

Primordial Sound Meditation



EXPERIENCE QUIETER AND MORE PEACEFUL LEVELS OF YOUR MIND

Primordial Sound Meditation technique originates from an ancient knowledge of India. Deepak Chopra has revived this authentic process and made it available in a format that can be easily learned and practised by everyone. It is a mantra-based meditation that systematically allows you to experience quieter and more peaceful levels of your mind while your body enjoys deep rest.

Session 1 – Introduction

This session lays the groundwork for the meditation. It explains in detail the origins of Primordial Sound Meditation, how meditation releases stress, how it benefits health and forms the basis for integrating body, mind and soul, as well as explaining the significance of using mantras as 'vehicles of the mind'. There is also a special DVD presentation by David Simon.

This is a 2 day course.

Community Relations Council

Session 2 – Personal Instruction

In this session each participant gets the opportunity to meet privately with the tutor to receive their personal mantra. This is a very special 'moment'. Each person then meditates with the tutor until they are confident that they have mastered the technique.

Session 3 – Perfecting the Practice

This session provides an opportunity to ask questions and to talk about your experience. Participants then review the practical aspects of meditation: how to sit, how long for and how often to meditate and so on. After the discussion, later in the evening, the group meditate together.

Session 4 – A Vision of Higher States of Consciousness

This session includes an inspiring video presentation by Deepak Chopra that provides a road map of the journey to spiritual enlightenment.



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Bridge of Hope

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An Oasis of Peace