

Transcendental Stress Management

Deerfield Beach Meditation Center

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

ANNUAL NEWSLETTER 2013

The best results from meditation practice are gained by those who practice every day. And as with anything, practicing consistently carves out a behavioral pattern that becomes more established and easier to follow over time. Since you're the only one who can take this journey, the best place to start is right where you are. The idea is to get a habit started, so aim for consistency, meditating 20 minutes twice a day.

Many have linked a regular practice of meditation to reduced levels of anxiety and stress, in addition to improved immune function and a host of other health benefits. The nervous system actually begins responding differently to stressful situations—creativity flows more freely and new solutions begin to emerge. What's wonderful is that many of these advantages occur after just one session and continue evolving with regular practice. As you begin the meditation program, you'll be able to track the benefits for yourself, from changes in your mood to improvements in your energy. Soon you will find yourself reacting from a place of centered calm rather than from your head. Read more inside:
Tips on Daily Meditation Practice

Deerfield Beach Meditation Center

This newsletter reaches over 3,200 people on our mailing list. Fifteen hundred will receive it in color by email. By joining our email list you will receive monthly newsletters with important information on health and wellness, advanced courses, Youtube video talks, and a variety of related center events. Join today by contacting us at ms@tsmforlife.com.

You may recall our announcement regarding our independence and name change to Transcendental Stress Management. This change was officially announced in 2006. Since then we've maintained the tradition of teaching a time-tested formula that dates back thousands of years. Our center continues to provide a simple, natural program of meditation instruction and follow-up. Our course fees are reasonable & we have an open & welcome policy to everyone wishing to learn or participate in our activities. We invite you to attend our functions, most of which are free. We don't require that students adhere to strict, cult-like policies and beliefs. Our goal has always been to keep this beautiful knowledge alive while maintaining its usefulness and correct instruction.

- Mike Scozzari

Health - Wellness - Meditation

Tips on
Meditation Practice
Ayurvedic Consults with
Lisa Raskin, D.C.
Dr. Mahapatra
Returns in June
Vision of Possibilities
Courses
Quotes for Enlightened
Living



Monthly Rejuvenation Day offers the deepest possible rest in a one-day format. Meditators from all over south Florida join us in Deerfield Beach for knowledge, bliss & deep rest. Spend the day or take a morning!



ENLIGHTENED LIVING

Meditators report that the state of pure consciousness experienced during meditation becomes the silent, stable basis of creative thought and activity throughout the day. They begin to perform right action more spontaneously—with less internal debate and worry. They achieve more with less effort. Performance at work improves. Personal relationships become more harmonious. They become more fulfilled, happier. Learning to meditate is like coming home - home to the self.

The fundamental benefit of TSM is transcending, the natural move of the mind to settle down to a state that is perfectly still yet alert. During meditation, transcending occurs repeatedly, and at will, and more deeply. The Vedic tradition, from which TSM comes, gives this simple, fundamental formula for a fulfilling life: “Established in the transcendent, perform action”. Transcending is the priority. Without the support of the transcendent, fulfilment is never complete. There is always something lacking.

To paraphrase Guru Dev, the vedic master of our tradition of meditation: “Whatever may have happened to you up to now may be because you didn’t know. But now you know enough to begin living life to the full. You should never consider yourself to be a weak or fallen creature. After millions of years of evolution you have been given a human nervous system and every second of your life is very valuable. Make full use of it. If you do not, you will have sold a diamond for the price of spinach”. <http://www.tsmforlife.com/transcending>

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.

Includes Group Meditation & Discussion: Correct practice is verified, meditation experiences are discussed, and a thorough review is covered in just 90 minutes.

Now that you have gained experience in meditation and its effects in daily life, it helps to verify your progress in this program through a free meditation review (checking) from time to time. To ensure that you are receiving the maximum benefit possible, it is good to check with a trained teacher at least once a month for the first 6 months of practice and periodically thereafter.

Deerfield Beach Meditation Center
Every Other Tuesday
7 PM to 8:30 PM
Monthly Refresher Course
Saturday, 10 AM to Noon
Jupiter Monthly - Indian Creek
Drive & Military Trail
@ the home of Doreen Sager
Miami Beach Monthly - Praire Ave.
@ the home of Eva Jacobsohn
& Via Skype

The Vision of Possibilities Series

*Continue meditating and keep growing
www.tsmforlife.com/advanced/vision*

Take The Next Step Beyond Personal Instruction

Have you ever felt the desire to continue meditating and keep growing, but were unable to do so? We have a new program for you. It’s called “The Vision of Possibilities Course” and it’s for every meditator who wants to enrich their daily practice.

Make time for follow-up training after basic instruction. It’s important. Since most people are too busy our Center in Deerfield Beach has developed an easy solution. Reading spiritual books and attending so many different lectures is not a solution. Personal development should have a proven track record and be time-tested. And it should include at it’s base the study and experience of pure consciousness.

Perhaps you have felt that your basic course was ‘simply not enough’. In 4 lessons you barely scratch the surface. This new series of workshops offers students a way to develop a very strong knowledge foundation in short time. Results can be seen quickly. With more understanding meditation gets easier to accomplish and appreciate. This new course answers many questions that lie at the heart of the practice. Every meditation student deserves to ‘own’ this knowledge.

To attend this new series, give us your name and number. We are going to offer this class once a month to start. You can select from a day or evening class, a week-night or Saturday Morning class. Each session is 3 hours and costs \$50. We’ve divided the course into 2 lessons for now. We believe this is the right time for going deep into the knowledge— so make plans to join us.

Antioxidant Creates Health

Amrit Kalash is the antioxidant of choice if you can afford it. Studies have shown that Amrit Kalash increases the response of lymphocyte immune cells by 300% to 400%. The antioxidant properties of Amrit Kalash inhibit degenerative processes, including abnormal platelet aggregation (clotting, leading to cardiovascular disease) and the aging process. Among chemotherapy patients, research indicates that Amrit Kalash helps contain anorexia and vomiting. To purchase Amrit Kalash go to: <http://www.tsmforlife.com/amrit/>

Quotes for Enlightened Living

By Deepak Chopra, M.D.

"If you were to ask me what was the most important experience of my life, I would say it was learning to meditate."

"Just the slightest opening of awareness causes a reality shift. Meditation, because it opens more channels of awareness and opens them to a deeper level, causes a bigger shift. By removing the distractions of stress, meditation renews the nervous system's memory of balance."

"If your approach to life is to take it one day at a time, the very last day won't be any different."



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."

"No matter how much of a mess we may have made of our lives, it is always possible to tap into the part of the soul that is universal, the infinite field of pure potential, and change the course of our destiny."

"People who feel loved live longer; have fewer colds, lower blood pressure and lower cancer rates; and have fewer heart attacks."

"Learn to get in touch with the innermost essence of your being. This true essence is beyond the ego. It is fearless, it is free, it is immune to criticism, it does not fear any challenge. It is beneath no one, superior to no one, and full of magic, mystery and enchantment."

"Your body doesn't like holding on to stress; it does so essentially at the urging of the mind. Taking your mind off the situation and letting your body release its excess energies is a valuable step."

"Stress is ongoing; therefore reducing stress also needs to be ongoing."

"When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities. The more attention you put on coincidences and the more you inquire into their significance, the more often the coincidences occur and the more clearly their meaning comes into view."

"The important thing is how much consciousness you add to the whole of human existence, for that is how eternity expresses itself."

"Anxiety comes from the ego's need to protect itself. The ego is not easily defeated in its preoccupation with everything but love."

"An emotion is a thought linked to a sensation. The thought is usually about the past or the future, but the sensation is in the present. To feel an emotion fully and completely, to experience it and then release it, is to be in the present, the only moment that never ages."

"The most worthwhile life is spent discovering your spiritual core and building your existence on it."

"We have an undeniable need to gather together for spiritual purposes."

"It isn't love when another person cannot give you the space to live your own life. If you look deeper you will see that love and attachment are not the same thing."

Receive inspiring quotes free every month. Sign up for our free email newsletters: tsm@tsmforlife.com

Tips On Daily Meditation Practice

Establishing A Routine * TSM in the AM & PM

As time goes by and meditation becomes part of our routine, we wake up feeling fresher, brighter and more rested each day. Sit to meditate in the quiet of the morning. The dive within has more silence and is very nourishing, far better than sleep during that same time period. For most people this means no phones, no checking your email - none of that. Don't eat or do too much activity just yet. Finish meditation first. Maybe get up, begin with some light stretching, and if you like, get started with a shower first. This will help us awaken. If you continue to fall asleep in meditation, go to bed earlier and try waking up a bit more first, then sit to meditate.

When you begin your day, try not to postpone meditation. Always have the intention to get to it asap every morning. Many can attest - as morning time passes and the pressure of your day starts with phones and schedules, it might not be entirely practical to sit and meditate. So have a plan established. By skipping the evening news and retiring earlier (not to worry - the news will be repeated in the morning), wake up a little earlier to enjoy deep meditation. It makes good sense to allow a few minutes extra in the morning.

Is there an ideal time for meditation?

Twice a day is the formula. Once a day provides only 30% of the benefit. For 100% benefit, the mind/body system needs a rhythm. We begin the day with meditation as noted above. When we end the day we recharge the system with deep meditation, preferably before the evening meal. A meal will raise our metabolic rate and prevent deep, rewarding meditation. Ordinarily meditation will lower metabolism an average of 16%, but not if we've just finished a meal. As for meditating too late, it is thought to be harmful to practice after 8:30 PM. It could awaken the nervous system when what we really need is to move toward our natural sleep cycle. Late night meditation often results in sleep and not meditation so why bother! Research shows that the state of deep meditation is very different from that of sleep.

Once you've been regular in your meditation practice for 3 years or more, and have the time, you can go for 25-30 minutes meditation each sitting. Just allow more time to come out. The recommendation is to be consistent, keeping the 25-30 minute routine every day. You will notice a difference and might benefit from a meditation review to help you make the change.

Tips From Our Refresher Course * When Meditating

- * Take it as it comes
- * No anticipation, no expectation of any results
- * Never be in a pushing mood
- * Relax and enjoy. Meditation practice should always be effortless.
- * Thoughts work for you, not against you

If you find yourself missing meditations, making excuses or unable to settle for the 20 minutes recommended, there is an easy solution. If you notice you are feeling bored...you are making an effort to



practice. If you are concentrating, even a little, you are working too hard. It would be more correct to say that those who have difficulty concentrating have a better chance of meditating correctly simply because the easier the practice becomes, the better the results.

The solution is already available. Attend a review or refresher session in West Palm, Deerfield Beach, Miami or Naples. The time you spend in learning more insures that the practice will become easier and more enjoyable.

As your practice continues, it changes

Did you know - As your practice continues, it changes? What are the signs of these changes, how will it effect you and is it possible to accelerate the process, produce greater benefit with each new sitting? These are some of the topics covered in a refresher course. If you take your practice seriously, or would like to, join us for our next free review.

Finding the Ideal Sitting

Let's explore a few different ways of sitting. You may be familiar with the classic full lotus or half-lotus position in which many long-term meditators are often pictured. One can build up to the half-lotus but this position is not required. It might be too distracting to keep attentive to posture, disallowing deep relaxation. Posture should not interfere with disconnecting and relaxing. Sitting in a full lotus position is fine for accomplished yogi's who pose for photos, but not for TSM practice. Just find a comfort level that suits you, a chair, sofa or bed. Since lying down tends to induce sleep, it's recommended

Go With The Routine

Tips / Continued

that one always sits to meditate. Sit comfortably, allow the head to be free of support and relax.

Once you've determined the most appropriate way of sitting comfortably, select what will become your regular place for meditation. You'll want a location where you can spend time every day without interruption. While it doesn't need to be used solely for meditation, it is helpful to be at the same relative space for each sitting—especially as you try to create a new routine. The perfect spot may be your favorite living room chair, or in front of an altar if you have one, or maybe your bedroom if that's the most serene place. It just needs to be somewhere that's comfortable and as safe as possible. It's best to meditate in a place where one can let go and disengage the mind of fear and apprehension. Having a special room for meditation could be a luxury. Try to not get too preoccupied with everything. After all, people meditate in noisy cities, hospitals, libraries and airports with great success.

Not everybody has complete quiet time. You may have children or pets that need your attention, a noisy neighbor or cars driving by. Meditation can be done even under the noisy circumstances if the noise is relatively constant. Please do not feel like you are at a disadvantage or that you won't get the results you desire. You might soon discover that it's become natural for you to be at peace, no matter what is going on around you. If necessary, reusable earplugs are available at the local pharmacy, brand name Howard Leight. Earplugs are great for meditation on long flights, in airport waiting rooms, etc. Just use them as and when necessary, not all the time.

Plan your meditation schedule for the week ahead and faithfully follow the routine you've created. There's no need to judge anything. Just go with the routine, not our moods or circumstances, and your practice will evolve.

Advanced Meditation Instruction

With Gyanendra Mahapatra, M.D.

Tour in June & October

Techniques Tailored to the Individual



Questions & Answers on Advanced Meditation Instruction with Dr. Mahapatra

Here is an opportunity for every meditator to take an important step in your personal growth and meditation practice. 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 take Advanced Meditation Instruction, a boost in your basic practice.

There are 6 different Advanced Meditation methods one can learn. Each new technique is taught by Gyanendra Mahapatra, M.D. To date he's taught over 10,000 people this technique and worked directly with our teacher from India to receive his training. He tours the United States regularly and is a frequent guest to our meditation center in Deerfield Beach. He plans to return in June and October. Here is a question and answer session with Dr. Mahapatra.

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 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.

Question: My meditations vary. Sometimes I go very deep, sometimes I am active. Will this change if I take the new course?

Deep Rest * Rejuvenate Monthly 2013 Knowledge Day Course



Rejuvenation & Knowledge Enhance Your Meditation Half Day or Full Day

Deerfield Beach Meditation Center

Join us for a 1-day program of knowledge and extended meditation, held the second Saturday of each month, from 8:45 AM to 5:30 PM. Offered monthly in South Florida for the past 10 years.

When we take time off from work or school, it never truly delivers the rest we need. The degree of rest is never deep enough and the fatigue continues to build up in the body. It's not enough just taking oneself away from work for a while. True recreation allows for deep and natural rest. This is the real meaning of the word 'recreation'--activity and rest that are 'recreative'.

Our one-day program allows you to get deep rest and refreshment, as well as useful knowledge and deeper experiences with your meditation program.

<http://www.tsmforlife.com/follow-up/rejuvenation>

Advanced Meditation Continued ...

Answer: Advanced Meditation Instruction speeds up the growth of consciousness. With each new instruction one finds this to be true. As we continue, the mind and body become less and less active, more silent. Deep meditation is the result of regular practice.

Question: This will be my first advanced instruction. Will I receive a new mantra?

Answer: Most likely. Could be an addition to the existing mantra. Each instruction is tailored to the individual. I will teach the first, second, third, fourth, fifth and sixth techniques and will determine

the instruction best suited to you. It's an upgrade in your meditation practice itself.

Question: I learned to meditate some time ago. I have not been regular in practice and want to get back into a good meditation routine. Should I take advanced instruction?

Answer: Yes. You need to have practiced 6 months straight at some point in the past. Meditators everywhere find the increased charm of deep meditation uniquely rewarding to all levels of one's life.

Question: Dr. Mahapatra. Were you trained by the same person as all TSM teachers?

Answer: Yes I was. It's all standardized. Teachers are taught in the same way. Advanced Meditation instructors have the most training and have the responsibility to keep the teaching pure, as it was originally taught.

Meditators interested in meeting with Dr. Mahapatra can sign up for his free lectures during his next tours in June and October. Read more at our website:

www.tsmforlife.com/follow-up/advanced



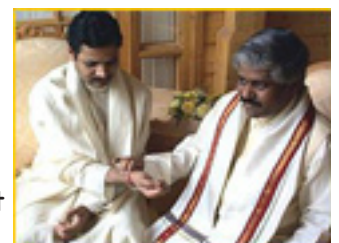
Dr. Lisa Raskin, D.C. Ayurveda Consultations

Deerfield Beach, FL
Visiting Expert In Shaka Vansya Ayurveda & Chiropractic, can create a plan designed to gently bring you back to health.

FREE TALK APRIL 3

Lisa Raskin, D.C. is one of only 7 physicians certified by Vaidya Rama Kant Mishra to practice Shaka Vansya Ayurveda and utilizes both Pulse Diagnosis and Applied Kinesiology to determine your imbalances and create a plan designed to gently bring you back to health. Her goal is to empower people to become healthier than they have ever been.....on all levels. Dr. Raskin splits her time between her practice in Austin, Texas. She visits our center every 3 months and can see patients starting in late March. Consultation will be held at our Meditation Center in Deerfield Beach. Contact Dr. Lisa Raskin, D.C. at 512-698-3902 lraskindc@gmail.com * Free talks in 2013 start April 3rd

In Ayurvedic medicine the pulse is used in conjunction with Darshana (pure observation and inspection), and Prashna (questioning). It is all three of these that must be employed to reach a healthful plan



www.tsmforlife.com/ayurveda

More On Meditation and Stress Relief Course and Practice

The regular practice of TSM has beneficial effects on reducing physiological and psychological stress mechanisms that leads to the hypothesis that it may extend life span, along with a higher quality of life. TSM improves quality of life by increasing mental clarity, reducing "feeling old", lowering blood pressure, and reducing medical care utilization and expenditures.

TSM is a simple, easy-to-learn mental technique which produces a state of rest much deeper than the rest gained during deep sleep. This very deep state of rest allows the body, in a very natural and easy way, to dissolve deeply rooted stress. Stress, the physiological wear and tear on the nervous system is caused by undue pressure or an overload of experience.

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. TSM - It's simple, effortless & enjoyable. Introductory & follow-up courses are available on skype or throughout South Florida.



Visit us at www.tsmforlife.com

FREE INTRODUCTORY LECTURES

On Transcendental Stress Management
with a trained teacher

Thursdays, 10 AM & 7:30 PM

Deerfield Beach Meditation Center

Wednesdays in Palm Beach Gardens

Every other Week in Miami Beach

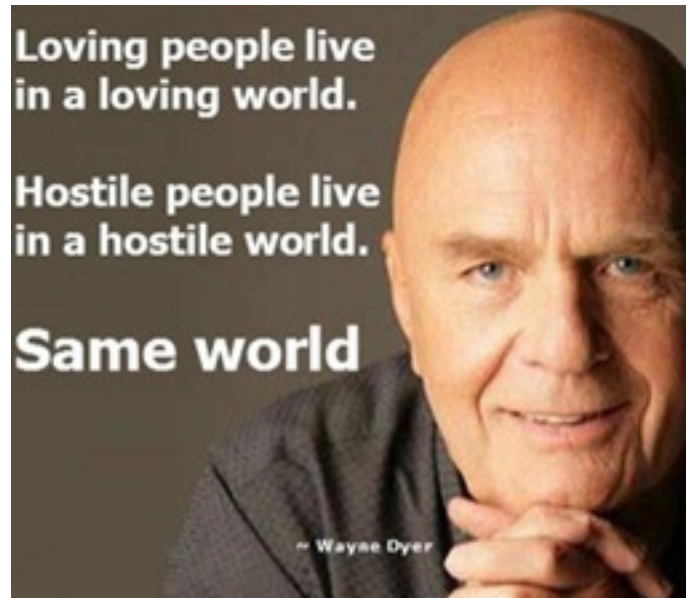
Aventura & Naples Monthly

And via SKYPE

7 Misunderstandings

7 major misunderstandings people
have about meditation.

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



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 in Spanish or English

Why does the body need less oxygen during TSM?

Because it adopts a more energy-efficient style of functioning. The arteries expand so that more blood flows with less effort. Heart rate decreases. The volume of lactic acid, the biochemical associated with anxiety, drops markedly. Electrical skin resistance, which decreases in anxiety states, rises sharply. This integrated complex of changes cannot be brought about by individual effort.

Attend Vedic Celebrations

Deerfield Beach Meditation Center

April 11/July 22/October 5

Yoga Instruction & Spiritual Coaching

En Espanol, French & English, Spiritual Lifestyle Coaching with Maria Scozzari. Meditating 24 years mariascozzari70@gmail.com
<http://www.tsmforlife.com/spanish>
Yoga Institute of Miami – South Miami
Bobbi Goldin bobbiji@yogamiami.com
Ask about Free Lectures on TSM @ YIM
305 969-5999 * www.yogamiami.com
Bruce Wilkin, LMT, Private Panchakarma
239-649-5766– bkwlmt2k@comcast.net
Naples/Ft. Myers



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

jasonyoungman@yahoo.com 305 984-1050

Dr. Elizabeth Trattner, DOM Oriental Medicine in Miami Beach - meditator - Appeared on the Oprah Winfrey Show with Dr. Andrew Weil - elizabeth@trattner.net
Ayurvedic expert Dr. R. K. Mishra
Lectures & workshops in U.S. go to www.vaidyamishra.com

Holistic Counselors who meditate and recommend TSM

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

Joan Lieberman, MA – psychotherapist and 31+ year meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Lauderdale - Practicing meditation 18 years.
drmauracohen@bellsouth.net

Karen Kaye, MA psychotherapist & 38-year meditator - Weston - karenkayecares@bellsouth.net

Susan Pomerantz, psychotherapist in private & family therapy Boca Raton - 32-year meditator, MA LMHC-
coastahmom@aol.com

Mike Scozzari, Editor and TSM Director of Programs. To receive our free monthly e-newsletter service, apply by email at tsm@tsmforlife.com and list “Newsletter” in the subject box. This service is our most popular source for new information, articles & courses.

TSM Quick Summary: <http://bluwiki.com/go/TSM>
Friend Us On Facebook & Join the Discussion:
www.facebook.com/meditationcourses - Join Today!

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Deerfield Beach Meditation Center

Transcendental Stress Management

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