

Why Everything We Think We Know About Yoga and Meditation Is Wrong!



Susan Shumsky
Award-Winning Author

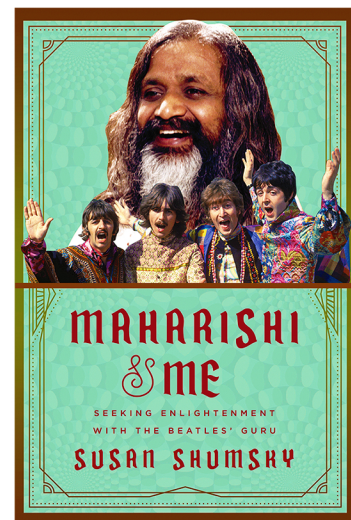
At the forefront of the spiritual revolution that changed the world, I have taught meditation 50 years. I authored *Maharishi & Me: Seeking Enlightenment with the Beatles' Guru*, and 13 other self-help books. I first learned to meditate and practice yoga in the 1960s in Berkeley, Calif.: counter-culture central.

I then spent 22 years in the ashrams and 6 years on the personal staff of Maharishi Mahesh Yogi, founder of Transcendental Meditation (TM), who made "meditation," "mantra," and "yoga" into household words, as generic as Kleenex, "with a little help from his friends," the Beatles and other stars.

Now there are yoga studios on every streetcorner and 8% of the population says they meditate. Let's bust some yoga and meditation myths.

TALKING POINTS:

- Why yoga is not an exercise in a gym.
- Why you don't need a mantra to meditate.
- Yoga's hidden origins.
- The 10 biggest mistakes people make when they meditate.
- Why people who think they can't meditate can meditate.
- Celebrities who meditate.
- How meditation changed the world.



Susan Shumsky is a spiritual teacher, a pioneer in the self-development field, and an award-winning author published by New York publishers. She has done 975 media appearances including: *Los Angeles Times*, *Chicago Tribune*, *Washington Post*, *GQ*, *Woman's World*, *Cosmopolitan*, *William Shatner's TV show*, *Fox News* with Alan Colmes, and more.



AWARD-WINNING AUTHOR OF 14 BOOKS, INCLUDING: *Divine Revelation* (Simon & Schuster), *Miracle Prayer* (Random House), *Exploring Meditation*, *Instant Healing*, *Ascension*, *The Power of Auras*, *The Power of Chakras*, *Awaken Your Third Eye*, *Awaken Your Divine Intuition* (Red Wheel/Weiser), and *Maharishi & Me* (Skyhorse).

WHAT THE MEDIA SAYS:

- "Susan, thank you for coming on the show. Alan Colmes enjoyed it tremendously." —Fox News Producer
- "Susan, you were fantastic! The phone lines and texts kept coming in after we said goodbye!!! Wow! —Jane Monzures, WGN, Chicago
- "Susan is more divine than Bette Midler and my world famous cheesecake!" —Joey Reynolds, WOR, New York
- "You're such a great guest. This is such a fascinating topic." —Laurie Kirby, WBZ, Boston
- "We talked for 20 mintes, and it seemed like 2 minutes. I wish we could go on for 2 hours." —Steve Trelise, WKXW, New Jersey
- "It was an absolute joy! Thanks for chatting with me." —Jeff Angelo, WHO, Des Moines
- "John and I really enjoyed the interview!" —John Hines and Dan Cook, WCCO, Minneapolis

AVAILABILITY: Nationwide

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