

Transcendental Stress Management

Deerfield Beach Meditation Center

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

ANNUAL NEWSLETTER 2014

Deerfield Beach Meditation Center
561 542-9200

When we accumulate stresses, over time they build up in our nervous system and block access to our higher nature. Regular TSM loosens up these hard knots of stress and enables us to live a life free of them. By returning back to our source we remove imbalances and restore wholeness to life. For example, sometimes all we need to do is shut down our computer and restart. Problems are eliminated and we can get back to work. No need to investigate into the cause of software problems.

The ancient seers point out that the mind will find fulfillment only when it moves beyond objects into the infinite field of awareness itself, called pure consciousness. In this state the functioning of mind and body is characterized by extremely deep metabolic rest coupled with an unprecedented orderliness in mental functioning - a wakeful state which is not found in sleep or other forms of relaxation.

The Process of Transcendence and TSM, Learning and Letting Go

Meditation takes us from activity into silence, giving our body a very deep level of rest. Rest is how the body heals itself, which it does by throwing off the stress, fatigue, and toxins accumulated during our daily life. The silence of pure awareness is extremely refreshing to the mind, which finds it increasingly easy not to cling to old thought-patterns; rigid habits of thinking and feeling begin to fall away of their own accord. When this happens, the mind is actually learning to heal itself.

The most significant health benefits of meditation are stress reduction, better sleep 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.

During meditation, you aren't forcing your mind to be quiet; you are experiencing the silence and stillness that lies beyond the background static of worry, resentment, wishful thinking, fantasy, unfulfilled hopes, and vague dreams in your head. Meditation brings us home to the peace of present-moment awareness. It gives us a direct experience of our Spirit and in the process dissolves the impurities which are preventing Spirit from shining forth in our lives.

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Monthly Rejuvenation Day

offers the deepest possible rest in a one-day format. Meditators from all over south Florida join us in Deerfield Beach for knowledge, bliss & deep rest. Spend the day or take a morning!



Improving Our Quality of Life

In meditation we automatically disrupt the unconscious progression of thoughts and emotions by shifting the attention to move to a new object of focus. The “object of focus” is a specific **mantra** or sound that we learn to think silently to ourselves. A mantra is pure sound, with no meaning or emotional charge to trigger associations. It allows the mind to detach from its usual preoccupations and experience the spaciousness and peace within.

Even more important than what we experience during our meditation sessions is the effect they have on the remaining hours of our day. With a regular meditation practice, life’s inevitable stresses no longer have the power to throw us into chaotic mind-states, and all of our thoughts, actions, and reactions are infused with greater love, calm, and joy.

Make meditation practice a priority. Learn to connect with the source of thought, pure consciousness. A few minutes spent allowing our attention to move inward in meditation can enable us to see life with fresh eyes. After meditation, take time to focus our minds on positive thoughts that affirm the well-being of the planet. With regular meditation practice, one automatically becomes more aware of their ability to create change in the world with their thoughts, actions, and intentions. It is through positive thoughts and meditation that we learn to have compassion, feel empathy, and look for the good in every situation.

“When suffering grows, the invincible force of nature moves to set man’s vision right and establish a way of life which will again fulfill the high purpose of his existence. The long history of the world records many such periods in which the ideal pattern of life is first forgotten and then restored to man.”

- *Commentary on the Bhagavad Gita*

Follow-Up Programs Beyond Personal Instruction

Group Meditation & Discussion: Correct practice is verified, meditation experiences are discussed, and a thorough review is covered in just 90 minutes. Call 561 542-9200.

Deerfield Beach Meditation Center
Every Other Tuesday
7 PM to 8:30 PM
Meditation Repair Courses

Jupiter Monthly - Summer Wind
Community Military Trail
@ the home of Doreen Sager

Miami Beach Monthly - Praire Ave.
@ the home of Eva Jacobsohn

Naples Monthly - La Quinta Inn
& Via Skype



Treating Sleeplessness with TSM Meditation

One of the tremendous benefits of regular meditation is the dramatic reduction in insomnia. Most people who can’t fall asleep at night are usually mulling over situations in their minds, things that didn’t get resolved during their day--usually work or personal matters. Meditators, because they de-stress twice daily for 20 minutes at a time, don’t usually suffer from sleeplessness. But sometimes eating sugar or consuming caffeine at night can keep them up at night.

Unlike medication, meditation can help treat sleeplessness with remarkable effectiveness. As someone who practiced Meditation from the age of 21 and who taught it for several decades until launching TSM Meditation in 2006, I can speak from extensive personal experience, and from my experience with thousands of students, that people with sleeping difficulties should seriously consider learning how to meditate. Establish a daily routine and meditate regardless of moods. It works - even in psychiatric hospitals where insomnia is out of control.

Practiced twice a day in the morning and early evening for 20 minutes at a time, meditation serves as a preparation for activity, and gives the body more energy. But when sleeplessness keeps a person tossing and turning and counting more sheep than shepherds, meditation serves to put that person to sleep very shortly. Why does TSM Meditation help get a sleepless person to sleep--or back to sleep in the middle of the night more quickly? Stress reduction. With regular practice, stress is reduced and insomnia can not get a foothold. And Meditation gives the body what it most needs each time we practice. During the day the body needs energy; late at night when it needs to repair itself from the fatigue and stress of the day through sleep, the body needs to rest. Meditation is a natural method which only produces side benefits, not side effects. It gives the body what it needs when it needs it. - Mike S.

How to Negotiate Conflicts Through Peace

By Deepak Chopra, M.D.

1. Show respect for your opponent.
2. Recognize perceived injustice.
3. Believe in forgiveness.
4. Bond at the emotional level.
5. Desist in belligerent actions.
6. Recognize values that are opposed to yours.
7. Don't pass judgment and make your opponent wrong.



Owning Your Emotions

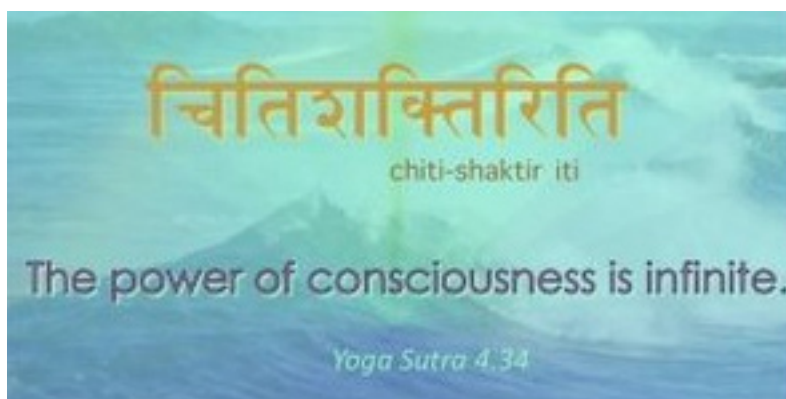
by Madisyn Taylor for DailyOM

Whatever the nature of your feelings, carefully define the reaction taking place within you.

Our feelings can sometimes present a very challenging aspect of our lives. We experience intense emotions without understanding precisely why and consequently find it difficult to identify the solutions that will soothe our distressed minds and hearts. Yet it is only when we are capable of naming our feelings that we can tame them by finding an appropriate resolution. We retake control of our personal power by becoming courageous enough to articulate, out loud and concisely, the essence of our emotions. Our assuming ownership of the challenges before us in this way empowers us to shift from one emotional state to another we can let go of pain and upset because we have defined it, examined the effect it had on our lives, and then exerted our authority over it by making it our own. By naming our feelings, we claim the right to divest ourselves of them at will.

As you prepare to acknowledge your feelings aloud, gently remind yourself that being specific is an important part of exercising control. Whatever the nature of your feelings, carefully define the reaction taking place within you. If you are afraid of a situation or intimidated by an individual, try not to mince words while giving voice to your anxiety. The precision with which you express yourself is indicative of your overall willingness to stare your feelings in the face without flinching.

Naming and claiming cannot always work in the vacuum of the soul. There may be times in which you will find the release you desire only by admitting your feelings before others. When this is the case, your ability to outline your feelings explicitly can help you ask for the support, aid, or guidance you need without becoming mired in the feelings that led you to make such an admission in the first place.



When you have moved past the apprehension associated with expressing your distressing feelings out loud, you may be surprised to discover that you feel liberated and lightened. This is because the act of making a clear connection between your circumstances and your feelings unravels the mystery that previously kept you from being in complete control of your emotional state. To give voice to your feelings, you must necessarily let them go. In the process, you naturally relax and rediscover your emotional equilibrium.

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Medical News - Reversal of Aging

Showed 27 Year Reversal of Aging

Local Meditation Student has Unique Brain MRI

Sometimes science can hold us back, sometimes it moves us out of the dark ages. A woman from Boca Raton who began meditation practice with us in 1988, told me she had an MRI brain scan after a car accident. Doctors recommended it to rule out any damage or trauma to her brain. Luckily there was none.

The medical staff compared her MRI to a national database and to her surprise, the staff asked "are you practicing meditation?". She had too much in common with others in the database. She had been practicing meditation for 18 years twice a day. Her MRI showed much better brain tissue health than her counterparts who were her age, 55. She was also told she had the MRI of a 28 year old woman. She was pleasantly surprised.

Consciousness That Contains The Whole Truth

During meditation, we sometimes experience a state where the mind is as if virtually in the "no mantra, no thought" condition, and yet is experiencing something that is so fulfilling – one may not be able to pinpoint what it is exactly — but nonetheless it is something — it is not the Absolute, not the pure awareness of transcendence. Instead, there is some faint thinking there, extremely subtle, but there nonetheless. The point here is that a condition exists in which our mind can think (albeit very subtly) and yet also Be (as an innocent witness to that thinking) simultaneously.

That condition has a Sanskrit name: "Ritam Bhara Pragya", 'the state of consciousness that contains the Whole Truth'. Why? Because it is not the whole truth that our true nature is limited to this individualized mortal set of physiological functions with a history (where it has been, when it was born, what experiences it had, etcetera). There is a place deep in the least excited state in meditation where Ritam is experienced; it is right on the cusp of transcendence.

With practice the mind rarely glimpses the in-between Ritam state, since the mantra itself is designed to disappear early, leaving the mind to jump into pure transcendence (the state of "no mantra, no thought"). Learn Advanced Meditation Instruction & improve the practice by taking the experience to the next level effortlessly.

If you've meditated twice daily for 6 months or longer, you qualify. This is called Advanced Meditation Instruction (a.k.a. 'Second Instruction') and is designed to take the awareness to that stratum that comprises the interface between thought and pure, silent consciousness, "Ritam Bhara Pragya". See Next Page - *Advanced Meditation*.

A Meditation Student's Journey into Healing

Releasing those deep rooted stresses

About 20 years ago, Deepak Chopra referred a meditation student to me when I was a tour coordinator working with him. The problem: A young man had frequent anxiety attacks. A psychiatrist who was treating him determined the trigger was the smell of smoke. Every time he was near smoke he would need to go and unwind the anxiety that was crippling his activity. Even while at picnics, which are usually fun, the panic would return once the barbecue grill was started. This was the result of a childhood trauma apparently, a frightening experience he had when he was trapped in a burning building. He was rescued unharmed - at least physically. Prescription drugs provided little relief and therapy was only useful in identifying the cause.

So he began regular meditation, practiced for 2-3 months, and started noticing he was no longer responding negatively to the smell of smoke. He was starting to release those deep rooted stresses that he lived with for so many years. And there was no need to analyze the situation to get the result. We transcend the problem to fix it. Consciousness is the operating system that resets the mind/body system, not the constant reviewing, worry and talk about it. The solutions are found when the mind and body return back to source where all possibilities reside. We need not carry the past into our present unless it benefits us. If joyfulness is our permanent address, we should take the time to reconnect with it, that pure, immovable state of bliss - what the ancient rishis call "Sat Chit Ananda".

"All we can perceive, experience, think about, is the surface layer of reality, less than the tip on an iceberg. Underneath the surface appearance, everything is not only connected with everything else, but also with the Source of all life out of which it came." - *Ekhart Tolle*

Advanced Meditation Instruction

With Gyanendra Mahapatra, M.D.

Tour in June 2014 & February 2015

Next New Mantra

Questions & Answers on Advanced Meditation Instruction with Dr. Mahapatra

*16 Students Learn Advanced Meditation in South Florida
Dr. Mahapatra Returning in June 2014 & February 2015*

We just completed Advanced Meditation Courses in Naples, Miami Beach, Deerfield Beach and Jupiter with our guest, Gyanendra Mahapatra, M.D. Meditators delighted in all the blissful knowledge they received. We are honored to offer such a course of instruction once again: Knowledge for a lifetime.

Because so many were unable to attend in March, we are offering the course again in mid June. Dr. Mahapatra will travel in from North Carolina to conduct the courses. In addition to Advanced Meditation instruction he will also be teaching the Vedic Siddhis Course, ancient teaching on training the mind to operate at the finest level of thought (Inquire Siddhis - tsm@tsmforlife.com). There will be several free lectures on these courses designed to help you decide if it's right for you. To attend, send us a reply to ms@tsmforlife.com. www.tsmforlife.com/follow-up/advanced

*"Once you make a decision, the universe conspires to make it happen"
- Ralph Waldo Emerson*

Question: This is called advanced meditation instruction. Why is it advanced?

Answer: When you took your basic course you learned all you need to meditate successfully. The new course is like a fertilizer placed on the soil to nourish the growth of a tree. Advanced Meditation Instruction takes meditation practice to the next level.

If we dive into a pond enough we might be ready to learn scuba, allowing us to explore the bottom of the water. With this ability the diver becomes intimately familiar with the depths. Like that, Advanced Meditation Instruction accelerates the expansion of consciousness into our awareness and provides us with the ability to explore more thoroughly that level of scenery which is more enjoyable.

There are 6 different advanced meditations one can learn. I'm not qualified or trained to do that so I collaborate with Dr. Mahapatra. He's already taught over 10,000 people this technique and worked directly with our meditation teacher from India to receive his training. Dr Mahapatra is a medical doctor and oncologist and was born in India. He now teaches meditation full-time.



June Course Dates & Locations

Deerfield Beach – Friday, June 13th, evening orientation (free talk), 7 PM, Saturday, June 14th and Sunday, June 15th at 10 AM, Instruction, and Sunday at 2 PM - Group
Naples - Friday, June 20th, 4 PM - Orientation & Instruction, Saturday, June 21st at 10 AM Group Review
Miami Beach - Monday, June 16th, 6 PM - Orientation & Instruction, Wednesday, June 18th at 6 PM - Group Review
Jupiter - Tuesday, June 17th, 7 PM - Orientation & Instruction. Thursday, June 19th at 7 PM - Group Review



Gyanendra Mahapatra, M.D.

Rejuvenation Day Course Monthly 2014 Enjoy A Day of Bliss

Rejuvenation & Knowledge
Featuring Video Courses
With Eckhart Tolle & Oprah Winfrey
Deerfield Beach Meditation Center

Offered monthly in South Florida for the past 10 years

When we take time off from work or school, it never truly delivers the rest we need. The degree of rest is never deep enough and the fatigue continues to build up in the body. It's not enough just taking oneself away from work for a while. True recreation allows for deep and natural rest. This is the real meaning of the word 'recreation'--activity and rest that are 'recreative'.

Our one-day program allows you to get deep rest and refreshment, as well as useful knowledge and deeper experiences with your meditation program.
<http://www.tsmforlife.com/follow-up/rejuvenation>

The complete opposite of depression, fear and anxiety

Deepak Chopra, M.D., describes deep meditation & experiencing the self

"The self is different landscape, new scenery to absorb. As long as you are in that landscape, you will experience yourself as completely different.... The intense suffering you experience in your mind is a distraction from reality. The reality is that you can go to these peaceful islands any time you want. They are permanent parts of yourself; if you lived on them permanently, there would be no way for depression to touch you.

What meditation is teaching you is that reality, in the sense of wholeness, has a powerful pull. It is trying to call you home.... You are remembering yourself. Finding your true self is a very profound process, which has no end. Your body is listening to healthier signals now, and as long as you continue to take your mind back to it's source, over and over, the signals will get healthier and healthier. You've made a breakthrough. Getting well is just a matter of time." - Deepak Chopra, from "Perfect Health"



Monthly All Day Events Featuring Special Videos:

Our center has an extensive DVD library. Here is a sample of some of the lessons featured at our all-day events:

- * Eckhart Tolle with Oprah Winfrey "Stress-Free Living"
- * Eckhart Tolle stops by Google for a fireside chat with Bradley Horowitz. The subject is: "Living with Meaning, Purpose and Wisdom in the Digital Age."
- * Deepak Chopra, M.D. - 10 DVD Series from 1996 to today
- * Wayne Dyer - "The Power of Intention" (PBS); "The Shift" (the movie); "Experiencing the Miraculous"; Dyer & Tolle together in Hawaii "Being Extraordinary"
- * Louise Hay - "You can heal your life" (the movie)
- * Marianne Williamson - "Everyday Miracles"

Take Instruction in Quantum Healing

Learn the TSM Bliss Technique

This technique allows healing and pain reduction, energy and bliss to be accessed and enlivened. One uses the Bliss Technique as you would meditation. But the TSM Bliss technique is different. Taught to those who have already had instruction in meditation and has practiced for a few months.
www.tsmforlife.com/follow-up/bliss_technique



"Awakening is waking up from the daytime dream and realizing that who you thought you were is not limited to thought, emotion or form. Beyond the imaginary seeker; beyond concepts and beliefs, there is a field of innocence and purity. We are this deep peace and sacredness, which is absolute and beyond all intellectual understanding. I invite you to recognize this precious Essence of Being and to directly realize the illusion of all psychological suffering due to misidentification, misperception of separation, and attachment to conditioned thought." ~ Katie Davis, Author, Awake Joy

More On Meditation and Stress Relief Course and Practice

The regular practice of TSM has beneficial effects on reducing physiological and psychological stress mechanisms that leads to the hypothesis that it may extend life span, along with a higher quality of life. TSM improves quality of life by increasing mental clarity, reducing "feeling old", lowering blood pressure, and reducing medical care utilization and expenditures.

TSM is a simple, easy-to-learn mental technique which produces a state of rest much deeper than the rest gained during deep sleep. This very deep state of rest allows the body, in a very natural and easy way, to dissolve deeply rooted stress. Stress, the physiological wear and tear on the nervous system is caused by undue pressure or an overload of experience.

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, hypertension, insomnia and depression - stronger immunity, sharper minds, better problem-solving abilities, less anger, and better human relationships.

Immunity & Blood Pressure Studies

<http://www.telegraph.co.uk/health/health-news/8862275/Meditation-improves-the-immune-system-research-shows.html>

<http://www.sciencedaily.com/releases/2013/10/131015094436.htm>



Visit us at www.tsmforlife.com

FREE INTRODUCTORY LECTURES

On Transcendental Stress Management
with a trained teacher

Thursdays, 2 PM & 7:00 PM

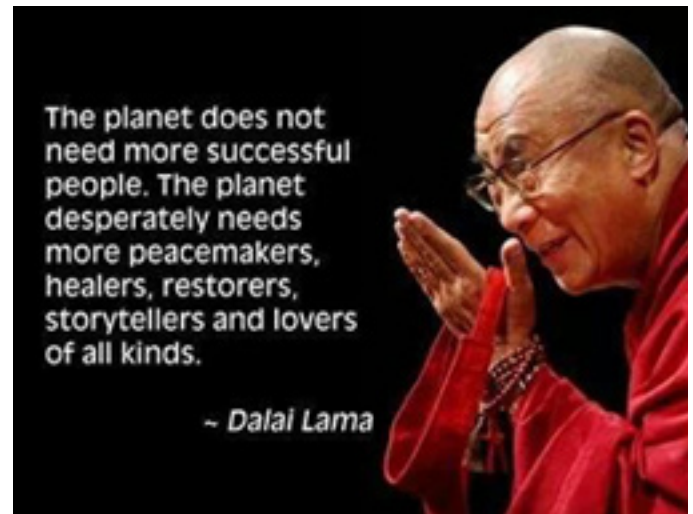
Deerfield Beach Meditation Center

Wednesdays in Palm Beach Gardens

Every other Week in Miami Beach

Monthly Aventura & Naples

And via SKYPE



More Scientific Research Showing Benefits of Meditation

In an article in the online edition of the journal "Frontiers in Human Neuroscience" Earlier evidence out of UCLA suggested that meditating for years thickens the brain (in a good way) and strengthens the connections between brain cells. Now a further report by UCLA researchers suggests yet another benefit. Eileen Luders, an assistant professor at the UCLA Laboratory of Neuro Imaging, and colleagues, have found that long-term meditators have larger amounts of gyrification ("folding" of the cortex, which may allow the brain to process information faster) than people who do not meditate. Further, a direct correlation was found between the amount of gyrification and the number of meditation years, possibly providing further proof of the brain's neuroplasticity, or ability to adapt to environmental changes.

Psychosomatic Medicine, August 2003

There's more evidence that meditation can boost the immune system. Meditators produced more antibodies to a flu vaccine and showed signs of increased activity in areas of the brain related to positive emotion than individuals who did not meditate.

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Yoga Instruction & Spiritual Coaching

En Espanol, French & English, Spiritual Lifestyle Coaching with Maria Scozzari. Meditating 25 years mariascozzari70@gmail.com
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239-649-5766– bkwlm2k@comcast.net
Naples/Ft. Myers



Jason Youngman, PhD, psychologist and meditator with his practice on Miami Beach:

jasonyoungman@yahoo.com 305 984-1050

Dr. Elizabeth Trattner, DOM Oriental Medicine in Miami Beach - meditator - Appeared on the Oprah Winfrey Show with Dr. Andrew Weil - elizabeth@trattner.net
Ayurvedic expert Dr. R. K. Mishra
Lectures & workshops in U.S. go to www.vaidyamishra.com

Holistic Counselors who meditate and recommend TSM

Psychologist Claudia Rieman learned to meditate with us while in graduate school. 954 336-1105 – Dr.Rieman@yahoo.com

Joan Lieberman, MA – psychotherapist and 32+ year meditator. Boca Raton - kwannie@comcast.net

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

Karen Kaye, MA psychotherapist & 39-year meditator - Weston - karenkayecares@bellsouth.net

Susan Pomerantz, psychotherapist in private & family therapy Boca Raton - 33-year meditator, MA LMHC-
coastahmom@aol.com

Mike Scozzari, Editor and TSM Director of Programs. To receive our free monthly e-newsletter service, apply by email at tsm@tsmforlife.com and list “Newsletter” in the subject box. This service is our most popular source for new information, articles & courses.

TSM Quick Summary: <http://bluwiki.com/go/TSM>
Friend Us On Facebook & Join the Discussion:
www.facebook.com/meditationcourses - Join Today!

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