



The Chopra Center's
***Primordial Sound
Meditation Course***

Kasey Claytor



We are very glad you contacted us! We hope to answer most of the questions you may have! You can also visit our website~ <http://kaseyclaytor.com>

I have been attending programs with Dr. Deepak Chopra and Dr. David Simon with the Chopra Center since 2001 and have been certified to teach the Center's meditation course since 2004. As a life-long meditator I have never found a method that can be used with greater ease and comfort.

We suggest comfortable, loose clothing, especially if you choose to attend a complimentary yoga class. Our chairs are comfy with big arms and we offer pillows and throw blankets to make you as comfortable as possible!

For our schedule of classes, please see our website or give us a call. The courses are given in our conference room in Titusville unless otherwise noted.

In this brochure you will find information on pricing, the why and how of meditation, and previous student's comments and more. I can add you to our e-newsletter group, so you will get the latest news. If at any time you wish to discontinue them, there is a link at the bottom of the email where you can unsubscribe. In the newsletter we give suggestions for increasing peace and joy in your lives, tips on finding your purpose and prospering, a schedule of events, articles written by myself as well as others, links to interesting sites and more.

I do hope your day is wonderful!
In Light and Peace,

ॐ Namaste, ♥

Kasey J. Clayton

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How do I learn Primordial Sound Meditation?

Primordial Sound Meditation is easily learned in four short sessions over a period of 7 hours in two to four days.

Session 1 Introduction to the basic principle A two-hour group session where you will learn the basic principles of Primordial Sound Meditation, the use of mantras and the value 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. We have a lively discussion and watch a short movie.

Session 4 A vision of higher states of consciousness. This final two-hour group session includes a specially prepared video featuring Deepak Chopra. He gives a glimpse of future possibilities of growth on all levels.

You have now learned a tool that you can benefit from for the rest of your life!



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 has 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?

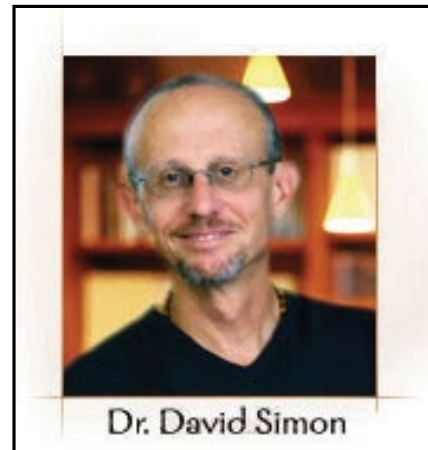
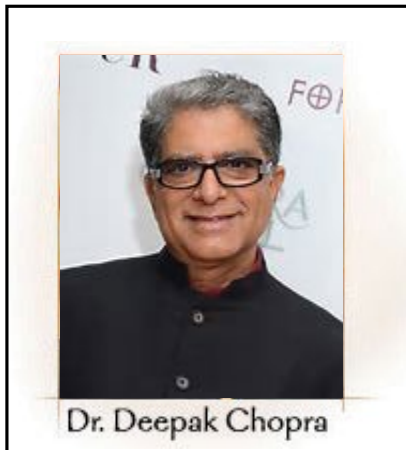
Primordial Sound Meditation can be learned by people of every age, education, culture and religion. It does not require specific beliefs or a change in behavior or lifestyle. The only change or adjustment we need to make is to allow the time to meditate regularly. Other than that, any changes in our life come spontaneously.

Where do I learn Primordial Sound Meditation?

This course is taught here by Kasey Claytor, an instructor certified by Deepak Chopra at the Chopra Center for Well Being. The Chopra Center has certified instructors all over the world now.

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

“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, MD



**Location: Osprey/Phoenix Conference Room
918 South Washington Ave.**

Titusville, Florida 32780

Register online at www.KaseyClaytor.com/store/ or:

CALL Kasey Claytor at

321-383-4005 ~ toll-free 877-650-3796 or:

Email osprey@cfl.rr.com

Meet your Instructor:



Kasey has learned several methods of meditation over the past 20 years and believes Primordial Sound Meditation is the most accessible and comfortable for people. As a Stockbroker in the 1980's and 1990's meditation provided balance to a hectic business life. Since learning Primordial Sound Meditation in 2002, Kasey has become deeply devoted to this type of meditation and wants to share her knowledge and the benefits she has herself received. She credits meditation with the increased success and creativity flowing through her life. She believes Dr. Deepak Chopra and David Simon have created the perfect combination of the ancient Vedic wisdom and modern science. Today, in addition to a meditation instructor, she is also a prosperity and wellbeing coach, owns and operates a registered investment firm, in-demand as a speaker at large venues like the Florida Women's Conference, and author. She knows what is possible for everyone.

Hear From Past Primordial Sound Meditation students from our classes:

"I am excited about the meditation...It is a wonderful gift and I want to THANK YOU again. The first thing I noticed is that my mind is calm enough so that I can concentrate and absorb what I am reading now. I also do have more energy during the day and find myself not worrying so much." ...W.W.

"It has been a life changing experience.... I am spread out so thin in my career that meditation is helping. The thing that I have found from Meditation is God, Spirituality... Meditation has brought this to me. The more I keep in meditation, the more my intentions materialize.... Taking your course has really changed my soul and I know that meditation is an art that takes a while to master. Meditation is the way I am going to continue to live my life and I want to thank you for being our teacher. My Blessings to you!"....P.B.

*Hear From Past
Primordial Sound Meditation students from our classes:*

“Since I have started meditating I feel calmer when I am in stressful situations. I love how I feel when I finish meditating. I feel relaxed and happy. I also make time to meditate so I get time just to myself, twice a day, which is wonderful.”....D.L.

“I wanted to send this note to thank you for the wonderful experience of learning and doing Primordial Sound Meditation. You instructed us well and created an atmosphere of a higher state of consciousness. I’ve been doing my PSM sessions everyday and have noticed some changes. I can only imagine what life will be like in 6 months from now with meditating regularly.”....D.D.

“Thank you so much for the wonderful life changing gifts. I’m already seeing results.”...T.B.

I look forward to my meditations -- especially the am session. I set the tone by lighting candles and incense, and then I quietly slip into the gap. For me, meditation has been helpful quieting my Type A personality. Although my experience with meditation is relatively short (8 months), I am very encouraged by the way I look at life. I now see an endless stream of abundance whereas before, I was focused on my "issues." I know a lot more good is yet to come and the fear of the unknown is loosening its grip. Somehow, meditation unlocked my free spirit which had been lying dormant most of my adult life. Thank you Kasey for your love, guidance, and wisdom...D. D.

CHOPRA  CENTER™
CERTIFIED INSTRUCTOR

Kasey Claytor



What is the Cost of the Course?

Pricing and information:

Individual -\$395

Private class-\$475

Seniors (65 +) - \$175

Seniors Private class (65 +) - \$275

Full-Time students -\$200

Military- \$50

Special Group rates available on request
Corporate rate for 'Introduction to Meditation' \$400.00 hr.

Application and fee must be in at least five days before class.

This also reserves your seat. Please dress comfortably and casual. For the PSM course: Allow for up to 2 hours per class. (Sessions 1 & 3 are about 1 hrs, Session 2 is about 1 hour and session 4 is 2 -2)

For **Corporate presentations** allow 1 to 2 hours for discussion, and instruction on a mindful meditation method.

Special scholarships for financial hardships available on occasion, please call for information.

Application and payment should be to us in at least 5 days before the beginning of the course. Then we have time to order your Mantra from the Chopra Center and know our class size.

We accept checks payable to Osprey Publishing.
We do take credit cards; please go to our website,
<http://kaseyclaytor.com/store/>

The next page is the application~

Primordial Sound Meditation Application Form
(Instructor keep for your records)

Name _____ Phone (_____) _____

How did you hear about us? _____

Address _____

Female/Male _____ Age _____ Occupation _____

Date of Birth: Month (spell it out) _____ Day _____ Year _____

Place of Birth: City _____ State _____ Country _____

Time of Birth (please approximate, if necessary) _____ AM, PM

Have you ever been instructed in a mantra meditation technique? Yes _____ No _____

If yes, which one? _____

Date Instructed _____ Do you still practice it? _____

How is your health? Mental _____

Physical _____

Please list any medication you are taking _____

My decision to learn Primordial Sound Meditation (PSM) is a personal decision. I have not been made any promises or warranties that I will receive any benefits or specific results. I understand the PSM is not a substitute for treatment or services ordinarily provided by health care professionals for physiological or psychological complaints. I further understand that any instruction given to me during the PSM is for me personally and may not be appropriate for others. IN consideration for teaching the PSM, I hereby agree to hold Chopra Center, LLC, and other officers, agents, and employees harmless in any claims brought by me, or on my behalf, which contradict the above.

My signature below constitutes my acceptance of the conditions expressed in the agreement.

Signature _____ Date _____

For Office use only

Instructors Name _____

Date of Instruction _____

Mantra _____

One More Word from Kasey~

The Relevance of Meditation

When someone comes to me with concerns, be it physical, mental, emotional or spiritual, the first strategy I recommend for coping and healing is to learn to meditate. When the body is sending stress signals of discomfort, when the mind is bouncing from worries to regrets and back again, when a person never finds the time look inward and discover the peace that is there, then the first thing to do is begin to learn to quiet the mind. It makes everything else easier, enabling you to stand back and observe your life, your relationships and events from a new perspective, not shadowed by emotions and drama. The clarity one begins to see with makes solutions to problems more apparent. Our normal operating mode is through our ego, which stores all of our memories and past emotions since birth. (Also functions of the left hemisphere of the brain.) If we operate solely from our ego, we find ourselves getting attached to positions, roles and 'stuff'. Then, if anyone or anything threatens our relationship, role or 'stuff' we react emotionally without realizing *we have a choice*. Have you ever been in the middle of an argument or unhappy thoughts when suddenly you 'woke up' and realized how silly you were being? What you have done is stepped out of your ego for the moment; you've awoken to your real self, the source of your consciousness. The expansive joyful self we were meant to be. (Some would say the right hemisphere.) When you have the ability to move out of your ego you won't be tripped up so often into feeling offended, angry, hateful, jealous, etc. And even if you do, you know that isn't the real you, so it doesn't hold as much weight for you. Your awareness is enhanced. With this enhanced awareness you can begin to address the other issues in your life that you want to change. What once seemed like a 'big deal' is reduced to a more manageable size. You know you are more; you are greater than the small ego that used to be your entire awareness. One day, after meditating for a month or a year or two years you wake up and KNOW you can achieve what you want, you can heal, create, be, do and have your hearts desire. You begin realizing you have a choice on how you react to events and situations instead of reacting with the learned response of your family of origin, (your default behavior). As you notice people around you, you grasp on a deep level what is motivating them, and naturally have more compassion towards them. That is not to say all your challenges drift away and you are forever on a hammock on some tropical island. One thing I have observed, as the students go through this process, is the next challenge of discerning what in the world they do want and what their true purpose is! This will be your next quest.

So, we very much look forward to seeing you move swiftly on your own journey!

Kasey Claytor

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www.kaseyclaytor.com

