



THE TSM Meditation Center of South Florida

Stress Reduction, Healing & Development of Consciousness

Transcendental Stress Management * Newsletter 2017

Meditation Retreat Weekend

Sheraton Hotel Ft. Lauderdale

Meditation and Negative Emotions

New research on mindfulness shows that meditation can affect the body as well as the mind, slow down the aging process, and even alter the structure of the brain. Practicing TSM Meditation helps to reduce our negative emotional reactions to stressful situations. Sitting to meditate every day helps us to maintain an open and more accepting stance. In this way the brain can process stressful information in a more regulated, less emotional way. Meditation can help reduce disease, pain, and negative behavior, improving our ability to fight disease.. Just ask our students.

A Meditation Student Describes The Experience Of Reaching Pure Consciousness

"I was meditating one late afternoon when I began to settle down much more deeply than usual. As I became more and more still, all thoughts and feelings settled and I was left in a deep quietness. All familiar boundaries that defined where I was and what time it was, and even who I was, began to fade from awareness and dissolve altogether. I was still awake and yet all that remained was my own wakefulness. . . . There was nothing else. No trace of thought or memory entered into my awareness; even the sense of my body and its position in space had vanished. It's not that I missed these things. It simply did not enter my awareness to miss them or not to miss them.

For an indefinitely long time I remained in that state of perfectly simple wakefulness. How long I could not have guessed, for there was no measure in my awareness by which to judge the passage of time. Then, slowly, the world began to be reconstituted around me. At first some faint sensation of my body and surroundings returned; then some sense of where I was and what time it was; then some sense of my person, my projects, engagements, relations, and all those forms of awareness that make up the sense of our everyday world. The world returned to me and was organized and constructed into all the layers of awareness that make up our sense of reality. I was left with a sense of refreshment, of having drunk deeply the blissful nectar of a timeless far away realm of Being. At that moment, my whole body and mind experienced a rush of blissful joy and well being."

"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." – Eckhart Tolle

P.O. Box 4731 * Deerfield Beach, Florida 33442 * (954) 354-0804 * www.tsmforlife.com

The Development of Consciousness

"Meditation is a surrender, it is not a demand. It is not forcing existence your way, it is relaxing into the way existence wants you to be. It is a let-go." - Osho

Letting Go Allows Healing And Release Of Stress

When during meditation one let's go there is greater expansion of consciousness, an experience of more inner contentment and wakefulness. This inner experience is accompanied by a corresponding reduction in physical activity of the body as well - refined breathing, deeper relaxation & reduced anxiety. This response of both mind and body causes profound changes in the physiology and is a prerequisite for the development of consciousness. There is a natural shift in both mental and



physical activity. Letting go allows healing and release of stress. As a result, one naturally begins to experience better health, creativity and living in the moment. With the daily practice of TSM Meditation one

experiences more inner and outer expansion of one's potential. Herein lies the formula for development of consciousness and greater fulfillment in daily life. - Mike Scozzari

Taking time every day to nourish our life is easy. We already have the necessary equipment - this mind/body system. We all know of the benefits of daily meditation and our ability to enliven our lives. To start is within our grasp. Why not live an attainable "resolution" to enjoy life more and use the intelligence we all have which is available to us from birth.

Meditation Retreat Weekend

Sheraton Hotel Ft. Lauderdale

August 11th to 13th * Single or Double Rooms



A Weekend Residence Course Retreat allows you to take extra time for deeper rest and clearer experiences of transcendental consciousness under the guidance of an experienced teacher of TSM.

The relaxing routine includes extended practice of meditation and group discussions about experiences in meditation and activity. We also show video/dvd lectures by Deepak Chopra, Eckhart Tolle and others on topics ranging from enlightened living, natural health strategies and developing one's awareness. There is also time to meet other meditators and share experiences. The course fee covers room and tuition. Because we are able to get a group rate, we always pass on the savings to those attending.

Friday, August 11th to Sunday, August 13th, at Sheraton Suites Fort Lauderdale at Cypress Creek.

Our Center is proud to confirm that we are having another weekend retreat, this time at the beautiful Sheraton Hotel just north of Ft. Lauderdale. Please join us. We have both single and double rooms available and each suite is spacious, clean and quiet.

The event is ideally located near 10 restaurants, one on-site at the Sheraton, and most others within walking distance. They include Sweet Tomatoes, Chipotle, Beehive Natural Kitchen, Sushi for Fun, Blaze Pizza, and Bombay Cafe. Most rooms will have a view of a lake and walking trail. Recently renovated accommodations overlook the hotel's garden atrium, and boast modern amenities in every room. The conference room will be used for our meetings and can seat 60 students. This is a big feature for us and we took our time finding just the right place for the right price. If you are booking a flight, Ft. Lauderdale International Airport is 15 minutes away and train service including both Tri-Rail and Amtrak are nearby. Reserve early & take 5% off (See To Register)

This will be our third retreat in three years. Course leader Mike Scozzari will conduct the course which will feature Gyanendra Mahapatra, M.D. as our special visiting guest instructor. He will return from Washington D.C. to teach the course with us. Maria Scozzari will be giving her favorite talk on "Meditation and the Development of our Spiritual Gifts". Simple relaxing Yoga Asana instruction will be available at no charge and will be conducted by certified yoga instructor, Erika Bondy.

The main feature of a TSM Retreat is deep rest and good, positive energy (See course description page 3) . When we get away from the day to day stress we feel the immediate effect of relaxation and ease. The effect of a group focused on stress reduction adds in a different way to the experience of greater coherence and deeper meditation.

During the course students will be taught a new way of practicing meditation for extended periods of time (explained below), producing very deep, restful meditation. This process is known as rounding and enables everyone to go very deep into the finer areas of meditation. There will be ample time for discussion and your participation is welcome. Mike and Dr. Mahapatra have already conducted over 100 such weekend retreats and will be available to help everyone gain maximum from the course.

Who Can Attend?

If you have learned to practice TSM Meditation or a similar method of transcendence, you are welcome to attend the weekend. To apply to the weekend, follow the instructions on the next page. Prices for August 11 to 13th are very reasonable: \$340 for a single room and \$240 per person for a double room (Payable to us, not the hotel). To learn to meditate before the weekend course, contact us at tsm@tsmforlife.com .

Note: We are considering another TSM Meditation Retreat for the first weekend in March, 2018. Details should be available by August of this year. However, here in South Florida expect higher hotel fees during the winter season.

Course organizers Maria and Mike Scozzari tsm@tsmforlife.com 561-542-9200.

What is a TSM Meditation Residence Course Retreat?

Weekend Residence Courses are often held in a place of comfort and relaxation. The course routine provides a profound rest for body and mind, which supports the release of accumulated stress and tension. Many meditators take time for a Residence Course Retreat every year, claiming that just one weekend of deep rest recharges their batteries and keeps them going strong for months.



Deep Rest and Profound Knowledge

The course routine and extended meditation program offer a profound rest to mind and body and allow for very valuable release of stress and tension which benefits all aspects of daily life.

A Residence Course provides a quantum boost in your personal growth to enlightenment. It is an extremely restful yet interesting and enjoyable way to spend a weekend. A leisurely schedule of videos, good food and extended practice of meditation cater to your body's craving for deep rest and delicious nourishment and your mind's desire for deeper experience and more profound understanding of your meditation practice.

Student Comments from Past Courses

The residence course was a wonderful experience for me and I feel different. A lot calmer. Besides the meditation, I gained a lot of knowledge...(and a)...profound realization...that "this (me) is only one manifestation of the 'I' Makes me realize that everything I go through is transitory. Only the "I" is unbounded. This is quite elevating! Most of all I enjoyed your company and the other meditators. I felt incredible positive energy all around. I continue to experience it. Thank you very much for organizing this retreat and I look forward to the next one. - A.K.



Student Recalls First Residence Course Retreat

I vividly remember my first Residence Course. My mother and I were new Meditators, fresh with enthusiasm for our expanded perspective on life. When we heard about a course in Estes Park, Colorado, we were eager to see what it was all about.

Arriving at the mountain retreat, we settled into our rooms and then went to join the group for an introduction to the weekend's schedule. No campfires, no canoeing, no hiking—this weekend in the mountains would be spent in extended meditation. Our meditations were punctuated by delicious meals, restful walks in the clear, high air and inspiring video lectures.

All this rest was a little foreign to us, but the course leaders explained that deep rest was the best thing we could do to remove the stress we had built up over the years. During that first course my mother must have removed a lot of stress. "I was so relaxed I kept falling asleep", she recalls.

My mom remembers how alert and alive she felt during the drive home and the days that followed. She says, "My senses, being rested, were so keen and alert, and life decisions became effortless. I was infused with peaceful confidence and delight in life. I wanted to go on a residence course every weekend. I felt a tremendous surge of energy and clarity"



TO REGISTER

To register for the residence course in Ft. Lauderdale, you can apply by email or send us a stamped mailing. The course fee, which covers your room and 2-night stay, and entry to all classes as follows:

- 1 Single private room: \$340 per person
- 1 Double room : \$240 per person (2 beds, 2 person maximum)

Mail your 50% or Complete Payment now for Early Reservations. If received by us by June 2, 2017, you can deduct 5% from the total for the entire weekend.

Complete Payment should be received by us in Deerfield Beach no later than July 28, 2017 as we must comply with hotel requirements to reserve the rooms. Late payments can be mailed if you call us first. Do not apply to the hotel directly. 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 amount. Or you can pay by most credit cards. We use Square..

Please help us make this event a huge success. If you have questions contact us at 561 542-9200. We want everyone to enjoy.

TSM Meditation Center

Introductory & Follow-Up



**MEDITATION
IS THE BEST
MEDICATION**

Free Introductory Lectures

Weekly In Deerfield Beach near Boca Raton
Saturdays at 10 AM & Thursdays at 7 PM
Monthly In Miami, Naples & Jupiter
Via Skype or in Your Home

Free Follow-Up Programs

Visit us at www.tsmforlife.com/follow-up
Free Review Tuesdays at 7 PM
Receive Free Monthly Email Newsletters
tsm@tsmforlife.com

Attend a Free Introductory lecture - just reserve before. The 4-lesson classes of instruction often begin after the talk. Our bigger classes are usually on Thursdays and Saturdays. Our fee is very reasonable and will be covered at the talk.

Find out how this method of meditation can improve relationships & self-confidence, increases problem-solving ability and creativity, develop a quiet mind that helps us think clearly, and reduce breath rate enabling deep rest and release of stress. TSM is affordable, easy to learn and practice. Instructor Mike Scozzari will explain the program at a free event. For classes in spanish: www.tsmforlife.com/spanish

Center Celebrations for Peace & Prosperity

Join us for 2 events scheduled for this year in Deerfield Beach. Arrive at 7 PM for both a potluck dinner & celebration event. In July we will celebrate Guru Purnima on the full moon day, July 9th. The next celebration is the start of a 9 day event commemorating the divine on October 12. Themes include fulfillment of desires, improved relationships, gaining knowledge, wealth and good fortune. RSVP tsm@tsmforlife.com

How Meditation Benefits Everyone Around You

By Roger Gabriel

During your meditation practice, your vibrational frequency rises, creating an increase in your own coherence or inner harmony. At certain points in deep meditation, mental activity stops and the two hemispheres of the brain harmonize completely. As a result of meditation, your coherence becomes like an aura of harmony filling the space surrounding you, directly benefiting those in close proximity.



When you meditate in a group, you share in each other's coherence. Collective coherence created by a group is greater than the sum of the amounts of coherence being created by each individual meditator. This collective coherence then radiates out for the betterment of society.

Group Meditation and Review Tuesdays at 7 PM. RSVP the TSM Center in Deerfield Beach

Advanced Meditation Instruction Takes Meditation Practice To The Next Level

Dr. Mahapatra Returns To Tour & Teach

When you took your basic meditation course you learned all you need to meditate successfully. The **Advance Meditation Course** is the next step. This course acts like a fertilizer placed on the soil to nourish the growth of a tree. Advanced Meditation Instruction takes meditation practice to the next level. Deeper, more powerful meditation is the result of Advanced Meditation practice.



Free Orientation - Instruction to Follow One Hour Later

Saturday, August 12, 3 PM
Sheraton Hotel Cypress Creek
Saturday, August 19, 2 PM TSM Center in Deerfield Beach
Sunday review (optional)
2 PM Both Locations

Read More Next Page

Note on July 9 & October 12 Events: At any center celebration we encourage everyone to quietly 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.

Advanced Meditation Instruction
With Gyanendra Mahapatra, M.D.
In South Florida August 12 & 19
Courses in Ft. Lauderdale & Deerfield

**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). 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 7 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.



August 2017 Course

Deerfield Beach – Saturday, Aug. 19, 2 PM orientation , Saturday, August 12 **Sheraton Cypress Creek**, 3 PM (free talk) Instruction follows the lecture. Both Sundays at 2 PM there will be a follow-up Review

March 2018 Course with Dr. Mahapatra
Deerfield Beach – First weekend in March

Hundreds of our students have already taken this course with Dr. Mahapatra. The reason for these techniques (7 eventually) is to accelerate the process of daily meditation and secure more silent, deep meditation.



Gyanendra Mahapatra, M.D.

Consciousness

Our Essential Nature

New Research

A study done by Nobel Prize winner Elizabeth Blackburn found that a vegan diet caused more than 500 genes to change in 3 months, turning on genes that prevent disease and turning off genes that cause cancer, heart disease, and other illnesses.

Charles L. Raison, MD, clinical director of the Mind-Body Program at Emory University School of Medicine in Atlanta participated in a study that indicated that meditation improved both physical and emotional responses to stress. In the study, people who meditated regularly for six weeks showed less activation of their immune systems and less emotional distress when they were put in a stressful situation. Stress reduction could be the key to meditation's beneficial effect on health. "We know stress is a contributor to all the major modern killers". Raison points out. More studies have shown improvement for fibromyalgia and even psoriasis in patients who meditate. "It's hard to think of an illness in which stress and mood don't figure", Raison says.

Our Interconnected Universe Series

Meditation practice connects us with that pure field of universal intelligence. When the active mind settles down into that pool of pure consciousness, the body also settles down and is capable of appreciating a wide awake state of completeness, order & bliss.

Through the repeated practice of meditation such as TSM, the individual awareness "absorbs" the interconnectedness available at that level which lies beyond thought, fear & duality. Meditation awakens this field beyond opposites and enables us to start to live this inner wakefulness in the field of thinking and action.

This is the technique to enliven the ability to make use of the untapped power that lies within, cosmic intelligence and meaningful coincidences. Knowing that has great value to life. It only needs to be awakened and lived. Human nervous system is that highly evolved machinery that provides this change in perception. It's worthwhile spending a few minutes morning and evening developing this ability.

Creation has 2 Shores

The Yogis of the ancient traditions subscribe to the idea that there are 2 shores to creation - one relative, the other absolute. The relative contains all changing phenomena - mind, intellect, ego and senses. The absolute is eternal, non-changing.



If there is a path to get to the infinite, a path to the non change, is it through the intellect, through meaning? That would be too superficial. Is it through the emotions, feelings? What about the senses, can they be turned inward to sense that refined level of thinking, feeling and action? If this can be accomplished, if one could 'transcend' the grip of sense perception, intellect and emotion, the ancient seers believe one could reach that eternal field of non-change, pure consciousness.

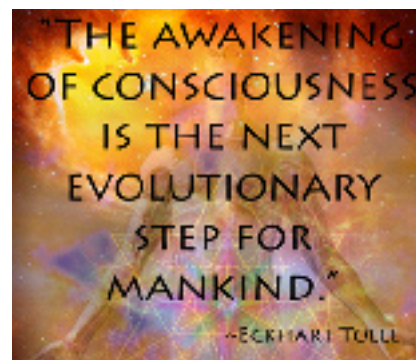
It is possible to turn the senses inward and minimize their activity, thereby gaining the silence that is there at the base of all activity and sense perception. Through meditation one becomes more and more familiar with that field of silence. The journey is effortless.

Consciousness is at the background of all the intelligent activity of the whole universe

by Deepak Chopra, M.D.

"The space between our conscious thoughts is referred to as a discontinuity. This is the ground of our existence and more and more it's being recognized by a few scientists, that the essential nature of everything is a discontinuity. When you look at a table or a tree or a plant or a piece of rock, they too are made up of atoms. The atoms are subatomic particles and the subatomic particles emerge out of something and then disappear into the same place.

So a few scientists are beginning to recognize that even though everything appears physical to us and our senses, at the most fundamental level of creation it's a vibration. It's something that is going on and off. The space between the two "ons" of every vibration is a discontinuity. That might be the ultimate ground of everything in the universe. So, that means that the discontinuity that exists between



your thoughts is the ground of, not only your existence, but the ground of all existence. In other words, the consciousness that is at the background of your thoughts is the same consciousness which is at the background of all the intelligent activity of the whole universe"

3 Reasons to Meditate Daily

Because It's Good for Our Bodies

A consistent practice of meditation not only boosts the mind, but it also bolsters the body. Students report that meditation can help reverse heart disease, reduce pain, and support the immune system, better enabling it to fight disease.

The mind-body connection between stress and disease is abundantly apparent as meditation students are finding that meditation can lower stress. This means meditators are better able to adapt to stress in their lives and its common physiologic responses, which can include:

- Anxiety
- Heart disease
- Osteoporosis
- Sleep problems
- Digestive problems
- Depression
- Obesity
- Memory impairment
- Skin conditions



Because It's Good for Our Relationships

Paradoxically, while meditation helps us tune in and turn inward to our true essence, it also helps us detach from our own egos to connect with others in more meaningful ways. Couples counselors have found when they assign their clients meditation, the couples become less angry, more self-reflective, and more loving.

When we become aware of—and honor—our interconnection with other beings, we are able to recast our perspectives, see our worries in a different light, and embrace gratitude, which is the heart's memory.

Because it Can Change Our Lives

In a world rife with never-ending fast fixes, crash diets, and get-rich-quick schemes, it's nice to know there is a proven practice that really can change your life (or at least bring about dramatic effects) in just a little time in each day.

Yogis and doctors who meditate both agree: meditating relaxes the brain, reduces anxiety, and decreases depression. When we feel as though we can't afford the time to meditate, but the truth is we can't afford not to. 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 restful alertness. When you reach deep meditation, the style of functioning of mind and body gains an extremely deep metabolic rest coupled with an unprecedented orderliness in mental functioning - a wakeful state, not the sleep state.

ASK DR. CHOPRA

Research On Meditation



"A growing body of medical research is providing scientific evidence that meditation (mindfulness) alleviates depression, anxiety, PTSD, and other mood-related disorders. A pivotal study (published in the April 2012 issue of *Emotion*) led by scientists at the University of California, San Francisco, found that participants who underwent a short, intensive meditation program (mindfulness) were less depressed, anxious, and stressed, while also experiencing greater compassion and awareness of others' feelings."
- Deepak Chopra, M.D.

"Meditation is a surrender, it is not a demand. It is not forcing existence your way, it is relaxing into the way existence wants you to be. It is a let-go." - Osho

A PREREQUISITE FOR THE DEVELOPMENT OF CONSCIOUSNESS

Letting go allows healing and release of stress

When during meditation one let's go there is greater expansion of consciousness, an experience of more inner contentment and wakefulness. This inner experience is accompanied by a corresponding reduction in physical activity of the body as well - refined breathing, deeper relaxation & reduced anxiety. This response of both mind and body causes profound changes in the physiology and is a prerequisite for the development of consciousness. There is a natural shift in both mental and physical activity. Letting go allows healing and release of stress. As a result, one naturally begins to experience better health, creativity and living in the moment. With the daily practice of TSM Meditation one experiences more inner and outer expansion of one's potential. Herein lies the formula for development of consciousness and greater fulfillment in daily life. - Mike Scozzari

Deepak Chopra once wrote this observation: "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'."

Yoga Instruction & Spiritual Coaching

En Espanol, French & English, Spiritual Lifestyle Coaching & TSM Lectures with Maria Scozzari. Meditating 28 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

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Holistic Counselors who meditate and recommend TSM Meditation

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

Dr.Rieman@yahoo.com

Joan Lieberman, MA – psychotherapist and 35+ year

meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Lauderdale & LA - Practicing meditation 24 years.

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Elizabeth Trattner, DOM, oriental medicine, Sunny Isles - elizabeth@trattner.net

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/groups/tsmmeditation - Join

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TSM Meditation Center of South Florida

Transcendental Stress Management

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Celebrating 11 Years of Independence

2017 Meditation Retreat & Events Newsletter