

# LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF PRIMORDIAL SOUND MEDITATION



LEARN HOW TO CREATE INNER PEACE IN YOUR LIFE

*"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.

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

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*Primordial Sound Meditation* as developed by Drs. Deepak Chopra and David Simon, co-founders of the Chopra Center for Wellbeing.

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