

## **The NewReality™**

### ***Your Future Starts Today!***

Today, tremendous amounts of information and input are constantly bombarding us. It's estimated that each of us will encounter more information in a day than our great grandparents did in an entire lifetime. As a result, many of us suffer from day-to-day stress that affects our personal wellness, weight, sleep and overall ability to enjoy life.

Now, thanks to the technique of **creative visualization and relaxation (CVR)**, the power of your own mind is available to you. Be among the first to discover how CVR can help you realize your dreams, achieve your goals, and take your life to a level you never imagined!

### ***Creative Visualization/Relaxation (CVR) Provides the missing Link to Wellness***

Recent research shows that excessive stress can suppress the immune system. Therefore, it is vital to incorporate a program of stress reduction and relaxation into your everyday life. By reducing the anxiety and stress, and increasing relaxation, you can boost your immune system and use your own unlimited resources to improve your life.

But don't think that CVR is only a nice, relaxing daydream. People who regularly relax with CVR processes enjoy a number of side-benefits. These may include:

- Increased blood flow to the brain, resulting in clearer thinking, better concentration, improved memory, and enhanced creativity.
- A 21% increase in serotonin, which calms the mind and body and creates an overall sense of well-being.
- A 25% increase in endorphins, the hormones that flow through your body when you

### **Visualize This!**

#### ***What is Creative Visualization?***

Visualization is the basis of the human ability to create, innovate, and dream, and is the primary component of imagination. Additionally, visualization has long been the primary tool for mind/body healing. From a scientific perspective, we know that because visualization directly impacts the body's neurological system, it has a direct influence on the body.

Creative visualization relaxes the muscles, slows the heart rate, and decreases blood pressure, thus creating the *relaxation response*—the perfect state for learning, healing, or focusing on goals.

## **Creative Visualization & Relaxation: *The Ultimate Relaxation Experience***

feel happy.

- Better sleep patterns. Twenty minutes of CVR can be equivalent to 3-4 hours of sleep, so you may find yourself sleeping less, feeling more rested, accomplishing more, and finding extra enjoyment in life.
- Soaring energy levels.
- More fulfilling relationships.
- Improved career satisfaction.
- A clearer sense of purpose.
- And last, but certainly not least, a seemingly effortless ability to manage stress.

### ***What you want to know about Creative Visualization/Relaxation (CVR)***

#### **Does CVR really work?**

Yes! Not only are there dozens of scientific studies that prove the power of the mind, but all of our case histories are also documented.

#### **How does CVR work?**

CVR helps you achieve a deeply relaxed state where you can focus on and visualize the new reality you would like to create in your life.

#### **Will CVR work for me?**

Almost anyone can use CVR to visualize and create the changes they desire. Your imagination and a reasonable commitment are all you need to get excellent results.

#### **Is CVR safe?**

Completely. The two components to CVR—creative visualization and relaxation—are 100% natural and have no side effects, unless you count more restful sleep, a boost in energy, enhanced memory and concentration, and an overall sense of well-being!

#### **Can CVR help me with any problem or goal?**

CVR is effective for a wide range of applications, including weight loss, stress relief, smoking cessation, accelerated learning, success motivation, pain management, sports performance, sales mastery, phobia release, better golf scores and much more. Check with Dr. Zia for a list of programs, or for brochures on the programs that most interest you.