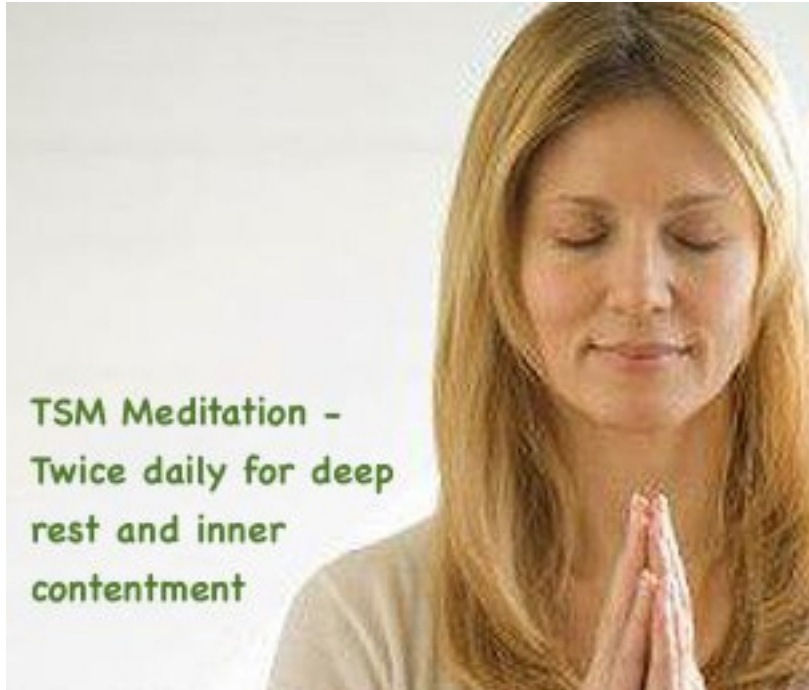


Transcendental Stress Management

Deerfield Beach Meditation Center

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



**TSM Meditation -
Twice daily for deep
rest and inner
contentment**

Vedic Perspective on the Purpose of Life

The purpose of creation is the expansion of happiness, and this purpose is fulfilled through the process of cosmic evolution. The significance and purpose of individual life is the same as that of cosmic life. The difference is one of scale. Individual life is the fundamental unit of the life of the cosmos.

If a man has fulfilled the purpose of his life he has done his best to help the cosmic purpose, for the evolution of the cosmos is basically served by the evolution of the individual life. If a man is unhappy he has missed the very essence of life. If his intelligence, power, creativity, peace and happiness are not constantly developing, he has lost his direction. Life is not meant to be lived in dullness, idleness and suffering; these do not belong to the essential nature of life. Life is dynamic, not static. It is energetic, progressing, evolving and developing through activity and multiplying itself.

The human nervous system, being complete, is the most highly evolved. Therefore one's possibility of evolution is unlimited in this life. When a child is born his means of expression are limited and his powers undeveloped; but as he grows up and engages in the field of activity there is no limit to the development of his powers, his strength, intelligence and creativity, nor to the degree of happiness which he can experience and radiate.

By not using his full potential, man is unable to fulfill the purpose of his life. He suffers in many ways because he is not using the full conscious capacity of his mind or the great energy he carries within himself. He is not experiencing and expressing in his life the abundance of absolute bliss that he naturally possesses, the absolute field of creativity and power that lies within himself. Since one possesses the capacity for divine unfoldment, it is ignorance of the technique for experiencing the Being within oneself which is responsible for the misery in life. Without divine consciousness man lacks energy, intelligence and clarity of thought. He is tired, tense and anxious.

In our modern scientific age material comforts are certainly increasing, yet the individual life seems to grow more tense. This is only because individuals do not know the way to improve their ability and efficiency through contact with the greater energy and intelligence which every man has within himself. It is only necessary to contact consciously that field of inner life to benefit from it. Man's life is meant to be a bridge between divine intelligence and the whole of creation. It exists to cultivate the divine power, intelligence, happiness and abundance, and to give this out to all creation. This is the high purpose of man's life. Man is fortunate in being endowed with the capacity to reach this level through directly contacting the field of the Absolute, thereby enlarging the conscious capacity of his mind. - Vedic Teachings of the Rishis

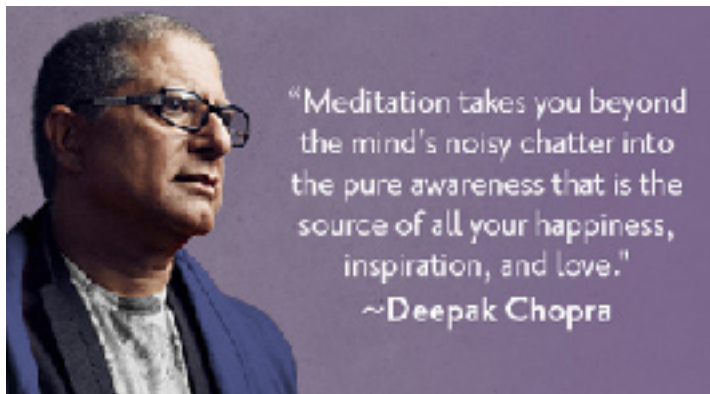
Follow-Up Programs That Improve Meditation

Group Meditation & Discussion: Correct practice is verified, meditation experiences are discussed, and a thorough review is covered in just 90 minutes. It's a great way to improve your practice. Enjoy the company of meditators in comfortable surroundings. Free

Deerfield Beach Meditation Center
Every Other Tuesday
7 PM to 8:30 PM
Refresh * Renew

Jupiter - Monthly - Summer Wind
Community Military Trail @ the
home of Doreen Sager 4 PM and 7 PM

Miami Beach Monthly - Praire Ave.
& 41 Street@ the home of Eva Jacobsohn
Every other Wednesday - 4 PM



Rejuvenation Day Courses Monthly 2014 - 2015 Deep Rest @ Our Center

8:45 AM to 5:30 PM - All Meditators Welcome

Our one-day program allows you to get deep rest and refreshment, as well as useful knowledge and deeper experiences with your meditation program. Students take 1 day for this course and return home that evening. This schedule has been very successful in meditation centers throughout the country with many meditators returning month after month.

We always begin with your regular morning practice of meditation at 8:45 AM. After that we rest for a period of time as we would at a similar residence course. Next we have a group review in our main meeting room and an extended group meditation. Special DVD 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.

In November we featured a live Skype Video on the big screen with Dr. Mahapatra speaking from North Carolina. He spoke in the morning on gaining higher consciousness and freedom from health problems. We break for 90 minutes for lunch. After lunch you can enjoy our grounds with lakeside walking and quiet surroundings before returning to the class.

In the afternoon we begin again with the knowledge portion of the event, which includes a short group meditation and review. In addition, there are 2 more extended meditations. When we finish at 5:30 PM, everyone feels refreshed and meditation practice is truly enhanced. Do this just for you. We ask for a contribution of \$30 for each student.

Join us the Second Saturday of Every Month. Reservations required.

Sign up for our free email newsletters: tsm@tsmforlife.com

Time for a new mantra New Course February 2015

With Guest Instructor Dr. Mahapatra

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.

When one takes the Advanced Meditation training with Gyanendra Mahapatra, M.D., the entire meditation practice is enriched at the most silent and fundamental level of meditation practice.

Some are not regular in meditation. Twice a day has somehow eluded them. This instruction increases the likelihood that you will begin meditating more regularly, twice daily. This is due in part to the increased creativity it produces. It awakens that level of creative intelligence that we all have but for the most part it has remained dormant. Another benefit from learning a new technique is increased depth and silence. Both increase when this new instruction is gained. When meditation becomes deeper we start experiencing something that is so fulfilling – one may not be able to pinpoint what exactly it is — but nonetheless it is something.

Advanced Meditation Instruction: Sign up now for the course on Friday, February 27, 2014 in Deerfield Beach & Monday, March 2, Miami Beach

Meet Dr. Mahapatra (pictured) In February

Course Dates

Deerfield Beach – Friday evening, February 27, 7 PM, Instruction Saturday and Sunday at 10 AM, and Group Review Sunday at 2 PM
Read more - continued page 4

FREE INTRODUCTORY LECTURES on TSM

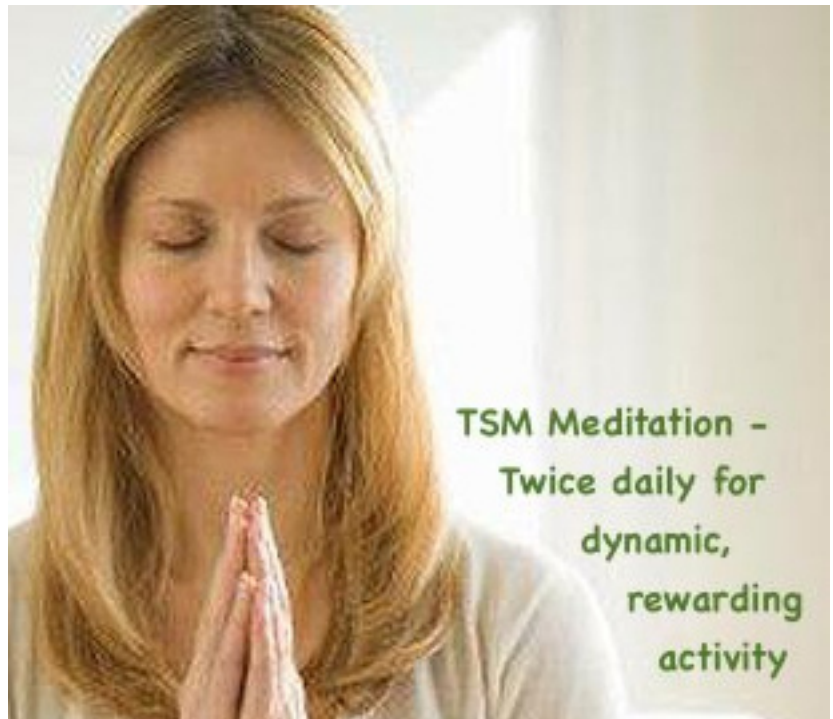
Naples * Deerfield Beach * Miami Beach * Jupiter

DEERFIELD BEACH TSM INTRODUCTION

Deerfield Beach Meditation Center
Free Introductory Talk Every Thursday @ 7:00 PM
Or by special arrangement, at our center, in your home or before your group.

MIAMI BEACH TSM INTRODUCTION

Second Wednesday every month – 10 AM & 7 PM
Instruction & Course to Follow
Praire Ave off 41st Street (Arthur Godfrey Road)



La Quinta Inn Downtown Naples
Fridays on Request, 4 PM
Weekend TSM Courses & Refreshers

Attend the free lecture and take the course. TSM develops restful-alertness, the silent mind, releases stress and awakens our healing power.

Make arrangements to attend. RSVP us in Deerfield Beach tsm@tsmforlife.com.
For groups or in your home:
Direct inquires to tsm@tsmforlife.com

Course with Dr. Mahapatra (from page 3)

If you decide to get an Advanced Meditation Instruction at the orientation, Private & Group appointments are available. Those who want to learn but can't make it Saturday can 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 ancient vedic tradition.

Sunday afternoon, the following day, there is a Checking Meeting of individual techniques at 2PM. This session takes about an hour and a half.

Miami Beach Course – Orientation & Instruction - Monday, March 2nd, 7 PM. Checking March 3

SPECIAL EVENT WITH TSM TEACHER RUFFINA ANKLASARIA

Attend The First Full Moon Weekend Starting February 1st, 2015

Sunday evening, Monday and Tuesday in Boca Raton - More details email us tsm@tsmforlife.com

Listen to Ruffina Anklesaria on Youtube to hear her fascinating personal story of spiritual transformation, healing, refined perception, and her ability to transfer it to others.

5-Lesson Weekend Course - The event will be held over 3 days: Sunday evening, February 1st with 2 lectures and shaktipat for 4 students; Monday 2 lectures - one at lunch break 12 noon to 2 pm and in the evening from 6-8 pm followed by shaktipat for 4 people. Tuesday same as Monday schedule. Apply to tsm@tsmforlife.com to find out what you need to attend, the event location, etc. Fee \$500 per person. Ruffina's website: www.tsmo.org/batgap.htm

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November 2014