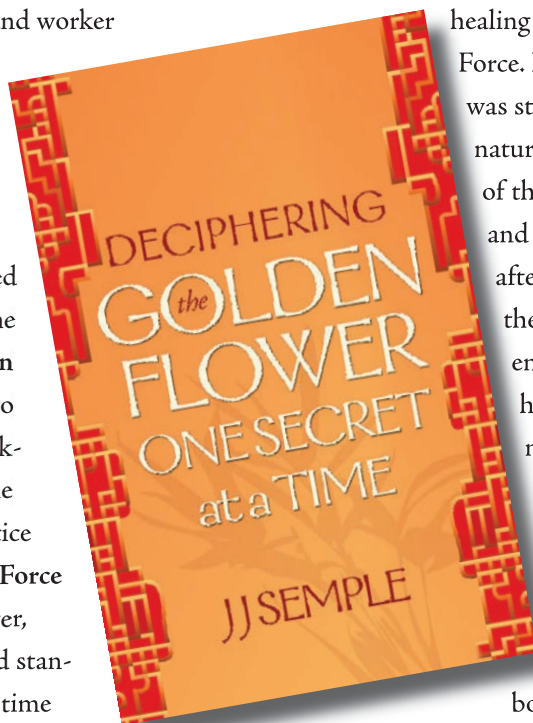


THE METHOD

The Extra Step ...

During the 1970s, Dr. Herbert Benson created the Relaxation Response, a meditation technique for promoting stress reduction and worker productivity. By borrowing techniques from Transcendental Meditation and other Eastern meditation methods and repurposing them, Dr. Benson made meditation more accessible to Westerners. Recently, JJ Semple devised a means of extending the benefits of the Relaxation Response. It's called **Golden Flower Meditation (GFM)**. The key to **Golden Flower Meditation** is "the backward-flowing method." Adding this one crucial step to a basic meditation practice activates the dormant **Kundalini-Life Force** present in every human being. Moreover, **GFM** is safe, reliable, reproducible, and standardized. It produces the same results time after time over a given number of subjects, truly a new direction in the health science applications of meditation. To learn more about activating the Life Force, contact JJ Semple about a presentation/seminar or visit www.lifeforcebooks.com.



THE BENEFITS

A Bodily Readjustment ...

Through his practice of **Golden Flower Meditation**, JJ Semple discovered the remarkable healing capabilities of the Life Force. His nervous system was stimulated such that the natural chemical substances of the body were recombined and used for healing. In fact, after successfully activating the Life Force, this amazing energy source inventoried his entire body, taking note of all disorders or malformations, immediately transmitting vital energy throughout the nervous system to remote parts of the body to begin the healing process. What kinds of conditions are treatable by **GFM**? Chronic pain or headache, post-operative conditions, stress, back pain, neuritis, arthritis, neuralgia, nervous disorders, polio after effects, deformity—any condition caused by nerve damage.

THE AUDIENCE

Become a Healthier Person ...

Golden Flower Meditation is not only for those who suffer; it's about becoming a healthier person. If you already practice meditation, you'll want to find out how the "backward-flowing method" can improve your practice and change your life. Once an individual has mastered **Golden Flower Meditation**, his ability to avoid addiction, to make critical decisions, to manage health, and to live naturally will improve dramatically. Moreover,



GFM *The Get Life Right Podcast* slows down the aging process. Who is suited for **GFM**? JJ Semple believes it will particularly interest doctors, trainers, Yoga teachers, researchers, scientists, nurses, students, laymen of all sorts—in hospitals, businesses, universities, progressive learning centers, and clinics. This information has been kept secret for a long time. Isn't it about time you tuned in? For more information on JJ Semple's presentation program, subscribe to *The Get Life Right Podcast*. To obtain a copy of **DECIPHERING THE GOLDEN FLOWER ONE SECRET AT A TIME**, visit www.lifeforcebooks.com.

"UNTIL WE HAVE HEALTHIER PEOPLE, WE'RE NOT GOING TO HAVE A VIGOROUS HEALTH CARE SYSTEM."

THOMAS P. MILLER, RESIDENT FELLOW AT THE AMERICAN ENTERPRISE INSTITUTE

THE MESSENGER

A Unique Discovery ...

JJ Semple's pioneering work on Kundalini-Life Force

meditation is the result of an early childhood accident.

As he matured,



A slide show presentation in France

he began to realize that something was wrong with his body. In order to learn more about the effects of his accident, he set aside his career with NBC News. After meditating for many years—and feeling like he was getting nowhere—he was given a copy of an ancient Taoist text by a stranger. He spent the next two years mastering the mysterious “backward-flowing method.” Success unleashed a powerful transformational force that rooted out all traces of malformation in his body.

“Owing to the crisis in individual health care,” says J Semple, “people now realize the state of their health is largely in their hands. They want to take an active role whether it’s avoiding ‘high-fructose corn syrup’ products, watching less TV, or exercising daily. They’re searching for basic principles to build their lives around. And what is more basic than GFM with its techniques for *activating* the Life Force? Is it a ‘something-for-nothing’ panacea? No, it’s actually hard work, but it preserves the body and retards aging!”



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ACTIVATING THE LIFE FORCE

