

# LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF PRIMORDIAL SOUND MEDITATION



“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.

## LEARN HOW TO CREATE INNER PEACE IN YOUR LIFE

Practiced for thousands of years, meditation is a tool for rediscovering the body’s own inner intelligence. *Primordial Sound Meditation* uses individually selected sounds of nature called mantras to disconnect us from the activity of life. These primordial sounds are based on the vibration the universe was creating at the moment of your birth.

### **Practicing *Primordial Sound Meditation* on a daily basis will help you:**

- Manage stress & reduce anxiety
- Improve your relationships
- Enhance your sleep patterns
- Create inner peace
- Lower your blood pressure
- Connect more deeply to spirit

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