A two-hour group session where you will learn the basic principles of Primordial Sound Meditation, the use of mantras and the value of meditation.

#### Session 2: Personal Instruction

In this session, you meet individually with the instructor. You will receive your personal mantra and will be instructed in how to use it. After instruction, you will practice meditation for 30 minutes.

#### Session 3: Perfecting the Practice

During this two-hour session, you will review the practical aspects of meditation, share experiences, ask questions and meditate with the group.

#### Session 4: A Vision of Higher States of Consciousness

This final session includes a specially prepared video featuring Deepak Chopra. He gives a glimpse of future possibilities of growth on all levels.

#### Session 5: (Optional) Heart Sutras

When you have been meditating successfully for three months you can receive the instruction for the Heart Sutras. Sutra means stitch and the Sutras you will learn are the stitches that connect consciousness and matter. They are the stitches that repair the wounds of the soul.

These particular Sutras are to heal the heart at the level of the 'gap' and they will help to open the heart chakra.

#### Primordial Sound Meditation Course Fees:

- Adults €375
- Unwaged €275
- Children under 16 €125.

- Prisoners Free

#### Private Tuition Fees:

Primordial Sound Meditation can be learned privately at a time and place most suitable to you. The cost for private tuition is €750 (for one or two people). Note: If you cannot attend a course and need private tuition for medical reasons, the fee is €375 (or €275 for unwaged).

#### Important:

During the course, you will be given a mantra or sound to use silently as you meditate. In order to find the most appropriate sound, The Chopra Centre will require your time of birth. Please provide this information on the application form. If you were born in a hospital, given some notice, they will be happy to give you the information. If you can't get the exact information, just let us know your best estimate.

Go to the Dates and Registration section to book your course