



HEALTH - WELLNESS - MEDITATION

NEWSLETTER

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Dr. Mahapatra

**ADVANCED MEDITATION
INSTRUCTION TOURS 2011**



GYANENDRA MAHAPATRA, M.D. RETURNS FOR TWO TOURS IN 2011

"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn." — Alvin Toffler

What's New On Our Website

SCIENTIFIC RESEARCH & PUBMED- STUDIES & ANECDOTAL EVIDENCE OVERVIEW

THE DAMAGING EFFECTS OF PSYCHOLOGICAL STRESS & LINKS FOR SELF-DISCOVERY AND WELLNESS

FOLLOW - UP PROGRAMS

A LISTING OF MEDITATOR COURSES WITH DESCRIPTIONS.

Transcendental Stress Management

www.tsmforlife.com * 954 354-0804

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

"Change the way you look at things, and the things you look at change." - Dr. Wayner Dyer

ANNUAL NEWSLETTER 2011

WELCOME to the Transcendental Stress Management program of South Florida. Over 5,000 people locally have learned TSM. The program has been offered continuously here since 1972.

The TSM technique, a process of automatic self-transcending, involves silent use of a mantra or sound but uses no concentration or effort. TSM is fundamentally very different from other "mantra" practices.

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 - Its simple, effortless & enjoyable.

Throughout South Florida

Free Introductory Classes, Follow-Up Refreshers & Reviews

Gaining maximum from your daily practice of meditation requires periodic review. Take advantage of free tune-up sessions offered near you. If you want to encourage friends to learn, we offer free introductory lectures in the following locations. This practice of meditation has been taught in a very systematic manner for many years. Learning and practicing TSM is easy and anyone can learn.

*Deerfield Beach Meditation Center – Reviews most Tuesdays 7 PM; Introductory Lectures Thursdays 2 PM and 7:30 PM

*Miami Beach off Arthur Godfrey Road – by appointment – Reviews 1st & 3rd Tuesday at 4 PM; Introductory Lectures

*Palm Beach Gardens - Reviews every other Wednesday at 10:30 AM, Evergreen Community; Introductory Lecture at 2 & 7:30 PM

* Lake Worth – Reviews Monthly 4th Friday at 2 PM; Introductory Lectures at 4 PM (Located east of the turnpike exit)

Meditation Reviews Via the Internet - All you need is a web cam & Skype

REJUVENATION DAY COURSE

Every Month in Deerfield Beach

A Rejuvenation Day Course offers the deepest possible 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 inner wakefulness or restful alertness. - Continued page 4



NEW COURSE ADVANCED MEDITATION INSTRUCTION

Dr. Mahapatra Returns to Deerfield
Beach for a Second Tour

Friday, March 4th at 7 PM

954 354-0804

In March our center in South Florida will be hosting a special guest from India, Dr. Mahapatra. He is an expert in Advanced Meditation Instruction and has personally trained thousands of meditators this change in daily practice. One does not need additional time to practice the advanced meditation.

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 the water. With this ability the diver becomes intimately familiar with the depths.

Like that, regular practice of Advanced Meditation 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, nourishing and silent.

New Mantra

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?

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.

Attend the free talk

Our guest will be giving a short talk at our Center in Deerfield Beach at 7 PM, Friday, March 4th. We will take that opportunity to have a group meditation and pot luck dinner as well, so, if you like, bring some food to share. We hope you can come for some or all of the evening. Everyone comes together for orientation at that time – Friday, 7 PM.

If you decide to get an advanced meditation instruction, plan to arrive at 10 AM on Saturday, March 5th. Those who want to learn but can't make it Saturday can come and learn Sunday morning at 10.

Arrive refreshed and ready for a wonderful experience. Plan on a 2 hour visit on Saturday. Our guest will be your instructor and will decide on your eligibility for advanced meditation – be it instruction in your first advanced meditation instruction, your second, third, and so on as appropriate to your level of practice and experiences. 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 tradition.

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

30% Deposit

Course fees are the same as basic instruction and one can pay by credit card, personal check (made out to WPBCAE), or cash. We are asking everyone to send us a down payment of 30% by February 28th to secure your course appointment. Call if you can't.

Note: We accept most major credit cards. Your payment will be processed by Paypal, a safe and reliable way to make transactions. All we need is your email address in order to request Paypal send you the payment application. Once you submit your application to Paypal, we will receive notification from them. It's very easy. The balance must be paid for in full at the time of instruction. Payable: WPBCAE, PO Box 4731, Deerfield Beach, FL 33442

About Dr. Mahapatra

The course instructor, G. 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. Honoring his master's request, Dr. Mahapatra opened several vedic schools and trained over 8,000 young students in both the Yoga 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 Aryurvedic Scholars, including: Trigunaji, Dwivediji, and Dr. Deepak Chopra. We are honored to welcome Dr. Mahapatra to Deerfield Beach.



Stress, Health & Healing

The practice of TSM reduces stress and promotes healing in a natural way. Medical science tells us that 90% of all disease is either caused or complicated by stress. It is not enough to 'cope with stress'.

What We Know About Stress and How TSM Can Reduce It

The unique state of restful alertness gained during the TSM technique promotes health by reducing activation of the sympathetic nervous system—which, in turn, dilates the blood vessels and reduces stress hormones, such as adrenaline, noradrenaline, and cortisol.

Research has shown that psychological stress increases activation of the sympathetic nervous system and the hypothalamic pituitary adrenal axis. This increased activation releases adrenaline, noradrenaline, and cortisol, which lead to faster heart rate, increased cardiac output, and narrower arteries. These changes, in turn, create increased blood pressure. Activation of these systems also accelerates the progress of atherosclerosis and can lead to acute plaque rupture, which results in ischemia of the heart (angina) and coronary heart disease and stroke.

The twice-daily practice of the TSM technique reduces activation of the sympathetic nervous system—which, in turn, dilates the blood vessels and reduces stress hormones, such as adrenaline, noradrenaline, and cortisol, and provides stress relief. This technique provides reliable stress relief by reducing high blood pressure and constriction of blood vessels, reducing the use of antihypertensive medication and lowering health care costs.

TSM produces the physiological opposite of the fight-or-flight stress response. As the TSM meditator gets increasingly accustomed to that calm state, it is predictable that the fear will gradually fade away.

TSM settles the mind and body which results in the reduction of stress. Many doctors are increasingly prescribing TSM as an effective stress management tool. Because practicing TSM results in people feeling more calm in stressful situations, many report feeling much less anxious in seemingly stressful situations. With continued practice of TSM, you can become less and less anxious, developing a stable inner quietness than can be a buffer against otherwise stressful experiences. Medical doctors tell us that over twenty percent of Americans have an anxiety disorder. Stress arises when a person has trouble coping with the demands

placed on them. When unable to cope, the resultant anxiety leads people to self-medicate in various ways: food, TV, alcohol, cigarettes, drugs, and coffee are common examples. However, these methods are a short-sighted and maladaptive attempt to reduce the stresses in life, because they do not help one function any better; indeed, they worsen an individual's adaptive efficiency with time. So we get into a vicious cycle of stress, where the less we are able to cope, the more we self-medicate, which worsens our ability to cope, and causes us to again self-medicate.

The daily practice of TSM cuts short this vicious cycle of stress. When practicing TSM, a person sits comfortably in a chair for 20 minutes twice a day, closes the eyes, begins the process, and experiences the mind becoming increasingly quiet, calm and relaxed. As the mind settles down it comes to the source of the thinking process, awareness itself. In this state of restful alertness the body is deeply rested and the mind is fully alert. The deep physiological rest dissolves stress. As a result of the mind being calmer, people report that they feel less stress and pressure at home and work.

The experience of restful alertness is pleasant and comfortable, and this allows you to continue to sit quietly for twenty minutes twice a day. When practiced regularly, this program dissolves stress cumulatively, and with time, you experience less and less stress and nervousness. As a natural result of this lessening of stress, the mind settles down when you're meditating and you don't feel the need to get up and move around. The direct experience of stillness and peace takes care of those feelings of restlessness.

The TSM technique prevents disease, improves health, and promotes longevity. With continued practice, anxiety plays less and less a role in a person's life. *To read more visit our web site under 'Stress, Health & Healing'*

**Free lecture Sunday, March 6th
4 PM in Deerfield Beach**

The Vedic Siddhi Course

Guest Instructor Dr. Mahapatra will explain the benefits and procedures of a unique addition to one's spiritual practice called - The Vedic Siddhi Course. Regular meditation opens the awareness to pure consciousness, the source of thought. "The Siddhis Course", an advanced set of instructions taught by Dr. Mahapatra to over 8,000 students, cultures the ability to *think and act* from that level of pure consciousness. We will list more at our web site under follow-up programs. The Vedic Siddhi Course will be taught here in June.

FREE MEDITATION REVIEW

If you find yourself skipping meditations, making excuses or unable to settle for the 20 minutes required, there is an easy solution. If you notice you feel 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.

There is a simple, standardized solution for such problems. Get to our Center and have your practice checked or attend a refresher course. The time you spend in learning more insures that the practice will become easier and more



"Let the impurities of the atmosphere find a refuge in the ocean of purity in your heart, in the unfathomable joy of your inner pure conscience. When you forgive all nature enjoys your brilliance and returns joy to you."

- Vedic teaching on pure bliss

enjoyable. If you take your practice seriously, or would like to, join us for our next free refresher course.

Refresher Course Recommendation
It is recommended you have your meditation reviewed from time to time, in particular if you have just learned. RSVP to reserve for any events (see list pg. 1). Call for more information 954 354-0804 or join our email newsletter at ms@tsmforlife.com

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." - Buddha

New Book - "American Veda"- *How Indian Spirituality Changed the West* by Philip Goldberg is an author or coauthor of numerous books, including "Roadsigns on the Spiritual Path" and his latest work, "American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West." www.PhillipGoldberg.com

Visit Our TSM Facebook Site from our link:
www.tsmforlife.com/fox-show



Meditating monks lowered their metabolism up to 64%
Dr. Herbert Benson's research on meditation at Harvard showed a 16% drop in metabolism during meditation. In this new study monks lowered their metabolism 64%, a result never seen before in published research. Watch video from Youtube - search Herbert Benson monks

One-time Course Fee

Instruction in the TSM technique requires a reasonable, one-time tuition. The fee is a practical necessity that allows the teachers and the local organization to function and maintain the effectiveness of the teaching process.

When you pay your course fee, you're supporting the organization that is preserving the knowledge of the technique so that future students are able to benefit from the practice. And there is never a charge for follow-up review.

When we compare the rising costs for medical intervention to the TSM course tuition, meditation instruction becomes a far more cost-effective investment, reducing health care needs and costs. Over time the benefits of meditation outweigh the initial cost to learn. So it's fair to say that the fee for meditation instruction is much less than a night in the hospital.

- Rejuvenation Day from page one

ALL-DAY COURSES

8:45 AM to 5:30 PM or 8:45 AM to Noon

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
Course fee: \$30 full day / \$15 half day

*"Remember, the entrance door to the sanctuary is inside you."
- Rumi*

TSM BLISS TECHNIQUE COURSES



You Won't Meditate Because...

Many people have given the following reasons for not learning to practice Meditation (TSM). Some are amusing but all are incorrect notions that prevent people from learning and enjoying the benefits:

"I don't have time"

"I fear that I won't continue"

"I've tried and could not blank my mind or reach the meditative state"

"I can't imagine sitting still for 20 minutes twice a day"

"The claims regarding benefits are not scientific"

"People who meditate are lethargic and are looking to escape from life"

"Meditation is the same as prayer and I already do that"

"I am not interested because it is against my religious beliefs"

"I am not a joiner or follower"

Attend a Free Introductory Lecture and, without obligation, find out how this effortless practice can positively change your life, improve your health and give you the technique to develop your inner potential. Make an informed decision.

Give us 90 minutes to explain everything and answer your questions. For more go to the question and answer section of our website: www.tsmforlife.com/faqs

This wonderful simple mental technique is taught to anyone practicing our mantra-based meditation for at least 6 months. When we add the TSM Bliss Technique to our daily routine, our natural healing response is strengthened. We enliven that field of healing within and direct it into the body. By nature the body wants to return to homeostasis, the natural state of balance and comfort. Here one learns how best to utilize our natural abilities to heal, to access that field of health & wellness.

Since it is a meditation practice requiring you learn a new mantra, we need about 90 minutes to complete your class. The practice can also be checked / reviewed from time to time at no cost.

When Deepak Chopra, M.D. learned to teach the Bliss Technique in the 1980's, it became clear – the addition of this formula was the result of the need to create health, to reconnect with wholeness and perfect balance. With the rise of heart disease, cancer and premature aging, perfect health has remained out of reach for most people, medical doctors included. According to Dr. Chopra, "When the body is in pain, a distorted area of awareness is crying out to the rest of awareness for help. The way we mobilize the platelets and clotting factors in the blood to heal a cut is nothing more than awareness bringing in help. A bruise heals because intelligence goes to work on it. I think that much has become abundantly clear by now."

"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 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."

The TSM Bliss technique restores our lost link with that healing power of bliss, wholeness, pure being. By practicing the technique we access our innermost centre of being. The consciousness that creates the body also maintains and repairs it's functioning.

We teach the Bliss Technique in Deerfield Beach, Palm Beach Gardens and Miami Beach. The next class begins with a free talk with the option to get instructed in the same meeting. The basic instruction in the TSM Bliss Technique remains at \$100. RSVP us. To read more go to our web site and select Follow-Up Programs: www.tsmforlife.com/follow-up

FREE INTRODUCTORY LECTURES

*Learn To Meditate * Step One*

Wednesdays in Palm Beach Gardens

Thursdays in Deerfield Beach (Deerfield Beach Meditation Center)

Fridays in Lake Worth

Every other Week in Miami Beach or Aventura

If you prefer to learn in your own home, we can arrange to come to you. If you need more attention than you think you could receive during the course of a group class, no problem. This way people who have unique needs or specific requirements can get the individual attention they need.

Ayurveda

Creating Health Through Ayurveda

Within you lies an unlimited reservoir of energy and intelligence. Ayurveda offers you a life of fullness by allowing you to tap into your own personal field of perfect health.

Ayurveda is the oldest system of natural medicine in the world. Over 6,000 years old, Ayurveda (which translates as “knowledge of life”) is a natural approach to maintaining balance and strengthening the body’s self-healing abilities through practical and enjoyable diet lifestyle, herbs and rejuvenation therapies.

Over time, much of the comprehensive knowledge of Ayurveda had become fragmented due to foreign influences in India. Today much of that wisdom has been restored and is available for modern use and treatment.

The concept of balance is one of the pillars of Ayurveda. According to ayurveda each person has a unique natural state of balance which is determined by the relative presence of three fundamental biological principals called doshas — known as Vata, Pitta, and Kapha — that control the entire mind-body structure and processes. Each dosha regulates many functions in the mind-body system but these functions can be summarized in three basic principles. Vata is responsible for any form of movement in the body, including blood circulation, the passage of food through the digestive tract, breathing, the movement of nerve impulses, and so on. Pitta is responsible for metabolism and biochemical processes as well as the transformation of food, air and water into the building blocks of the physiology. Kapha is responsible for the formation and structure of tissues, muscles, bones and so forth.

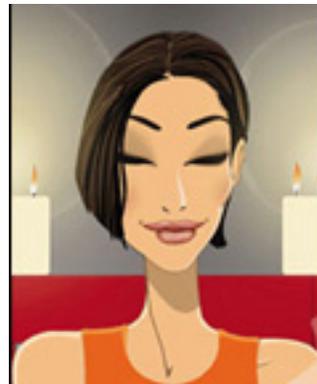
The ayurvedic health system identifies the specific physical and psychological differences you see in individuals in terms of their current state of mind-body balance — the natural predominance of one or more doshas at that point in a person’s life.

Physical appearance, mental characteristics, and social characteristics can be identified within the dosha framework. In addition, preferences for food, movies, friends and types of weather, housing, and even vacation spots can all be understood in terms of which dosha(s) are currently predominant.

Free 90 Minute Workshops

Everyone has all three doshas active in their physiology. When the natural balance of one or more dosha is disturbed, ill health and disease can result. Usually the dominant dosha in one’s body will tend to be the one that becomes unbalanced. A range of behavioral, dietary, mental, emotional and environmental factors can cause this to happen.

Let’s look for a moment at examples of doshas when they are in balance and when they are out of balance. Vata represents the bodily functions concerned with movement in our minds and bodies. Vata is also associated with lightness, quickness, subtlety, thinness, roughness and coldness. Those with a strong predominance of Vata are blessed with a kind of lightness and flexibility, charm and sense of humor. In its healthy state Vata is expressed as joy, creativity and exuberance.



In imbalance or excess, Vata can manifest as unfounded fear, worry, insomnia, vertigo and loneliness or emptiness. Too much Vata can be physically expressed as dryness, whether in the skin, nails or nose. Dryness in the bowels is expressed as constipation. Vata imbalance in the joints can cause

certain types of arthritis. An imbalance of Vata is also associated with conditions such as endometriosis, poor digestion, lightheadedness and a lack of coordination, or a general sense of not feeling grounded.

Pitta represents bodily functions concerned with metabolism, particularly digestion. The qualities associated with Pitta are heat, acidity, oiliness, sharpness and fluidity. Those with a predominance of Pitta dosha tend to be intense, but the intensity, unlike Vata, is focused, more like laser light. This produces a sharp mind, clear, direct speech. Pitta’s are decisive, efficient, well-spoken, passionate, and hungry for life. Pitta’s are often courageous, clearheaded, and successful. In excess, Pitta can show up as a bad temper, annoyance, heartburn, stress-associated heart attacks, peptic ulcers, colitis, acne, rashes, early graying and excessive hot flashes during menopause.

Kapha represents the supporting structure of the body and also administers its lubrication and hydration.

- continued next page

continued - Creating Health Through Ayurveda

The qualities associated with kapha are cold, wet, and heavy. Kapha creates strong bones, strong teeth and the capability of storing energy, which may result in well-proportioned, heavier bodies. Kapha types often have big, beautiful eyes, lustrous hair and inner calm. Kapha in its healthy state is unflappable, stable, loyal, forgiving and sweet-spoken.

In an unbalanced state, Kapha can give rise to congestion, sinus problems, asthma, diabetes and obesity. Kaphas can become complacent, lethargic, depressed, greedy and are most likely to become "couch potatoes."

Remember, everybody has all three doshas. But many people find that two or even three doshas can be almost equal in predominance. In this case qualities of both doshas will be lively, sometimes simultaneously, but often at different times.

Ayurvedic treatment focuses on the balance of similar and opposite qualities. Here's how it works: You may have created a Vata imbalance by irregular eating habits, rushing, mental overloading, or lack of adequate rest; or a Pitta imbalance by too much sun, too much alcohol, too much focused mental work, visual strain or eating too much hot and spicy food; or a Kapha imbalance by not exercising enough, over eating, lack of mental stimulation, or too much exposure to a damp, cold climate.

Specific diets and other daily recommendations are thus prescribed on the basis of particular doshic qualities that are either in excess or inactive. The purpose is to calm down the overactive dosha or to enliven the dormant one.

In terms of diet, Ayurveda has two means of identifying which foods help pacify which dosha; by quality and by taste. Lets look at the qualities of the foods first:

Foods which have qualities similar to the qualities of a particular dosha will increase that dosha. Thus, light, dry, rough, and cold foods will tend to aggravate Vata. Hot, spicy foods will aggravate Pitta. And cold, heavy, oily, foods will aggravate Kapha. For example, apples are considered sweet, light, rough, and cool and therefore increase Vata, decrease Pitta and decrease Kapha.

The second aspect of diet to consider is taste. According to ayurveda, the tastes you choose to eat have the power to help bring your body into a healthy balance. Ayurvedic texts divide all food into six tastes: sweet, sour, salty, bitter, astringent and pungent. Sweet doesn't just mean sugary. It also includes breads, milk, cream and rice. Astringent means dry food such as beans, broccoli and apples. Bitter tastes include greens such as spinach. Pungent foods are hot and spicy.

According to ayurveda, it is important to include all six tastes in every meal. If your diet repeatedly omits some of the six tastes, you might develop intense cravings or insatiable hunger, even at the end of the meal. Just expanding the range of tastes to include all six has helped some people overcome unnatural cravings and lose weight easily.

FREE WORKSHOPS

On Ayurvedic Medicine

with Mike Scozzari

Thursday, April 21; Wednesday, June 15; Thursday, October 6; Thursday, December 1
7 p.m. - 9:30 p.m.

Deerfield Beach Meditation Center

INTRODUCTORY CONCEPTS:

Learn about your Mind/Body Type

Pulse Diagnosis

Stress Relief and Purification Programs

Transcendental Stress Management

Daily Routine and Diet

Herbal treatments

Simple Yoga Stretches

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

At the same time, you want to favor certain tastes in order to balance your individual balance of doshas. With some foods it is easy to see the connection between the taste and the affect on the doshas. If you eat a hot chili pepper, your eyes water, your body heats up and your mind gets a shot of clarity. This spicy taste increases Pitta which is hot by nature. If you ate some mint-favored pudding it would cool off the hot Pitta.

How do you know which tastes to favor? Vata is balanced by salty, sour and sweet tastes. Pitta is reduced by bitter, sweet and astringent. And Kapha is balanced by pungent, bitter and astringent. Thus if you were trying to balance Vata, you would want to have a larger proportion of sweet, sour and salty tastes, with small quantities of bitter, astringent and pungent tastes. Remember that even if you pacify one dosha by favoring certain tastes, you still want to include a little of all six of the tastes in every meal.

Above all, the Ayurvedic texts advise you to enjoy your food and take time to savor its tastes. This allows messages from your taste buds to prepare your stomach for proper digestion. Ayurveda considers good digestion to be central to our health, and sees digestion as perhaps even more important than what we eat. This is because unless our digestion is strong, our food will not be processed properly. When our digestion is working well, the body processes food efficiently, distributes all the necessary nutrients to every cell and burns off and eliminates waste products without leaving any toxins behind.

If our digestion is weak it won't completely metabolize the food and creates a sticky, noxious residue, called ama (impurity). Ama is indigestible and blocks the channels in the body, inhibiting the normal functioning of Vata, Pitta and Kapha. Ama is identical to the cellular debris that has been observed by Western medicine to build up on every cell in the body over time, impairing cellular functions and accelerating aging.

Read More & Watch Video: www.tsmforlife.com/ayurveda

Yoga Instruction South Florida

En Espanol - Instrucciones de Yoga Maria Isabel Zapata,
Spanish only - Private Yoga training in your
home in Aventura and surrounding area -
786-859-9955 - Meditator 30 Years
Yoga Institute of Miami – South Miami
Bobbi Goldin bobbiji@yogamiami.com
Ask about Free Lectures on TSM @ YIM
305 969-5999 * 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

Joan Lieberman, MA – psychotherapist and 30+ year
meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Laud-
erdale - Practicing meditation 17 years.

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Dr. Andrew Weil - elizabeth@trattner.net
Ayurvedic expert Dr. R. K. Mishra
Lectures & workshops in U.S. go to
www.vaidyamishra.com

Mike Scozzari, Editor and TSM Director of Programs.
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ply by email at ms@tsmforlife.com and list "Newslet-
ter" in the subject box. This service is our most popu-
lar source for new information, articles & courses.

TSM Quick Summary: <http://bluwiki.com/go/TSM>
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2011 Annual Newsletter