



THEOLYN CORTENS SOULSCHOOL

www.theolyn.com

GUIDE TO
Zera Meditation

Theolyn Cortens

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ZERA MEDITATION

THE SEED OF CREATION

WHY MEDITATE?

Regular meditation is an essential part of your mental and spiritual upkeep. Just as you give your body regular exercise and keep it clean and well groomed, so your mind and spirit require regular, daily maintenance. This is all the more important if you are a therapist or healer of some kind.

Because it should form part of your daily routine, your meditation technique should be easy to do and provide the numerous health and other benefits you can expect, without having to work hard at it.

The quiet, still space we can experience, underneath our everyday thoughts, is a natural place to go. It is the Divine Source of all Creation. It is the place where we touch base with the creative energy of the Universe. It is waiting for us all the time and is readily accessible, once we have learnt the knack of ‘getting there’.

BUT ISN'T MEDITATION DIFFICULT?

Many people who have tried meditation say how hard they find it to put their chattering ‘Monkey Mind’ to one side. As soon as they close their eyes and try to focus on the breath, or release the stress and tension in their body, up jumps the Monkey Mind again. This unwelcome stream of thoughts and ideas distracts us from finding our Soul’s abode, deep in the heart, beyond the mind. The result is that the meditation habit is never gained and the benefits are lost.

Zera Meditation is a simple and effective way of sidestepping the Monkey Mind and plunging deep into the ocean of consciousness, all the way to Divine Source. It is not at all difficult to practice and, once learned, will be a support to you for the rest of your life. The deep peace you experience daily in your meditation sessions will permeate your everyday life, making you calmer, smarter and healthier. What’s more, the benefits extend beyond you personally, and you will find the world around you improves too.

HOW DOES ZERA MEDITATION WORK?

There are very many approaches to meditation that have been tried and tested over generations. In all my many years of teaching and practicing experience, I have found the most successful technique is to use a simple sound-shape repeated silently in the mind.

The best-known method that uses a sound-shape is mantra meditation, brought to the West by various Indian spiritual teachers. A mantra is a Sanskrit word of one or more syllables, usually chosen for its sacred meaning. *Om* is a well-known example, although some mantras can be many syllables long. Two or three syllables work really well.

Zera Meditation works in a similar way to mantra meditation, with a word being repeated in your mind, except the mantra is replaced with a *zera*.

WHAT IS A ZERA?

‘Zera’ is Hebrew for ‘seed’ and, like a seed, the zera is ‘planted’ deep in your consciousness. It then works like a magnet to draw you effortlessly down to Divine Source, bypassing your Monkey Mind and opening up new states of awareness, full of bliss and joy.

DOES THE ZERA MEAN ANYTHING?

The zera you will be using in Zera Meditation has been chosen as very suitable for your meditation goal, because it means ‘primordial’, ‘beginning’ or ‘simple’. In other words, the zera is describing the place you want to get to – the starting place of your consciousness, which is grounded in Divine Source. In Hebrew, sound and meaning are inseparable companions, so the choice of zera is also based on the vibrational quality of the sound.

WHY HEBREW?

Hebrew is an ancient sacred language that evolved from what we call ‘primordial’ sounds. Primordial means existing from the beginning of time. For example, the sounds ‘sssh’ and ‘mmm’, are embedded in Creation at a fundamental level. They are simple sounds and we hear them in the natural world, when we take time to listen.

So in Zera Meditation we are using primordial sound to create a sound-shape, or zera, that will vibrate with the essence of our own being. Such sound-shapes are naturally soothing for the mind, but they also call us back to a deeper level of consciousness, allowing us to enter a simple, primordial space, beyond time.

You do not need to be Jewish to use these sounds – just as you don't need to be a Hindu to use the mantra 'om'.

DOES EVERYONE GET THE SAME ZERA?

Yes. I do not select the zera according to any individual student's personal criteria. I have chosen the zera you will be using for its meaning, its sacred value and its vibrational quality.

DO I NEED TO KEEP THE ZERA TO MYSELF?

Whenever we do inner work, it is helpful to maintain a sense to the sacred. Therefore, yes, it is a good idea, to keep the zera to yourself. The zera you will be using is not printed in the documentation for the 21-day Program.

CONNECTING WITH DIVINE SOURCE

THE BEAUTY OF YOUR EXPERIENCE

As your mind settles into a quiet state you will often feel a sense of stillness throughout your whole body. You may notice your breathing has slowed right down, to a point where you feel you are hardly breathing at all. All the systems in your body slow down – heart rate, blood pressure, digestion, etc. However, if you have eaten a meal before meditating, you will find your digestive system is kept awake by the extra work it has to do, and this will prevent you from achieving a deep state of meditation.

Sometimes you will experience a sense of expansion or light in your head or body. There may be an intense energy that can make your body vibrate, or your body may move in a circular fashion. All your cellular structures are full of light-energy and in deep meditation you may become aware of this golden, sometimes sparkling source of immense power. Whether or not you are conscious of any particular experiences, being in touch with this energy on a regular basis encourages your body to stay youthful and any disorders to rebalance and heal.

PRACTICAL BENEFITS

There have been many scientific trials that demonstrate the physiological benefits of meditation. Slowing down the metabolism during meditation leads to an overall reduction in high blood pressure, less stress and anxiety, and better sleep patterns.

Psychological benefits are less easily measured, but most regular meditators will describe the mental clarity they experience, and an increase in creative inspiration and problem-solving capacity. Often a problem that is nagging in the mind at the beginning of a meditation session will find a resolution, or the idea for a solution, during the session.

Regular meditation leads naturally to a sense of inner calm and confidence that allows an individual to feel in charge of their own life.

MEDITATION, VISUALISATION AND MINDFULNESS

It is important to know that not all meditation techniques achieve the same results.

VISUALISATION

When we go on a guided journey or creative visualisation, perhaps when listening to an audio track, or when we deliberately imagine ourselves in a different place, perhaps talking to guides, we are choosing to activate our faculty of imagination. This is a very powerful activity and can help us to manifest our dreams, and we should definitely take regular opportunities to develop this ability. But visualisation, because it is an active mental process, is almost the opposite of meditation, which is a technique designed to still the mind so that imagination plays no part. Meditation is not goal-orientated like visualisation, but reconnects us with Divine Source. This is why it is so refreshing and re-energising, and why it allows us to heal at a deep level.

MINDFULNESS

Mindfulness techniques encourage awareness of the present. The practices are simple and can be taught in just a few minutes. They often involve nothing more than paying attention to your breath as you sit, your body as you walk, or the taste of an apple as you eat it. Although Mindfulness is simply being aware of what you're doing, feeling, thinking, or experiencing in the moment, it is a powerful practice

to learn. People often say that ‘walking in nature’ or working in their garden is a ‘meditation’ for them. While profound, this would be better described as Mindfulness, rather than meditation, even though it is clearly very refreshing and calming.

Zera Meditation and Mindfulness work in completely different ways. While Mindfulness encourages the you to be mindful (pay attention to) whatever is being experienced in the present moment, Zera Meditation takes you to a domain of consciousness that lies beyond and beneath physical, emotional and mental experiences. We might almost call it ‘Mindlessness’!

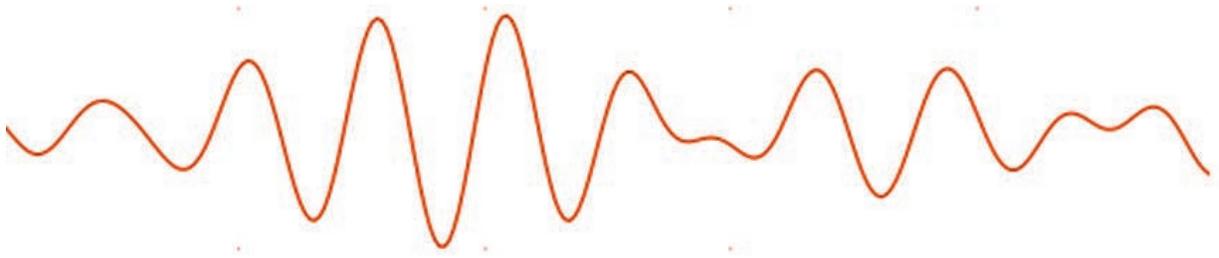
However, despite the radical differences in practice, the benefits promised by Mindfulness also come to you when you do Zera Meditation. The more you contact the deep, still ground of consciousness the more you find you are automatically mindful in your everyday life. The inner peace of Divine Source starts to permeate all aspects of your life and mindfulness becomes an effortless way of life.

BRAIN STATES

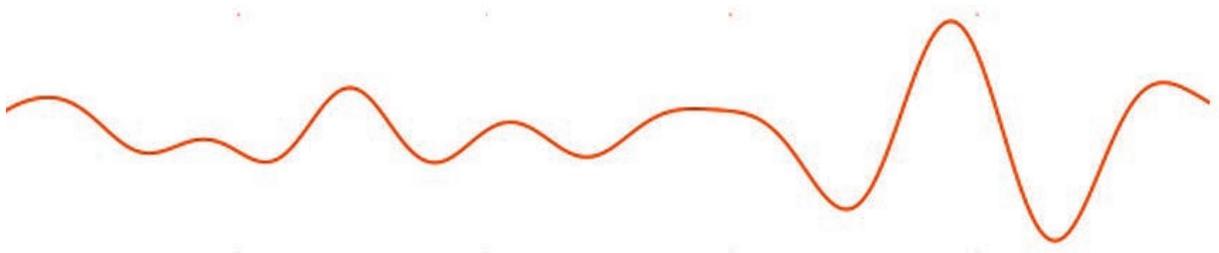
Neurologists recognise four principal brain states, indicated by the speed at which the brain vibrates:



Beta brain waves (14–40 Hz) are associated with everyday consciousness in the normal waking state. This brain state allows you to get on with the important job of functioning normally while you’re awake, but will also be home to your Monkey Mind, as well as stress and anxiety.



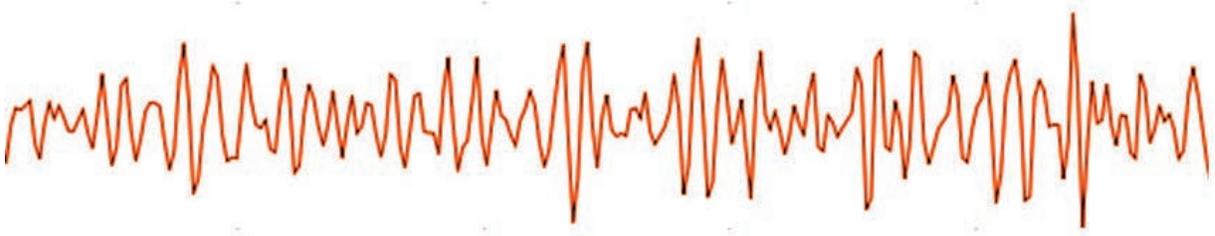
Alpha brain waves (7.5–14 Hz) are slower than Beta and occur when you are in a state of deep relaxation, usually when your eyes are closed. It is a good state in which to program your mind with guided visualisations, as your creative imagination is enhanced. Intuition is also enhanced when your brain slows down closer to 7.5 Hz.



Theta brain waves (4–7.5 Hz) are even slower than Alpha waves and are present during deep meditation and light sleep, including the all-important REM (‘Rapid Eye Movement’) stage when you experience dreams. Great creativity and profound inspiration can be found in this state and, at the slower range of Theta, you will be heading towards full transcendence, though your mind will still have thoughts.



Delta brain waves (0.5–4 Hz) are achieved when you go beyond thought, beyond your zera, and enter a truly Divine state of bliss or pure awareness. This is the state that Zera Meditation can take you to quite easily.



There is a fifth brain state that has been discovered recently, called **Gamma**, when the brain is vibrating at more than 40 Hz, i.e. faster than ordinary Beta waves. Little is currently known about this state, but it is associated with bursts of insight and high-level information processing. My own experience after many years of meditation is that Gamma states are provoked by regular experience of the Delta state.

HOW OFTEN SHOULD YOU MEDITATE?

I recommend twice-daily meditation, once before breakfast, once before your evening meal – twenty minutes each time. If you are too busy to meditate, then meditation is even more important! The time taken for meditation is given back to you several times over, because your mind becomes more alert, you become more efficient and you get more done more easily.

Time is our servant, not our master. Time is not a finite resource. We spin time as we create our lives and we always have enough time for what we need to do. So make sure you recognise the importance of meditation and allow time for your practice.

Your life will change dramatically.

THE ZERA MEDITATION 21-DAY PROGRAM

The Zera Meditation 21-day Program is a great way to get the meditation habit from the comfort of your own home. It is affordable, yet effectively guides you to get the most out of this tried and tested technique.

YOU START AT THE OPTIMUM TIME FOR YOU

Once you have signed up, you choose when to start the Program. This helps you clear your calendar to make sure you can allocate the regular sessions you need to

build up the meditation habit. Things like holidays, visiting relatives, and other such events can all distract you while you are still new to Zera Meditation. and it's best to give yourself a flying start!

You begin your Program with two ten-minute meditation sessions per day and then, after the first week, you build up to twenty minutes twice a day. This is why it's important to make sure you have a reasonably regular timetable during these first few weeks. Of course, once you've got the habit, you'll be more than happy to fit your meditations in each day, finding it just as easy as making time for brushing your teeth or a daily shower, but a lot more pleasurable!

SUPPORT AND GUIDANCE

Audio files

The Program includes audio files that gently lead you into and out of the different length sessions you practice each day. They are free of music or other distractions, optimising your experience as you practice touching Divine Source daily.

Topics

Each day you will receive an email with instructions and encouraging words, as well as a link to a daily topic. The clearly written and laid out topics help you understand more about how Zera Meditation works and what you can expect from doing it. The topics build up as a guide, leading you step-by-step as you pick up the daily meditation habit. They are...

Before you start *Getting Ready*

Day 1 *Zeras as sound-shapes*

Day 2 *Using the zera*

Day 3 *Staying grounded*

Day 4 *Dealing with restlessness during meditation*

Day 5 *What to expect*

Day 6 *Deeper levels of consciousness*

Day 7 *Brain states*

Day 8 *Mindfulness and Zera Meditation*

Day 9 *Breathing*

- Day 10 *Embedding your practice*
- Day 11 **Half-way review**
- Day 12 *Family and friends*
- Day 13 *Zera Meditation in groups*
- Day 14 *Collective consciousness (1)*
- Day 15 *Collective consciousness (2)*
- Day 16 *Health and healing*
- Day 17 *Breaks in your routine*
- Day 18 *Meditation, creativity and manifestation*
- Day 19 *Systems that enhance your meditation*
- Day 20 **Final review**

When the Program is over, you can also download all the topics collected into one, beautiful book, which will help you refer back to any information you may need to keep your meditation habit on track.

Assessments and progress reviews

In addition to the topics, every day you will access a simple form to complete to keep a record of your progress. Each day, after your final meditation, you fill out these Self-Assessment Forms to keep track of the various experiences you've had, as well as check you've been meditating correctly. The daily practice of noticing your thoughts and feelings as you learn helps you to see your development, and you can use these forms to review your progress.

Individual coaching

The Zera Meditation 21-day Program is designed to support you while you get the meditation habit. Nothing else is required in order for this system to work successfully. However, there is a 'knack' to learning meditation – rather like learning to ride a bicycle – and, if you feel it would be useful to have a little one-to-one coaching, this is possible.

During the Program, you are able to book individual phone, Facebook or Skype coaching sessions with me. There is an additional fee for these – for details, pricing and booking, please email me at info@theolyn.com. You can book three sessions at half-price while you are doing the Program.

Follow-up after the Program

At the end of the Program, you should be a fully-fledged meditator, happy to practice twice daily. But sometimes, it's possible to let the habit slip, especially in the early days, so you will receive some follow-up emails to help you stay on course. These emails will arrive 1 month, 3 months and 6 months after completion, and will include links to short, online feedback forms. These are designed to help you further review your progress and keep your meditation habit going.

WHY I'M QUALIFIED TO TEACH ZERA MEDITATION

I have been meditating now for over forty years. I have meditated for more than 10,000 hours and can therefore claim to be a master meditator.

When I was originally trained in mantra meditation, I was given a Sanskrit mantra, because the teacher came from a Hindu tradition. A few years later, after I had begun to work with the Jewish mystical tradition, with its emphasis on the power of sound, I decided to substitute my original mantra with sounds chosen from Hebrew. A Hebrew zera will take you to the quiet, still space in your heart where you can be at one with Divine Source.

I developed Zera Meditation out of my own practice. I am a qualified and experienced adult education teacher, having worked for community education organisations and Ruskin College, Oxford. I have been teaching face-to-face spiritual development workshops, home-study and online courses since 2000.

IS ZERA MEDITATION THE SAME AS SIMPLE MEDITATION?

Until March 2017, I called the meditation method I teach *Simple Meditation*, because it is easy and simple to learn, and it allows you to find the place of simplicity and beauty inside your heart, which I call Divine Source. However, after further development, I am now describing the same meditation technique as 'Zera Meditation', as 'zera' is a better word for describing the sound-shape I use than 'mantra' (see above, *What is a zera?*). In addition to this, while *Simple Meditation* was simply an audio course, delivered on CD or as audio downloads, Zera Meditation is exclusively delivered over twenty-one days as a fully-fledged Program.

ABOUT THEOLYN CORTENS

Dip. A.D., Cert.Ed., B.A.Hons, M.A.



Theolyn Cortens is a teacher, scholar, metaphysical explorer, astrologer and author whose well-researched books combine ancient wisdom with practical suggestions for personal spiritual development. Her work has been translated into several languages.

In 1974, Theolyn had a powerful mystical experience in which she was surrounded by other-worldly light and heard angelic voices. This event prompted her to join the Alister Hardy Centre for Research into Religious Experience, since when she has studied the long history of human interaction with Angels for her Masters degree at the University of Wales. From 2013 to 2016 she was researching the growth of Angel spirituality at Winchester University.

Theolyn also writes poetry and fiction. Some of Theolyn's poems have been included in anthologies alongside work by Carol Ann Duffy, Penelope Shuttle, U.A. Fanthorpe and other luminaries. Her poetry collections, *Flowers from the Galaxy*, *Bone Woman and other tasty morsels*, and *Jason's Journey*, were inspired by her personal mystical journeys, fairy stories, folk-tales and mythology.

Theolyn believes that humanity's collective consciousness is changing rapidly, and that many more people will have direct experiences of the underlying Oneness of Creation, which she calls Divine Source.

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When you are subscribed as a Member at Theolyn.com, you will also get access to free resources, which feature free online *Angels Script* readings and a growing collection of other content only available to Members, as well as occasional Members-only Special Offers.