

Time Magazine cover story August 03 reported 10 million people in the U.S. practice meditation every day

**FREE INTRODUCTORY LECTURES**  
Throughout Florida & via Skype

# Transcendental Stress Management

Awaken your total  
potential in  
**Body & Mind**  
effortlessly.  
**7 Steps**  
Meditation Training  
**Certified Instructors**



## Benefits of The Regular Practice of This Meditation

- Reduces mental & physical activity providing deep rest to the body
- Lowers stress and insomnia
- Relieves fatigue, increases energy
- Improves relationships and self-confidence
- Develops a quiet mind that helps us to think clearly and enjoy life more
- Increases problem-solving ability and creativity
- Reduces fear and other obstacles to personal growth
- Reverses aging & increases resistance to disease
- Improves quality of life by increasing awareness & health



The meditation practice of Transcendental Stress Management profoundly benefits mind, body, and behavior. Not a religion / Easy to learn

Reservations Required

**954-354-0804**

**561 542-9200**



Meditation Instruction, Educational  
Seminars and Follow-up



Health - Wellness - Meditation  
Yoga - Enlightenment - Spirituality  
Discovery - Inspiration - Insight

## Watch Us on Fox

Transcendental Stress  
Management on WSVN

In August 2008 Fox News  
Miami featured TSM in a spe-  
cial presentation with Mike  
Scozzari and Robert Dollinger,  
M.D.. Just go to [www.youtube.com](http://www.youtube.com)  
and type in Transcendental  
Stress Management.

Over 1,000 research studies prove:  
People who meditate every day are  
healthier, happier, and live longer  
than those who don't. They have  
less stress, insomnia and depression,  
sharper minds, better problem-solv-  
ing abilities, less anger, and better  
human relationships. Learn TSM  
- Its simple, effortless & enjoyable.  
Courses available throughout Florida  
And via Skype

### We Offer:

Introductory &  
Refresher Courses,  
Day-Long Work-  
shops, Advanced  
Courses & More



Deepak Chopra, M.D.

"Meditation is not forcing your  
mind to be quiet; it's finding the  
quiet that is already there."

-Deepak Chopra, M.D.



# Transcendental Stress Management

Yoga \* Meditation \* Ayurveda

P.O. Box 4731 \* Deerfield Beach, FL \* 33442

[www.tsmforlife.com](http://www.tsmforlife.com) \* 954 354-0804 \* [ms@tsmforlife.com](mailto:ms@tsmforlife.com)

## WHY TSM IS DIFFERENT

# A Comparison of Different Meditation Methods

Why Transcendental Stress Management® is Easy

In selecting a method of meditation keep in mind that, while methods vary, we all want relaxation in the areas of anxiety reduction, blood pressure reduction, physiological relaxation, self-actualization, improved psychological outcomes, and decreased use of cigarettes, alcohol, and drugs. These benefits should be a natural result of meditation when practiced regularly. Systems of meditation fall into one of two categories: concentration and contemplation/visualization.

Concentration involves effort - and effort will inevitably keep the mind lively and active away from it's deepest state of rest.

Contemplation, commonly referred to as visualization, on the other hand, involves thinking about something. One thought leads to another, and again the mind remains active and restricted from diving deep.

An analogy will perhaps make this clear. The mind is like the ocean, with the busy, active everyday level of thinking on the surface, and quieter, more comprehensive more holistic and intuitive thoughts, feeling and wisdom towards the depths.

In this analogy, concentration would be akin to treading water (expending energy staying up on the surface), while contemplation would be swimming around on the surface (drifting from one active thought to another). TSM, in contrast, involves diving deep to the bottom of the ocean, experiencing the mind in its silent, wide-awake state. This is the source of all creativity, intelligence and happiness in the mind.

TSM is not mind-control or mental discipline; it is not concentration or eastern philosophy. You don't have to control your breathing or muscles. You don't even have to try to relax. You are learning a technique which facilitates a completely natural process: an ability which is ingrained in the nature of the mind. One need not be in a particular mood or even believe that it will work in order to gain positive results.

## How it Works - Understanding Transcendental Stress Management

Correct meditation is easy to learn and practice. There is no need to empty the mind of thoughts. Staring at a candle gets boring after a while. Most give up, thinking "I just couldn't concentrate hard enough." At the first free lecture teachers will explain, "It's easy, anyone can do it." Given previous failures at meditation, most people are naturally skeptical. But when you give it a try, it's not long before you notice how simple and effective it is.

Most people think that meditation is something else that people do, like jogging and playing solitaire, listening to music and petting their cats. But doing things involves the active mind. If the active mind is like waves on the surface of the ocean, then the Transcendental Stress Management technique is like diving to the silent depths of the ocean.

You can't move a huge boulder with your bare hands no matter how hard you try, but with the technique of a lever you can move that same boulder with one finger. A technique is a better way to do something that is based on deeper understanding of the laws of nature. The unbroken tradition of Vedic knowledge has deep understanding of the laws of nature governing consciousness. What we offer is an effortless technique to transcend thoughts and go beyond the active mind.

It is practiced for 20 minutes twice a day, sitting comfortably with the eyes closed, as a preparation for effective activity. The boundaries of experience effortlessly expand and you naturally experience deep silence while remaining awake inside. Anyone can do it. You don't have to be smart, educated, vegetarian, religious or able to sit still in a chair. You don't have to understand what you've just read or even believe that it works. If you are human and awake you can learn how to transcend.

What do you notice about your mind? That it has a great deal of thoughts? That it's always moving around? Precisely. Observation Number One: The mind is constantly moving. Most people stop there and give up, complaining that it would be too difficult to train the mind to stand still. They are right. Forcing the mind to stay on one object of perception goes against the nature of the mind.

It seems that the mind is always looking for something more: more knowledge, more fun, more power, more joy - just more. Observation Number Two: The mind is always moving in the direction of greater satisfaction. According to the ancients, that means it will never be completely satisfied by anything less than infinity.

The ancient seers point out that the mind will find fulfillment only when it moves beyond objects into the infinite field of awareness itself. The Sanskrit word Ananda describes the bliss of consciousness. Bliss attracts the mind like no-thing could. And we don't have to go anywhere to find it. This pure state of consciousness is just the simplest form of our own awareness, located at the source of thought. So: An infinite field of pure bliss lies at the basis of our busy minds; and our minds always move in the direction of greater happiness.

When the mind takes the right angle and lets go, then its own nature automatically draws it toward bliss. If this is true, then why do we have to learn a technique? Human abilities to walk, talk, eat and read are all learned. Transcending is no different. We have the innate ability but we have to learn the technique of taking the correct angle. In every time and place people have transcended spontaneously, without any technique. But they could not duplicate it later by trying or teach others how to do it.

This meditation technique is not concentration - forcing the mind to remain fixed on one object. It is not contemplation - thinking about the meaning of something. It is also not contriving an emotion or a mood of calmness, peace or happiness. Full understanding comes from direct experience.

## The TSM Technique - Course and Practice

The natural tendency of the mind is to wander toward something of greater charm. In the practice of the TSM technique we take a thought, a particular thought, and we experience that thought at increasingly finer levels. Thoughts at more and more refined levels are experienced as being more and more charming. Hence, the mind naturally slips into increasingly finer and more charming levels of the thought until it slips off the finest level of that thought into the source of that thought, which is the blissful transcendental field. Great inner peace is felt.

Morning and evening practice of the technique for a few minutes each day enables the mind to become more and more infused with increased energy, intelligence, expanded awareness and inner peace. Then, on that basis, we perform our daily activity. As a result, our actions are more enjoyable and successful.

The practice of the Transcendental Stress Management technique can be done by anyone who can think, from the age of five upwards. In practicing the technique we simply use the natural tendency of the mind. It is a technique that does its own doing. Benefits are experienced from the very first stroke of practicing this meditation technique. One does not have to have faith or a prolonged term of practice to realize results.

The mind and body are related. With the TSM technique the mind automatically settles into experiencing increasingly subtler thoughts. As a result, mental activity becomes less and less. As mental activity becomes less and less, physical activity becomes less and less. The body settles down into a very deep state of rest, deeper than deep sleep. Yet the mind remains fully alert and awake. Expansion of awareness results.

Stress is the leading cause of all disease, mental problems and social disorders. The unique state of deep rest resulting from the practice of the TSM technique quickly begins to reduce the stress, strain and fatigue in one's body, mind and nervous system. Also, because of the increased energy and intelligence (expanded awareness) one gains from practicing the TSM technique, one finds that daily activities are not as stressful as before. The continued practice of the technique produces cumulative effects. People beginning the practice have reported remarkable immediate benefits.

Through the practice of the TSM technique, the body and mind are rejuvenated. Health improves. There is less of a desire to use tobacco, alcohol and recreational drugs. Interpersonal relations improve. Students get better grades. Other benefits include: reduced job worry and tension, better mental and physical health, more energy and vitality, increased alertness, increased happiness and job satisfaction, improved productivity and job performance, and improved family life.

The knowledge of this technique was known in ancient times but was lost for centuries. The teaching was recently revived by Swami Brahmananda Saraswati - known simply as Guru Dev. Guru Dev was a master of masters; the most illustrious custodian of Vedic knowledge in the tradition of Vedic masters. His students brought this teaching from India to the world.

Classes are held throughout South Florida and arrangements can be made for groups learning in other parts of the country. Call us at 954 354-0804 for information and directions on classes in your area. We offer weekly free lectures, day and evening classes and follow-up in Palm Beach Gardens, Deerfield Beach, Lake Worth, Ft. Lauderdale, Aventura, Naples and Miami Beach.

Visit our web site for a complete listing of introductory and follow-up courses. [www.tsmforlife.com](http://www.tsmforlife.com)





Deepak Chopra, M.D.

Deepak Chopra on

# Meditation

## 2 Different Types of Rest

“The most significant health benefits of meditation are stress reduction, better sleep, lower blood pressure, improved immunity, and the ability to stay centered in the midst of all the

turmoil that’s going on around you. Meditation helps you do less and accomplish more.”

“Vast realms of energy, intelligence, love, and joy are simply inactive or asleep within us. Through meditation we illuminate and activate all these unexercised parts of our awareness. As we release the old conditioning from our mind, new pathways of experience open up, and we begin to reclaim more of our infinite nature. Full self-realization, enlightenment, means we are then using our full potential.”

In his book “Grow Younger, Live Longer”, he identifies two different types of rest, the rest gained from sleep and the restful awareness gained from meditation. Each has it’s own physiology and benefit. Sitting to meditate provides entry into our natural healing ability. This is a unique style of functioning for the mind and body, what Harvard researcher Dr. Herbert Benson calls the “relaxation response”, and what Dr. Chopra claims is far more encompassing than relaxation.

He writes: “As a young physician in the 1970’s, I was attracted to meditation for two reasons, one personal, the other professional. The personal reason was the promise of inner growth, of reaching an expanded state of mental and spiritual development. The professional reason was the large body of research on meditation that established that this meditation was “real”, that is, it produced tangible benefits. Meditation is not forcing you mind to be quiet; it’s finding the quiet that is already there. In fact, when you examine the background static of worry, resentment, wishful thinking, fantasy, unfulfilled hopes, and vague dreams in your head, it becomes clear that the internal dialogue going on inside is literally controlling us. Each of us is the victim of memory. That’s how the Ayurvedic masters diagnosed it thousands of years ago.”

Time Magazine heralded Deepak Chopra as one of the 100 heroes and icons of the century, and credited him as “the poet-prophet of alternative medicine.” He is the author of more than 50 books and more than 100 audio and video titles.



**Simple:** The Transcendental Stress Management (TSM) technique is a simple, effortless mental process practiced for 15–20 minutes twice a day, sitting quietly and comfortably in a chair or sofa with the eyes closed. No special posture required.

**Immediate benefits:** The benefits of this meditation technique are immediate and increase over time. The technique’s positive effects—for mind, body and relationships—have been verified by thousands of students. Over 1,000 research studies on meditation prove: People who meditate every day are healthier, happier, and live longer than those who don’t.

**Benefits of the regular practice of TSM:** Decrease Stress / Anxiety; Promote Longevity, Cure Phobias & Obsessive Thoughts; Rejuvenate Your Confidence, Relieve Feelings of Depression; Improve Concentration & Focus; Heal Addictive Traits; Experience Improved Relationships; Solve Many Sleep Problems; Help People Who Suffer from Panic Attacks; Help People to Discover a Deeper Meaning & Understanding of Life; Increase Intelligence; Enhance Creativity; Optimize Brain Functioning; Reduce ADHD; Improve Academic Performance; Increase Harmonious Teacher-Student Relations; Reduce School violence; Increase Job Satisfaction & Productivity; Increase Self-Actualization; Improve Memory & more  
Research on Blood Pressure: [www.sciencedaily.com/releases/2013/10/131015094436.htm](http://www.sciencedaily.com/releases/2013/10/131015094436.htm)  
On Immunity: <http://www.telegraph.co.uk/health/healthnews/8862275/Meditation-improves-the-immune-system-research-shows.html>

## COURSE SCHEDULE

(954) 354-0804

### **One - Introduction**

The first step in learning meditation: Schedule a free Introductory session.

The introductory lecture provides a basic explanation of this meditation technique and presents the latest in scientific research findings on meditation. The discussion includes a complete review of the benefits to be derived from the practice. Also the mechanics of how and why the technique works is examined and explained in some detail. Questions are answered, and an opportunity for enrolling in the program is provided. There is a brief optional private interview which allows students to discuss various points with the instructor. Introductory lectures are given free of charge throughout south Florida and the United States. You can even schedule a lecture in your own home via Skype, the free video conferencing technology now available on the internet.

At the conclusion of the introductory lecture, students can enroll by filling out an application and participating in a short five-minute interview (private) with the instructor.

### **Two - Instruction**

Instruction takes place over four days with each session lasting approximately ninety minutes as convenient.

Personal instruction: Given on a one-to-one teacher-to-student basis. After learning the technique the student practices on his own for a while, then meets with the instructor to discuss his new experience. The student then meditates at home as instructed and hopefully returns the following day for the next step. This lesson is either private or group instruction. Additional knowledge is provided. The procedure for correct meditation is verified. There is also the opportunity for discussing one's experiences and reviewing the benefits that are already being noticed from the previous practice sessions at home. The next step is also in the context of group or private instruction. Correct practice is verified. The mechanics of the TSM technique are reviewed and additional intellectual knowledge is provided to complement the experiences that result from the daily meditation practice sessions at home.

### **Three - Personal experience**

There are options for free follow-ups to enrich and maintain your practice

The local organization offers free group and individual review sessions to assure that the practice of the TSM technique is being done correctly. These meetings help ensure that maximum benefits are being realized. Appointments can be made by calling our center.

Also, free *advanced lectures* are provided. As one's personal growth is enhanced the thirst for more knowledge grows. At the advanced lectures questions are answered and correctness of practice is verified. Live and taped lectures are presented. They cover a wide range of material relating to the personal growth experienced by meditators.

The fourth step, either group or private, takes the entire course and puts it into a context of daily routine. Correct practice is verified. At this meeting additional intellectual knowledge of the mechanics of developing consciousness is provided together with a careful look at the fundamentals of correct practice.

There is no additional charge for attending advanced lectures. Monthly all-day events are also available for a small fee. Select a follow-up that suites you and continue to enjoy the practice of TSM at home every day! <http://www.tsmforlife.com/follow-up/>



November 1, 2006

To Whom It May Concern:

I am delighted to write this letter of recommendation on behalf of the Transcendental Stress Management program. As the Executive Director of University Health Services at Florida International University, I serve as the chief physician and administrator of a rapidly growing department as well as an adjunct professor in the College of Health Sciences and a member of the advisory team for the accreditation and curriculum development for the new medical school at the University. Obviously, to handle these multiple professional challenges, I need to perform efficiently and effectively, as well as better manage stress. Over two years ago after a recommendation by an esteemed psychologist colleague and after review of the medical literature pertaining to the many health benefits of meditation, I enrolled in a course in Transcendental Stress Management taught by Mr. Mike Scozzari. In less than one week after completing the four-day course, I began to feel a spiritual calmness and have become better in touch with my emotions, something that became quite apparent to my colleagues at work as well as members of my family.

With Transcendental Stress Management I sit and meditate twice a day for 20 minutes each sitting. During the meditation, the body is able to rest deeply while the mind remains alert. The benefits include improved health, more energy and a profound calmness, which is especially welcomed after a busy day.

I have no hesitation recommending TSM to my colleagues, medical practitioners, patients, and students. Instructor Mike Scozzari taught me the standardized meditation class in a professional and effective manner. After personally experiencing significant benefits, I have since invited Mike to speak twice before an audience of health care professionals and students at the University. I firmly believe that this method of meditation is an extremely effective method to assist anyone desiring a better, healthier life. As a medical doctor with a specialty in internal medicine, it is obvious just how damaging stress can be to one's health and success. Since TSM is easy to learn and practice, I firmly and professionally believe that anyone could receive significant physical and mental health benefits from its daily practice. I know that I certainly look forward to my regular meditation sittings each day.

Sincerely,

Robert Dollinger, M.D.  
Executive Director, University Health Services  
Florida International University



## Cursos de Meditación en Español

María Scozzari al 954-621-3568 o enviarle un email a la dirección: maria@tsmforlife.com

Yoga Institute of Miami – South Miami  
Bobbi Goldin bobbiji@yogamiami.com

Mary Madden - Private Panchakarma 512 -  
627-6458-Reserve <http://lotus-heart.com>

*Holistic Counselors who recommend TSM*  
Mental Health Counselor Claudia Rieman, PhD |  
Lauderdale 954 336-1105 & Boca Raton 561 393-1  
– Dr.Rieman@yahoo.com

Joan Lieberman, MA – psychotherapist and 30+ year  
meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Laud-  
erdale - Practicing meditation 20 years.  
drmauracohen@bellsouth.net

Karen Kaye, MA, LMHC & 37-year meditator -  
Weston - karenkayecares@bellsouth.net

Susan Pomerantz, psychotherapist in Family Therapy  
Boca Raton - 35-year meditator, MA psychotherapist  
- coastahmom@aol.com



And you can now reach us on Facebook from our  
main web page - [www.tsmforlife.com](http://www.tsmforlife.com)

Dr. Elizabeth Trattner, DOM Oriental  
Medicine in Bal Harbor - meditator - Ap-  
peared on the Oprah Winfrey Show with  
Dr. Andrew Weil - elizabeth@trattner.net  
Ayurvedic expert Dr. R. K. Mishra  
Lectures in US go to [www.vaidy-  
amishra.com](http://www.vaidy-<br/>amishra.com)

Mike Scozzari, TSM Director of Programs for the  
Eastern U.S. Mike has personally taught over 5,500  
students to practice meditation.

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tional purposes only and is not meant to diagnose,  
treat or mitigate any health concern. For medical  
concerns, please see your health practitioner.

The name Transcendental Stress Management® is  
now a registered service mark listed with the federal  
government and is used with permission. All rights  
reserved. WPBCAE

- Jai Guru Dev

This simple process of meditation takes the awareness from the active gross level of thinking to the source of thought. This effortless move of the mind to the silent reservoir of energy within triggers the body to achieve a deep level of rest, a state of restful alertness. Here one is able to heal and repair both mind & body in a profound and useful way. By learning to dive within during TSM one naturally comes out refreshed, rested, and more prepared for activity.

### Locations, Dates & Times

When we compare the rising costs for medical intervention to the TSM course tuition, meditation instruction becomes a far more cost-effective investment, reducing health care needs and costs. Over time the benefits of meditation outweigh the initial cost to learn. So it's fair to say that the fee for meditation instruction costs far less than the expense of a night in a hospital.

#### *Lectures & Courses in Person & Via Skype*

Wednesdays in Palm Beach Gardens

Thursdays in Deerfield Beach

Monthly Fridays Naples

Every other Week in Miami/Miami Beach

If you prefer to learn in your own home, we can arrange to come to you. If you need more attention than you think you could receive during the course of a group class, no problem. This way people who have unique needs or specific requirements can get the individual attention they need.

### Process of Meditation

A person needs only one ability in order to learn this technique—the ability to think a thought. As the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of awareness—Transcendental Consciousness—the source of thought.

In this meditation one easily experiences fainter, vaguer, softer levels of mental activity. Eventually, we arrive at the point in time when the thought was at the stage of being generated, a state of zero mental activity, a state of what might be called non-vibrating consciousness or pure awareness.