

(and I have only been meditating for four months!). For the first time in my life I feel like each year will be better than the last, every experience more beautiful. How I wish someone had introduced me to this form of meditation as a teenager.”

*Elise*

## NSR<sup>®</sup> and Society

When you practice NSR Meditation you help not only yourself but all of society as well. Each person who generates positivity and peacefulness contributes to a positive and peaceful society.

The spread of NSR and other techniques that put us in contact with our inner source of intelligence and well-being can be a practical way to eliminate negativity, crime, and war on a global level.

## NSR<sup>®</sup> on the Web

We invite you to explore our two websites:

**www.natural-stress-relief.com:** The original NSR site and home of the downloadable and Italian versions of the NSR course.

**www.nsrusa.org:** The USA site and home of advanced programs and the hardcopy version of the NSR course.

# NSR Meditation<sup>®</sup>

## Stress in Daily Life

Every day we are exposed to many factors that can add to our stress. Examples of such factors include:

- Overwhelming demands at work or in school
- Conflicts in family and personal relationships
- Habits and addictions including smoking, drinking, and unhealthy eating.

The results may range from just a feeling that we are not living up to our full potential all the way to chronic tiredness, unhappiness, and stress-related disease.

Instead of the usual approach of analyzing these problems and trying to find a solution for each one, NSR Meditation<sup>®</sup> goes to the root of all of the problems and offers a practical solution: an easy way to experience restful alertness deep enough to dissolve stress in the mind and body. With regular practice this puts us in contact with inner peace, creativity, intelligence, and joy and gives us more strength and flexibility to handle whatever life throws at us.

## What Is NSR Meditation<sup>®</sup> ?

Natural Stress Relief Meditation is a brief, relaxing, and effortless mental technique practiced twice a day. NSR Meditation quickly brings the mind and body to a

natural state of restful alertness that dissolves stress. NSR Meditation increases productivity, decreases anxiety, enhances our ability to give and receive love, and improves health by strengthening the immune and circulatory systems.

## How to Learn NSR<sup>®</sup>

NSR Meditation is a self-taught course based on a printed manual and audio CD. The course requires only two 20-30 minute sessions a day for three days. At the end of the three days, you will be able to practice NSR on your own for the rest of your life.

## NSR<sup>®</sup> Is Practical

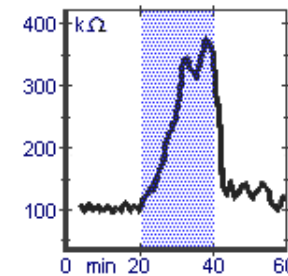
<p>“NSR is probably too expensive.”</p>	<p>Compare our price of \$47 with \$375 for the introductory Chopra/Simon Primordial Sound Meditation course or \$500-\$960 for Transcendental Meditation<sup>®</sup>.</p>
<p>“I’m too busy to take a course.”</p>	<p>NSR can be learned by yourself at home in less than three hours spread comfortably over three days.</p>
<p>“I don’t have time to practice NSR.”</p>	<p>Practicing NSR actually creates more time in our life by increasing productivity (you will accomplish <i>more</i> by doing <i>less</i>).</p>

## Support

Ongoing support for NSR clients includes email or telephone consultations and a free Web forum for getting fast and helpful answers to your questions about your experiences.

Optional advanced programs are also available for those who are interested and ready for them.

## Scientific Research



This graph shows typical Galvanic Skin Response (GSR) results that show a sharp decrease in perspiration during the practice of NSR Meditation, reflecting a profound reduction in anxiety level.

We have also published our first research study that confirms the dramatic and lasting reduction in long-term anxiety through the practice of NSR Meditation. See [www.nsrusa.org/research.php](http://www.nsrusa.org/research.php) for details.

## What Clients Say

People who learn NSR Meditation have sent us many glowing reports of the benefits they have experienced as a result of their daily practice.

“So many fantastic things have happened as a result of meditating every day. I only wish I could convince my friends and family what a wonderful experience it is and how much it has changed my entire outlook on living