



GUIDE TO

Zera Meditation

The foundation for spiritual progress

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Zera Meditation

FOUNDATION FOR SPIRITUAL PROGRESS

THE IMPORTANCE OF MEDITATION

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.

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.

Zera Meditation is the particular form of meditation that I teach and I have chosen this method for its simplicity, even though it has an incredible power to transform you at a very deep level.

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 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 ‘ssssh’ 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. However, when you attend my Radiance Retreat at the conclusion of my *Radiance Programme*, you will be given an additional advanced zera to work with.

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 anywhere in the course materials.

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, 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 many scientific trials 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.

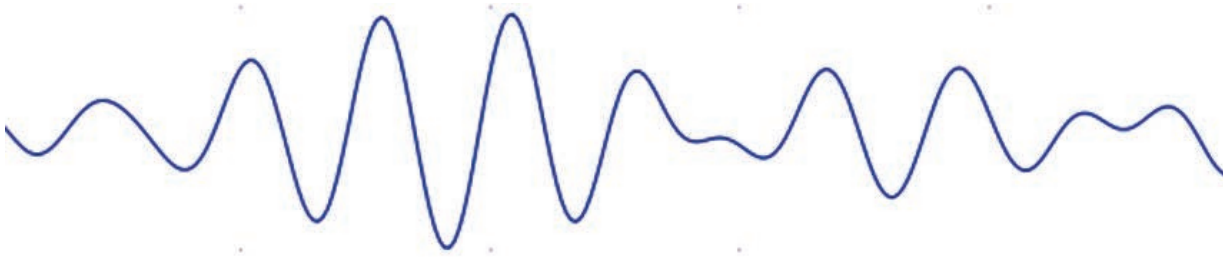
Regular meditation leads naturally to a sense of inner calm and confidence that allows an individual to feel in charge of their own life.

BRAIN STATES

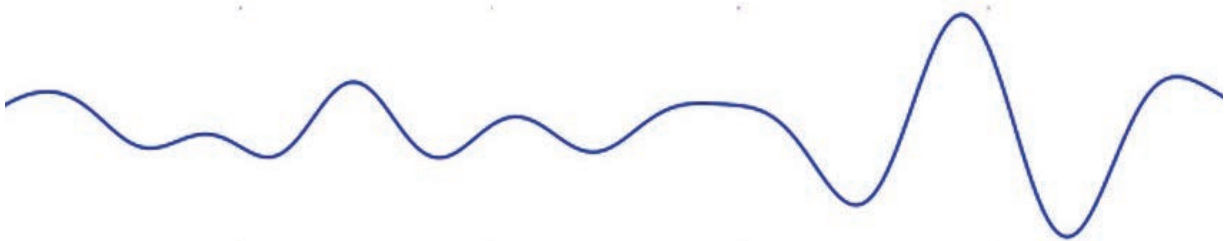
Neurologists recognise four principal brain states, indicated by the speed at which the brain vibrates:



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.

REGULAR MEDITATION

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. 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.

How to learn Zera Meditation

You can learn Zera Meditation at home over twenty-one days by enrolling on my *Zera Meditation Course*. This is one of the modules in my *Radiance Programme*, but can be bought separately. If you do buy it on its own and subsequently enrol on the full programme, you will probably be able to claim a discount of some or all of your *Zera Meditation Course* fee, depending on when you joined.

It is taught using a combination of daily emails, printable topics, audio files and one-to-one supervision via Skype or telephone (phone costs normally included, depending on where you live). This is from the *Radiance Programme* prospectus:

INTRODUCTION

Zera Meditation is a technique for settling the mind and accessing the Divine Source of Light and Love. Having an effective meditation technique embedded in your lifestyle is an essential prerequisite to meaningful spiritual progress. Regularly accessing the deep, still, silent space of Divine Source will allow you to easily make contact with your own Divine Spark – your Radiant Being, or Angel of Presence. This is why it is described as the foundation for spiritual progress.

Once you have enrolled on this Module, you choose when to start. This helps you clear your calendar to make sure you can allocate the regular sessions you need to build up your 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 good start in order to embed your practice effectively.

THE AIM OF THIS MODULE

Zera Meditation works by inwardly repeating a sacred sound-shape called a *zera* (Hebrew for 'seed'). Although this may sound easy, it is surprisingly difficult sometimes to switch off the chattering Monkey Mind that constantly threatens to sabotage your path to stillness. Our goal is to drop into a deep space of stillness, peace and Divine Light. Individual personal support helps you get the knack. Rather like learning to ride a bicycle, you need someone to hold the saddle until you find your balance.

HOW THIS MODULE WORKS

This Module trains you over twenty-one consecutive days, after which you should then be able to continue meditating by yourself in your normal daily life.

You begin with two ten-minute meditation sessions per day and then, after the first week, you build up to twenty minutes twice a day, which is your ideal daily meditation time. 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!

My voice gently leads you into and out of the sessions you practice each day. They are free of music or other distractions, optimising your experience as you practice touching Divine Source daily.

Daily emails and printable topics help you understand the process of meditation, which in turn helps you to deepen your experience. Audio support teaches you how to use a zera as a focus for your mind.

WHAT'S INCLUDED

- ☀ Audio materials train you how to use a zera (please note: all students get the same zera).
- ☀ Daily topics as printable PDFs (can be easily read on screen, if you prefer):

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 (Part 1)*
- Day 15 – *Collective consciousness (Part 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*

- ☀ At the end of this Module, all the topics collected are made available as an ebook for reference to help keep your meditation habit on track.
- ☀ Daily Self-Assessment Forms (SAFs). Completing these short online forms every day enables you and me to monitor your progress, and there are recaps on these half-way through and on completion.
- ☀ Email support is available for any questions or issues you may have.
- ☀ A welcome call and three thirty-minute one-to-one supervision Skype calls with me during the twenty-one days to keep you on track. (Also available by phone if you do not have access to Skype – usually free, depending on where you live).
- ☀ Follow-up emails to help remind you to keep on meditating. After finishing the Module, 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, 3 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.

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Keep shining!

