

Primordial Sound Meditation Course

Power up your brain and discover the natural effortless meditation style you'll want to make a daily practice

History: The Primordial Sound Meditation technique is based on the ancient Vedic traditions in India 6000 years ago and today is considered universal. Just like the discovery of electricity in the United States is considered universal.

Primordial Sound Mantra Is a sound not a word with a meaning it is the primordial sound of the Universe at the instant of your birth. There are one hundred and eight mathematically calculated formulas based on your birthplace, your date and time of birth and the position of the moon. The sound of the universe at the instant of your birth is the 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 a thought you gently and effortlessly “think” silently without using your Tongue or your Lips during meditation and is powerful beyond measure as it re-connects you to your personal cosmic sound.

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. Meditation is also a practice used to make a difference in the brain. The neural pathways grow and strengthen with direct benefits: lowers blood pressure, manages anxiety, lift depression, more creativity and better focus, manage pain and generally feel better and happier. Neuroscientists show numerous health benefits that strengthen the immune system. In fact meditating for a half hour provides more psychological rest than a full night's sleep. The modern meditator and modern scientist attend meditation retreats to improve cognitive and emotional skills.

As you begin this journey, take a moment to reflect on all the events that contributed to bring you here. Notice the series of synchronicities that influenced your choice to take this course. Through meditation you will become increasingly conscious of your higher self who is silent, whole, creative and blissful. Your higher self wants you to make choices that create peace, health, love and meaning in your life.

Register for your Mantra and the Primordial Sound Meditation Course
Everything is better with a friend, so who is coming with you?

Rhona Jordan, Primordial Sound Meditation Global Instructor
Rhonaimagery@aol.com (714) 974-4094 www.Rhonaimagery.com

The Primordial Sound Meditation (PSM) Course

The Course is offered over the weekend or when convenient for your busy schedule. A total of 4 classes and each class is approximately 1 hour to 1 ½ hours.

The Primordial Sound Meditation (PSM) Introduction is complimentary.

Class #1

You are given “The Guidelines for New Meditators Workbook”. The basic principles of meditation including its history and the importance of the mantra technique.

Class #2.

Personal instructions as you are given your Primordial Sound Mantra. Please bring a flower and a piece of fruit for the Mantra ceremony to honor the practice and the teachers before us. Mantra meditation practice.

Class #3.

Share experiences after receiving your personal mantra. Q & A and covering the basic categories of experience you can have during meditation. Group meditation.

Class #4.

Learn about the Seven Higher States of Consciousness, review information and group meditation. Ongoing meditation support

Congratulations on beginning the course of instruction in Primordial Sound Meditation (PSM) and taking your next step toward a lifetime of fulfillment.

Call (714) 974-4094 For Class Pricing

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Everything is better with a friend, so who is coming with you?

Offered by Rhona Jordan in Orange County, California

Primordial Sound Meditation (PSM) Global Instructor for the Chopra Center

Graduate of Chopra University

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Primordial Sound Meditation (PSM) Registration

Date_____

Name_____Phone_____

Home Address_____

Email Address_____

Registered as Adult Single _____ Family_____ Group _____ Child age _____

Occupation_____

Date of Birth

Month (spell it out)_____DAY_____YEAR_____

Place of Birth

City_____State/Province_____Country_____

Time of Birth_____AM_____PM_____

Have you ever been instructed in a mantra meditation technique?

YES____NO____

If yes, which one? _____

Date of Instruction _____

Do you still practice? YES_____NO_____

My decision to learn Primordial Sound Meditation (PSM) is a personal decision. I have not been made any promises or warranties that I will receive any benefits or specific results. I understand the PSM is not a substitute for treatment or services ordinarily provided by health care professionals for physiological or psychological conditions. I further understand that any instruction given to me during the PSM is for me personally and may not be appropriate for others. In consideration for teaching the PSM, I hereby agree to hold Rhona Jordan and her officers, agents, or employees harmless in any claims brought by me, or on my behalf, which contradict the above. **My signature below constitutes my acceptance of the conditions expressed in the agreement.**

Signature_____

Date_____

Rhona Jordan

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