

THE MEDITATORS SPEAK

“After only 2 days of Higher Self Healing Meditation (HSHM), I no longer needed to drink Coca-Cola, which had been a 2-year addiction of at least 6 cans a day. I feel more relaxed and at peace. In the books and videos of Eckhart Tolle and Dr. Frank Kinslow, they both say there’s no technique to reach your higher Self. Well, there is, and it’s Higher Self Meditation. I reached my higher Self in my first session. I will have HSHM for life. What more could I ask for? I highly recommend it to everyone.”--Rox-Ann Crepin, Homemaker, Pompano Beach, FL

“Since learning meditation, I enjoy much greater clarity of thinking and a lot more focus about what’s important. When I dealt with cancer years ago, I required a daily nap. Since starting meditation I don’t need these naps anymore, and I’m stronger, healthier, and more confident. I wholeheartedly recommend meditation to anyone who wants more quality of life.”---Candis Whitney, Founder, Whitney’s Marine, Orange Park, FL

“Higher Self Healing Meditation has opened up a whole new world for me.”—
Barbara Graff, social worker, Kingston, NY

“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 mankind’s timeless wisdom since his teens. He began Transcendental Meditation (TM) at 17 and, after a 6-month training program led by Maharishi Mahesh Yogi, became certified as a Teacher before turning 20. He taught TM to many hundreds of people from California and the Caribbean to Western Europe and Australia. He led month-long retreats at Maharishi International University (MIU), and trained dozens of TM teachers. He gained a Masters degree in Interdisciplinary Studies from MIU, where he served as a Teaching Assistant. In 2010, he launched Higher Self Healing Meditation.

A Life Coach, too, Cary has helped thousands of people transform their lives. Clients included Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winner Judy Henderson, comic/director David Steinberg, and Quality Inns. He’s authored *Higher Self Meditations*, *Prosperity Aerobics*, *40 Days to a Happy Life*, *Relationships 101*, *Conscious Communication*, and contributed a chapter to *27 Flavors of Fulfillment*, co-authored by Alan Cohen, Colin Tipping, Sonia Choquette, and Gangaji. His “Life 101” column runs in wellness publications throughout the U.S.

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HIGHER SELF HEALING MEDITATION

WITH CARY BAYER



Cary Bayer, Founder,
Higher Self Healing Meditation,
Former Teacher of Transcendental
Meditation (TM), and
Trainers of TM Teachers

Is Meditation For You?

Higher Self Healing Meditation is for you if you:

- * enjoy the peace of a Yoga class
- * would like twice-a-day getaways from 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.

Anyone can Learn Meditation

Higher Self Healing 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.

Trained as a teacher of Transcendental Meditation (TM) by Maharishi Mahesh Yogi in the '70s, Cary went on to teach TM to many hundreds of people, and trained dozens of its teachers, as well. In 2010, he developed Higher Self Healing Meditation, inspired by the tradition of Vedic Masters of India that spans thousands of years. The most recent 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 custodian of the knowledge of the Unity of life revived for the world by Shankara some 2,500 years ago.

Cooling Down

Global warming means that earth's temperature is so high it threatens the safety of life on the planet. The same can be said for nations, cities, and people. If we don't cool down, we'll continue to suffer from anxiety, high blood pressure, hypertension, and countless other conditions, as we see so clearly watching drug ads on TV.

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 Healing Meditation (HSHM), they can. In two 20-minute daily sessions, preceded by the healing effects of the calming Pranayama breathing technique, 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 HSHM 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."

Scientific Research on Meditation

Hundreds of 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.

What Higher Self Meditation is *NOT*

HSHM 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.