



**What is Meditation?**

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it is not about forcing the mind to be quiet; it's about 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 us to weave silence and stillness into our mind and body to create a life of greater compassion and fulfillment. Meditation is a journey to emotional freedom, and a journey to reawaken 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 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 of the universe was making at the moment of your birth.

**How will Meditation affect my health?**

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.

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 meditation, our minds and bodies begin to function with maximum effectiveness, creating health, vitality, and happiness.

**How do I learn PSM?**

Primordial Sound Meditation is taught in four short sessions.

- Session 1 – “Introduction to Meditation”.** You will learn the basic principles of meditation; it's history and the importance of your mantra. (60-90 minutes)
- Session 2 – “Personal Instruction”** You will receive personal instruction in your Primordial Sound mantra and together we will meditate for your first time using this technique. (45min)
- Session 3 – “Perfecting Your Practice”** You will learn the practical aspects of meditation, share your experience, and receive answers to any questions. (60-90 minutes)
- Session 4 - “Higher States of Consciousness”** You will learn about the higher state of consciousness that can be achieved with regular Primordial Sound Meditation practice. I will share Deepak Chopra's vision of these higher states. (60-90 minutes)

Price: \$325 (after the 1<sup>st</sup> session which is free)  
*\*During these times of financial uncertainty, if payment is a concern, please contact me for other options.*

To take your next step towards developing a Primordial Sound Meditation practice, please feel free to call or email me. New virtual classes being scheduled each week.



Namaste,  
 Jennifer Evanko  
 724-312-1755

**Practicing Primordial Sound Meditation on a daily basis will help you:**

- \*Manage Stress & Reduce Anxiety**
- \*Enhance your sleep patterns**
- \*Lower your blood pressure**
- \*Improve your relationships**
- \*Create inner peace**
- \*Connect more deeply to spirit**