Primordial Sound Meditation

Your Path Towards Health, Happiness and Fulfillment of Life
The good news
We’re all Enlightened, perfect in every way

The bad news
We’ve forgotten it
“The spiritual student first looks to the external world, when he/she doesn't find fulfillment there, he/she begins to look within”
Meditation is a journey from activity to silence.

Meditation restores the memory of wholeness and gives us access to our inner Silence and Infinite Possibilities.
Between every thought there is a space
This space is a field of silence and infinite possibilities
We are not our thoughts, we are the thinker of our thoughts
Therefore the thinker the **Soul** must also be in the spaces between thoughts

Our essential nature, our Soul, is Silence and Infinite Possibilities
With regular practice we reconnect with our essential nature and begin to integrate the Silence and Infinite Possibilities into our everyday lives
In Primordial Sound Meditation we use the vehicle of sound in the form of Mantras to take us from activity to silence. Transformation can only take place within us. The mantra brings us to the place of transformation.
About Your Mantra

The totality represented by your mantra is “You”.

It’s your vibration, a formation of your life-force (prana)
It’s like a concentrated prayer, creating a deep impression at a very subtle level
The mantra will become your friend, guiding you throughout your life, eventually guiding you home to the highest state of consciousness
Your Mantra has no particular meaning

Associating your Mantra with other words, names, or attaching a meaning to your Mantra keeps your awareness at the active thinking level of the mind.
Preparation

All you need is to sit down and close your eyes
You can meditate anywhere
When to meditate

For the best results, we recommend meditating for 30 minutes twice daily. It is better to meditate before eating and before vigorous exercise. First thing in the morning and late afternoon are usually best but not too close to bedtime. Longer or extra meditations are okay if you are on a retreat or sick in bed.
Meditation Procedure

Begin by silently and **effortlessly** repeating your mantra

The less you do, the greater the rewards

The Mantra is not a clear pronunciation,

it’s just a faint idea

The Mantra may change in many ways
Don’t try to make the Mantra change and don’t resist changes

Don’t focus, force or concentrate

on the Mantra

It’s more like listening to it
During meditation, whenever you notice you have drifted away from the Mantra, choose to gently come back to it.
Experiences during meditation

**Sleep**
If you fall asleep during meditation it means you’re tired

**Thoughts, restlessness, distractions**
Thoughts are a normal part of meditation. Don’t struggle against them. Lots of thoughts, restlessness, frustration are common if you have a lot of turbulence in your life
Types of thoughts and distractions

During meditation you may be distracted by:
- Thoughts as words, sentences
- Ideas
- Visual images
- Emotions
- Physical sensations
- External sounds

Whenever you realize you have been distracted, always come back to the mantra.
Always finish your time of meditation and don’t be tempted to give up early.
Slipping into the Gap

Sometimes you may become aware that you hadn’t been thinking the mantra or any other thoughts. You weren’t asleep and yet some time has passed.

This is slipping into the space between thoughts, the Silence, the Field of Infinite Possibilities.
All these experiences are correct
Meditation will always give you the experience you need at that time
There is no such thing as a bad meditation

Never judge your meditation by the experiences you have in meditation
The purpose of meditation is to enrich your daily life
Mechanics of Stress Release

Mantra takes us within
Mind settles down
Body gains deep rest
Deep rest facilitates
the release of stress

The body becomes more active, which creates activity in the mind
Mental activity is thinking thoughts
Thoughts in meditation indicate that stress has been released
We realize we have been lost in thoughts and return to the Mantra
The mind takes into meditation, the body brings us out
Expectations During Meditation

Approach each meditation with innocence, never with expectations.
Each meditation is unique, your experience in meditation is always the correct one for that time.

Don’t look for an experience to repeat itself.

Don’t look for someone else’s experience.

Stay with your meditation time no matter what your experiences.
Completing our Meditation

During meditation, you have been moving in the direction of silence
Now it’s time to change direction

Stop repeating the Mantra and rest in the ground state of Being

Never be in a hurry to jump up after meditation
Main Principles of Meditation

Repeat your Mantra silently, effortlessly without forcing or concentrating

Whenever you realize you have drifted away from your Mantra, gently come back to it

Let go of any expectations you might have about the practice, not looking for any particular experience

Enjoy the results in your daily life
Everything in Creation is Evolving

With the practice of meditation, we accelerate the process
Meditation is a spiritual journey, the goal of which is to reawaken our true *(normal)* state of Higher Consciousness
Most people live very limited lives, prisoners of habits and hypnotized by social conditioning.

Primordial Sound Meditation gives you direct experience of your Soul.

Your true essential nature
The thinker of your thoughts.
The mind is the cause of bondage and of liberation

Our ideas, beliefs, desires and thoughts are the creators of our reality

The mind makes the world it wants to live in by calling on the senses to give it shape, color, smell, etc.

Suffering or negative thoughts are mistakes of the intellect, where the mind holds onto something imperfect

Every experience is an opportunity for awakening
You are not your thoughts, mind or body

Attention localizes the non-local

Where is a television program right now?

Your TV is the instrument that captures the non-local signal, at any location, and converts it into a picture
There are seven different states of consciousness you will experience on your spiritual journey. Each of which has its own biology - bodily activity, emotions, memories, perceptions

Some you experience regularly:

Waking
Dreaming
Deep sleep
Others you may have glimpsed or are just discovering:

Transcendental Consciousness

Cosmic Consciousness

Divine Consciousness

Unity Consciousness
Integration

Regularly alternating between meditation and normal activity

Transcendental Consciousness begins to be established within Waking, Dreaming and Deep Sleep Consciousness. The non-local field of Silence and Infinite Possibilities becomes available in the midst of your everyday localized experiences.
Cosmic Consciousness
Local and Non-local at the same time

The silent, unbounded, unlimited Self witnessing the small, limited self, performing its activities of waking, dreaming and deep sleep

You realize that you are not the mind and body you are the role-player in the multitude of roles you play

Loss of the fear of death - knowingness that death happens to an experience, not to Me. I am not in time You experience the Divinity within yourself
Divine Consciousness
(Celestial Consciousness)
You recognize that you live in
a celestial world filled with
the Divine
You begin to see everything
at its most refined level

The non-local value (Spirit) you recognized in yourself (CC),
you now see in everyone and everything. A deep sense of
unconditional love, understanding and compassion opens

A feeling of Pure Love
You recognize the Divinity in everything
The heart is fully awake the ego harmonized

Namaste
Unity Consciousness

The memory of Wholeness returns
There is no you, them, this or that
There is only One without separation
There is only one witness - YOU

You still function in the localized world but recognize you have an individual and universal body. Everything is YourSelf in different disguises

The whole Universe is your body, your projection
You are in the world but not of the world
You are surrounded by an infinity of treasures
Everything you can possibly dream of is already yours
Enjoy the benefits as they grow in your life
- Spontaneous fulfillment of desires
- Meaningful synchronicity
- Joy
- Peace, harmony
- Abundance
- Enlightenment
Group Meditations

When we meditate alone, we create a certain amount of coherence or harmony which radiates around us. When we meditate with a group, the collective coherence created is greater than the sum of the individual parts and is radiated to benefit the whole of society.
The Chopra Center Meditation Program

Four Soul Questions - inner reflection

Neti, Neti - letting go of the stories

Silent Mantra Meditation

Resting - resting in our ground state

Four Intentions for Living a Life of Perfection
Don’t take life too seriously