



GUIDE TO

Zera Meditation

The foundation for spiritual progress

Theolyn Cortens

Zera Meditation

FOUNDATION FOR SPIRITUAL PROGRESS

Zera Meditation practice will support your access to Divine Source. In the deepest, stillness of your meditation you will get to know the Light that dwells within and gain direct knowledge of its infinite qualities:

- ☀ Love
- ☀ Wisdom
- ☀ Power

You will discover that YOU own and can express these qualities in your personal life. Your unique individual being-ness is a walking-talking expression of the Divine. You will realise that these three, universal and infinite qualities can inform all four levels of your everyday life:

- ☀ Spiritual
- ☀ Mental
- ☀ Emotional
- ☀ Physical

The practice of Zera Meditation is a gentle path that can nonetheless accelerate your inner knowledge and you will experience rapid changes in your everyday activities, leading to joy, delight, abundance and wholeness.

Zera Meditation is not just about being calm and stress-free, even under trying circumstances. This practice releases your Divine spark and ignites the inner flame of your heart. Taking up Zera Meditation is a first step towards a radiant life, an opportunity to truly shine in the world.

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'.

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.

THERE'S MEDITATION... AND MEDITATION

The word 'meditation' has several different meanings, none of which describes quite the same practice. This is important for you to know, because different meditation techniques are designed to achieve different results.

This is not an exhaustive list of meditation methods, but I will deal here with the main kinds of practice that are usually associated with meditation, then explain why Zera Meditation is different.

VISUALISATION

Visualisations are also known as ‘guided meditations’ or ‘guided journeys’. When we go on a journey, 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. Although these activities can be very refreshing and calming, they would be better described as relaxation.

ZERA MEDITATION

Zera Meditation and mindfulness work in completely different ways. While mindfulness encourages 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 ‘mind~~less~~ness’, as the zera is not something to be paid attention to, but is used to trick your mind into not paying attention to anything.

However, despite the radical differences in practice, the benefits promised by mindfulness also come to you when you practice 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.

HOW ZERA MEDITATION WORKS

SOUND-SHAPES

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 has been chosen as very suitable for accessing deep levels of consciousness, 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.

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 *om*.

Does everyone get the same zera?

Zera Meditation is learnt using the same zera for everyone, chosen 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 of the sacred. Therefore, yes, it is a good idea to keep the zera to yourself. The zera you will be using is not printed anywhere in the course materials.

CONNECTING WITH DIVINE SOURCE

THE BEAUTY OF YOUR EXPERIENCE

As you settle 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, sway, or move gently 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 much scientific research that demonstrate the physiological and mental 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.

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.

REGULAR MEDITATION

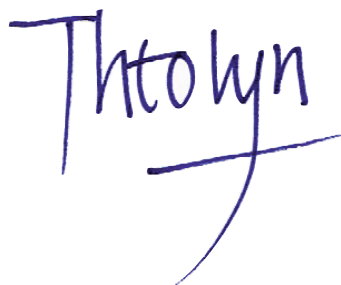
I recommend twice-daily meditation: once before breakfast and once before your evening meal – twenty minutes each time. If you are too busy to meditate, then meditation is even *more* important! The time taken for meditation is given back to you several times over, because your mind becomes more alert,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

Time is our servant, not our master. Contrary to usual Western notions of time, it 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. Regular meditation leads naturally to a sense of inner calm and confidence that helps you take charge of your own life.

I hope this Guide has helped you to appreciate the difference between meditation techniques and why it is vital to get the habit. You can learn Zera Meditation at home, either with or without my coaching. Read the [Zera Meditation Course Prospectus](#) to find out more, or visit theolyn.com/zera to enrol on Zera Silver, Gold or Platinum.

Keep shining!

Theolyn