



HEALTH - WELLNESS - MEDITATION

## NEWSLETTER

Overcoming Addictions  
Advanced Meditation Instruction  
Private Ayurvedic Consults  
Celebrity Meditators  
Quotes for Enlightened Living  
Refreshers & Group Events  
One-to-One Yoga Classes  
Vedic Siddhis Course



"Those who meditate, they retire from the outside, they take their awareness from the outside and gradually go deep into the thinking process and eventually go beyond the thought. Transcend thought and then the thinking mind, the conscious mind becomes consciousness. When it goes beyond thought then it transcends thought and becomes consciousness. This consciousness is pure consciousness. The nature of this pure consciousness is bliss.--the absolute."- Ancient Vedic Teaching

**A Rejuvenation Day Course** offers the deepest rest in a one-day format. This program includes extended practice of meditation and a daily schedule designed to enliven the knowledge and experience of deep inner wakefulness, restful alertness.  
- See page 5 -

# Deerfield Beach Meditation Center

Transcendental Stress Management

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

## ANNUAL NEWSLETTER 2012

Our meditation program in South Florida is continuing to expand. In this newsletter we've included many offerings: an impressive article by Deepak Chopra, M.D. titled "Overcoming Addictions", another Advanced Meditation Instruction & Vedic Siddhis tour with Dr. Mahapatra, New Health & Ayurveda Private Consultations, our favorite Quotes for Enlightened Living, Refreshers & Group Events, our new One-to-One Yoga Classes, and more! Oprah & other celebrities have learned to meditate. Meditation is truly becoming more mainstream. We believe every student can rely on this teaching to reach that most refined and powerful state of inner silence, pure consciousness.

This simple message about meditation and the integration of life has spread just the way it always does, by word of mouth. We told our friends, other people told their friends. So at every follow-up event there were some new people, and quite a number of old ones. Many new students completed the basic course over the past year and join us for both weekly and monthly events. Our free follow-up group events have been offered on a regular basis since 1972.

Meditation can be valuable without becoming expensive. Students need not join or believe to get benefits. Learning is easy and the effects of meditation are good for all the people. And the benefits are cumulative, providing years of improvements to the quality of our lives.

Since 2006, hundreds of new students have learned to meditate. TSM is always taught in a systematic way, all without ever having to compromise the ancient vedic teachings. The ancient message is passed on without compromising the formula. In this way every new student benefits from a method that is simple and reliable, without watering down the practice. Our goal has always been to keep this beautiful knowledge alive and maintain its usefulness and correct instruction.

We hope you find the time to explore the deeper aspects of meditation and empower yourself to create health, increase awareness and develop a state of enlightened living. - Mike Scozzari

In March we will be conducting another **Advanced Meditation Instruction Tour** with our special guest from India, G. Mahapatra, M.D. See <http://www.tsmforlife.com/follow-up/advanced>

# QUOTES FOR ENLIGHTENED LIVING

"Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul. Listen to that inner voice, and don't get to the end of your life and say, 'What if my whole life has been wrong?'"

- Wayne Dyer

"You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our minds...Claim and consciously use your power." - Louise Hay

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps." - Confucius

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come." - Joseph Campbell

"Life is what happens to you while you're busy making other plans." - John Lennon

"Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form." - Eckhart Tolle

"An unseen reality is the source of all visible things. Intelligence, creativity, and organizing power are imbedded in the cosmos." - Deepak Chopra, M.D.

"In my life there is an infinite supply of love, it is inexhaustible, I can never use it all in this lifetime so I don't have to be sparing with it!" - Louise Hay

"Just let go. Let go of how you thought your life should be, and embrace the life that is trying to work its way into your consciousness." - Caroline Myss

"Consciousness is the basis of all life and the field of all possibilities. Its nature is to expand and unfold its full potential. The impulse to evolve is thus inherent in the very nature of life." - Teaching from the Vedas

"Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from." - Elisabeth Kubler-Ross

"He who knows others is wise. He who knows himself is enlightened." - Lao Tzu

"The design of this universe comes from that dimension of ultimate cause and simplicity, which is that of the spiritual. This is beyond the material strata and where the cause of the universe and the seed of its manifestation exist." - Stephen Knapp

"Yoga teaches us to cure what need not be endured and endure what cannot be cured." - B.K.S. Iyengar

"The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be" - Marcel Pagnol

"Only when there are many people who are pools of peace, silence, understanding, will war disappear." - Osho

"Relationships based on obligation lack dignity." - Wayne Dyer

"Beyond right thinking and wrong thinking there is a field. I'll meet you there." - Rumi

"Peace is the state where love abides and seeks to share itself." - Gandhi

"Science cannot solve the ultimate mystery of Nature. And it is because in the last analysis we ourselves are part of the mystery we are trying to solve." - Max Planck, physicist

"When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life." - Greg Anderson

"There is nothing pleasurable except what is in harmony with the utmost depths of our divine nature." - Heinrich Suso

"The spiritual meaning of love is measured by what it can do. Love is meant to heal. Love is meant to renew. Love is meant to bring us closer to God." - Deepak Chopra, The Path of Love

"Good friends and excellent teachers - Stick close to them! Wealth and power are fleeting dreams but wise words perfume the world for ages." - Ryokan

"To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and most radiant beauty which our dull faculties can comprehend only in their most primitive forms-this knowledge, this feeling, is at the center of true religiousness. In this sense, and in this sense only, I belong to the ranks of devoutly religious men." - Albert Einstein

"If the doors of perception were cleansed, everything would appear to man as it is, infinite." - William Blake

"Judgements prevent us from seeing the good that lies beyond appearances." - Wayne Dyer

"Man's main task in life is to give birth to himself." - Erich Fromm

"Those who are meant to hear will understand. Those who are not meant to understand will not hear." - Confucius

"Beware the barrenness of a busy life." - Socrates

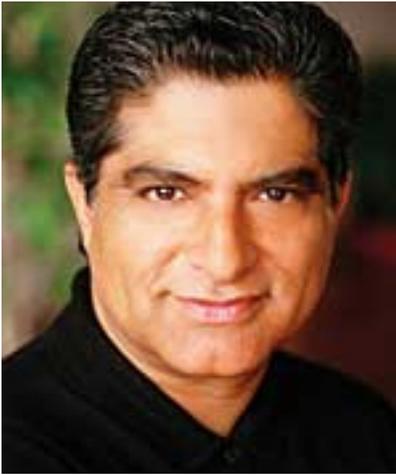
"Time you enjoyed wasting is not wasted time." - T.S. Elliot

"Don't let the past steal your present" - Cherralea Morgen

"Amends is not about saying you're sorry, it's about changing your life." - Dr. Phil McGraw

"The mystery of life is not a problem to solve but a reality to experience." - Frank Herbert, "Dune"

**Receive inspiring quotes free every month. Sign up for our free email newsletters: [tsm@tsmforlife.com](mailto:tsm@tsmforlife.com)**



# Overcoming Addictions

By Deepak Chopra, M.D.

Most human behavior is nothing other than the avoidance of pain and the pursuit of pleasure. Whenever we experience an event, whether it's a visit to the dentist or going on a joyride at the carnival, our consciousness registers that experience internally on a spectrum with great pain at one end and extreme pleasure at the other. Once completed, the memory of that experience is tagged to either pain or pleasure, and it continues to exist in our body-mind.

Memory is useful because it gives us a sense of continuity. But memory is also imprisoning because it conditions us in predictable ways. The great yogi Lord Shiva said, "I use memories, but I do not allow memories to use me." We have to use memories; otherwise we wouldn't find our way home. When we use mem-

But when our memories use us, we become victims. Are you ready to step out of the prison of memory and conditioned responses into the experience of freedom? If so, then observe your addictive behaviors without judgment. Addiction is the number one disease of civilization, and it's directly and indirectly related to all other diseases. Besides physical addictions, such as the addiction to food, tobacco, alcohol, and drugs, there are psychological addictions, such as the addiction to work, sex, television, shopping, appearing young, suffering, anxiety, melodrama, perfection.

Why are we addicted to all these things? We are addicted because we are not living from our source; we have lost our connection to our soul. The use of food, alcohol, or drugs is essentially a material response to a need that is not really physical at its foundation. Drunkenness, for example, is really a forgetting of personal memory so we can experience the joy of the non-personal, the universe. What we are looking for is pure joy rather than mere sensation, or even oblivion of sensation. Self-destructive behavior is unrecognized spiritual craving. All addictions are really a search for the exultation of spirit, and this search has to do with the expansion of consciousness, the intoxication of love, which is pure consciousness.

Over and over, people have tried to overcome their addictions through psychological and behavioral methods or through medication. None of these offers a permanent cure. The only cure for addiction is spiritual. We hunger for the ecstatic experience, which is a need as basic as the need for food, water, or shelter. Ecstasy, or *ekstasis*, literally means stepping out. True ecstasy is stepping out of the bondage of the time-bound, space-bound world of materialism. We long to step out of the limitations of the body. We long to be free of fear and limitation. We hunger for the oblivion of our ego so that we can experience our infinite Being.

When the ego or the image of the self overshadows the unbounded Self, we feel cut off or disconnected from infinite consciousness, our source. This is the beginning of fear, the onset of suffering, and all of the problems of humanity, from our minor insecurities to our major catastrophes, such as war.

Start today to transcend your addictive behaviors by observing them without judgment. Wake every day with a prayer: "Thank you, God, for making me just as I am," and then observe yourself. Be a witness to your thoughts, your moods, your reactions, your behaviors. They represent your memories of the past, and by witnessing them in the present, you liberate yourself of the past. By observing your addictive behaviors, you observe your conditioning. And when you observe your conditioning, you are free of it, because you are not your conditioning; you are the observer of your conditioning.

Observe the silence between your thoughts, actions, reactions, and you will feel the presence of spirit in the stillness of those spaces. In the mere observation of yourself, you begin the process of healing and transformation. And if you keep practicing ever-present awareness of your own self, then insight, intuition, and imagination will begin to blossom.

People have asked me, "If the universe is so elegantly organized and we are born with all this human potential and creativity, then why are we so ignorant?" Well, if we were already enlightened, there would be nothing to do. It's a process. If we occasionally succumb to our addictive behavior, understand that this, too, is part of the process. We may keep falling, but we can always get up and continue on our journey. - *continued next page*

## Overcoming Addictions

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No matter how hysterical your environment appears to be, remain alert and sober in your ever-present witnessing awareness. Resolve not to get drawn into the melodrama around you. Remind yourself, I am neither superior nor inferior to anyone who exists. Saint or sinner, the spirit that resides within me is the divine spirit. It has taken on a certain role in this lifetime; it has taken on other roles in other lifetimes. I honor the divine spirit in myself and in all beings as holy and sacred no matter what role it is playing.

None of us are the roles we play. By recognizing this truth, it is easier to forgive all perceived transgressions. We don't feel compelled to label, evaluate, analyze, or judge ourselves or others. When we have no need to label or judge, it's easier to relinquish the desire to control and manipulate others.

In this very moment, we are all surrounded by a field of pure consciousness. Pure consciousness illuminates and animates our mind and body, and it is powerful, nourishing, invincible, unbounded, and free. By knowing our true nature, it is possible to go beyond suffering. When we go beyond suffering, we help others go beyond suffering. As we continue on our journey of healing, we help others to heal. And we can start to heal by observing our addictive behaviors without judgment. Once we find our true self, once we become whole, the only intoxication we have is the intoxication of pure consciousness, pure Being.

*Deepak Chopra, author and world 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)*

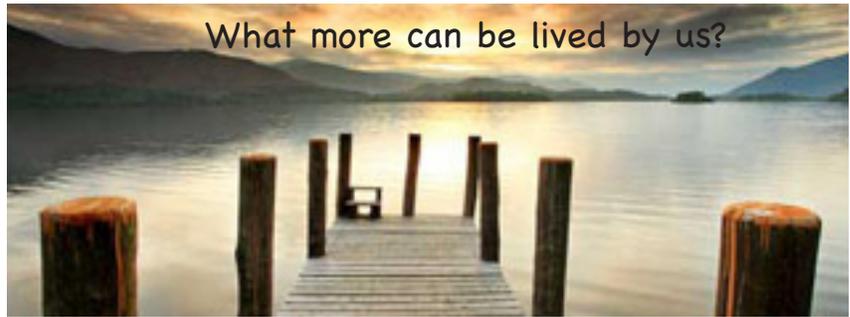
## The Vedic Siddhis Course

Free Lecture with Dr. Mahapatra

### Course Introduction

**Saturday, Mar. 17 - 3 PM**

This course is extremely valuable and is taught based on the teachings of the yoga sutras of Patangeli. Dr. Mahapatra is teaching the course, a natural extension of your current practice, and may be learned after two months of regular meditation. Practice of the Vedic Siddhi program accelerates the progress of the individual towards realizing their full potential - the state of enlightenment, real skill in action -the ability to fulfill one's desires naturally. Free course description: [tsm@tsmforlife.com](mailto:tsm@tsmforlife.com)



## WHY WE TAKE TIME TO MEDITATE

Take time for morning and evening meditation every day. The path that speeds us toward our dreams can be a challenging and complex one, so it's easy to get bogged down in confusion, negativity and insecurities. When we begin the day, we allow 20-30 minutes for meditation to prepare us for dynamic and rewarding activity, freeing up our creativity and energy.

In this way, each new day provides the opportunity to create a more expanded state of living. For this we need to create a stable inner foundation. The rishis tell us that our life is the expression of our inner potentialities, that we project ourselves outwardly to the extent we know of our inner status. And they always remind us that there is much more to life than that which we are already living.

What more can be lived by us? The ancients have explained it this way. We know, if we drop a stone in a pond, the ripples begin to move, and they move over the whole pond, reaching all the extremities. One slight stir in any part of the pond stirs the whole pond, influences the entire field of water and its surroundings. Similarly, by every thought, word, and action, every individual is setting forth influence in his surroundings, and that influence is not restricted to any boundaries. It goes on and on and reaches every level of creation. Every individual, by his every thought, word and action, shakes the entire universe. This is the status of an individual. One is connected with the whole universe by every little bit of activity.

We may not realize the deeper aspects to our lives, the interconnectedness we have with all life. But we can begin to tap into it and live it. Otherwise we continue to feel out of sync, unhappy and constantly questioning our purpose. Without our anchor we drift from one day to the next. We should begin to realize that our innermost status is full, complete and waiting to be lived. We only need to take time to explore those finer regions of ourselves. We can begin to improve our connection with that field of bliss and happiness. When during the practice of meditation we dive within, we forget the outer world of opposites and immerse ourselves in that pool of lively being, free of fear, a state of pure singularity.

You have within and around you the resources to find a solution to any problem. Though we must work diligently to fulfill our potential and to accomplish our individual missions, the universe is aware of both the quests we have chosen and the goals we have formulated in adulthood. If we accept that it will facilitate our eventual success, the universe will provide us with the assistance and opportunities that enable us to make significant progress on our journeys of ambition. The entire universe lies in the individual.

The ancients tell us that cosmic existence lies in the existence of the individual. It's not foreign or 'out there'. Cosmic life rests in the individual life, and the individual life extends to cosmic life. The individual and the cosmos are interdependent. Neither of them is independent of the other. To develop and realize it we only need to take time every morning and evening to practice deep meditation. And from there we take life as it comes. - Mike Scozzari

## ALL-DAY COURSES

- *Rejuvenation Day from page one*

Individuals gain a very profound rest in mind and body, a deepening of their experience of the self, and enlivenment of inner bliss. Participant's notice enriched experience in the practice of their meditation program, and added benefits in their daily activity for several weeks after the course.

We will begin with a group meditation at 8:45 AM. Following that we will rest for a period of time as we would at a similar residence course. Next there will be a group review in our main meeting room and an extended group meditation. Special HD video and audio lectures are included for the course and there will be time for discussion. We also feature big screen videos via the Internet.

We break for 90 minutes for lunch. After lunch we resume a delightful afternoon schedule - read more: [www.tsmforlife.com/follow-up/rejuvenation](http://www.tsmforlife.com/follow-up/rejuvenation)  
Course fee: \$30 full day

## FREE MEDITATION REVIEWS

*simple, standardized solutions for meditation problems*

If you've ever attended one of our free meditation reviews, you no doubt realize the importance of taking a few minutes to improve your meditation.

Please join us for the next free group meditation and discussion on meditation at our center in Deerfield Beach. We meet every other Tuesday @ 7 PM.

These free meetings provide everyone with an excellent opportunity to review their practice and strengthen their experience of deep, restful meditation. We take time to examine the role of thoughts during meditation, the correct use of the mantra, spiritual perception, and more. Other Locations: Miami, Palm Beach Gardens & Naples

**New: Reviews via Skype**

## NEW COURSE ADVANCED MEDITATION INSTRUCTION

Dr. Mahapatra Returns  
to Deerfield Beach 4th Tour

Free Lecture

Friday, March 16th at 7 PM  
**Upgrade Your Meditation**



About Dr. Mahapatra

The course instructor, Gyanendra Mahapatra, M.D. was trained in the advanced meditation program by his guru who he served as private physician for 11 years in Noida, India. He is both a medical doctor and renowned Vedic scholar. Honoring his master's request, Dr. Mahapatra opened several vedic schools and to date he has taught over 10,000 students, a world record, in both the Vedic Siddhi Course and Advanced Meditation programs. He currently maintains a vedic school in India and travels the U.S. teaching and lecturing. He has traveled the world and worked with some of the most famous Vedic and Aryu-vedic Scholars, including: Trigunaji, Dwivediji, and Dr. Deepak Chopra.

## NEW COURSE

As you are aware, the basic course in meditation is easy to learn and practice. But did you know there are advanced meditation practices, slight changes to your technique that can be learned?

Attend our next Free Introduction to Advanced Meditation with Dr. Mahapatra. One does not need additional time to practice the advanced meditation. There are no books to read or study to prepare. When you learned to meditate, you were taught how to train the mind to experience the source of thought - to tap the reservoir of

creative intelligence. Now it is possible to enliven that field, to take Advanced Meditation Instruction, a boost in your basic practice.

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

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.

Our guest will be giving a short talk at our Center in Deerfield Beach at 7 PM, Friday, March 16th. We will take that opportunity to have a group meditation. We hope you can come for some or all of the evening. Everyone comes together for orientation at that time - Friday, 7 PM.

Instruction will be given on Saturday and Sunday and lasts about 2 hours each session. If you decide to get an advanced meditation instruction, private appointments are available for Saturday, March 17th beginning at 10 AM. Those who want to learn but can't make it Saturday can come and learn Sunday morning.

On Saturday, arrive refreshed and plan on a 90-minute visit. Dr. Mahapatra will be your instructor and will decide on your eligibility for advanced meditation. As with any personal instruction, on Saturday you will need 6 flowers, 3 whole fruits and a clean white handkerchief. All teaching is in the name of the tradition.

Read More: <http://www.tsmforlife.com/follow-up/advanced>

**Future Courses In June & September**

Note: Payment details are posted on our website. Course fees can be paid by check or most major credit cards.

Or call 954 354-0804



**Private  
One-to-One  
Yoga Instruction**  
Observe or Participate  
Enhance Your Meditation



**Mike Scozzari**  
Part 1



**Ed Danaher**  
Part 2

**Ayurveda Consultations  
Individual Health  
Education Sessions  
Part 1 & 2**

Our center now provides a thorough 2-hour beginner and advanced training session in gentle, relaxing hatha yoga asanas. These private sessions are an excellent way to gain the maximum benefits from yoga. Working one-on-one, you will be carefully guided to gently stretch the body, to relax the muscles and to release the stress that has accumulated in the muscles and joints. There is no forcing involved or competition recommended. The pace is adjusted to your individual needs and comfort level. We become aware as the body finds the rhythm of yoga. New beginners are welcome.

Hatha Yoga is an ancient health-promoting strategy which, if incorporated into one's daily routine, will deepen the experience in meditation and improve the sense of well-being and enjoyment of life on all levels. If you decide to participate, we can assist you through your postures with simple physical adjustments that can allow you to enjoy the maximum benefits of each posture. If you prefer to observe and take notes, that's a great way to learn as well. Following each session, one is encouraged to practice at home. In this way one naturally becomes more flexible. Within 2-3 sessions students are finding their comfort zone and yoga practice is becoming more enjoyable, easier and beneficial.

Before scheduling an appointment with an experienced instructor, we recommend you take a few minutes to look at or download the booklet posted on our website: [www.tsmforlife.com/yoga\\_and\\_fitness/](http://www.tsmforlife.com/yoga_and_fitness/) You can find it about half way down the page titled "Yoga Asanas Step-by-Step with explanations and illustrations."

Hatha yoga exercise is an important supplement to meditation. However, proper instruction is often difficult to locate. Recent national reports from medical journalists warn of possible risks from incorrect practice and instruction. The warning specifically targets strain that could cause damage to the spinal column. We recommend that new students get personal instruction before embarking on an exercise regime on your own. Be sure the training is geared to the individual student (as is the case with our classes). Before participating in a private session you might also want to consult your physician, physical therapist, or qualified health care professional.

**Location**

Deerfield Beach Meditation Center

**Fee**

\$75 for up to 2-hour session

*In Your Home*

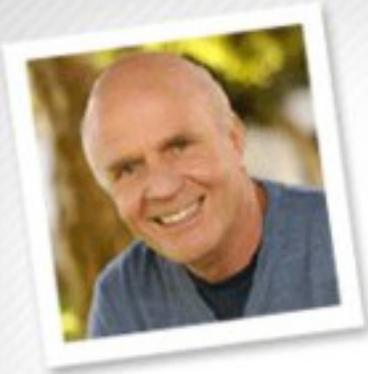
Additional cost for travel will apply

Modern medicine has been slow in providing a system of health care that creates health. Ayurveda is the oldest system of natural medicine with its roots in the ancient Vedic tradition in India. Ayurveda creates health by accepting, understanding and using the intelligence of the body-mind to heal and transform. Recognized by the World Health Organization, Ayurveda has a basic purpose: to heal, to maintain a high quality of life, and to increase the longevity of the individual. In Sanskrit, Ayurveda (Ayur-Veda) means the "Science of Life," in the sense that life is the integration of body, mind and consciousness. Ayurveda aims to perfect the life and its components by maintaining a healthy body and happy mind. When one is happy and physically healthy one's purpose is fulfilled. Ayurveda defines "disease" as the natural end result of living out of harmony with your original constitution. Further, self-realization is possible when there is balance between body, mind and spirit.

We now offer private educational consultations in ayurveda with trained consultant Mike Scozzari. In this private session, students learn about their mind/body type, their health needs, how to slow aging, reduce stress, improve digestion, sleep, immunity and tune in to nature's rhythms. Each private consultation is 90 minutes to 2 hours and is offered at our center (additional fee your home). Schedule an appointment for a consultation with us and start to create health. \$75

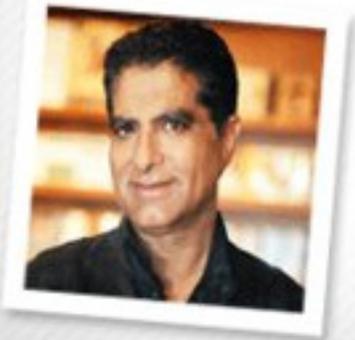
**Pulse Diagnosis with Visiting Expert Ed Danaher  
Part 2 \* \$125**

Once you complete your 90 minute session with Mike you will be eligible for a pulse diagnosis with visiting expert Ed Danaher. Ed spent over 20 years in-residence with Vasant Ladd, a world renowned expert in asyurvedic medicine with his center in New Mexico. Ed travels throughout the U.S. conducting individual sessions. His meetings are about 1 hour each and take place when we have enough students to cover his travel expenses. *More: [www.tsmforlife.com/ayurveda](http://www.tsmforlife.com/ayurveda)*



**"Meditation gives you an opportunity to come to know your invisible self. It allows you to empty yourself of the endless hyperactivity of your mind, and to attain calmness. It teaches you to be peaceful, to remove stress, to receive answers where confusion previously reigned."**

**- Dr. Wayne Dyer  
Best-selling author and renowned spiritual teacher**



**"Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there—buried under the 50,000 thoughts the average person thinks every day"**

**- Deepak Chopra  
Best-selling author, and the founder of the Chopra Center for Wellbeing**

### **TSM – Meditation Course and Practice**

Learn how the meditation technique of Transcendental Stress Management works to reduce stress, improve health, lower blood pressure and improve sleep naturally. Not a religion, TSM can be easily learned by anyone.

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. Oprah Winfrey, Robert Redford, Heather Graham & Richard Gere meditate every day.

**Visit us at [www.tsmforlife.com](http://www.tsmforlife.com)  
Watch video WSVN News.**



**"Don't let anybody walk through your mind with dirty feet."  
- Gandhi**

### **FREE INTRODUCTORY LECTURES**

**On Transcendental Stress Management  
with Mike Scozzari**

Thursdays, 2 PM & 7:30 PM

Deerfield Beach Meditation Center

Wednesdays in Palm Beach Gardens

Every other Week Miami Beach &

Aventura - Naples Monthly

And now via SKYPE

#### **Benefits of daily practice**

Decreased Health Care Use, Improved Health and Longevity, Reduced Stress, Deep Rest to the Body, Reduced Insomnia, Reduced Fatigue, Increased Energy and Intelligence, Improved Cardiovascular Function, Improved Healing Ability, Improves Athletic Performance, Grades and Memory, Increases Awareness, Mental Potential & Quality of Life, Increases Productivity, Success and Resistance to Disease, Improved Relationships and Self-Confidence, Increased Problem-Solving Ability and Creativity

**Call Mike or Maria at 954-354-0804 to register for a free lecture**

## Yoga Instruction & Spiritual Coaching

En Espanol & English, Spiritual Lifestyle Coaching with Maria Scozzari. Meditating 23 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)

Mary Madden Private Panchakarma – 512 - 627-6458 – Reserve - <http://lotus-heart.com>

### Holistic Counselors who meditate and recommend TSM

Psychologist Claudia Rieman learned to meditate with us while in graduate school. 954 336-1105 & Boca Raton 561 393-1911 – [Dr.Rieman@yahoo.com](mailto:Dr.Rieman@yahoo.com)

Joan Lieberman, MA – psychotherapist and 30+ year meditator. Boca Raton - [kwannie@comcast.net](mailto:kwannie@comcast.net)

Maura Cohen, PhD, psychologist - Ft. Lauderdale - Practicing meditation 17 years.  
[drmauracohen@bellsouth.net](mailto:drmauracohen@bellsouth.net)

Karen Kaye, MA psychotherapist & 37-year meditator - Weston - [karenkayecares@bellsouth.net](mailto:karenkayecares@bellsouth.net)

Susan Pomerantz, psychotherapist in private & family therapy Boca Raton - 32-year meditator, MA LMHC-  
[coastahmom@aol.com](mailto:coastahmom@aol.com)

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

[jasonyoungman@yahoo.com](mailto: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](mailto:elizabeth@trattner.net)  
Ayurvedic expert Dr. R. K. Mishra Lectures & workshops in U.S. go to [www.vaidyamishra.com](http://www.vaidyamishra.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. Contributions welcome.

TSM Quick Summary: <http://bluwiki.com/go/TSM>

**Friend Us On Facebook & Join the Discussion:**

[www.facebook.com/meditationcourses](http://www.facebook.com/meditationcourses) - Join Today!

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## Deerfield Beach Meditation Center

Transcendental Stress Management

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