

AVON/38117/\$2.25



A simple meditative technique that has helped millions to cope with fatigue, anxiety and stress

the Relaxation Response

by Herbert Benson, M.D.

Associate Professor of Medicine at The Harvard Medical School and Director of the Hypertension Section of Boston's Beth Israel Hospital

with Miriam Z. Klipper

Benson the Relaxation Response with Klipper

960-38117-225

In Just Five Minutes...

You can learn the principles of controlled meditation without leaving home... without attending high-priced lectures... without pills, medication or drugs.

This revitalizing, therapeutic technique—developed by the renowned doctor whose extensive testing in the laboratories of Harvard Medical School and Boston's Beth Israel Hospital first exploded the scientific prejudice against TM—can release your body's hidden defenses against stress and stress-triggered illnesses (including high blood pressure)!

Once learned, the Relaxation Response takes only ten to twenty minutes twice a day and, as millions have already discovered, can relieve the restlessness and tension that stand between you and a richer, fuller, healthier life.

Is the Relaxation Response for you? Check first page and see!

Herbert Benson, M.D.

produces the same physiologic results regardless of the mental device used. The following set of instructions, used to elicit the Relaxation Response, was developed by our group at Harvard's Thorndike Memorial Laboratory and was found to produce the same physiologic changes we had observed during the practice of Transcendental Meditation. This technique is now being used to lower blood pressure in certain patients. A noncultic technique, it is drawn with little embellishment from the four basic components found in the myriad of historical methods. We claim no innovation but simply a scientific validation of age-old wisdom. The technique is our current method of eliciting the Relaxation Response in our continuing studies at the Beth Israel Hospital of Boston.

- (1) *Sit quietly in a comfortable position.*
- (2) *Close your eyes.*
- (3) *Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.*
- (4) *Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "ONE," silently to yourself. For example, breathe IN . . . OUT, "ONE";*

THE RELAXATION RESPONSE

IN . . . OUT, "ONE"; etc. Breathe easily and naturally.

- (5) *Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.*
- (6) *Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "ONE." With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.*

The subjective feelings that accompany the elicitation of the Relaxation Response vary among individuals. The majority of people feel a sense of calm and feel very relaxed. A small percentage of people