

# TSM Meditation Center of South Florida

Transcendental Stress Management

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

## TSM NEWSLETTER 2016

### Meditation Reduces Stress, Improves Healing

Question: What do you think are the most significant health benefits of meditation?

Deepak Chopra, M.D.: They are stress reduction, better sleep, lower blood pressure, improved cardiovascular function, 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.

Meditation has only one reason: to get in touch with your soul, and then go beyond that and get in touch with the consciousness that your soul is a ripple of. It might be a good stress management technique, but there is only one real purpose, which is the means to enlightenment.

Meditation is a very important aspect of all the approaches that one can use in healing, because it allows you to experience your own source. When you experience your own source, you realize that you are not the patterns and eddies of desire and memory that flow and swirl in your consciousness. Although these patterns of desire and memory are the field of your manifestation, you are in fact not these swirling fluctuations of thought.

You are the thinker behind the thought, the observer behind the observation, the flow of attention, the flow of awareness, the unbounded ocean of consciousness. When you have that on the experiential level, you spontaneously realize that you have choices, and that you can exercise these choices, not through some sheer will power but spontaneously.

A large body of research has established that having a regular meditation practice produces tangible benefits for mental and physical health,

**Lowered cholesterol levels**

**Reduced production of 'stress hormones', including cortisol and adrenaline**

**More efficient oxygen use by the body**

**Increased production of the anti-aging hormone DHEA**

**Decreased anxiety, depression, and insomnia"**

### TSM Meditation Center of South Florida

### Naples Residence Course Weekend

August 19th to 21st, 2016 \* Single or Double Rooms \* Meditators Only

Sign up for our second Weekend Retreat In Naples, Florida, the best thing one can do to enhance their practice of meditation. If we have 20 people sign up, we will have a course. The course will be held in beautiful downtown Naples at the Holiday Inn. 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. Checkout is before lunch Sunday. We can accommodate 45 so apply early. Single room \$340 per person; Double \$240 per person. Restaurants nearby.



This year we are celebrating 10 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

### Advanced Meditation Instruction

With Gyanendra Mahapatra, M.D.

**Courses In Sept 2016 & Mar 2017**

"I took my first Advanced Meditation Instruction with Dr. Mahapatra in 2009 at his first tour to South Florida. I felt a dramatic shift in my meditation practice - deeper, greater silence and peace. Since then I have taken 4 techniques with him. I highly recommend this to any meditator who wants to advance quicker." - Simon L., Broward County, Florida

# Introduction to Scientific Research on Meditation

“As researchers have found, meditation can help you tap into your brain’s deepest potential to focus, learn and adapt. While scientists once believed that beyond a certain age, the brain couldn’t change or grow, we now know that brain has a quality known as plasticity, enabling it to grow new neurons and transform throughout our lives. Meditation is a powerful tool for awakening new neural connections and even transforming regions of the brain. A recent study led by Harvard University and Massachusetts General Hospital found that after only eight weeks of meditation, participants experienced beneficial growth and stress regulation (the insula, hippocampus, and pre-frontal cortex). In addition, the meditators reported decreased feelings of anxiety and greater feelings of calm. This study adds to the expanding body of research about the brain’s amazing plasticity and ability to change habitual stress patterns.” - Deepak Chopra, M.D.



With all the scientific evidence coming in over the years, meditation is now becoming a practice that anyone from any walk of life can embrace. You don’t have to practice any religion or have any set of beliefs to use this incredible tool for the brain.

## **Meditation reduces blood pressure**

Clinical research has demonstrated that the practice of Zen Meditation (also known as “Zazen”) reduces stress and high blood pressure. Another experiment at the Benson-Henry Institute for Mind-Body Medicine, meditation yielded similar results, with 2/3 of high blood pressure patients showing significant drops in blood pressure after 3 months of meditation, and, consequently, less need for medication. Research showed that eighty percent of hypertensive meditation patients decreased medications while 16% were able to discontinue using their medication all together. This is because relaxation results in the formation of nitric oxide, which opens up your blood vessels. Sources: The Journal of Alternative and Complimentary Medicine, NPR News <http://www.sciencedaily.com/releases/2013/10/131015094436.htm> - Immunity Improves: <http://www.telegraph.co.uk/news/health/news/8862275/Meditation-improves-the-immune-system-research-shows.html>

## **Meditation may make you live longer**

Telomeres are an essential part of human cells that affect how our cells age. Though the research is not conclusive yet, there is data suggesting that “some forms of meditation may have salutary effects on telomere length by reducing cognitive stress and stress arousal and increasing positive states of mind and hormonal factors that may promote telomere maintenance.” Source: Wiley Online Library

It may seem unlikely, but a small and growing body of evidence suggests that regular meditation can indeed slow aging, at least at a cellular level. <https://www.theguardian.com/science/blog/2016/mar/03/could-meditation-really-help-slow-the-ageing-process>

## **Its Pain Relieving Properties Beat Morphine**

A study conducted by Wake Forest Baptist University found that meditation could reduce pain intensity by 40 percent and pain unpleasantness by 57 percent. Morphine and other pain-relieving drugs typically show a pain reduction of 25 percent.

## **Meditation helps reduce symptoms of panic disorder**

In a research published in the American Journal of Psychiatry, 22 patients diagnosed with anxiety disorder or panic disorder were submitted to 3 months meditation and relaxation training. As a result, for 20 of those patients the effects of panic and anxiety had reduced substantially, and the changes were maintained at follow-up. Source: American Journal of Psychiatry

A new study from Massachusetts General Hospital has made headlines by showing that as little as eight weeks of meditation produces changes in various areas of the brain associated, not simply with feeling calmer, but with improved sense of self, empathy, and memory.

## MEDITATION 101

There are many systems of what is called meditation that attempt to refine the mind by controlling it in one way or another. All such attempts are difficult and tedious, and, far from achieving anything, tend to take away life. Because of the difficulty and inefficiency of these methods of mind control the idea has become accepted that the path to pure consciousness is difficult.

This is a fallacy and stems from ignorance of the nature of the mind. There is a great difference between directing the mind in a particular direction through concentration and directing it by permitting its natural affinities to operate. We know that it is the natural tendency of every mind to flow towards a field of greater happiness. By turning the mind inwards we point the mind towards the field of absolute bliss, creativity, and wisdom. It is upon this principle that our system of meditation is based, and consequently its practice is not difficult.

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

<http://www.tsmforlife.com/introduction>

### Follow-Up Programs 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.

TSM Meditation Center  
See Text to the Right  
7 PM to 9:00 PM

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

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

Naples Monthly - La Quinta Inn

### Tuesday Night Review & Discussion

Deerfield Beach \* 7 to 9 PM \* Reservations Required

This free session will begin with a group meditation and review of the basics of meditation. Held monthly the second & fourth Tuesday evening at our center, this series is an excellent way to move your meditation forward and keep the practice effortless & enjoyable.

Here are some of the topics we cover on Tuesdays:

Meditation and tapping into our creative intelligence  
Yoga Demonstration – Simple exercises that enhance meditation  
Mechanics of the mind experiencing finer states of thought  
Relative & absolute - Two aspects of life  
Gaining the absolute is the key to live 200% of life  
Deepak Chopra on the 7 states of consciousness  
Creating the basis for spontaneous & natural behavior  
Capture the Fort - How TSM cultivates ownership of wholeness  
Breathing, the experience of Transcendental Consciousness and the Human Nervous System  
Why and How did the Absolute Manifest?  
The Nature of Love  
The Mechanics of Stress Release  
Pure Consciousness is not gained on the level of Thinking or Moods  
Development of Heart and Mind  
Loss and Revival of Knowledge – History and Time  
Reality changes in Different States of Consciousness  
Consciousness and the Nervous System  
Describing TSM Meditation to non-meditators  
Comprehension of Transcending - Deep Meditation is automatic  
Meditation and the Law of Attraction: How to Fulfill our desires  
Health and Healing: The Vedic prescription for health, happiness & longevity - Ayurveda & Health  
Eckhart Tolle on The Flowering of Human Consciousness



This newsletter is provided to help students learn and improve their meditation practice, improve their health and increase their ability to live in a state of heightened awareness.

## Deepak Chopra on Paying Attention to Coincidences

When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities. This is when the magic begins. This is a state I call synchrodestiny, in which it becomes possible to achieve the spontaneous fulfillment of our every desire. Synchrodestiny requires gaining access to a place deep within yourself, while at the same time awakening to the intricate dance of coincidences out in the physical world. It requires understanding the profound nature of things, recognizing the wellspring of intelligence that endlessly creates our universe, and yet having the intention to pursue specific opportunities for change as they appear."

"Seekers are offered clues all the time from the world of spirit. Ordinary people call these clues coincidences"

"When you expand your awareness, seemingly random events will be seen to fit into a larger purpose"

"Coincidences are not accidents but signals from the universe which can guide us toward our true destiny"

"I do not believe in meaningless coincidences. I believe every coincidence is a message, a clue about a particular facet of our lives that requires our attention"

"When a coincidence arises, don't ignore it. Ask yourself, What is the message here? What is the significance of this? You don't need to go digging for the answers. Ask the question, and the answers will emerge. They may arrive as a sudden insight, a spontaneous creative experience, or they may be something very different. Perhaps you will meet a person who is somehow related to the coincidence that occurred. An encounter, a relationship, a chance meeting, a situation, a circumstance will immediately give you a clue to its meaning. "Oh, so that's what it was all about!" The key is to pay attention and inquire."

"Allow yourself and others the freedom to be who they are. Do not force solutions ~ Allow solutions to spontaneously emerge. Uncertainty is essential on your path to freedom"

### Synchronicity or Meaningful Coincidence

When events appear to fit together perfectly in our lives it may seem at first that they are random occurrences, things that are the result of coincidence. These synchronous happenings, though, are much more than that, for, if we look at them more closely they can show us that the universe is listening to us and gently communicating with us. Learning to pay attention to and link the things that occur on a daily basis can be a way for us to become more attuned to the fact that most everything happens in our lives for a reason even when that reason is not clear right away. - Deepak Chopra, M.D.

"According to Vedanta, there are only two symptoms of enlightenment, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous."

- Deepak Chopra

According to psychiatrist Carl Jung, such events are not mere coincidences at all, but what he called synchronicity or meaningful coincidence. 'Synchronicity,' said Jung, 'is the coming together of inner and outer events in a way that cannot be explained by cause and effect and that is meaningful to the observer.' - Deepak Chopra, M.D.

"So what that means, then, is that synchronous events are meaningful when they have meaning for you. If I were to see an acorn on the ground and later read a newspaper article about acorns, that wouldn't mean much to me. I don't even like acorns. But sometimes coincidences require a little thought and reflection before the meaning becomes clear. And maybe that is why they appear in our lives. They are so amazing, and seem so unbelievable, they grab our attention. We are taken away from the rush of everyday life and are stopped in our tracks, and left to consider the meaning of these events. And if we do stop and think, we come to realize that these strange happenings can tell us something important about our lives and ourselves." - Deborah Ward

"Coincidence is God's way of remaining anonymous" - Albert Einstein

Watch Dr. Chopra - Go to Youtube and search "Dr Deepak Chopra - recognizing the power of coincidence" and Deepak Chopra Synchrodestiny 1 of 8 audiobook

**Advanced Meditation Instruction**  
With Gyanendra Mahapatra, M.D.  
In South Florida Sept. 2, 2016 & March 3, 2017  
**Courses in Jupiter & Deerfield Beach**

**Questions & Answers on Advanced  
Meditation Instruction with Dr. Mahapatra**

*Over 200 Students have Learned Advanced Meditation since 2009  
Dr. Mahapatra has taught over 10,000 worldwide*

The Advanced Meditation Course is for every meditator who wants to accelerate the benefits of daily meditation and enjoy increased happiness & bliss during each meditation.

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](mailto: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](mailto:ms@tsmforlife.com). [www.tsmforlife.com/follow-up/advanced](http://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.



**September 2016 Course**

**Deerfield Beach** – Friday, Sept. 2, evening orientation (free talk), 7 PM, Saturday, Sept. 3 and Sunday, Sept. 4th at 10 AM, Instruction, and Sunday at 2 PM - Group  
**Jupiter** - Monday, Sept. 6th, 6 PM- Orientation & Instruction, Wednesday, Sept. 8th at 6 PM - Group

**March 2017 Course**

**Deerfield Beach** – Friday, March 3, evening orientation (free talk), 7 PM, Saturday, March 4th and Sunday, Mar 5th at 10 AM, Instruction, and Sunday at 2 PM - Group  
**Naples** - Monday, Mar. 6th, 6 PM- Orientation & Instruction, Tuesday, Mar. 7th at 6 PM - Group



*Gyanendra Mahapatra, M.D.*

# Cursos de Meditación en Español With Maria Scozzari

Lo invitamos a que le dedique algunos minutos a leer más al respecto y una vez se sienta listo(a) para tomar el curso puede contactar a María Scozzari al 954-621-3568 o enviarle un email a la dirección:

maria@tsmforlife.com



## Manejo Trascendental del Stress

María lo ayudará y lo guiará en español en el aprendizaje de este hermoso conocimiento y maravillosa práctica de la meditación. La práctica de la meditación por medio del Manejo Trascendental del Stress beneficia la mente, el cuerpo y el comportamiento. Más de 1,000 estudios de investigación comprueban que la gente que medita todos los días son más saludables, felices y viven más años que aquellos que no meditan.

Las personas que meditan sufren menos de estrés, hipertensión, insomnio, depresión, fortalece el sistema inmunológico. Esta técnica de meditación ayuda a tener más concentración, mas claridad mental aumentando de esta manera la capacidad para resolver problemas. También se logra un mejoramiento en las relaciones sociales debido a la disminución del estrés.

La técnica de meditación MTS (Manejo Trascendental del Stress) es una técnica muy simple, sin esfuerzo y la cual usted disfrutará mucho. Los cursos están ahora disponibles en todo el sur de la Florida.

Los estudios científicos han comprobado que la práctica regular de la meditación mejora la salud física y la calidad de vida. Estudios experimentales sobre la meditación han encontrado que la meditación reduce el dolor crónico, reduce los niveles de ansiedad, reduce la presión arterial y reduce los niveles de estrés.

### MTS: Simple, Natural y Efectiva

Durante la práctica regular del MTS (Manejo Trascendental del Stress), la mente sistemáticamente experimenta más actividad refinada. No hay necesidad de esforzarse para poder relajarse. Debido a que la actividad mental y la actividad fisiológica son inseparables, el cuerpo naturalmente descansa en el momento en que la mente empieza a disfrutar de la quietud.

Mientras el cuerpo y la mente experimentan este estado único de descanso, el cuerpo sigue la tendencia natural de sanarse y eliminar stress acumulado de una manera natural.

María Scozzari recibió su entrenamiento en meditación básica en 1989 mientras cursaba estudios universitarios y obtuvo su licenciatura en economía de la Universidad San Buenaventura en Colombia. Además de hablar español como lengua materna, también habla inglés y francés con fluidez. Ella recibió entrenamiento en meditación avanzada en las ciudades de Bogotá, Medellín, y Cali en Colombia. En 1999 ella se trasladó a los Estados Unidos y continuó su entrenamiento en meditación en Fairfield, Iowa y Avon, Park Florida. En la actualidad ella trabaja como asistente e interprete de meditación para su esposo Mike. También se desempeña como consejera de vida certificada y maestra espiritual con más de 6 años de experiencia y mas de 2,000 consultas hechas.

Las mujeres con severos síntomas de SPM (Síndrome Premenstrual) demuestran un 58% de mejoramiento en sus síntomas, después de practicar regularmente la meditación durante 5 meses.

La meditación es promovida por el Instituto Nacional de Salud de los Estados Unidos, como una técnica muy efectiva para mejorar los síntomas de dolor crónico. Las personas que sufren de dolor crónico demuestran una reducción de sus síntomas del 50% o más, al practicar regularmente la meditación.

La técnica de meditación por medio del Manejo Trascendental del Stress puede ser practicada por cualquier persona que pueda pensar, desde la edad de 5 años en adelante. El estado único de descanso absoluto alcanzado por medio de la práctica de esta técnica de meditación rápidamente disminuye el estrés, la fatiga y fortalece la mente y el sistema nervioso.

Adicionalmente, debido al incremento en la energía y de la inteligencia (expansión de la conciencia) por medio a la práctica de la meditación, usted sentirá una disminución del estrés en sus actividades diarias. Durante la meditación usted naturalmente disfrutará de un estado profundo de descanso llamado comúnmente por los Yoguis como el "descanso en alerta", conciencia pura.

Este nivel de descanso profundo permite que el cuerpo, de una manera muy natural y fácil, disuelva raíces profundas de estrés. El estrés es el desgaste del sistema fisiológico sobre el sistema nervioso y es causado por una indebida presión o por una sobrecarga de experiencias.

## Cursos de Meditación en Español

El Manejo Trascendental del Stress (MTS) no es una religión ni filosofía y no involucra cambios en el estilo de vida. Esta técnica es muy fácil de aprender y disfrutar. No requiere esfuerzo, concentración ni habilidades especiales. El costo de los cursos es razonable y todo el mundo puede aprender esta técnica incluyendo a los niños.

Aprenda cómo la técnica de meditación por medio del Manejo Trascendental del Stress le ayudará a reducir el estrés, mejorar la salud.

Aprende la técnica de Manejo Trascendental del Stress Estrés trabaja para reducir el estrés, mejorar la salud, disminuir la presión arterial y mejorar el sueño de forma natural.

Esta técnica de meditación se enseña de una manera sistemática por instructores calificados. Es muy fácil de aprender y de practicar. No requiere ningún cambio de estilo de vida. Usted simplemente se sienta con los ojos cerrados y sigue las instrucciones que recibe de su facilitador. Esta es una técnica única en comparación con otras técnicas de meditación, que se distingue por su facilidad, naturalidad y por su profunda efectividad.

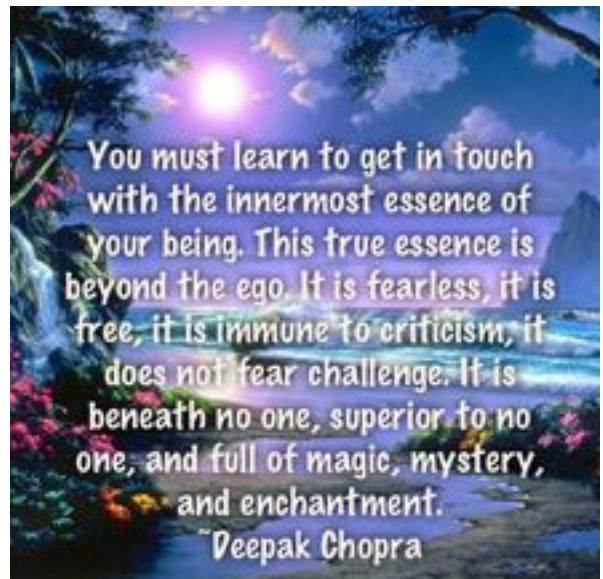
Usted solamente necesitaría 4 lecciones de 90 minutos cada una para perfeccionarla!

1. Introducción: El primer paso para aprender a meditar es asistiendo a una charla introductoria.
2. Instrucción: La enseñanza de la meditación toma hasta 4 días y cada lección es de 90 minutos aproximadamente.
3. Experiencia personal: Hay opciones para recibir chequeos gratis y así enriquecer y mantener su práctica regular.

### Manejo Trascendental del Stress - Como Funciona:

El nivel profundo de descanso que se obtiene a través de la Manejo Trascendental del Stress permite que los mecanismos naturales que mantienen la salud y el equilibrio del organismo operen plenamente. De esa manera se disuelve el estrés acumulado que es el origen de la mayoría de las enfermedades y problemas de la sociedad moderna hoy en día. Al eliminar el estrés y mejorar el funcionamiento de la mente y el cuerpo el MTS alivia una gran cantidad de problemas de salud. Los beneficios pueden comenzar a experimentarse desde el mismo comienzo y se acumulan a medida que avanza la práctica regular.

El primer paso es asistir a una charla introductoria gratis. Esta charla de 90 minutos puede ser impartida durante el día o la noche. Nosotros estamos localizados en Deerfield Beach, a 5 millas hacia el sur de Boca Ratón y ofrecemos estos cursos en todo el sur de la Florida. Si usted decide tomar el curso lo puede hacer inmediatamente después de finalizada la charla introductoria o cuando usted lo desee. Después de la charla introductoria usted necesitaría de 3 de lecciones de 90 minutos cada una aproximadamente. En 2 semanas usted tomaría una lección final la cual podrá repetirla cuantas veces lo desee. Nosotros también ofrecemos estas clases por Skype.



Mike se entrenó en Europa por 3 años con su maestro Guru / Profesor para ser instructor de Meditación. Hasta la fecha él le ha enseñado a más de 5,500 personas esta simple técnica de meditación del programa del Manejo Trascendental del Stress (MTS) y ha dado extensivas charlas a través de todo el sur de la Florida. Mike fue asistente directivo y guía para pacientes ida y también fue coordinador de tours para Deepak Chopra, M.D en los comienzos de los años 90's.

### Cómo obtener los beneficios

Para experimentar los beneficios de la Meditación TSM, la práctica regular es necesaria. Sólo toma pocos minutos cada día. ¡Una vez absorbido en la rutina diaria, la meditación se convierte en la mejor parte de su día!

La Meditación TSM es como una semilla. Cuando usted cultiva una semilla con amor, florece más. Del mismo modo, el árbol de la conciencia está dentro de usted. Necesita ser cultivada con técnicas simples de meditación. Algunas palmeras toman tres años para producir y otras toman diez años. ¡Y aquellas que no son cultivadas nunca producen! Simplemente existen.

La gente ocupada de todas las procedencias está agradecida para hacer una pausa y disfrutar de algunos refrescantes minutos de meditación cada día. Sumérjase profundamente en sí mismo y enriquezca su vida.

Llama a Maria hoy y has una cita para tomar la charla gratis: 954-621-3568

### Free Introductory Lectures

Weekly In Boca Raton & Deerfield Beach  
Monthly In Miami Beach, Naples & Jupiter

### Free Follow-Up Programs

Visit us at [www.tsmforlife.com](http://www.tsmforlife.com)  
Receive Free Monthly Email Newsletters  
[tsm@tsmforlife.com](mailto:tsm@tsmforlife.com)

## 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](http://www.yogamiami.com)  
Bruce Wilkin, LMT, Private Panchakarma  
239-649-5766– bkwlm2k@comcast.net  
Naples/Ft. Myers



Jason Youngman, PhD, psychologist Miami Beach:  
jasonyoungman@yahoo.com 305 984-1050

Deepak Chopra, author and lecturer is a world renowned leader in the fields of holistic health and human potential. The Chopra Center at La Costa Resort and Spa. Visit his website at: [www.chopra.com](http://www.chopra.com)

Elizabeth Trattner, DOM, oriental medicine, Miami Beach - [elizabeth@trattner.com](mailto:elizabeth@trattner.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](mailto:Dr.Rieman@yahoo.com)

Joan Lieberman, MA – psychotherapist and 34+ year meditator. Boca Raton - [kwannie@comcast.net](mailto:kwannie@comcast.net)

Maura Cohen, PhD, psychologist - Ft. Lauderdale - Practicing meditation 23 years.  
[drmauracohen@bellsouth.net](mailto:drmauracohen@bellsouth.net)

Karen Kaye, MA psychotherapist & 41-year meditator - Weston - [karenkayecares@bellsouth.net](mailto:karenkayecares@bellsouth.net)

Susan Pomerantz, psychotherapist in private & family therapy Boca Raton - 34-year meditator, MA LMHC-  
[coastahmom@aol.com](mailto: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](mailto: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:**  
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P.O. Box 4731 \* Deerfield Beach, Florida 33442  
561 542-9200 \* 954 354-0804 \* [www.tsmforlife.com](http://www.tsmforlife.com)

*Celebrating 10 Years of Independence*

Courses In English  
Cursos de Meditación  
en Español  
Weekend Retreats  
in Naples  
Advanced Courses  
Refresher Courses

## 2016 Newsletter