

Who should learn to meditate?

Primordial Sound Meditation is recommended for anyone who wishes to enjoy deeper peace, greater freedom and mastery of life.

"I had no idea how powerful meditation is! I look forward to seeing it unfold in our life. I am totally committed to meditating twice a day every day from now on".

—Maggie Chambers, Reiki Master

"Through the practice of meditation I am more aware of myself and my work, more sure of my purpose and direction. The simplicity and depth of this technique make Primordial Sound Meditation an invaluable part of my journey of self discovery."

—Jacqueline Quesnel, Nurse

"When I was meditating for the first time, it was a little boring except for the time when I was flying through the clouds."

—Melissa Gambino, 9 years old



"If you were to ask me what was the most important experience of my life, I would say it was learning to meditate. For me that is the most important thing a person can do to restore harmony & evolve to a higher state of consciousness".

— Deepak Chopra.

About the program creator

Dr. Deepak Chopra is the founder of The Chopra Center for Well Being in La Jolla, California.

He is a best selling author of both fiction and non-fiction books including his most groundbreaking works *Ageless Body, Timeless Mind; The Seven Spiritual Laws of Success* and *The Way of the Wizard*. Dr. Chopra was the Chief of Staff at the New England Memorial Hospital and taught at Tufts University's School of Medicine. He currently teaches mind/body techniques worldwide through his series of educational programs.

Your Instructor



Sabina Pettitt,
M.Ed., Dr. TCM

Sabina has taught mantra meditation for 24 years. She has had extensive training with Deepak Chopra in Mind/Body medicine and was one of Dr. Chopra's

first Primordial Sound Meditation (PSM) teachers. As a healer she believes that teaching her patients to meditate is the single most therapeutic tool she can give to them. Sabina is a practising acupuncturist and the co-creator & caretaker of Pacific Essences®. She travels around the world teaching about Energy Medicine®

Primordial Sound Meditation

Discover the Silence
which Creates Inner Peace
and Renews Energy
for the Challenges of Daily Living

A program developed by
Deepak Chopra, MD



This course is taught by **Sabina Pettitt**
an instructor certified by
Deepak Chopra
at the Chopra Center for Well-Being.

(250) 384-5560

www.energymedicine.ca



Why should I meditate?

Meditation is one of the most powerful tools there is to help us restore the harmony within and to gain access to our bodies' inner intelligence.

In meditation, we rediscover the silence in our mind and make it part of our life. Silence is the birthplace of happiness. It is where we get our bursts of inspiration, our tender feelings of compassion, our sense of love. Meditation is a journey to freedom and self-knowledge.

What is Primordial Sound Meditation?

The Primordial Sound Meditation technique originates from the ancient knowledge of India.

Deepak Chopra, M.D. and David Simon, M.D. have revived this authentic process and made it available in a format that can be easily learned and practiced by everyone.

What are the benefits of meditation?

During Primordial Sound Meditation our minds become quiet allowing our bodies to gain the deep rest necessary to release stress and fatigue.

In meditation we re-connect with our essence. This connection extends into our daily lives and can result in improved health, more fulfilling relationships, enthusiasm for life and increased creativity.

What are "Primordial Sounds"?

Primordial Sounds are the basic, most essential sounds of nature. The specific Primordial Sounds which are used in meditation are *mantras*. These mantras are personal for each participant. They are chosen on the basis of Vedic mathematics which determines a specific sound or vibration of the Universe at the time and place of our birth. When we silently repeat Primordial Sounds as part of the mantra, they help to take our awareness away from the frenzy of daily activity of the mind to the stillness of our spirit. The effect soothes our entire physiology - mind, body and soul.

How will meditation affect my health?

Today doctors are increasingly citing stress as a major factor in such illnesses as depression, anxiety, high blood pressure, cardiac pain, insomnia, diabetes, ulcers, cold, fever, asthma, arthritis and alcoholism.

Even though meditation should not be considered a cure by itself, research has shown that it contributes to reducing stress and achieving deep relaxation and a profound state of rest. By reducing stress, meditation has important benefits for a wide range of health problems, and also allows the mind and body to function with maximum effectiveness.

Will I need to change my lifestyle?

Primordial Sound Meditation can be learned by people of every age, education, culture and religion.

It does not require specific beliefs or a change in behavior or lifestyle. The only change or adjustment we need to make is to allow the time to meditate regularly. Other than that, any changes in our life come spontaneously.

How do I learn Primordial Sound Meditation?

Primordial Sound Meditation is easily learned in four short sessions over a period of 6 hours in two to four days.

Session 1 Introduction to the basic principles.

A two-hour group session which includes a special video lecture presentation by Dr. Deepak Chopra. You will learn the basic principles of Primordial Sound Meditation, the use of mantras and the purpose of meditation.

Session 2 Individual instruction.

In this session, you come at the appointed time to meet individually with the instructor. You will receive your personal mantra and will be instructed in how to use it. After instruction, you will practice meditation for 30 minutes.

Session 3 Perfecting the practice.

During this two-hour session, you will review the practical aspects of meditation, share experiences, ask questions and meditate with the group.

Session 4 A vision of higher states of consciousness.

This final two-hour group session includes another specially prepared video featuring Deepak Chopra. He gives a glimpse of future possibilities of growth on all levels.

Course Fees

Adults	\$350
Seniors	\$250
Full-time students	\$250
Young adults 10-18	\$150
Children 5-9*	\$150

* The length and content of the children's course is modified for a shorter attention span and to capture the interest of this age group.

Payment Information

The course fee of \$ _____

- cheque enclosed
 charge MC / VISA (circle one)

Account number _____

Expiration date _____

Name as appears on the card _____

Signature _____

Cancellation Policy

Cancellations are refundable minus a \$75. administrative fee. Cancellations made less than 48 hours prior to the course date are not refundable; non-attendance is not refundable.

Please make your cheque payable, and return it with this form and enclosed application to:

**Sabina Pettitt
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Victoria, B.C.
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