

THE MEDITATORS SPEAK

“Since learning meditation with Cary, I have enjoyed a much greater clarity of thinking and a lot more focus about what’s important to me in life. When I was dealing with cancer several years ago, I used to require a nap every day. Since I’ve started meditating I haven’t had the need for these naps anymore, and I feel stronger, healthier, and more confident. I wholeheartedly recommend TM to anyone who wants more quality out of their lives.”

---Candis Whitney, Founder of Whitneys Marine, Orange Park, FL

“Since learning meditation, the word tiredness is no longer part of my vocabulary.”

—Martha Thiesen, 81, Jacksonville, FL

ABOUT CARY BAYER

Cary Bayer has studied the timeless wisdom of mankind since his teen years. He began Transcendental Meditation when he was just 17 and, after an intensive 6-month training program led directly by Maharishi Mahesh Yogi, became certified by the Master as a Teacher shortly before turning 20.

He went on to teach the program to thousands of people from southern California and the Caribbean to western Europe, Asia and Australia. He also led month-long meditation retreats at the Maharishi International University (MIU) campus in Fairfield, Iowa, and Phase 1 of TM Teacher Training at Livingston Manor, New York.

He subsequently went on to gain a Masters degree in Interdisciplinary Studies

from MIU, where he served as a Teaching Assistant for the freshman class.

A Life Coach since 1988, Cary has helped thousands of people transform their lives in the U.S., the Caribbean, Europe, and Australia. He’s authored 35 publications, including *Transcendental Meditations* and *Meditations on Enlightenment*, and writes a syndicated column, “Life 101” for wellness publications throughout the U.S. His class, “The Bhagavad Gita and the Secret of the Meaning of Life,” is popular in the Yoga community.

For 18 years, he ran a marketing business, counseling Oscar-winner Alan Arkin, comic/director David Steinberg, Quality Inns, and wellness facilitators, among others.

Cary writes on success for *Massage Today*, and 14 statewide massage publications. The National Certification Board for Therapeutic Massage and Bodywork and the Florida Board of Massage Therapy certify his CE offerings to such therapists.

How to reach Higher Self Meditation founder Cary Bayer:

E-mail: successaerobics@aol.com

Website: <http://www.carybayer.com>

Florida (Meditation on the ocean)

1051 Hillsboro Mile, Apt. 604

Hillsboro Beach, FL 33062

PH: (954) 788-3380; FX: (954) 786-1317

New York (Meditation in the woods)

39 Whitney Drive

Woodstock, NY 12498

PH: (845) 679-5526; FX (845) 679-6189

The Program is learned in 5 sessions.

Mastercard, Visa & AmEx accepted.

HIGHER SELF MEDITATION

WITH CARY BAYER



Cary Bayer, Founder, Higher Self
Meditation,
Former Teacher of and Trainers of Teachers
of, Transcendental Meditation

Cooling Down

Global warming means that the temperature of the earth has gotten so high that it threatens the safety of all life on the planet. The same can be said for nations, cities, and people, too. If not, we'll continue to suffer from anxiety, high blood pressure, hypertension, and countless other conditions, as we see so clearly watching pharmaceutical ads on television.

Timeouts are Good for Adults, too

These days, children exhibiting anger or anti-social behavior are directed by parents to take a "timeout." This short break calms his emotions, quiets his mind, and enables him to return more relaxed and better able to function in a socially-acceptable manner. So why don't adults take timeouts, too?

Now, with Higher Self Meditation (HSM), they can. In two 20-minute daily sessions, the mind and body of a meditator become deeply rested, facilitating the release from the nervous system of both accumulated fatigue from overwork, over-exertion, and sleep deficits, and long-standing stress from life's pressures, disappointments, and traumas. This rejuvenates a person to work and play enthusiastically.

What is your Higher Self?

Your Higher Self is beyond your likes and dislikes, beyond your personality and your intuition. It's the wordless part of you that is unshakeable steadiness and peace. It's unbounded, eternal and transcendent. As Taoist Chuang Tzu said, "To a mind that is still, the whole universe surrenders." This surrendering is felt as increased support from the Universe, and overall greater accomplishment and fulfillment.

The transcending of thought that occurs in HSM helps free you of problems that weigh you down. The Romantic poet William

Wordsworth knew this feeling well; in "Lines Written Above Tintern Abbey," he writes about this spiritual experience with a clear sense of its physiological implications, which are discussed in the scientific research section below:

"In which the heavy and the weary weight
Of all this unintelligible world,
Is lightened:--that serene and blessed mood
In which the affections gently lead us on,--
Until, the breath of this corporeal frame
And even the motion of our human blood
Almost suspended, we are laid asleep
In body, and become a living soul."

Anyone can learn Meditation

Higher Self Meditation is universal, and all you need to learn it is the ability to think a thought. It's no more Indian than gravity is British. Sir Isaac Newton, in England, observed natural phenomenon in the physical world and discovered the universal law of gravitation. The great yogis of India observed the natural phenomenon in the mental world and discovered a universal law of transcendence. They realized that each human mind seeks happiness in a natural way; at the transcendental level of the Higher Self is a field of intense happiness, so the mind, if given the opportunity, will go to it in an effortless manner.

Higher Self Meditation was developed by Cary Bayer, who was trained as a teacher of Transcendental Meditation (TM) by Maharishi Mahesh Yogi in 1973. Cary's inspiration for HSM is the tradition of Vedic Masters of India that spans thousands of years. The most recent bright light in this lineage was Maharishi's master, Guru Dev, Swami Brahmananda Saraswati of Jyotir Math who, as Shankaracharya, was responsible for the spiritual development of Northern India from 1940-1953. The Shankaracharya is the custodian of the knowledge of the Unity of life

revived for the world by Shankara some 2,500 years ago.

Scientific Research on Meditation

In the 1970s the first studies were published on the physiological benefits of meditation. In the initial research conducted by Dr. Robert Keith Wallace, it was demonstrated that levels of rest gained during meditation were twice as deep as that gained during the deepest point in sleep. Since then, hundreds of other studies have been conducted at reputable institutions on many continents, all of which have verified the subjective experiences of practitioners that meditation normalizes hypertension, insomnia, and many stress-induced problems. Practicing meditation is now considered "mainstream" by many doctors--almost like vitamins--as an essential tool for good health and a method to combat stress on a daily basis.

Is Meditation For You?

Higher Self Meditation is for you if you:

- * enjoy the peace of a Yoga class
- * would like twice-a-day getaways from daily stress
- * would like rejuvenation from daily fatigue
- * would like relief from insomnia
- * would like more energy
- * have anxiety, hypertension, high blood pressure, stress-related problems, or have difficulties controlling your anger
- * would like the peace of Enlightenment.

What Higher Self Meditation is NOT

HSM is a mental technique; it is not a religion, or cult, or way of life, and doesn't involve the worship of gurus or the adoption of special diets. It is a simple, yet profound, method to make all of life better.