

Change in your current mantra

March 16, 2012



With Gyanendra Mahapatra, M.D.
Returning to South Florida



"I took my first Advanced Meditation Instruction two years after learning to meditate. I was on my meditation teacher-training course in 1971. Once I learned, I noticed immediate benefits and subtle differences in meditation. I plan to take my 6th instruction with Dr. Mahapatra. I'm honored to welcome him to South Florida." - Mike S., TSM Center

Learning Advanced Meditation Instruction takes the experience to another level improving both meditation and activity. "As I practiced my new Advanced Meditation, I felt that my intellect was becoming sharper and stronger, more clear and harmonious. These qualities have been growing in my daily activity."

— MH, Miami

"I feel that each new technique has added another layer of clarity and depth to my experience, both inside and outside of meditation. I feel more connected with everything around me."

— RP, Delray Beach

ADVANCED MEDITATION INSTRUCTION

Transcendental Stress Management

Deerfield Beach Meditation Center

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As you know, the basic course in TSM is easy to learn and practice. But did you know there are advanced practices, slight changes to the technique that can be learned?

Advanced Meditation Instruction enhances and enriches the benefits of one's daily practice of TSM. As you meditate regularly, one becomes more aware of the finer fabrics of one's own consciousness and enters into a world of refined perception, bliss, and silent exploration.

Take the next step and deepen your meditation practice. The system of Advanced Meditation Instruction opens the awareness to that most refined state of inner silence. It's an upgrade in your practice and it's easy to learn.

When you learned to meditate, you were taught how to train the mind to experience the source of thought – to tap the reservoir of creative intelligence. Now it is possible to take Advanced Meditation Instruction, a boost in your basic practice. The purpose of each new technique one learns is to improve the mind's ability so that each thought in meditation is cognized at a more effective level so that action can be made correspondingly stronger. Each new instruction further habituates the mind to maintain the deepest level of the thinking process. This happens naturally and leads to improvements in all areas of life – physical, mental and spiritual.

We are pleased to announce the return of Gyanendra Mahapatra, M.D. for his third tour teaching Advanced Meditation Instruction. A trained medical doctor and renowned Vedic scholar, he has taught Advanced Meditation Instruction worldwide to over 10,000 students. Dr. Mahapatra was trained as a radiation oncologist but currently devotes all his time teaching meditation. In 1977 he left the medical profession permanently and has since devoted his life, full time, to creating individual and world peace. It is a pleasure to welcome him to our area and to share this ancient wisdom about the integration of life.

Once you have practiced meditation for 6 months or more, you are eligible to take an additional technique. There are over 6 in total. Dr. Mahapatra makes the selection of your instruction, often requiring a change in your current mantra.

This simple message about meditation and the integration of life has spread just the way it always does, by word of mouth. We told our friends, other people told their friends. So at every follow-up event there were some new people, and quite a number of old ones. Tell friends they can learn more by attending our next free introductory lecture.



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



Recently Oprah Winfrey learned to meditate. In addition, her immediate staff of 250 also started and Oprah covered their course fees. Other recent celebrity converts include actor Robert Redford, Ellen DeGeneres, Dr. Oz, Jerry Seinfeld, Richard Geer, Heather Graham and musician Edie Vedder.



ADVANCED MEDITATION INSTRUCTION

March 16th, 7 PM * Dr. Mahapatra in Deerfield Beach * Free Lecture

NO OBLIGATION

Attend our next Free Introduction to Advanced Meditation with Dr. Mahapatra March 16th at 7 PM. He will explain everything you need to know to get started right away, the next day! We will take that opportunity to have a group meditation. We hope you can come for some or all of the evening. Everyone on the east coast comes together for orientation at that time - Friday, 7 PM. For those students who live on our west coast, Dr. Mahapatra will be offering instruction in Naples on Monday, March 19th at 7 PM and you can contact us for details.

Instruction will be given on Saturday and Sunday and lasts about 2 hours each session. If you decide to get an advanced meditation instruction, private appointments are available for Saturday, March 17th beginning at 10 AM. Those who want to learn but can't make it Saturday can come and learn Sunday morning.

On Saturday, arrive refreshed and plan on a 90-minute visit. Dr. Mahapatra will be your instructor and will decide on your eligibility for advanced meditation. As with any personal instruction, on Saturday you will need 6 flowers, 3 whole fruits and a clean white handkerchief. All teaching is in the name of the tradition.

Sunday afternoon, the following day, there is a Checking Meeting of individual techniques at 2PM. This session takes about an hour and a half. At 4 PM Dr. Mahapatra will give an optional demonstration on vedic culture and everyone is invited to attend. RSVP for directions.

Meditation is extremely valuable but not necessarily expensive. Advanced Meditation Instruction course fees for college students, adults & families remain the same as our fees for initial instruction. One can pay by credit card, personal check (made out to WPBCAE), or cash.

30% Deposit

We are asking everyone to send us a down payment of 30% to secure your course appointment. This is due no later than March 9, 2012 and should be mailed to WPBCAE, P.O. Box 4731, Deerfield Beach, FL 33442. The balance must be paid for in full at the time of instruction.

Note: We accept most major credit cards. Your payment will be processed by Paypal, a reliable way to make credit card transactions. All we need is your email address in order to request Paypal send you the payment application. Once you submit your application to Paypal, we receive confirmation and your payment is complete.

We hope you find the time to explore the deeper aspects of meditation with Dr. Mahapatra and empower yourself to create health, increase awareness and develop a state of enlightened living.

Mike and Maria Scozzari
Course Coordinators

Read more: <http://www.tsmforlife.com/follow-up/advanced>

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