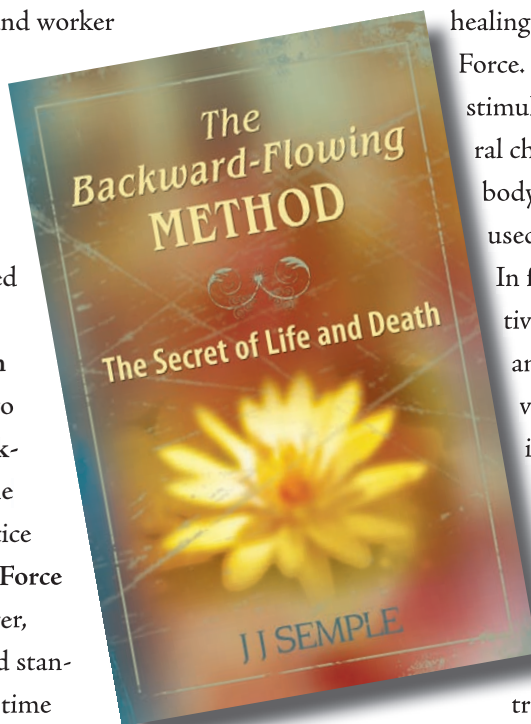


## THE METHOD

### 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 basic meditation. 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](http://www.lifeforcebooks.com).



## THE BENEFITS

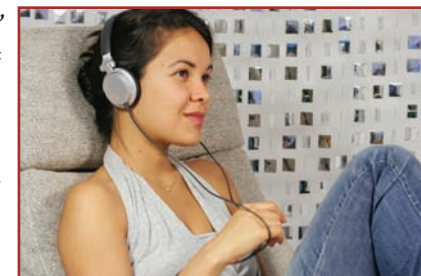
### Reengineering the Body ...

Through his practice of **Golden Flower Meditation**, JJ Semple discovered the remarkable self-healing capabilities of the Life Force. His nervous system was stimulated such that the natural chemical substances of the body were recombined and used to correct a deformity. In fact, after successfully activating the Life Force, this amazing energy source inventoried his entire body, immediately transmitting vital energy throughout the nervous system to the deformed parts of his body. What kinds of conditions are treatable? Any condition caused by damage to nerve endings or circuits. How does **GFM** work? Correctly implemented, **GFM** triggers autonomic self-healing mechanisms that use the nervous system to revitalize neural/brain related disorders. **GFM** has no effect on degenerative diseases such as cancer.

## 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 Golden Flower 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 programs, contact [questions@lifeforcebooks.com](mailto:questions@lifeforcebooks.com). To obtain a copy of *The Backward-Flowing Method: The Secret of Life and Death*, visit [www.lifeforcebooks.com](http://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 **backward-flowing method**. Success unleashed a powerful transformational force that rooted out all traces of deformity in his body. “You’ve probably heard about *neuroplasticity of the brain*,” says JJ Semple, “that the brain can actually evolve. What you may not know is that brain can also ‘devolve’ or degenerate, causing a shutdown of certain bodily or mental functions. When this happens, as in the case of Alzheimer’s, medical science is all but helpless. What if there was a mechanism in the body capable of revitalizing the brain and the nervous system, of counteracting the effects of brain and neural degeneration? That’s the dormant Life Force energy—the autonomic self-healing mechanisms GFM triggers.”



### LIFE FORCE BOOKS

Box 302

Bayside, CA 95524

(707) 826-9123

[www.lifeforcebooks.com](http://www.lifeforcebooks.com)

[jjsemple@lifeforcebooks.com](mailto:jjsemple@lifeforcebooks.com)

**CONTACT  
LIFE FORCE BOOKS TODAY  
ABOUT A  
JJ SEMPLE  
PRESENTATION  
OR  
LECTURE!**

## PRESERVING OUR LIFE FORCE ENERGY

