

About Cary Bayer

Cary Bayer studied the secrets of monetary, career, emotional and spiritual success with Maharishi Mahesh Yogi, Deepak Chopra, Leonard Orr, and Napoleon Hill student Foster Hibbard.

Cary was certified by Maharishi Mahesh Yogi to teach Transcendental Meditation (TM) at the age of 20, following an intensive 5-month training program. Since then, he has instructed hundreds of people from southern California and the Caribbean to Western Europe and Australia. He also trained dozens of TM teachers. In 2010, Cary founded Higher Self Healing Meditation™ (HSHM™).

A Life Coach since 1988, Cary's helped thousands of people transform their lives. He's coached Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winner Judy Henderson, comedian/director David Steinberg, and Quality Inns, among others.

He's the author of 9 books, including *Prosperity Aerobics*, *40 Days to a Happy Life*, and *Higher Self Meditations*. His "Life 101" syndicated column appears throughout the country. He also writes a coaching column for *Massage Today* and for massage publications in 15 states.

What Clients Say

"I was introduced to Higher Self Healing Meditation a year ago and have faithfully and effortlessly practiced it twice daily, ever since. I love having a mantra. Using it truly feels like a transcendent journey to my soul. It's a delicious experience that I highly recommend."
--Donna Vaughan, Artist, Vero Beach, FL

"Since learning meditation from Cary, the word tiredness is no longer part of my vocabulary."
—Martha Thiessen, 81, Jacksonville, FL

Contact Cary

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Florida (Coaching on the ocean)

1051 Hillsboro Mile, Suite 604
Hillsboro Beach, FL 33062
PH: (954) 788-3380

New York (Coaching in the woods)

39 Whitney Dr.
Woodstock, NY 12498
PH: (845) 679-5526

Prerequisites for this coaching program includes the 3-day training in Higher Self Healing Meditation, and 10 hour-long coaching sessions.
MasterCard, Visa, & AmEx accepted

The Transcendental Coaching Program

With
Cary Bayer



**Founder, Higher Self Healing
Meditation, &
Former Teacher of
Transcendental Meditation &
TM Teacher Trainer**

Timeless Wisdom Coaching

What makes Transcendental Coaching unique is that it draws upon mankind's ancient timeless wisdom—from the Hebrews, Jesus, Buddha, Lao Tzu, the Vedas of India, and the native Americans of our own continent—to help coach you into the life that you were truly born to live. It incorporates deep knowledge of the way that the Universe operates, so that your life can flow in tune with the Laws of Nature. Enjoy clarity for your mind, purity for your heart, prosperity for your net worth, and spirituality for your soul. It takes into account the knowledge of Karma, the knowledge of Dharma (action in accordance with Cosmic Law), the knowledge of clearly defined higher states of consciousness, and an understanding of the nature of Enlightenment itself. This helps bring your life increasingly in tune with Nature, and to live in freedom.

The result of this attunement is more frequent experience of synchronicities (being in the right place at the right time), less struggle, less resistance to the fulfillment of your desires, and an overall greater sense of your life as a delightful flow.

Transcendental Coaching: More Advanced than Breakthrough Coaching

Breakthrough Coaching enables you to solve problems and create breakthroughs by combining powerful shifts in thinking, speaking, and action. *Transcendental* Coaching goes beyond by incorporating the overlooked *third* field of life: **the field of Being**. It does this through contact with your inner Being, your higher Self, also known as the Transcendent, because it's beyond your mind at

the deepest place within you. This contact, which takes place via Higher Self Healing Meditation™ (HSHM™), is beyond words, so using words to describe it doesn't do it justice. Words like unbounded awareness, deep peace, and bliss are the best we have.

.Contact with your true Self provides greater clarity of thinking, enabling you to see solutions where before it saw only problems. This enables you to plunge energetically into action with more enthusiasm and purpose, leading to greater accomplishments and fulfillment.

Goals of Transcendental Coaching

While Breakthrough Coaching solves problems in a previously unpredictable *timely* manner, Transcendental Coaching creates even better results in a *timeless* manner. That's because regular contact with the Transcendent, which exists outside the realm of time, infuses timelessness into your mind. This lets you create from the silence of the Eternal Now. As the Taoist Chuang Tzu said, "To a mind that is still, the whole universe surrenders."

What's more, the effortless meditation technique that connects you to the Transcendent, works on mind *and* body; your nervous system rids itself twice a day of accumulated toxins, including tension and fatigue, as well as long-standing stress.

A New Way to Solve Problems

Albert Einstein said: "Existing problems cannot be solved at the same level of consciousness that created them." Yet people try to solve their problems at that same level. Henry Thoreau noted: "For every thousand hacking at the leaves of evil, there is one striking at the root." Maharishi Mahesh Yogi,

who trained Cary Bayer how to teach meditation, recommended striking at the *root* of a person's life—watering that root, the inner Being—so that the leaves, fruits, and bark of the tree of that life can be nourished. He said: "The answer to every problem is that there is no problem. Let a man perceive this truth and he is without problems."

Transcendental Coaching combines the meditation experience of contacting that root, coupled with techniques of coaching to solve existing problems and to prevent others from emerging in the first place.

Beyond Happiness: Bliss

Breakthrough Coaching adds joy to life through solving problems and increasing achievement. It utilizes behavior, speech, thinking, feeling, and intuition to solve problems and create the life you want. Transcendental Coaching goes beyond that by connecting you to the *Source* of these aspects, a contact which is blissful.

The *coaching* part of Transcendental Coaching utilizes these parts of your individuality to add joy; the *transcendental* part of Transcendental Coaching brings the daily experience of the *Universal* part of your nature. In time, you live from this place of deep happiness and peace.