

Time Magazine cover story August 03 reported 10 million people in the U.S. practice meditation every day

**FREE INTRODUCTORY LECTURES**  
Via Zoom & In Person

# Transcendental Stress Management

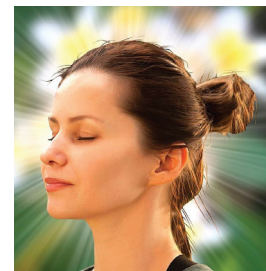
Awaken your total  
potential in  
**Body & Mind**  
effortlessly.



**4 Steps**  
**Meditation Training**  
**Certified Instructors**

## Benefits of The Regular Practice of This Meditation

- Reduces mental & physical activity providing deep rest to the body
- Lowers stress and insomnia
- Relieves fatigue, increases energy
- Improves relationships and self-confidence
- Develops a quiet mind that helps us to think clearly and enjoy life more
- Increases problem-solving ability and creativity
- Reduces fear and other obstacles to personal growth
- Reverses aging & increases resistance to disease
- Improves quality of life by increasing awareness & health



The meditation practice of Transcendental Stress Management profoundly benefits mind, body, and behavior. Not a religion / Easy to learn

**Reservations Required**  
**1-561-542-9200**  
**[www.tsmforlife.com](http://www.tsmforlife.com)**



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## Watch Us on Fox

Transcendental Stress  
 Management on WSVN

In August 2008 Fox News  
 Miami featured TSM in a special  
 presentation with Mike  
 Scozzari and Robert Dollinger,  
 M.D.. Just go to [www.youtube.com](http://www.youtube.com)  
 and type in Transcendental  
 Stress Management.

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. Learn TSM -  
 Its simple, effortless & enjoyable.  
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Introductory &  
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 shops, Advanced  
 Courses & More



*Deepak Chopra, M.D.*

"Meditation is not forcing your  
 mind to be quiet; it's finding the  
 quiet that is already there."

**-Deepak Chopra, M.D.**



# Transcendental Stress Management

Enlightened Living \* Health \* TSM Meditation

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

[www.tsmforlife.com](http://www.tsmforlife.com) \* 561-542-9200 \* [ms@tsmforlife.com](mailto:ms@tsmforlife.com)

## WHY TSM IS DIFFERENT

# A Comparison of Different Meditation Methods

Why Transcendental Stress Management® is Easy

In selecting a method of meditation keep in mind that, while methods vary, we all want relaxation in the areas of anxiety reduction, blood pressure reduction, physiological relaxation, self-actualization, improved psychological outcomes, and decreased use of cigarettes, alcohol, and drugs. These benefits should be a natural result of meditation when practiced regularly. Systems of meditation fall into one of two categories: concentration and contemplation/visualization.

Concentration involves effort - and effort will inevitably keep the mind lively and active away from its deepest state of rest.

Contemplation, commonly referred to as visualization, on the other hand, involves thinking about something. One thought leads to another, and again the mind remains active and restricted from diving deep.

An analogy will perhaps make this clear. The mind is like the ocean, with the busy, active everyday level of thinking on the surface, and quieter, more comprehensive more holistic and intuitive thoughts, feeling and wisdom towards the depths.

In this analogy, concentration would be akin to treading water (expending energy staying up on the surface), while contemplation would be swimming around on the surface (drifting from one active thought to another). TSM, in contrast, involves diving deep to the bottom of the ocean, experiencing the mind in its silent, wide-awake state. This is the source of all creativity, intelligence and happiness in the mind.

TSM is not mind-control or mental discipline; it is not concentration or eastern philosophy. You don't have to control your breathing or muscles. You don't even have to try to relax. You are learning a technique which facilitates a completely natural process: an ability which is ingrained in the nature of the mind. One need not be in a particular mood or even believe that it will work in order to gain positive results.

## How it Works - Understanding TSM Meditation

Correct meditation is easy to learn and practice. There is no need to empty the mind of thoughts. Staring at a candle gets boring after a while. Most give up, thinking "I just couldn't concentrate hard enough." At the first free lecture teachers will explain, "It's easy, anyone can do it." Given previous failures at meditation, most people are naturally skeptical. But when you give it a try, it's not long before you notice how simple and effective it is.

Most people think that meditation is something else that people do, like jogging and playing solitaire, listening to music and petting their cats. But doing things involves the active mind. If the active mind is like waves on the surface of the ocean, then the Transcendental Stress Management technique is like diving to the silent depths of the ocean.

You can't move a huge boulder with your bare hands no matter how hard you try, but with the technique of a lever you can move that same boulder with one finger. A technique is a better way to do something that is based on deeper understanding of the laws of nature. The unbroken tradition of Vedic knowledge has deep understanding of the laws of nature governing consciousness. What we offer is an effortless technique to transcend thoughts and go beyond the active mind.

It is practiced for 20 minutes twice a day, sitting comfortably with the eyes closed, as a preparation for effective activity. The boundaries of experience effortlessly expand and you naturally experience deep silence while remaining awake inside. Anyone can do it. You don't have to be smart, educated, vegetarian, religious or able to sit still in a chair. You don't have to understand what you've just read or even believe that it works. If you are human and awake you can learn how to transcend.

What do you notice about your mind? That it has a great deal of thoughts? That it's always moving around? Precisely. Observation Number One: The mind is constantly moving. Most people stop there and give up, complaining that it would be too difficult to train the mind to stand still. They are right. Forcing the mind to stay on one object of perception goes against the nature of the mind.

It seems that the mind is always looking for something more: more knowledge, more fun, more power, more joy - just more. Observation Number Two: The mind is always moving in the direction of greater satisfaction. According to the ancients, that means it will never be completely satisfied by anything less than infinity.

The ancient seers point out that the mind will find fulfillment only when it moves beyond objects into the infinite field of awareness itself. The Sanskrit word Ananda describes the bliss of consciousness. Bliss attracts the mind like no-thing could. And we don't have to go anywhere to find it. This pure state of consciousness is just the simplest form of our own awareness, located at the source of thought. So: An infinite field of pure bliss lies at the basis of our busy minds; and our minds always move in the direction of greater happiness.

When the mind takes the right angle and lets go, then its own nature automatically draws it toward bliss. If this is true, then why do we have to learn a technique? Human abilities to walk, talk, eat and read are all learned. Transcending is no different. We have the innate ability but we have to learn the technique of taking the correct angle. In every time and place people have transcended spontaneously, without any technique. But they could not duplicate it later by trying or teach others how to do it.

This meditation technique is not concentration - forcing the mind to remain fixed on one object. It is not contemplation - thinking about the meaning of something. It is also not contriving an emotion or a mood of calmness, peace or happiness. Full understanding comes from direct experience.

## The Technique of TSM - Course and Practice

The natural tendency of the mind is to wander toward something of greater charm. In the practice of the TSM technique we take a thought, a particular thought, and we experience that thought at increasingly finer levels. Thoughts at more and more refined levels are experienced as being more and more charming. Hence, the mind naturally slips into increasingly finer and more charming levels of the thought until it slips off the finest level of that thought into the source of that thought, which is the blissful transcendental field. Great inner peace is felt.

Morning and evening practice of the technique for a few minutes each day enables the mind to become more and more infused with increased energy, intelligence, expanded awareness and inner peace. Then, on that basis, we perform our daily activity. As a result, our actions are more enjoyable and successful.

The practice of the Transcendental Stress Management technique can be done by anyone who can think, from the age of five upwards. In practicing the technique we simply use the natural tendency of the mind. It is a technique that does its own doing. Benefits are experienced from the very first stroke of practicing this meditation technique. One does not have to have faith or a prolonged term of practice to realize results.

The mind and body are related. With the TSM technique the mind automatically settles into experiencing increasingly subtler thoughts. As a result, mental activity becomes less and less. As mental activity becomes less and less, physical activity becomes less and less. The body settles down into a very deep state of rest, deeper than deep sleep. Yet the mind remains fully alert and awake. Expansion of awareness results.

Stress is the leading cause of all disease, mental problems and social disorders. The unique state of deep rest resulting from the practice of the TSM technique quickly begins to reduce the stress, strain and fatigue in one's body, mind and nervous system. Also, because of the increased energy and intelligence (expanded awareness) one gains from practicing the TSM technique, one finds that daily activities are not as stressful as before. The continued practice of the technique produces cumulative effects. People beginning the practice have reported remarkable immediate benefits.

Through the practice of the TSM technique, the body and mind are rejuvenated. Health improves. There is less of a desire to use tobacco, alcohol and recreational drugs. Interpersonal relations improve. Students get better grades. Other benefits include: reduced job worry and tension, better mental and physical health, more energy and vitality, increased alertness, increased happiness and job satisfaction, improved productivity and job performance, and improved family life.

The knowledge of this technique was known in ancient times but was lost for centuries. The teaching was recently revived by Swami Brahmananda Saraswati - known simply as Guru Dev. Guru Dev was a master of masters; the most illustrious custodian of Vedic knowledge in the tradition of Vedic masters. His students brought this teaching from India to the world.

Classes are held on Zoom & throughout Florida. Arrangements can be made for groups learning in other parts of the country. Call us at 561-542-9200 for information, video conferencing links and directions on classes in your area. We offer weekly free lectures, day and evening classes and follow-up.

Join our free monthly e-newsletter: sign on at [ms@tsmforlife.com](mailto:ms@tsmforlife.com)

Mike Scozzari / Instructor



Deepak Chopra on

# Meditation

## 2 Different Types of Rest

“The most significant health benefits of meditation are stress reduction, better sleep, lower blood pressure, improved cardiovascular function, improved immunity, and the ability to stay

Deepak Chopra, M.D.

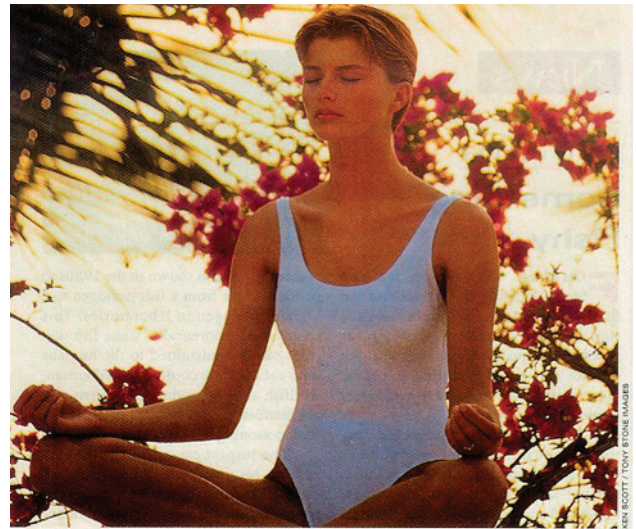
centered in the midst of all the turmoil that’s going on around you. Meditation helps you do less and accomplish more.”

“Vast realms of energy, intelligence, love, and joy are simply inactive or asleep within us. Through meditation we illuminate and activate all these unexercised parts of our awareness. As we release the old conditioning from our mind, new pathways of experience open up, and we begin to reclaim more of our infinite nature. Full self-realization, enlightenment, means we are then using our full potential.”

In his book “Grow Younger, Live Longer”, he identifies two different types of rest, the rest gained from sleep and the restful awareness gained from meditation. Each has it’s own physiology and benefit. Sitting to meditate provides entry into our natural healing ability. This is a unique style of functioning for the mind and body, what Harvard researcher Dr. Herbert Benson calls the “relaxation response”, and what Dr. Chopra claims is far more encompassing than relaxation.

He writes: “As a young physician in the 1970’s, I was attracted to meditation for two reasons, one personal, the other professional. The personal reason was the promise of inner growth, of reaching an expanded state of mental and spiritual development. The professional reason was the large body of research on meditation that established that this meditation was “real”, that is, it produced tangible benefits. Meditation is not forcing you mind to be quiet; it’s finding the quiet that is already there. In fact, when you examine the background static of worry, resentment, wishful thinking, fantasy, unfulfilled hopes, and vague dreams in your head, it becomes clear that the internal dialogue going on inside is literally controlling us. Each of us is the victim of memory. That’s how the Ayurvedic masters diagnosed it thousands of years ago.”

Time Magazine heralded Deepak Chopra as one of the 100 heroes and icons of the century, and credited him as “the poet-prophet of alternative medicine.” He is the author of more than 50 books and more than 100 audio and video titles.



**Simple:** The Transcendental Stress Management (TSM) technique is a simple, effortless mental process practiced for 15–20 minutes twice a day, sitting quietly and comfortably in a chair or sofa with the eyes closed. No special posture required.

**Immediate benefits:** The benefits of this meditation technique are immediate and increase over time. The technique’s positive effects—for mind, body and relationships—have been verified by thousands of students.

### Meditation Students Report Benefits:

TSM Decreases Stress / Anxiety; Promotes Longevity & Quality of Life; Cures Phobias & Obsessive Thoughts; Rejuvenates Your Confidence, Relieves Feelings of Depression; Reduces High Blood Pressure; Improves Cardiovascular Health; Improves Concentration & Focus; Increases Motivation; Heals Addictive Traits; Experience Improved Relationships; Solves Many Sleep Problems; Helps People Who Suffer from Panic Attacks; Helps People to Discover a Deeper Meaning & Understanding of Life; Increases Intelligence; Enhances Creativity; Optimizes Brain Functioning; Reduces ADHD; Improves Academic Performance; Increases Harmonious Teacher-Student Relations; Reduces School violence; Increases Job Satisfaction & Productivity; Increases Immunity; Increases Self-Actualization; Improves Memory

Over 1,000 research studies on meditation prove: People who meditate every day are healthier, happier, and live longer than those who don’t.

## COURSE SCHEDULE

(561) 542-9200

### **One - Introduction**

The first step in learning meditation: Schedule a Free Introductory Session.

The introductory lecture provides a basic explanation of this meditation technique and presents the latest information regarding the benefits to be derived from the practice. Also the mechanics of how and why the technique works is examined and explained in some detail. Questions are answered, and an opportunity for enrolling in the program is provided. There is a brief optional private interview which allows students to discuss various points with the instructor. Introductory lectures are given free of charge throughout south Florida and via Zoom or Skype, the free video conferencing technology now available on the internet.

At the conclusion of the introductory lecture, students can enroll by filling out an application and participating in a short five-minute interview (private) with the instructor. The application is posted on our website.

### **Two - Instruction**

Instruction takes place over four lessons with each session lasting approximately ninety minutes as convenient.

Personal instruction: Given on a one-to-one teacher-to-student basis. After learning the technique the student practices on his own for a while, then meets with the instructor to discuss his new experience. The student then meditates at home as instructed and hopefully returns the following day for the next step. This lesson is either private or group instruction. Additional knowledge is provided. The procedure for correct meditation is verified. There is also the opportunity for discussing one's experiences and reviewing the benefits that are already being noticed from the previous practice sessions at home. The next step is also in the context of group or private instruction. Correct practice is verified. The mechanics of the TSM technique are reviewed and additional intellectual knowledge is provided to complement the experiences that result from the daily meditation practice sessions at home.

### **Three - Personal experience**

There are options for free follow-ups to enrich and maintain your practice

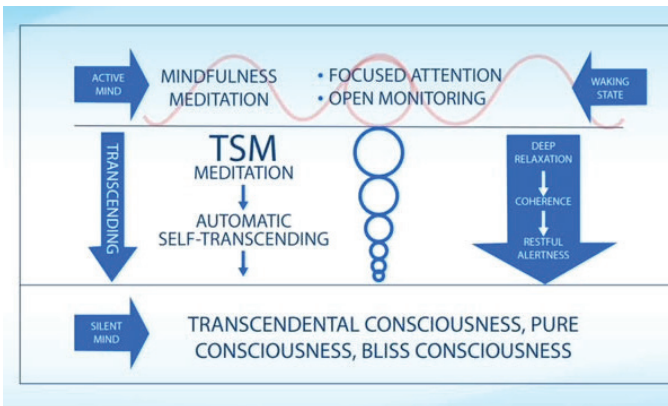
The local organization offers free group and individual review sessions to assure that the practice of the TSM technique is being done correctly. These meetings help ensure that maximum benefits are being realized. Appointments can be made by calling our center.

Also, free *advanced lectures* are provided. As one's personal growth is enhanced the thirst for more knowledge grows. At the advanced lectures questions are answered and correctness of practice is verified. Live and taped lectures are presented. They cover a wide range of material relating to the personal growth experienced by meditators.

The fourth step, either group or private, takes the entire course and puts it into a context of daily routine. Correct practice is verified. At this meeting additional intellectual knowledge of the mechanics of developing consciousness is provided together with a careful look at the fundamentals of correct practice.

There is no additional charge for attending advanced lectures. Monthly all-day events are also available for a small fee. Select a follow-up that suites you and continue to enjoy the practice of TSM at home every day!

# Brain Researchers Identify 3 Different Types Of Meditation



## 1. Focused Attention

Focused attention methods require concentration. The goal is to keep the attention focused and nothing else. Several methods require this: Yoga and guided meditation, Vipassana, visualization, and zen meditation. Most of these methods attempt to clear your mind of thoughts. One could visualize an image that creates a particular feeling or quality when it's brought to mind. There is little chance for transcendence where the mind can slip away from any type of concentrating. When done correctly, focused attention techniques require we work to succeed. Studies have shown that such practices activate gamma brain waves.

## 2. Open Monitoring or Mindfulness

Open monitoring meditation focuses the meditator's awareness on the feelings, thoughts or sensations that are currently present in one's body, breathe or thoughts. It creates theta brain waves and can help with coping and creativity. Mindfulness is based on the teachings of the Buddha. It is very different from TSM. Mindfulness students are encouraged to acknowledge their reality, beginning with observing your mind and recognizing each thought that arises without judging or manipulating it. But the mind is often being trained to return to the present moment by using an object, breath, or the body as an anchor. Such practices keep the mind engaged and require effort.

## 3. Automatic Self-Transcending (AST)

AST involves neither concentration nor training the mind. 'Automatic' means innocence. Evaluation, control or manipulation is not required and will leave you caught up in thinking and prevent transcending. Most types of meditation aim to control or train the mind by a way of thinking. Transcendence, on the other hand, involves no concentration, control, or training. AST describes any technique which transcends (goes beyond) the steps of the meditation practice itself. TSM allows the mind to go beyond surface level thinking towards silence (the source of thought). This improves concentration, focus, control and creativity which are some of the benefits we spontaneously receive from the regular practice.

During AST it is counter-productive to try to force the mind to go somewhere that it already wants to go naturally! In this method one is not required to stop thoughts or concentrate. We are taught to allow thoughts and to access that level of calm that already exists. By correctly using a mantra (meaningless word) we automatically settle into a calm and silence that lies within. In a natural way, the body is resting while the mind becomes less active. One is not required to engage the mind, quiet our thoughts, follow one's breathe, or engage in any effort.

Instruction in most methods of meditation regards thoughts and the wandering mind as the enemy that needs to somehow be controlled. In TSM we begin with the understanding that the wandering mind is by nature in search of something. We need not control it but instead we allow it to go more deeply to an area that is more charming and relaxing. There is no skill needed to meditate this way. It's effortless. Other methods do not incorporate automatic self-transcendence.

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



November 1, 2006

To Whom It May Concern:

I am delighted to write this letter of recommendation on behalf of the Transcendental Stress Management program. As the Executive Director of University Health Services at Florida International University, I serve as the chief physician and administrator of a rapidly growing department as well as an adjunct professor in the College of Health Sciences and a member of the advisory team for the accreditation and curriculum development for the new medical school at the University. Obviously, to handle these multiple professional challenges, I need to perform efficiently and effectively, as well as better manage stress. Over two years ago after a recommendation by an esteemed psychologist colleague and after review of the medical literature pertaining to the many health benefits of meditation, I enrolled in a course in Transcendental Stress Management taught by Mr. Mike Scozzari. In less than one week after completing the four-day course, I began to feel a spiritual calmness and have become better in touch with my emotions, something that became quite apparent to my colleagues at work as well as members of my family.

With Transcendental Stress Management I sit and meditate twice a day for 20 minutes each sitting. During the meditation, the body is able to rest deeply while the mind remains alert. The benefits include improved health, more energy and a profound calmness, which is especially welcomed after a busy day.

I have no hesitation recommending TSM to my colleagues, medical practitioners, patients, and students. Instructor Mike Scozzari taught me the standardized meditation class in a professional and effective manner. After personally experiencing significant benefits, I have since invited Mike to speak twice before an audience of health care professionals and students at the University. I firmly believe that this method of meditation is an extremely effective method to assist anyone desiring a better, healthier life. As a medical doctor with a specialty in internal medicine, it is obvious just how damaging stress can be to one's health and success. Since TSM is easy to learn and practice, I firmly and professionally believe that anyone could receive significant physical and mental health benefits from its daily practice. I know that I certainly look forward to my regular meditation sittings each day.

Sincerely,

Robert Dollinger, M.D.  
Executive Director, University Health Services  
Florida International University



## **Here are 10 reasons why you should practice meditation.**

### **1. It may make you happier.**

The practice helps you to cultivate more positive states of mind; if you're happy you will do better in every area of your life. Emotions are contagious, and when you're happy you spread that feeling to everyone around you.

### **2. There's evidence that it strengthens the brain.**

A study done at UCLA suggest that meditation actually strengthens the brain in a good way. Studies like this are pointing to the fact that meditation is literally a workout for the brain. How about right before you do your sit-ups, you incorporate some meditation to strengthen the brain?

<http://newsroom.ucla.edu/portal/ucla/evidence-builds-that-meditation-230237.aspx>

### **3. It may help you focus at work.**

Our hectic, technology-filled lifestyle is talking all of our attention; we're constantly checking emails, Facebook updates, and our Twitter accounts. A new study suggested that meditation may make you more focused at work.

### **4. It could make you a more compassionate person.**

Meditation helps you to calm down by centering your focus on your breathing and the sensations in your body. It also helps you recognize positive emotions within your own body, and to use those emotions to act more compassionate toward others. A new study from Northeastern University and Harvard University researchers showed that people who meditated acted more compassionate afterward than those who did not meditate.

<http://www.northeastern.edu/cos/2013/04/release-can-meditation-make-you-a-more-compassionate-person/>

### **5. It may help you lose weight.**

Meditation increases awareness of mind, body and surroundings. After meditation one is more likely to pay attention to the all the sensations you're experiencing. When you meditate before eating, you become more conscious of what you're putting in your mouth.

### **6. Meditation relieves stress.**

A study in the journal Health Psychology showed that meditation decreased levels of the stress hormone cortisol. This is something everyone in American could use, considering stress has literally become an epidemic here.

### **7. It helps you do better in school.**

A new study done in the journal Mindfulness showed that meditation improved the test scores of students in a psychology class. Some of the students meditated before the lecture, and another group did not. After the lecture, the ones who meditated did better. Want your kids to do better in class -- why not have them learn how to meditate?

### **8. It may help American troops.**

A number of programs are working with troops to give them the tools of meditation to better their quality of life. Organizations like Project Welcome Home Troops, the Mind Fitness Training Institute, and the the Samueli Institute are using it with troops.

### **9. It positively changes the brain, even when you're not meditating.**

A new study has indicated that by participating in an eight-week meditation program, you can potentially change how the brain works even when you're not meditating. The brain is just like a muscle you work out at the gym: If you do meditation every day, it's going to positively influence your life.

### **10. It may help protect against colds.** A study done at the University of Wisconsin-Madison showed that people who practiced meditation or engage in physical exercise suffered less from colds than those who did not.

Cheers to America's new push-up for the brain! 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.

Even scientists are proving clinically what meditators and spiritual teachers have been saying for time immemorial -- meditation improves the quality of one's life and can be a key element to greater physical as well as mental health.