

Deerfield Beach Meditation Center

Transcendental Stress Management

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

ENLIGHTENMENT NEWSLETTER

Summer 2015 through Winter 2016

Weekend Retreat in Naples * Introductory & Follow-Up Courses
Special Events * Quotes for Enlightened Living
Yoga Classes * Meditation News

Meditation has two important benefits:

Meditation prevents stress from getting into the system.
Meditation releases accumulated stress that is in the system.
Both of these happen simultaneously, leaving one refreshed and joyful.

According to Deepak Chopra, M.D., "Chronic, un-managed stress can make you sick and accelerate aging. As many scientific studies have found, prolonged stress can contribute to high blood pressure, heart disease, stomach ulcers, autoimmune diseases, anxiety, cancer, insomnia, chronic fatigue, obesity, depression, and accelerated aging.

In meditation, your body releases stress and reverses the effects of the flight-or-flight response – that ancient instinct we all have to either run from perceived danger or take it on in battle. Intended as a short-term protection mechanism, fight or flight causes our body to speed up our heart rate, increase our blood sugar, suppress our immune system, reduce insulin production, pump out stress hormones such as adrenaline and cortisol, and reduce the blood supply to our digestive organs. All of these reactions happen so that our body can focus on either running away as fast as it can – or staying to fight. Although few people reading this face daily threats to their bodily existence, many live in a prolonged state of fight or flight, generating stress in response to bad traffic, criticism from a spouse, or a disagreement.

Regular meditation dissipates accumulated stress and cultivates a state of restful alertness. There are many compelling studies showing the power of meditation to relieve stress and promote inner calm. For example, a 2011 study published in the Evidence-Based Complementary and Alternative Medicine Journal found that full-time workers who spent a few hours each week practicing mindfulness meditation reported a significant decrease in job stress, anxiety, and depressed mood."



Courses & Follow-Up

Group Meditation and Advanced Courses with G. Mahapatra, M.D.,
Guest lecturers & Seminars

This year we are pleased to celebrate *9 years of independence*. We changed our name in 2006 and currently offer a



complete program of introductory and advanced courses in TSM Meditation. - Mike Scozzari

There is a place within us -
a place of wisdom, peace and
strength - and when we visit
that place more often, it gives
us purpose, meaning and
the ability to transcend
our circumstances.

ARIANNA HUFFINGTON

Naples Residence Course Weekend August 21-22-23

Sign up for Our Weekend
Retreat In Naples, Florida

* *Discount for Early Reservations**

3 days, 2 nights

Or arrive Thursday & add \$100

**With G. Mahapatra M.D.
& Mike Scozzari**

Holiday Inn Hotel on 5th Avenue
Near Naples Botanical Garden

Join us for a weekend in beautiful, scenic Naples, Florida. Arrive on Friday afternoon or evening for hotel check-in. Your private room awaits you. That evening we will have our group orientation meeting at 8 PM. We check out before lunch Sunday. We can accommodate 45 so apply early.

The course will be conducted by Gyanendra Mahapatra, M.D., and Mike Scozzari. Mike has conducted over 30 in-residence weekend courses and Dr. Mahapatra over 50 courses in India and Europe. They have a number of exciting lessons planned for the weekend. This is a true vacation with time for extra meditation. To promote we are sending out 1,600 print newsletters and 3,000 emails. We expect to sell out. We had 44 attend our last residence course in Lantana.

We have reserved the hotel conference room for our group and can accommodate 45 students. Each guest will have access to a complimentary hot breakfast buffet, free WiFi, free fitness and a business center. The outdoor pool and hot tub are available till 10pm. There is a restaurant on-premises or you can walk 3-minutes to Olive Garden, IHop, Edgewater, Ramada and Bayfront Inn. We are 10 minutes from the new Riverwalk restaurant at Tin City and other hotel restaurants. We are a 15-minute walk from the downtown area, and 20 minute walk from the beach (Gulf of Mexico). Naples Botanical Gardens is just 1 mile south and sightseeing cruise boats are just 10 minutes walking distance. We check out Sunday at lunch so if you have time that afternoon, there are plenty of attractions to see. Naples is a beautiful place - very natural, relaxing and peaceful.



WEEKEND MEDITATION RETREAT HOLIDAY INN NAPLES, FLORIDA

For those who wish to learn Advanced Meditation training from Dr. Mahapatra, there will be time for the course on Saturday afternoon from 3 PM to 5 PM. This is a great opportunity to meet and learn during the weekend from one of the most experienced Advanced Meditation teachers. To date Dr. Mahapatra has personally instructed over 10,000 students.

A weekend in-residence retreat serves to deepen and enrich your meditation practice while providing knowledge and information that supports growth of consciousness toward enlightenment. Everyone will be taught how to practice 'rounding', extended meditation in your own room. There will be free hatha yoga instruction included with written materials and time for questions.

The entire course structure is designed to help you release as much chronic, deep rooted stress as possible in short time.

Note: For those wishing to take a 3-night course, arrive Thursday evening and add \$100 extra to the fee for your room and course.

TO REGISTER

To register for the residence course in Naples, you can reply by email or send us a stamped mailing. The course fee, which covers your room and 2-night stay, a free continental breakfast, and entry to all classes (except Advanced Meditation training) is as follows:

- 1 Single private room: \$300 per person
- 1 Double room (2 beds, 2 person maximum): \$200 per person

Do not apply to the hotel directly. Payment should be received by us in Deerfield Beach no later than August 17, 2015. Late fees, or payment at the door, please include an extra 5% service charge. When you check in at the front desk, just present a drivers license or other valid ID.

BY MAIL

Send a check or money order (no cash) payable to WPBCAE, P.O. Box 4731, Deerfield Beach, FL 33442.

BY CREDIT CARD

Contact our center by email at tsm@tsmforlife.com and we will have Paypal send you a credit card payment voucher for the full amount. Or you can pay by credit card at the door.

Please help us make this event a huge success. In the future we will plan a retreat over a holiday weekend. Drive time from Ft. Lauderdale to Naples H.I. is under 2 hours. Be sure to gas-up as there are only a few stations located along the way. If you are in need of a ride or can provide one, contact us at 561 542-9200. We will try to hook you up. We want everyone to enjoy.

It's been said that we are *spiritual beings having a human experience*, that our essential nature is bliss consciousness. This consciousness conceives, creates, governs and maintains both the mind and body. Our day to day lives require that we remain practical and realistic. Lets look at our lives with a different eye toward clarification. Are we more than bodies that have somehow learned to think? Can one improve one's life through development of consciousness and increased awareness? Is there more to life than what one is already living? Can we become more self aware, happy and fulfilled through the process of meditation & transcendence?

Consciousness evolves: with the assimilation of meditation into daily life, your consciousness evolves and in time, is able to experience the higher and refined states of consciousness.

When your consciousness evolves and expands, the disturbances in your life become negligible. Anger and disappointments become fleeting emotions that occur momentarily and then vanish. You start living in 'the moment' and let go of 'the past'.

With meditation, we increase our awareness and spontaneously change from within. Without greater awareness there is so much unnecessary suffering, violence and non-peace. So many are living without inner stability, settling for less and focusing only on material life. When problems continue to arise they resort to solutions that amount to watering the leaf of a tree. The intelligence of nature has provided the tree with a root structure. Water the root and the tree thrives. Watering the leaf is ignorance - ignorance of the laws of nature and how best to use them.

This newsletter is provided to introduce and enhance the regular practice of meditation. Mike Scozzari, editor



Follow-Up Reviews after
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 Refresher Courses

Jupiter Monthly
Community off Military Trail
@ the home of Doreen Sager

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

Naples Monthly - La Quinta Inn



Meditation News

MSN.COM

LIFE IS MORE FUN

From MSN.Com article featuring Paul Brown,
Independent Meditation Instructor

Meditation is a 20-minute, twice a day vacation that allows us to transcend the chaos and turbulence of daily life. By sinking into a blissful, deep state of rest we allow for the body's innate ability to repair itself. When you find a technique of effortless transcending, it becomes second nature to want to incorporate [that] as part of our daily hygiene and put the mind on 'rinse cycle.' One of my clients said: 'I feel like there is a gentle conspiracy on nature's part to make me happy.' It's true. We're more aligned, more in the flow.

Time Becomes Your Friend

It's so easy to get into a negative mindset and think, 'Oh, that's going to be hard. I don't have the time, how can I fit this into my schedule?' But, when we are operating with a clear, deeply settled, and naturally focused mind, we organically fall into alignment with what nature has planned for us. We do less and accomplish more. We get more bang for the buck.

Bad Habits Can Fade Away

You'll be so surprised when that bad habit you could never seem to quit just simply falls away. And, you didn't even give it any thought! Just like shadows disappear when the sun comes up. One Monday evening, after the class had been meditating for three days, I asked if there were any success stories. No one could think of anything. After quite a pause, this woman said: 'I forgot to smoke! I haven't had a cigarette since Friday!' Meditation provides a navigation system throughout the mysteries of existence. As my friend Don would say, 'How can I live all of who I am?' It's about living deeper. It's about happiness that can't be found in things. It's about knowing yourself. With deepening consciousness, your true purpose, your larger purpose on the planet, your cosmic assignment in this lifetime becomes apparent.

A Sense Of Freedom

Meditating is like having the force of nature on your side. What do surfers do? They catch a wave, and the whole force of the ocean is behind that wave. How powerful and majestic! When we are aligned with cosmic purpose, it's simple and satisfying on the deepest level. We don't en-

Meditation & The Larger Purpose

Aligning With Nature



gage in activity because of some unexpressed need, we are responding to a need of the universe. We operate from a totally fulfilled place, more and more. We operate with verve and enthusiasm. Someone told me enthusiasm comes from a Greek work meaning infused with the Holy Spirit. Maybe so. I feel whole, and holy, and full of the Spirit. And, also, inclined to do what feels right rather than what I should do. Funny how that all works out.

Increased Fulfillment

Yes, it kinda sneaks up on you: fulfillment. One of the jaw-drop effects of a regular meditation practice, and we're talking about an effortless practice of transcending, is tapping into that Field of All Possibilities or that place your high school guidance counselor would call your full potential. And, remember, you would shrug and say 'Oh, yeah right.' But, then, we get that effortless technique and we do it regularly, dipping into that satisfying place within our consciousness. We get rid of all that stress and fatigue. We replace doubt with awareness, certainty. We start just doing our life, enjoying it, and not trying to figure it out. No more analyzing. Every day gets easier and easier, simpler and more satisfying. We're enjoying so much.

Advanced Meditation Instruction

Meet Dr. Mahapatra * Take The Course

Summer Tour in August 2015

Winter Tour in February 2016

Over 150 Students Have Learned Advanced Meditation in South Florida

"With your first mantra, students can go directly to the deep meditative state. With the Advanced Meditation, imagine you have a parachute and now you become more aware as you settle down into that field of pure silence, inner bliss.

Instead of dropping straight to the deep state, one enjoys every stage of refinement. It becomes more enjoyable. It becomes clearer and one looks forward to regular meditation. Therefore you have an advantage with the new techniques to enjoy more the process of transcendence. Meditation experience should be an enjoyable, rewarding part of one's life. This Advanced Meditation provides this."
- Dr. Mahapatra

The purpose of each new technique is to improve the mind's ability so that each thought is cognized at a more effective level and thereby action made correspondingly stronger. Each new instruction further habituates the mind to maintain the deepest level of the thinking process. Once you have practiced meditation for 6 months or more, you are eligible to take the next technique.

Dr. Mahapatra makes the selection of your instruction often requiring a change in mantra, an upgrade.

Dr. Mahapatra will be traveling in from North Carolina to teach courses this summer and again in February 2016. There are 6 different advanced meditations one can learn. We are not qualified or trained to do that so we 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.

Dr. Mahapatra will be giving several free lectures on the course designed to help you decide if it's right for you. You can attend this summer in August, Deerfield Beach or Naples Residence Course, or when he returns again in February 2016 (See schedule posted on the right).

Dr. Mahapatra will be your instructor and will decide on your eligibility for advanced meditation. As with any personal instruction, on instruction day you will need 6 flowers, 3 whole fruits and a clean white handkerchief. All teaching is in the name of the time-honored tradition.



Advanced Course Dates & Locations with Dr. Mahapatra

SUMMER 2015

Sunday, August 16th at 2 PM or
Monday, August 17th at 7 PM
Deerfield Beach – orientation (free talk), with Instruction in Advanced Meditation Following the talk.

Group Checking Review

Monday, August 16th at 6 PM
Tuesday, August 17th at 10 AM or 7 PM

WINTER 2016

Saturday, February 27th at 10 AM or
Sunday, February 28th at 10 AM
Deerfield Beach – orientation (free talk), with Instruction in Advanced Meditation Following the talk.

Group Checking Review

Sunday, February 28th at 2 PM or
Monday, February 29th at 10 AM



Gyanendra Mahapatra, M.D.

Learn Yoga For Meditation
YOGA & MEDITATION
 Deerfield Beach Meditation Center



Our center has always provided instruction in both meditation and yoga. This is the traditional way meditation and yoga is taught by the yogis. It is structured to create deep meditation and improved comfort. Simple bending and stretching relaxes both body and mind leaving it more prepared for deep, relaxing meditation. Classes are open to those already instructed in meditation. We offer both group and private lessons. Most students only require one lesson.

*False: When things change, I will be happy.
 True: When I am happy, things will change.*

Attend Vedic Celebration

Friday July 31, 2015 * 7 PM to 9 PM

Guru Purnima * Cake Cutting

Group Celebration * Day of Fullness of the Guru
 Moonlight Walk, Cake Cutting, Meditation,
 Good Cheer, Food, and Friendship

Join us for an evening of joyfulness and spiritual insight. When we focus collectively on the good, we enliven that field which is said to be the home of all the laws of nature & prosperity. This field is said to be pure existence, pure bliss.

This event starts at 7 and includes a group meditation from 7:15 to 7:30 PM followed by a Pot-Luck Dinner. We will provide a sampling of Indian cooking and you are welcome to bring a covered dish, beverage or desert. The Guru Principle is said to be a thousand times more active on the day of Guru Purnima than on any other day.

We take a walk under this full moon and make a wish for a better world. For a seeker, Guru Purnima is a day of significance. It is the day to review one's progress on the spiritual path and renew one's determination and focus on the goal, and to resolve what one wants to do in the coming year. As the full moon rises and sets, tears of gratitude arise and repose into the vastness of one's own self.

Yoga means "integrating" - integrating all individuals with their common source. From ancient times meditation has been supplemented by the exercise practice of Hatha Yoga (asanas). Fortunately this need not become a competitive sport or discipline requiring years of practice before producing results - no. Practiced correctly, yoga exercise can easily be integrated to one's meditation routine without attending extended classes, mastering every pose or changing one's lifestyle. Each little bending is significant in reaching the goal of enlightenment. Each little bending, each little activity, each little operation has its connection with the goal. According to the National Institute of Health, Yoga is generally low-impact and safe for healthy people when practiced appropriately under the guidance of a well-trained instructor. According to the NIH, Yoga is the sixth most commonly used complementary health practice among adults.

For those who would like to start a Yoga practice, we offer a complete beginners lesson. The first step, go to our website and download a 17 page pdf file on Yoga. It contains illustrations and instructions on how to practice. After reading the printout you can attend our beginners lesson. Just go to www.tsmforlife.com/yoga_and_fitness/, and locate the downloadable file, "Yoga Asanas Step-by-Step with explanations and illustrations". Contact our center for our next yoga demonstration. *(Continued)*

Step One - Understanding & Learning

Find out how TSM Meditation works to reduce stress, depression, insomnia, slow aging and increase inner happiness. A free 90-minute lecture will review the research and benefits of this simple technique and outline the requirements involved in learning to meditate. Not a religion, TSM improves both mind and body while developing the full potential of the individual.

This twice-a-day practice can be easily learned following a free introductory lecture.

New on our Website: <http://www.tsmforlife.com/introduction>

1. The TSM Meditation technique is easy to learn and to practice; in fact, effortlessnes is the very key to its effectiveness. Persons of every educational background can learn it successfully in a few hours of instruction and experience good effects, in most cases immediately.
2. The TSM Meditation technique is for everyone; it is an internal technology based on a highly valuable intrinsic tendency of the human nervous system that every man and woman possesses and therefore deserves to know how to use, regardless of his or her particular background, education, or way of life.
3. Learning the TSM Meditation technique does not require the acceptance of any particular philosophical system, nor does it interfere with any religious belief. The direction of development that results from the TSM Meditation technique is not a strange or unworldly one; it is towards full development of those normal faculties of body, mind, and emotions that we already value in everyday life. What can be achieved by means of the TSM Meditation technique is the extension of the range of these normal faculties to their maximum possible value, a level of development rarely experienced by most individuals.
4. The TSM Meditation technique is safe and effective, can be systematically and uniformly taught, and is quick to give results; moreover, all of these features can be demonstrated objectively (See research on our website).



TSM Bubble Diagram

During Meditation the mind naturally moves from the active to the silent level of thought. At the same time the body becomes increasingly silent. In this way the mind leads and the body follows. Instead of falling asleep, it would be more correct to say one falls "awake" awake to our simplest form of awareness.

TSM takes the mind from the top bubble of thought, the conscious mind, to the non-active field of transcendental pure awareness.

Yoga Instruction & Spiritual Coaching

En Espanol, French & English, Spiritual Lifestyle Coaching with Maria Scozzari. Meditating 26 years
mariascozzari70@gmail.com
http://www.tsmforlife.com/spanish
Yoga Institute of Miami – South Miami
Bobbi Goldin bobbiji@yogamiami.com
Ask about Free Lectures on TSM @ YIM
305 969-5999 * www.yogamiami.com
Bruce Wilkin, LMT, Private Panchakarma
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 33+ year meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Lauderdale - Practicing meditation 22 years.
drmauracohen@bellsouth.net

Karen Kaye, MA psychotherapist & 40-year meditator - Weston - karenkayecares@bellsouth.net

Susan Pomerantz, psychotherapist in private & family therapy Boca Raton - 34-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: www.tsmforlife.com/introduction
Friend Us On Facebook & Join the Discussion:
www.facebook.com/meditationcourses - Join Today!

© 2006-2015 • All rights reserved. Please note: All information is provided for educational purposes only and is not meant to diagnose, treat or mitigate any health concern. For medical concerns, please see your health practitioner. Contributions: WPBCAE
Transcendental Stress Management® is a registered trademark and is used with permission. All rights reserved.

Deerfield Beach Meditation Center

Transcendental Stress Management

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

954 354-0804 * www.tsmforlife.com



2015 Summer & Winter Events * In-Residence Course