

# Jess Holliday

# Primordial Sound Meditation

# Primordial Sound Meditation Program

*Taking your next step toward a lifetime of fulfillment*

**Session One:** Introduction to Primordial Sound Meditation

**Session Two:** Receiving Your Mantra

**Session Three:** Perfecting Your Practice of Meditation

**Session Four:** An Exploration of Higher States of Consciousness

# Agenda

- What is Meditation?
- Benefits of Meditation
- The Antidote to Stress
- Inner Silence
- Software of the Soul
- Layers of Life
- Origins of Primordial Sound Meditation
- Q&A
- Om'Work

# What Is Meditation?

- **Congratulations!** You've just found the most powerful self-improvement, brain enhancement & stress-relief tool in the world.
- Meditation is an inward journey, from activity into silence - That silence isn't empty, it's full of answers.
- A journey through all the layers of our lives, from the outer to the inner.
- Meditation isn't about learning anything new; it's remembering your wholeness.
- It's about noticing what you notice, moving within, calming the fluctuations of the body, breath and senses.
- Easy & effortless - the less effort the better.
- Meditation is **NOT** about trying to clear your mind of thoughts.

# Benefits of Meditation

- Stress relief
- Improved health
- Happiness
- Greater focus/clarity
- Better relationships
- Expanded creativity
- Restore the memory of who we really are, your infinite & unbounded nature
- Unfold your inner potential
- Meet the most important person in your life, Yourself!
- Enlightenment!



# Scientific Benefits of Meditation

## Physical Benefits

- Lowered blood pressure
- Decreased inflammation
- Increased telomerase (helps to slow the aging process)
- Downregulation (turning off) of genes that contribute to diseases such as diabetes, Alzheimer's, autoimmune illnesses, and some types of cancers
- Upregulation (turning on) of genes that are responsible for good health
- Reversal of aging at the cellular level

## Psychological Benefits

- Reduced stress
- Increased feelings of relaxation and peace
- Feeling more love, compassion, joy, equanimity, and gratitude
- Feeling less anger, hostility, guilt, fear, shame, and depression
- The ability to respond consciously rather than reacting
- Better relationships
- Improved sleep
- Decreased addictive behavior





# Meditate for Mind-Body Health

## Fight/Flight

- ☐ Brain waves
- ☐ Heart rate
- ☐ Blood pressure
- ☐ Respiration
- ☐ Perspiration
- ☐ Stress hormones
- ☐ Anti-aging hormones
- ☐ Platelet stickiness

## Restful Alertness

- ☐ Brain waves
- ☐ Heart rate (HRV)
- ☐ Blood pressure
- ☐ Respiration
- ☐ Perspiration
- ☐ Stress hormones
- ☐ Anti-aging hormones
- ☐ Platelet stickiness





# Meditation - The Antidote to Stress

- Stress results from perceiving obstacles to the fulfillment of our needs and desires, not having our needs met.
- What stresses are you experiencing?
- Body responds aggressively to these perceived obstacles or threats – the “fight/flight” response

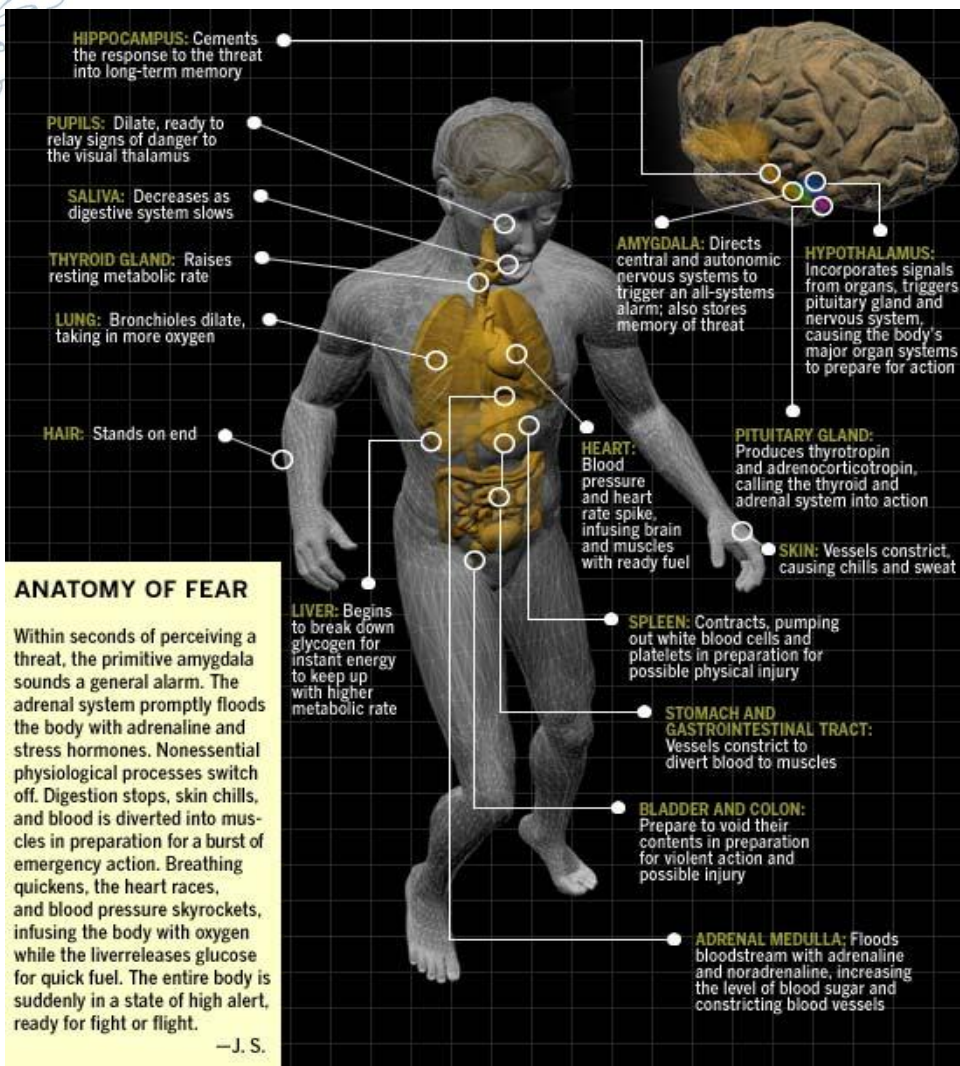


# Fight/Flight

- Heart beats faster/pumps blood more quickly
- Blood pressure rises
- Consume more oxygen and expel more carbon dioxide
- Perspiration increases
- Adrenal glands pumps out adrenaline, noradrenaline, and cortisol

# Fight/Flight

- Pancreas releases more glucagon and less insulin, raising blood sugar
- Shunt blood from your digestive organs to your muscles
- Release less rejuvenating hormones (DHEA, growth hormone)
- Immune system becomes suppressed
- Platelets become stickier



## ANATOMY OF FEAR

Within seconds of perceiving a threat, the primitive amygdala sounds a general alarm. The adrenal system promptly floods the body with adrenaline and stress hormones. Nonessential physiological processes switch off. Digestion stops, skin chills, and blood is diverted into muscles in preparation for a burst of emergency action. Breathing quickens, the heart races, and blood pressure skyrockets, infusing the body with oxygen while the liver releases glucose for quick fuel. The entire body is suddenly in a state of high alert, ready for fight or flight.

—J. S.

# Seeds of Illness

*Regular activation of fight/flight response in non-life threatening situations can weaken our health*

## **Change in Physiology**

Increase blood pressure, heart stress

Increase stress hormones

Increase blood sugar

Decrease circulation to digestive tract

Decrease growth, sex hormones

Decrease immunity

Increase in sticky platelets

## **Leads to**

Coronary heart disease

Anxiety, insomnia, addictions

Diabetes, obesity

Digestive disturbances

Premature aging

Infections, cancer

Heart attacks, strokes



# Restful Alertness

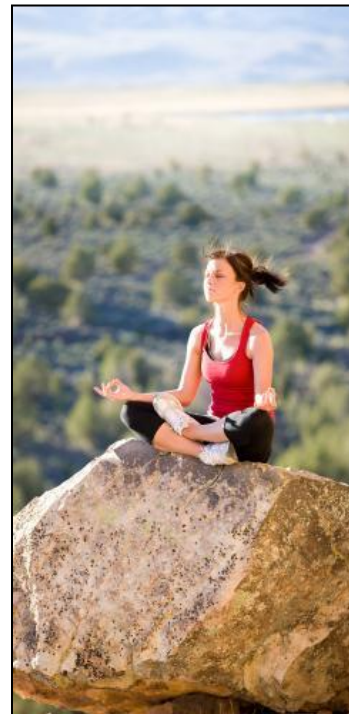
*During meditation, the body shifts into a state of restful alertness which counterbalances the fight/flight response*



- Heart rate slows/pumps blood more slowly
- Blood pressure normalizes
- Consume less oxygen and expel less carbon dioxide
- Perspire less
- Adrenal glands produce less adrenaline and cortisol

# Restful Alertness

- Produce more rejuvenating hormones (DHEA, growth hormone)
- Immune function improves
- Breathing slows
- Platelet function normalizes
- Nadi channels open up
- Memory of wholeness is restored



# Inner Silence



- Meditation takes you beyond mind, intellect and ego
- Between each thought there is a gap
- This gap is silent and the field of infinite possibilities
- You are not your thoughts – your true self is in the gap





***“YOGA (union) is the settling of mind  
into silence”***

Patanjali

# Our essential nature, our Soul, is Silence & Infinite Possibilities

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Thought

SILENCE

**INFINITE  
POSSIBILITIES**

Thought

SILENCE

**INFINITE  
POSSIBILITIES**

Thought

**SILENCE  
INFINITE  
POSSIBILITIES**

**SOUL**

Thought

# Software of the Soul





# Escape the Prison of Past Conditioning

The choices we make are made based on past actions (karma), which create unique memories (sanskara) and desires (vasanas), which prompt future action.

**We want to be able to use our memories, not to be used BY our memories**

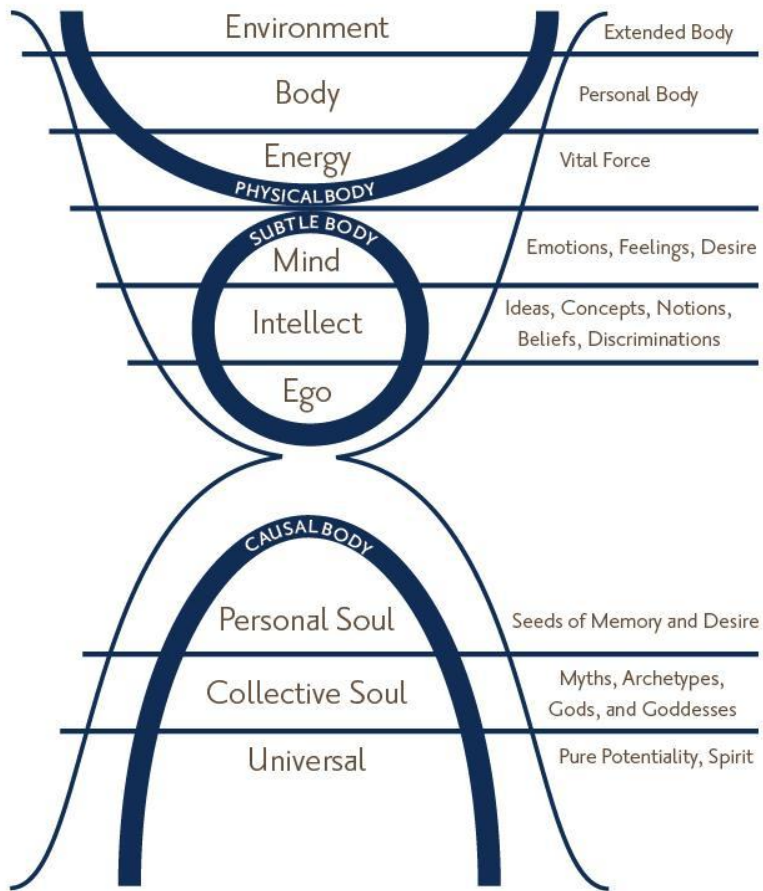


# The Layers of Life

- According to Adi Shankara, 9<sup>th</sup> century yogic sage, there are 3 primary layers of life: physical, psychological and spiritual.
- Although we tend to think of these levels of existence as separate, they are consciousness in different disguises.
- When we are able to freely access these different layers, we achieve balance and integration.
- Primordial Sound Meditation traverses the full range of experience, from the manifest to the unmanifest.



# Layers of Life



# You Are a Wave in an Infinite Ocean



- The ocean is infinite - the spirit, eternal, endless
- The waves are like our soul - individual expressions of the unbounded ocean
- We can't separate our soul from the spirit, like we can't separate the wave from the ocean. Ultimately the wave merges back into the ocean.



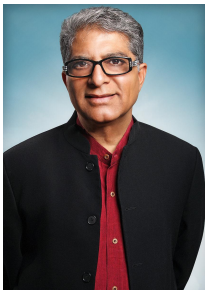
CLOSE YOUR EYES





OPEN YOUR EYES

# Origins of Primordial Sound Meditation



**Deepak Chopra,  
M.D.**



**David Simon, M.D.**

- Chopra Center established in 1996 in San Diego is the global source of balance, healing, transformation, and expansion of awareness
- Primordial Sound Meditation (PSM) is an ancient technique revived by Dr. Chopra and Dr. Simon in conjunction with scholars in the US and India
- Over 100,000 people have been taught and 1,300 teachers have been trained in PSM

# Primordial Sounds



- Everything in creation is made of vibration
- Primordial sounds are the vibration of the universe
- Cognized by ancient sages and recorded in relation to the position of the moon
- Your primordial sound mantra has the effect of drawing your awareness back to the gap

# Next Sessions

- Receiving Your Mantra
- Perfecting Your Practice of Meditation
- An Exploration of Higher States of Consciousness

# Om'work

- Meditate at least once/day before next session
- Use the So Hum meditation provided (choice of 15 minutes or 30 minutes) - optional
- Record your progress & reflect on your experiences during meditation in your journal

# Be The Silent Witness

*“Allow these teachings to enter you as you might listen to music,  
or in the way the earth allows the rain to permeate it.”*

Thich Naht Hanh

- Enjoy the journey.
- No expectations, no judgements.
- Neither good nor bad, fulfilling nor unfulfilling, successful nor unsuccessful. Everything is unfolding exactly as it should.
- Allow your emotions to pass through you like a wave. Ask yourself, “Who is the one who is experiencing this thought?”, “Who is the one having this feeling?”
- The silent witness can participate in every experience without becoming identified with it.





# Q&A



*Namasté* (NAH-mah-stay)

A Sanskrit word that is translated  
literally as **"I bow to you."**

It is more commonly translated as  
**"the divine light in me honors  
the divine light in you."**



# NAMASTE