

Because I have taken the mystery out of Transcendental Meditation...

I'LL TEACH YOU TO MASTER TRANSCENDENTAL MEDITATION IN A SINGLE EVENING...

In Your Own Home!

Why Pay Hundreds Of Dollars To Be Given
A Gift THAT ALREADY EXISTS, NATURALLY, RIGHT
NOW, INSIDE YOUR VERY BODY!

Let me make this point perfectly clear: *There is nothing really new about Transcendental Meditation, and the amazing physical effects that it brings!*

Transcendental Meditation actually goes back several thousand years, to the Ancient Seers of Tibet, China and India, who actually demonstrated that they could control their body so completely utilizing it, that they could perform seemingly "impossible" feats when they let it protect them — such as literally walking over hot coals without being burned, or being buried alive for hours, and even days, without the slightest harm!

These great mystics believed that the awesome power of Transcendental Meditation was buried deep in their body — and in the body of every living human being — awaiting only the proper "Key" to unleash it!

I, myself, first made contact with them over 35 years ago, on my trips to India and the Orient. After witnessing their incredible feats, I decided, then and there, to bring these simple techniques back to the American people, who needed them more and more desperately every day, to combat the physical and emotional pollution that was threatening to overwhelm them!

I sincerely believe that I was the first to introduce Transcendental Meditation to an American audience, in my Carnegie Hall lectures close to 35 years ago. Even then, I taught the basic technique — the psychological and physiological side of Transcendental Meditation — in just a few minutes, to hundreds of people at one time!

But I also believed (and still do) that these basic psychological and physiological benefits — vital as they undoubtedly are — are only the first beginning of what Transcendental Meditation can REALLY accomplish for you! And that you should, and must,

IN JUST FIVE MINUTES LEARNING TIME, YOU GET EVERY ONE OF THESE AMAZING HEALTH BENEFITS, JUST AS A START —

After just five short minutes, in your own home, simply by learning my new De-Mystified Transcendental Meditation, you will find what prominent scientists all over the United States have already discovered — that you can lower your blood pressure at will. And sometimes lower that blood pressure sharply after only a few minutes of such Meditation.

Meditation may also be used to slow down or increase the rhythm of your heart, and control your pulse rate significantly. This is especially important if you have heart or circulation problems. In fact, after only a few Meditation sessions, heart beat may actually normalize itself.

In such Meditation, your metabolism may also become normalized. This, in turn, not only helps ease the processes of digestion, but gives you more nutrition from your intake of food, and at exactly the same time, controls the appetite and keeps the body from putting on excess weight!

Or, if you are now "hopelessly overweight," Meditation may, at the same time, help you bring that weight back down, by not only controlling your appetite, but by removing the psychological stresses that cause you to over-eat in the first place, or eat the wrong foods!

And This Is Just The Beginning! Because Scientists Have Now Proven That...

Cigarette smoking, alcoholism and even drug addiction, have, in case after case, been cured within two weeks to one month without the aid of medication!

It was found that persons engaged in meditation could lower the oxygen consumption of the body in just a few minutes, sometimes as much as 20%. This is especially important if you now suffer from constant fatigue, "run out of gas" every afternoon, can hardly move in the evening!

Men and women who suffer from deep melancholia, depression, anxiety and worry have repeatedly used Meditation to overcome these moods, and find peace and happiness! Meditation is also being used, right now, by doctors in mental hospitals, to help patients who had previously been considered so incurable that they had to be kept under heavy sedation even to control them!

Migraine headaches, caused by stress conditions, have often literally been healed within a few moments!

And even more important, with Transcendental Meditation scientists have apparently slowed down the aging processes of the body cells... and have even ventured the possibility that such effects may enable you to live as much as 150 to 200 healthy years!

go beyond them as soon as you have brought your body and your emotions under secure control!

Meanwhile, However, I Have Seen People Waste Hundreds Of Dollars Of Their Money, And Months Of Their Time, TO GAIN WHAT I COULD GIVE THEM IN LESS THAN FIVE MINUTES!

So I have now decided to take Relaxation-Meditation... Health-Meditation... Tension-and-Stress-Removing Meditation — in fact, all the benefits these men and women could get in any course they could purchase, for any amount of money — and "boil it down" into a brief Confidential Report so simple, so clear, and so immediately and apparently effective that they could master it, COMPLETELY, in just 5 life-transforming minutes!

This simple at-home technique completely does away with any belief you may have — or others have tried to give you — that there is any mystery whatsoever in utilizing the full power of Transcendental Meditation!

It proves to you immediately that, this way, you need neither "Guru" nor "Master"! That there is no need for you to leave your own home to learn to use it to full efficiency! That there are no long, involved courses to master! No high-paid instructors to dominate or humiliate you! No \$125, or more, paid before you receive the first lesson alone; and no further cash outlays for "follow-up lessons," or "periodic check-ups"!

And as for your private Mantra, once you send me your name, I will send you — FREE — a private Mantra for yourself alone, that will belong to no one else in all the world. Once you have this Free Private Mantra, then the ability to gain this deep relaxation, peace and overwhelming release from hypertension is yours already! Yours as your natural human heritage! What I have done for you is simply given you what I believe to be the shortest and most effective — and scientifically proven — way (a "Key," if you wish to call it so) to tap that natural gift!

So this is NOT an "esoteric," "mystic," or "magic" specialized technique, available only to the wealthy few! It is, instead, a "universal path" that is accessible at once to all, no matter what their age or financial position, or psychological state today!

You Will Realize, Right From The Start, That You Are Doing The Right Things, BECAUSE YOU WILL SEE THE IMMEDIATE RESULTS!

These will be so dramatically evident that you will instantly know you are on the right track! You will actually learn how to use Transcendental Meditation in only five minutes! And you will find out, in that short time alone, that there is absolutely no harmful effect... nor will you be startled by any strange symptoms from using this proven form of Meditation!

In fact, you will be overjoyed to find it so ultimately simple, and with such immediate benefits that last forever in your life!

And One Last Pledge, That NO Other Form Of Transcendental Meditation — Can Make To You:

And that is this: That you may then go beyond the mere physiological and psychological benefits of this De-Mystified Transcendental Meditation... and actually release the higher creative powers of your spirit and mind! For example:

1) You will be shown how to achieve permanent peace of mind, tranquility and inner joy, with the resulting "invulnerability" to outside stresses and strains!

2) You will be shown how to rid yourself at last of bad habits, such as smoking, alcoholism, gambling, drug addiction, or lesser habits such as laziness, procrastination and all the other "failure syndromes" that might be holding you back in life!

3) You will learn to use Transcendental Meditation to overcome personality defects such as an inferiority complex, self-consciousness and fear of inadequacy; and build instead a strong, self-reliant, magnetic personality!

4) Such personal magnetism, and improved powers of mind, may then be programmed to focus your higher mind centers on poise, confidence and success! This, in turn, could easily lead you to become wealthy through your career or business, and thus build ever-increasing financial security for yourself and your family!

5) And, as an extra benefit of such heightened personal magnetism, a simple shift in the focus of your daily Meditations can give you great new sexual and romantic powers, new joys in love, and perhaps the true "soul mate" you have yearned for for years!

6) Then, if you so choose, you may even wish to ascend to the highest plane of Transcendental Meditation... develop the psychic powers that are latent within your superconscious mind... and, as I have, prove to yourself that ESP, pre-cognition and all the rest are as much actual facts, as magnetism or electricity!

And All This, IN ADDITION To The Primary Health Benefits You Start Getting In The First Five Minutes!
AND ALL FULLY GUARANTEED... LIKE THIS:

I have so much confidence in the mind and body healing benefits

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ABOUT THE AUTHOR:

NORVELL: For over 30 years his name has created electrifying excitement wherever seekers of Transcendental Truth have gathered. His unrelenting thirst for spiritual fulfillment has taken him to the most remote corners of the globe... to finally become one of the few Westerners, in our time, who has ever gained acceptance as an equal among the Holy Masters of both India and Tibet! He has also mastered the scientific secrets of Western knowledge at America's most highly-regarded universities.

In America alone, over these past decades, tens of thousands have come to Carnegie Hall in New York, and dozens of other centers of public learning, to absorb in person his profound wisdom — a complete and practical system of self-mastery and spiritual and physical power, that combines the Science of the West with the Mystic Knowledge of the East!

And now Norvell reveals the greatest of his great secrets in this revolutionary new Confidential Report — how to master the full art of Transcendental Meditation... at-home! A simple technique that may change your life... forever!

of my De-Mystified Transcendental Meditation that I'm willing to make you this air-tight money-back guarantee: If, after 30 days, you are not entirely convinced of the full power of this De-Mystified Transcendental Meditation, just return this report to me for every cent of your money back! Could anything be fairer?

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Gentlemen: Please rush me a copy of "NORVELL'S, 5-MINUTE DE-MYSTIFIED TRANSCENDENTAL MEDITATION" Confidential Report. I enclose \$9.98 in full payment. I understand that I may examine this Confidential Report for 30 days at your risk or money back.

Also send me my own Private Mantra, specially selected for me by Norvell, and mine absolutely FREE, even if I return the Report for every cent of my money back.

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