



"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

MEDITATION

- The Anti-dote to Stress

USING THE TIMELESS PRACTICE OF
PRIMORDIAL SOUND MEDITATION

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
- Lower your blood pressure
- Enhance your sleep patterns
- Improve your relationships
- Create inner peace
- Connect more deeply to spirit

LEARN PRIMORDIAL SOUND MEDITATION AS DEVELOPED BY

DEEPAK CHOPRA, M.D. and DAVID SIMON, M.D.
Co-founders of **THE CHOPRA CENTER FOR WELL-BEING**

Date	: 24th and 25th July 2010
Time	: Saturday, 24 July: 9.30am – 12.30pm General Session 1.30pm – 6.30pm Personal Instruction
	: Sunday, 25 July: 2.00pm – 6.00pm General Session
Location	: The Living Dynamics Circle Sdn Bhd, Bandar Puteri Puchong.
Fees	: RM380.00 per person. You get the meditation handbook from the Chopra Center, guided meditation CD by Deepak Chopra, your personal Primordial Sound. Class limited to 30 persons max.

Please contact us for more details:

Office : 603-8061 1955

Tony Pinto : 6012-300 0188 (Chopra Certified Instructor)

or Email : ptony@mysatori.com.my

Or check : www.mysatori.com.my



"...awakening to life!"

CHOPRA CENTER™
CERTIFIED INSTRUCTOR

What is meditation?

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it's not about forcing the mind to be quiet; it's finding the silence that's 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. Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment. Meditation is a journey to the center of our very being; a journey to emotional freedom; and a journey to the reawakening of our unconditioned self.

What is Primordial Sound Meditation?

Primordial Sound Meditation is a meditation technique originating in the ancient wisdom of India. Primordial Sounds—the basic, most essential sounds of nature—are used to disconnect us from the activity of life. These individually selected sounds, known as mantras, are based on the vibration the universe was making at the moment of your birth.

Once your Primordial Sound mantra has been determined, you will be taught how to use it on a daily basis to reawaken balance, tranquility and compassion within. Your Chopra Center Certified Instructor will help you to integrate this practice into your daily routine.

How will Primordial Sound Meditation affect my health?

Nowadays, doctors are increasingly citing stress as a major contributing factor to most illnesses. Even though meditation should not be considered a cure by itself, research has shown it to be beneficial for a wide range of health problems. As stress is greatly eliminated through Primordial Sound Meditation, our minds and bodies begin to function with maximum effectiveness, creating health, vitality and happiness.

How do I learn Primordial Sound Meditation?

Primordial Sound Meditation is easily learned in four short sessions over a period of a few days.

In Session One, your Chopra Center Certified Meditation Instructor will introduce you to the basic principles of meditation; its history and the importance of your mantra. In Session Two, you will receive personal instruction in your Primordial Sound mantra and learn how to use it. You will practice meditation for the first time using your Primordial Sound mantra. In Session Three, you will learn the practical aspects of meditation, share your experience, receive answers to any questions, and meditate with your instructor. In Session Four, you will attend a lecture about the higher states of consciousness that can be achieved with regular Primordial Sound Meditation practice. Your instructor will share Deepak Chopra's vision of these higher states. Primordial Sound Meditation is recommended for anyone who wishes to enjoy deeper peace, greater freedom and mastery of life.

How do I get started?

To take your next step toward developing a Primordial Sound Meditation practice, call us at The Living Dynamics Circle Sdn Bhd at 603-80611955 or 6012-3000188 (Tony Pinto, your Chopra Certified Instructor) or email us at ptony@mysatori.com.my.

What are the benefits of meditation?

Practicing Primordial Sound Meditation on a daily basis can help you to:

- Manage stress and reduce anxiety
- Lower your blood pressure
- Enhance your sleep patterns
- Improve your relationships
- Awaken your intuition
- Create inner peace
- Become less judgmental
- Connect to spirit