



# THE TSM Meditation Center of South Florida

Stress Reduction, Healing & Development of Consciousness

**Transcendental Stress Management Newsletter 2018-2019**

**Dr. Mahapatra Tour \* Follow-Up Program  
Bliss Technique Course For Healing**

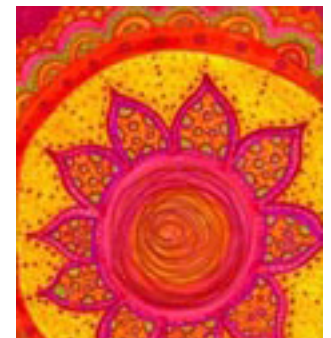
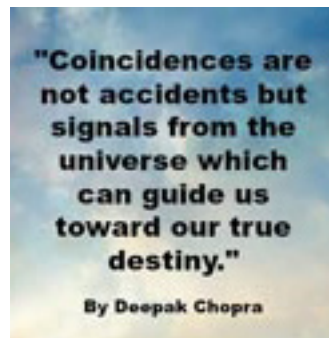
## **The Goal**

Our goal at the TSM Meditation Center is simple: To teach meditation to as many people as possible and provide step by step follow-up designed to help everyone succeed with their practice. We believe daily meditation results in better health, clearer judgement, greater happiness and less stress. These important benefits help create a more peaceful society as well. To gain maximum from TSM we need to be doing it correctly which results in doing it regularly. Go with your routine, not with your moods & practice every day. As for follow-up, even experienced meditators can find that meditation becomes difficult. That is why we have follow-up; To ensure that your practice remains simple, effortless and rewarding.

We encourage everyone to join us as we share this knowledge about living life in greater fulfillment. Please take advantage of our programs. We always seek to uplift everyone we teach. Once you begin, plan to attend our free follow-ups and strengthen your practice. Our surveys show that this is the formula for success. Our center is located in a safe and well maintained gated community and every meeting is taught in a professional manner. Our guests are always encouraged to return and in so doing, help us create an atmosphere of peace, energy and friendship. As your meditation practice at home continues to provide more benefits, you will find our center a lighthouse for greater understanding and coherence. When you feel that growing sense of inner contentment, it's good to know there is a place where that inner state is cherished. The ancients say there are two fullnesses to be lived - inner and outer. Please contact us and join our follow-up programs, dinner parties, group meditations and special events. Keep your practice in tune with regular meditation reviews and refreshers. Don't lose this gift of meditation. Make a commitment today and stay "on purpose".

## **The Failure of The Work Ethic**

The sages before us handed down this practice and emphasized that it be preserved. They feared that the teaching might become watered down and ineffective. They intended for it to flourish. The reasoning has always been that meditation should be effortless and thereby enable anyone to reach a state of transcendence, the source of thought. Currently there is an upsurge of interest in meditation but unfortunately the method known as Mindfulness Meditation is what most people are learning. The work ethic here in the west encourages hard work. This is never a good idea for a method of meditation. Hard work, concentration and visualization actually prevent deep transcendence, Mindfulness It is not taught as a method which enables one to get very deep or to transcend as we do in TSM. Mindfulness keeps the mind engaged, active and working. This method differs from TSM in many ways, but this is the main difference.



## **Meditation Heals**

Our physical and energy bodies become tense and damaged through stress, old injuries, poor nutritional habits, lack of circulation, and emotions we feel we cannot control. TSM Meditation can help reverse the effect of this damage by developing an inner sense of peace and relaxation, as well as an ability to handle stress before it creates physical damage in the body. Meditation heals your physical and energy body, quieting the mind and uniting you with your own inner healing system and wisdom.

**P.O. Box 4731 \* Deerfield Beach, Florida 33442 \* (561) 542-9200 \* [www.tsmforlife.com](http://www.tsmforlife.com)**

# TSM Meditation Center

## Introductory & Follow-Up



### Free Group Practice of TSM Meditation Every Other Tuesday @ 7 PM

Group meditation and a Refresher Course is one of the best ways to fine tune and improve your meditation practice. The group practice of TSM Meditation amplifies the intentions that you set during each group meeting. It's a powerful way to design your own reality from that point forward. Gaining maximum from your daily practice of meditation requires periodic review. Email us for reservations and directions.

By allowing time each day for meditation we expose the mind to very subtle, refined levels of thinking which on the physical level is extremely deep, healing rest. Mind and body together become silent and self-referral. According to the Yogis, this state is called "sat chit ananda" and is a state of pure, immovable bliss. All activity has become silent. In this way the nervous system gains the status of 'normal functioning', which is to say, stress-free and fully functioning. When a gardener wants to improve a plant or tree, she puts water on the area of the root. We don't waste time watering the leaf. The tree gains nourishment by absorbing the nutrients found at the root. Better to not waste our time watering the leaf, chasing problems that reside in the gross field of creation.

The meditation we teach has its roots in the Vedic tradition in India. Here is a rare look at a silent film taken of teacher Guru Dev, Shankaracharya Of Jyotirmath (1941-1953) Silent Film Footage: <https://www.youtube.com/watch?v=txc-ffKNV7E>

Our teachers were trained and certified by a worldwide teacher training program and we now work independent of any organization.

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.

**Deerfield Beach**  
Group Reviews  
Tuesdays @ 7 PM

Monthly Group Workshops  
1st Saturday every month @ 9:30 AM



## SATURDAY MORNING WORKSHOPS

### Meditators Spiritual Enrichment Classes

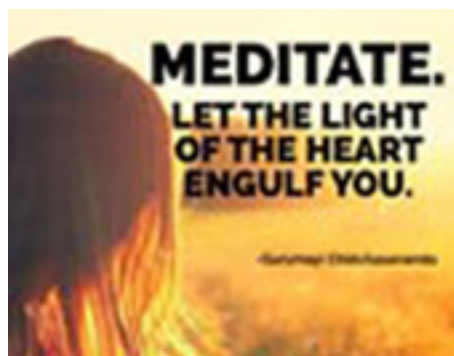
#### First Saturday of Every Month

9:30 AM - Begins with 20 Minutes of Group Meditation (spiritual practice)

10 AM to Noon - Group Meeting featuring a new theme each month, new discussion, guest speaker or Video

Enjoy a relaxing *morning* of knowledge together with the company of other meditators. Attend these Saturday classes and find out how to enhance your spiritual practice & lifestyle. Don't feel isolated on your spiritual path. Learning to establish a solid foundation is essential. Our Saturday events will include discussions on gaining higher awareness, Ayurvedic healing & longevity. Guest speakers will be sharing their specialties like Yoga teacher Erika Bondy, psychologist Dr. Claudia Rieman, Maria & Mike Scozzari who sponsor the events and others who provide insights into self-discovery and awakening. We will be featuring DVD videos from our library with spiritual teachers Eckhart Tolle, Deepak Chopra & Dr. Wayne Dyer.

Inside you is a Light—the Light of Awareness. If you nourish this Light, it will always remain lit and will grow in brightness. Take time to nurture your journey of self-discovery. It is your path from ignorance and limitation to freedom and enlightenment



It's a personal practice but aspects of it can be done collectively, so join us. It's for our own personal growth—it's self-enrichment, not to impress others or for any external reward. Learn to listen to your body and what intuitively feels correct. Reserve today for our next monthly Saturday event. Event fee: \$20. Contact us at 561 542-9200 or email [tsm@tsmforlife.com](mailto:tsm@tsmforlife.com).

#### OUR FACEBOOK GROUP EXPANDS

Over 1,600 Members \* Join Today \* Daily Posts - Event & Inspirational Messages  
<https://www.facebook.com/groups/tsmmeditation/>

## Advanced Meditation Instruction

With Gyanendra Mahapatra, M.D.

In South Florida February 8, 2019

Advance Your Meditation

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

The most important thing one can do to improve their meditation is to learn and practice Advanced Meditation. Once learned, it does not require any extra time to practice. It's a great joy to welcome Dr. Mahapatra once again to So. Florida, an expert in Advanced Meditation. He is both a medical doctor as well as a full-time meditation instructor. He tours the east coast of the United States teaching and lecturing. He is an expert in Advanced Meditation practice having spent over 12 years with our Vedic teacher from India. To date he has given personal instruction to over 9,000 meditation students. The only requirement is that you already practice meditation for at least 2-3 months. Even those who might not be regular in their practice are encouraged to attend this course.

According to Dr. Mahapatra, Advanced Meditation is a simple and natural way to add more to the meditation by most often changing the mantra and improving the process of transcending. Every meditator has lost track of time in deep meditation and came out refreshed and awake. Advanced Meditation takes the practice to that level more frequently. The improvement is like a fertilizer that nourishes a tree at a time when it could benefit.

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

**Answer:** Most likely. Each instruction is tailored to the individual. Dr. Mahapatra 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?



Gyanendra Mahapatra, M.D.

Q & A (Continued)

**Answer:** Yes. You need to have practiced 6 months in a row at some point in the past. This is a big boost in your practice and does not require extra time to provide benefits. Meditators everywhere find the increased charm of deep meditation uniquely rewarding to all levels of one's life.

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

**Answer:** Advanced Meditation practice 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.

*"The purpose of Advanced Meditation is to take the experience to another, higher level. To enjoy greater achievement and fulfillment in life, take advantage of this beautiful program of Advanced Meditation Instruction to enrich the development of higher states of consciousness." - Dr. Gyanendra Mahapatra*

*"I received my first mantra 40 years ago in Miami and I thought I would never need another one; but, something happened--I have evolved and I've grown inwardly. So because of this growth, my 'inner-voice' said, 'Since you are a 'new you', it is now time for a new mantra.' The point is, as we grow inwardly, we need tools so that we can continue growing. That's where the techniques come in. Advanced Meditation training provides us with simple, natural improvements to the most effortless technique in the world--TSM,!" - Lewis B. Miami, 2015*

## Schedule Advanced Meditation Course

February 8, 2019 Deerfield Beach. Reservations Required: ms@tsmforlife.com or 561 542-9200. Here is the schedule:

Free Introduction to Advanced Meditation Friday, February 8, 2019 - 4 PM and 7 PM Refreshments Provided

Instruction the following day Dr. Mahapatra will explain the benefits and practice of the techniques he will be teaching. Every meditator is welcome to attend.

PART 1 - Instruction Advanced Meditation  
Saturday, February 9 - 10 AM or 2 PM  
Or if unable to attend Saturday,  
Sunday, February 10 - 10 AM or 7 PM

PART 2 - Checking and Review for past and recent students with Dr. Mahapatra  
Sunday, February 10th, 1:30 PM (90min)  
Instruction is both group and private.



If you are traveling a distance we recommend the Hampton Inn on Hillsboro Bl in Deerfield Beach just east of I-95.

Dr. Mahapatra will conduct a Vedic Celebration to Increase Prosperity & Remove Obstacles  
Sunday, February 10th - 3:30 to 5 PM - Free  
- Contributions Welcome

Other Classes with Dr. Mahapatra  
Monday through Wednesday - Vedic Siddhis  
Review & Course 10 AM to 4 PM

Lunch with Dr. Mahapatra  
Friday, February 8th, 12 Noon  
Punjab Indian Restaurant in Boca Raton  
RSVP Please don't call the restaurant. Contact us - ms@tsmforlife.com.

If you would like to attend this course but for some reason are unable, notify us. We will keep you posted about other options & courses.

## Quotes For Enlightened Living Series

Consciousness is the source of thought, the home of all the laws of nature and the field of all possibilities. Consciousness conceives, creates, governs and maintains the mind and body. Consciousness is also referred to by the ancient wisdom traditions as the source of cosmic intelligence and self-realization. We are both individual (like the wave) and cosmic (like the ocean), the small self and the higher self.

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

“The deep state of rest produced by meditation triggers the brain to release neurotransmitters that enhance feelings of wellbeing, focus, and equanimity, including dopamine, serotonin, oxytocin, and endorphins. Meditation choreographs the simultaneous release of these neurotransmitters, something that no single drug can do – and all without side effects.” - Deepak Chopra, M.D.

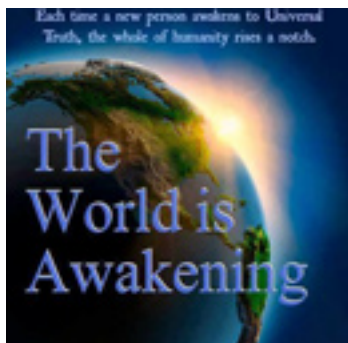
“When the Kundalini rises, automatically you develop your own balances and that balanced life manifests outside. Now this ecological problem can be solved as soon as human beings get transformed and develop their balances. Because we are imbalanced, that's why the nature has gone into imbalance.” - Nirmala Srivastava

“Each of the seven chakras are governed by spiritual laws, principles of consciousness that we can use to cultivate greater harmony, happiness, and wellbeing in our lives and in the world.” - Deepak Chopra

“The more you give, the more you restore others' faith in humanity and the goodness in the world. So keep giving, keep nurturing others. Among all quotes on gratitude, this really stands out.” - Maya Angelou

“Some part of our being knows this is where we came from. We long to return. And we can. Because the cosmos is also within us. We're made of star-stuff. We are a way for the cosmos to know itself.” - Carl Sagan

“If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars” - Rabindranath Tagore



“When the idea of the objects falls away gradually, and attention is more and more fixed upon the awareness, it will be seen that it is Reality which pervades everything.” - Atma Darshan

## Medical Doctors Given Secrets To Healing & Pain

Courses Taught Regularly In Deerfield Beach & On Skype



**Ask Dr. Chopra:** "The bliss technique gives the patient the experience of himself as pure awareness, the ocean of well-being that is our basic prop and sustenance. With this technique alone it is possible to 'drown' a disease in awareness and cure it. However, like the hypnotic subjects who can focus their attention to make a blister appear, it is also useful to focus attention more precisely to heal."

## TSM BLISS TECHNIQUE COURSE

Deepak Chopra, M.D. and Gyanendra Mahapatra, M.D. became friends after medical school. Later on they both trained with a rishi from India. During that time they were both given a mental technique that their master always wanted to share. This teaching/technique has two different names: The Psychophysiological technique and the Bliss technique.

This effortless procedure helps the body heal while reducing pain and stress. It can be practiced by anyone who has already learned our meditation and one can learn at our center in 2 hours.

The benefits are immediate. You learn how to awaken your body's natural ability to heal. The experience is blissful and relaxing, expansive and subtle. Pain is not the enemy. Learn this and use it throughout your lifetime.

Mike Scozzari was personally trained to teach the technique by both doctors and can teach it to you. The first hour is free: the introductory talk. In the second hour, the technique will be taught. There is no obligation to attend the first hour. The price is still \$125, a reasonable price for a lifetime of benefits.

Please contact us at [ms@tsmforlife.com](mailto:ms@tsmforlife.com) today and plan to attend. The schedule is flexible for both day and evening classes.

Bliss is not just an upsurge of positivity and wellbeing but a healing force that can be awakened and directed in the body. There will be a new mantra for the technique so plan to view our ceremony of gratitude when you start.

Once instructed there will be free follow-ups as needed. Add this supplemental technique to your regular meditation practice and enjoy it. It can be practiced any time, day or night for 15 minutes or as long as you like. If you have chronic pain or would like to have a tool to combat it, learn soon.

The best way to get rid of the **pain**  
is to **feel** the pain.  
And when you feel the pain and **go beyond** it,  
you'll see there's a very intense **love**  
that is wanting to **awaken** itself.  
- Deepak Chopra

*"Find a place inside where  
there's joy, and the joy will  
burn out the pain."  
- Joseph Campbell*

To read more, go to our website: [www.tsmforlife.com/follow-up/bliss\\_technique](http://www.tsmforlife.com/follow-up/bliss_technique)

## Dr. Mahapatra To Teach Sutras

To Awaken Our Hidden Potential

Many meditation students practice every day for 20 minutes each sitting. The rewards outweigh the time involved. If you could sit for a few extra minutes, spend a little more time meditating, would you be interested?

The Vedic Siddhis Course is added to your 20 minute sitting. It involves a slightly different process called sutra practice, a time-tested procedure that has been taught for thousands of years. The texts were originally compiled by Maharishi Patangali in his classic Yoga Sutras. Now one can learn the formula with our guest Dr. Mahapatra. Class will begin Monday, February 11, 2019 at 10 AM and will continue on Tuesday and Wednesday, 10 AM. We also have evening classes for those days at 7 PM. Dr. Mahapatra has already taught over 8,000 this process and any meditator can learn it. Just attend the free talk on Monday 10 AM or 7 PM. Reservations required.

The ancient seers since Maharishi Patangali have known of this formula to develop one's **spiritual gifts** and have passed it on to us. That fertile state of silence gets established after 20 minutes of meditation and is very powerful, orderly and complete. In this state we learn how to introduce each sutra (there are several). Each "sutra" one learns is different and allows that silent bed of consciousness to emerge with a unique 'flavor'. With the regular practice of this addition, we enliven that field of consciousness, which gradually produces a ground for greater success in our spiritual and material life. It's a technique to develop consciousness more quickly and find our essential nature. The ability to fulfill desires is structured into the Siddhis practice. The awakening of awareness in silence creates a unique opportunity for spiritual advancement. One feels a natural upsurge in creativity, positivity and intelligence and senses that level of cosmic intelligence. We systematically awaken the ability to think, speak and act from unbounded awareness.

Once you have completed 6 months of practicing basic meditation and have a little extra time, you are eligible to learn the Vedic Siddhis. Dr Mahapatra will explain everything at the free introduction - Instruction to follow. This is a beautiful way to take time to change from within, to develop your power of intuition, to awaken the mind-body intelligence for healing, and to be happier. Attend the free talk and take our most advanced class.

## Free Introductory Lectures on TSM Meditation **Aprenda a Meditar**

Day or Evening Lectures designed to fit your busy lifestyles

Meditación TSM es fácil de aprender y practicar



### TSM Meditation

Good For The  
Entire Family

Lectures & Courses are held in Deerfield Beach, Miami, Jupiter & Naples. Private TSM Meditation training sessions are held in the comfort of your home, your office, or our center in Deerfield Beach - And now via Skype or Facebook Instant Messenger.

You can schedule a private at-home session for yourself, or with your friends. Unique classes can be tailored to meet your needs. Release your inner burdens and calm your mind and body. Learning to meditate only requires a little of time for years of benefit. Plan to attend.

Find out how this meditation improves memory, perception, self-regard and spontaneity. It also lowers the incidence of disease, anger and blood pressure. It slows aging, lowers stress, improve sleep & academic performance and improves relationships. We take a thought that suites us, it's called a mantra, and we learn how to effortlessly use it. If you don't have time to meditate you must have time to suffer. Call when ready or to discuss: 561 542-9200.

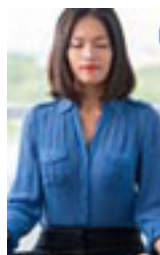
TSM makes the active mind fully silent, spontaneously, and that silence remains when one comes out of meditation, then the mind remains silent and remains silent and active. The inner creativity from TSM comes out and then, with increased creativity, people don't have to work that hard.

TSM is effortless, it's practiced twice a day for twenty minutes, and it enables anyone to reach a state of restful alertness, a state of complete healing silence for both the mind and body.

New students are required to be free of any recreational or hallucinogenic drugs for at least 15 days (including marijuana). We don't judge the behavior, we just know the best experiences in meditation are possible when these substances are eliminated for 2 weeks. We don't want anything to interfere with your success. It is a requirement of the physiology. Kids can learn from about age 4.

**SEND A FRIEND TO LEARN TO MEDITATE & GET 10% OFF**  
And 'Advance' Your Own Daily Practice Of Meditation

If you would like to share this beautiful practice with friends and family, contact us. To show our appreciation we will offer you a 10% discount that you can apply toward Advanced Meditation Instruction with Dr. Mahapatra who returns to south Florida regularly.



### Free Introductory Lectures

Deerfield Beach  
Pompano Beach  
Public Library  
Aventura Public  
Library  
Jupiter



TSM Meditación en el sur de la Florida en Deerfield Beach Reserve su cupo con Maria Scozzari at 954-621-3568 o enviarle un email a la dirección: maria@tsmforlife.com Charla introductoria gratuita El primero y el tercer miércoles

de cada mes. La meditación TSM mejora la práctica de yoga, reduce el estrés, mejora el sueño y desarrolla nuestra vida espiritual.

10 AM or 7 PM \* 90 Minutos

Los estudiantes mejoran sus notas al reducirse la ansiedad. También se reduce la depresión y la baja autoestima.

TSM se practica diariamente sentado cómodamente con los ojos cerrados. Se mejora la creatividad, salud, las notas en el estudio y el amor propio.

Se sana el cuerpo y se normaliza la presión arterial, se reduce la fatiga, el insomnio, el consumo de cigarrillos y alcohol.

Al experimentar un nivel profundo de relajación, uno puede empezar a soltar miedos y patrones negativos de pensamientos.

Es una fórmula simple y natural para obtener más de la vida. La yoga y la meditación se complementan.

El instructor de meditación Mike Scozzari es un profesor certificado de meditación TSM. Maria Scozzari traducirá al español y asistirá a Mike durante la charla introductoria y el curso en general.

SPANISH: Cursos de meditación en Español South Florida  
<http://www.tsmforlife.com/Spanish>

The fruits of enlightenment show through the changes one experiences brought about by morning and evening meditation. By sitting to meditate each day one realizes changes in one's life that are also life-changing. Greater creativity and present-moment awareness begin to support all our thoughts and actions.

The initial changes one experiences are usually superficial or external but are nevertheless welcome, such as improved health, sounder sleep, or better attention and focus. However, there are deeper and more profound changes that come during the course of the regular practice of meditation, such as spiritual growth and expansion of one's consciousness and greater connectedness to all life..

## Watch Full Documentary About World Famous Healer

Spiritual Retreats to Brazil Scheduled For March & July

Enjoy the film and join us in Brazil for the next tour. To find out how, contact approved JOG guide Cathy Fernandez at [Mybodhihealing@gmail.com](mailto:Mybodhihealing@gmail.com). She coordinates the tours and lives here in South Florida. Next tours in early March and September 2019. US Citizens need a visa from a Brazilian Embassy. Apply on-line for a two year visa or in-person for a 10 year visa. If you already have a passport from South or Central America, no visa is required.

### WATCH FULL MOVIE

<http://www.mediafire.com/file/9gj1tygitcd09sa/The+Healing+Movie.m4v>

\*\*\*\*CAUTION\*\*\*\*Do not click on any of the advertisements. There is nothing you need to buy and nothing you need to join. Once on the website click on DOWNLOAD 415 megabytes. Most of you already have a default media player already installed on your computer. In the upper right corner you can download VLC (for Mac) or Windows Media Player (for PC).

### Watch Documentary Film Free "What The Health"

<http://watchdocumentaries.com/what-the-health/>

### Deepak Chopra \* Free audio on Healing & Pain

Open and Listen Dr. Chopra on how to reduce pain and increase healing.



### Celebrations \* Special Events

Held Throughout the year

6:30 PM to 9 PM - Deerfield Beach Meditation Center

Our celebrations help everyone grow and focus on the value of gratitude for lasting success in life, creating coherence in ourselves and developing lasting relationships.

To attend be sure you are receiving our two monthly newsletters by email. Watch for celebration dates and sign-up instructions. To sign up for newsletters, email us at [tsm@tsmforlife.com](mailto:tsm@tsmforlife.com) and enjoy the inspiring quotes and recommendations for healthy living.

*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."* - Melody Beattie

## How to develop your spiritual gifts through TSM

By Maria Scozzari



I learned TSM in 1989 when I was 19 and like everybody else, I did it because of stress. I just began my 1st year of college and the transition from high school to college was very stressful for me.

As soon as I began my regular practice of TSM I noticed I could sleep better, I was less anxious, less worried and more effective at college. I also experienced less asthma and allergy attacks. I knew something good was happening to my nervous and immunologic systems.

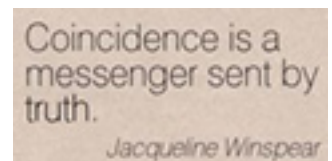
As time passed I started to notice other benefits like my intuition became super strong to the point where it was impossible not to follow it. After meditating for more than 20 years I knew that my spiritual gifts were opening up. The first sign that I was tapping into a higher level of conciseness was the fact that I could interpret my dreams while I was having these dreams. I can stop them if I don't like them: I now have a certain level of awareness during my dreams.

Twenty nine years later I can see auras and light beings around every alive being, whether is a human, animal or vegetation. Everything vibrates because we are pure energy. Thanks to TSM I was able to open my spiritual channels. This had evolved and I now teach this to others with both courses and private sessions.

The sky is the limit when your consciousness awakens and you can connect with the spiritual world. TSM will help you to develop your gifts so you can become the artist, doctor, entrepreneur, or the spiritual guide that you have always dreamt of becoming. It's a simple technique that helps you to attune with all the laws of nature so it's just a matter of time before you notice changes in your awareness.

My personal advice is to practice this simple technique as part of your daily routine; you will love the short term benefits because they are physical and easy to notice. In the long term you will be amazed of all the spiritual benefits that you will gain.

Just remember: "As above so below" so when you practice this technique the microcosm (yourself) gets connected with the macrocosm (the universe). And once this connection is made: you can't go back and allow your human insecurities and weakness to stop your evolution.



## 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](http://www.yogamiami.com)

Erika Bondy - Pompano-Fort Lauderdale

954 263-7032 erika\_bondy@yahoo.com

### 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 25 years.

drmauracohen@bellsouth.net

Karen Kaye, MA psychotherapist & 43 year meditator

- Weston - karenkayecares@bellsouth.net

Susan Pomerantz, psychotherapist in private & family

therapy Boca Raton - 36-year meditator, MA LMHC-

susanp.insideout@gmail.com



Michele Lanese, LCSW, Clinical Social Work/

Therapist, TSM 6 years - 954-254-3497, michlin@aol.com

Deepak Chopra, The Chopra Center at La Costa Resort and Spa. Visit his website at: [www.chopra.com](http://www.chopra.com)

Elizabeth Trattner, DOM, oriental medicine, Miami - [elizabeth@trattner.net](mailto:elizabeth@trattner.net)

TSM Newsletters Past & Present On-Line  
<https://www.tsmforlife.com/newsletter/>

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 & courses.

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Center Activities  
Group Gatherings

**2018 & 2019 TSM Meditation Newsletter**