

POWER UP YOUR BRAIN

and discover the natural effortless meditation style you'll want to make a daily practice.

MEDITATION ...

- Can result in better functioning brains
- Reduces stress and over reaction
- Opens creativity and desire to create
- Improves executive function
- Increases the ability to learn
- Enhances brain matter
- Increases intelligence levels
- Calming and balancing
- Enhances immune system
- Neural pathways grows and strengthen
- Lowers blood pressure
- Manages anxiety
- Lifts depression
- Creates a calming action and reaction
- Lessens stress
- Provides better focus
- Lengthens telomeres, expanding life span
- Manages pain

Meditating for a half hour provides more psychological rest than a full nights sleep



TESTIMONIALS

Rhona's guidance and heartfelt support have helped me build a daily meditation practice that is so much a part of me now. - **F. C.**

I felt wonderful after your meditation class. I had so much on my mind when the class started, by the end, I felt calm and centered, focused and ready to handle my daily tasks. - **S. O.**

I wish I took this class years ago. I can't think of anyone who wouldn't benefit from this information. Since the class, I have used my mantra daily. - **Sherine A.**

Actually learning to meditate with my mantra has brought me great peace in my life in just the short time I have been using it. This class was so enjoyable and effective. - **Colleen M.**

What a gift Rhona has been to me. Learning to meditate daily has helped make my life much more calm and peaceful. - **P. Z.**

Our family has a new understanding of meditation and consciousness because of you and your wonderful teachings. - **The Wilkins family**

MEET RHONA

Rhona graduated from the Chopra University and joined the global teachers path as Primordial Sound Meditation Instructor for Deepak Chopra and the Chopra Center for Wellbeing.



Rhona Jordan

Primordial Sound Meditation Instructor

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Primordial Sound Meditation

MANTRA & INSTRUCTION



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Front photo of Rhona Jordan by Paige Zak

History of Meditation

The Primordial Sound Meditation technique is based on the ancient Vedic traditions in India 6 – 7000 years ago and today is considered universal. Just like the discovery of electricity in the United States is considered universal.

Meditation is not a religion; it is a spiritual practice because it takes our awareness to the level of our spirit which is the same spirit that connects everything in creation.

It is not about forcing the mind to be quiet, it's finding the silence that is already there and making it a part of your life. Silence is the birthplace of happiness, creativity and infinite possibilities. From this field of pure potentiality, we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the Universe.

Mantra

Mantra is your personal cosmic sound, not a word with a meaning. The sound is a primordial sound, energy, a frequency in the universe at the

instant of your birth. There are one hundred and eight mathematically calculated sound formulas based on the birthplace, date and time of birth and the position of the moon. The mantra re-connects you to your personal cosmic/frequency sound.

The sound of the universe at the instant of your birth is your mantra. Once you hear and learn your mantra, then you no longer say it out loud, nor do you share its sound with anyone. Your mantra is private and just for you alone to know. The mantra is repeated gently and effortlessly as a "thought" without using your Tongue or your Lips during meditation.

Your higher self wants you to make choices that create peace, health, love and meaning in your life. Imagine families meditating together, school children meditating in class together, working people meditating together, the military and the government meditating together. Meditation is shifting universal consciousness.



**RHONA WHISPERS A MANTRA IN BABIES
EAR FOR SPIRITUAL DEVELOPMENT**
A Great Baby Shower Gift!



Primordial Sound MEDITATION COURSE

*join us for a two day course
that includes your mantra*

DAY ONE: Class #1 and #2 are taught on the first day. Please bring a flower and a piece of fruit for the Mantra ceremony to honor the practice and the teachers before us.

- New Meditators Workbook (guidelines)
- Basic principles of meditation
- Primordial Sound Meditation (PSM) history
- Importance of the mantra technique
- You are given your Primordial Sound Mantra and personal instruction
- Mantra meditation

DAY TWO: Class #3 and #4

- The Higher States of Consciousness - Share experiences after receiving your personal mantra
- Review your meditation practice and Q & A
- Group Meditation
- The Seven Higher States of Consciousness
- Review information

Congratulations on taking your next step toward a lifetime of fulfillment. Everything is better with a friend so who is coming with you? Invite your family and co-workers!