Primordial Sound Meditation

Your Path Towards Health, Happiness and Fulfillment of Life
“The spiritual student first looks to the external world, when he/she doesn’t find fulfillment there, he/she begins to look within”
What is meditation?

A journey from activity to silence
A de-stressing of the mind and body
A reconnection with our essential Self
An unfoldment of our inner potential
What are the benefits?

Improved health
More meaningful relationships
World peace
Enlightenment
Spontaneous fulfillment of desires
WE SUFFER BECAUSE OF

Stress
Stress plants the Seeds of Illness

Coronary Heart Disease
Anxiety, Insomnia
Addictions
Diabetes, Obesity
Digestive disorders
Premature aging
Infections, cancer
Heart attacks, Strokes

And blocks our ability to fulfill our desires
During meditation the body experiences deep rest.

Rest is how the body naturally heals itself.

The body heals itself by throwing off stress and toxins opening the door to a healthier, happier life.

The Meditative State is known as Restful Alertness.
Silence, Infinite Possibilities, Soul

Between every thought there is a space. This space is both silent and a field of infinite possibilities. This is also the home of the thinker of the thoughts, our soul.

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.
Primordial Sound Meditation (PSM) comes from the ancient Vedic Tradition of India.

In Primordial Sound Meditation we use the vehicle of sound in the form of Mantras to take us from activity to silence.
Choosing your Primordial Sound Mantra

The Universe has its own vibrations

The vibration of the Universe at the time of your birth is incorporated into your mantra

When you were born, your awareness came from the unmanifest into the manifest

When you use your Primordial Sound Mantra during meditation, it has the effect of drawing the awareness back to that pure unmanifest state of Being
About Your Mantra

The totality represented by your mantra is “You”

It’s your vibration, 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

For the best results, we recommend meditating for 30 minutes twice daily
Meditation Procedure

We’ll start by settling the breath
We’ll ask ourselves four questions
We’ll let go of our stories and return to I AM

Then we’ll begin silently and effortlessly repeating our mantra
The less we do, the greater the rewards
Thinking the Mantra is not a clear pronunciation, it’s just a faint idea

The Mantra may change in many ways:

- faster, slower
- louder, softer
- distorted

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. When you wake, finish whatever meditation time is remaining.

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.
Experiences during meditation

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.
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.
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

We’ll plant the seeds of four intentions for living in Higher Consciousness.

Never be in a hurry to jump up after meditation
States of Consciousness

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

With regular practice of Primordial Sound Meditation they will unfold naturally to become your reality.
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

DON’T TAKE LIFE TOO SERIOUSLY!