

## Creative Visualization and Relaxation (CVR)

### Introducing the missing link to wellness and achievement

Studies show that our culture's chronic stress problems may be to blame for the recent worldwide decline in health. The truth is, those who live under the gun may be multiplying their risk for heart disease, stroke, obesity, and even some forms of cancer. What's the best defense against this dangerous "super-stress"?

We all have that answer right between our ears! The real question is: How do we get our brains to turn off the stress and turn on the healthy neuro-chemistry that leads to feelings of wellbeing, exuberant good health, and peak performance?

The answer is simple... Just 20 relaxing minutes of CVR a day is proven to stimulate healthy brain chemistry, helping listeners boost their immune systems, regain lost energy, lose weight, get rid of unwanted habits, instill positive new behaviors, and improve overall quality of life.

#### CVR for Mind/Body Healing

There is a growing body of compelling evidence for the supportive role visualization plays in achieving the mind-body connection and facilitating healing. Visualization directly influences the body by relaxing muscles, slowing heart rate, decreasing blood pressure, strengthening the immune system, and improving neuro-chemistry, which together produce an optimal healing environment.



#### CVR for Focus and Motivation

CVR is a favorite with those who strive for peak performance. With programs to enhance learning, improve sales performance, master a sport, get super fit, or even attain greater wealth, CVR can provide the right mental rehearsal and mind-set to get there faster and with less effort.

### With 400+ Titles in 23 Categories, PorterVision Has Something for Everyone!

Accelerated Learning  
 Addiction Freedom  
 Alcohol Free  
 Blue Chip Basketball  
 Childbirth  
 Coping With Cancer  
 Dentistry  
 Smoking Cessation  
 SportZone

Mind-Over-Menopause  
 Pain-Free Lifestyle  
 Relationships—Finding Love  
 Relationships—Keeping Love  
 Alive  
 Sales Mastery  
 Wealth Consciousness  
 Weight Loss

Enlightened Children  
 Golf Mental Coaching  
 Healthy Heart  
 Insomnia Solutions  
 Irritable Bowel  
 Life-Mastery  
 Medical Recovery  
 Stress Reduction  
 Vibrant Health



## Hemisphere Synchronization for Maximum Benefit!

By combining ZenFrames CVR sessions with today's digital music players, users can experience PorterVision's dual-voice visualization system—a unique recording process with two separate voice tracks spatially placed to synchronize the right and left hemispheres of the brain.

- o Deepen meditative states
- o Reduce mind-chatter
- o Gain inner calm and balance
- o Become logically creative!

## CVR – The Safe, Natural Solution!

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

Yes! There are dozens of scientific studies that prove the power of the mind, and all of PorterVision's case histories are documented.

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

CVR helps you achieve the mind states where you can focus on and visualize the life you want to create for yourself.

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

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

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

Absolutely! 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 focus, and an overall sense of wellbeing!

## Everything Changed!



"When I discovered Dr. Porter's CVR system, everything in my life changed. Within days my confidence was soaring and my motivation and drive were on full throttle. And the best part is, CVR takes just minutes a day, and they are the most relaxing and valuable minutes you'll ever experience."

Cynthia Fertal  
Bethlehem, PA

## Astounding Results!



"I'm a martial arts instructor, lecturer and life coach. I first discovered Dr. Porter's CVR system nearly ten years ago. I've been using the system ever since and have achieved astounding results in my life and with my clients. In fact, I have my own arsenal of testimonials to prove it!"

Terry Hodgkinson  
Toronto, Canada

## Introducing the ZenFrames®

### Transform any iPod® or MP3 Player into a Portable Achievement Device

By combining gentle pulses of light and sound with guided visualization and soothing music, Zenframes takes the listener to the profound levels of relaxation known for focus, learning, achievement, and healing.

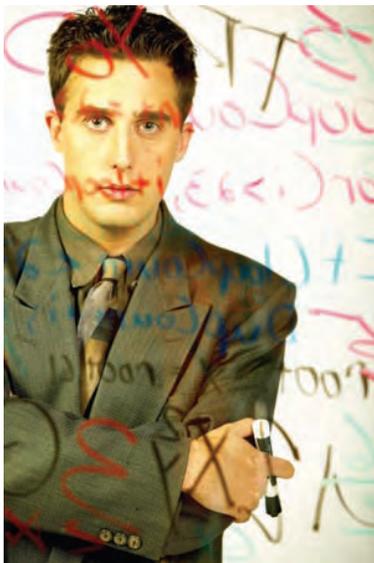
#### Four Therapeutic Learning Technologies in One Life-Changing Device!

**Light Frequencies** Flashing light patterns train the brain to operate in the best mode for creativity, focus, and mindfulness. This brainwave entrainment can transform the listener into a mental powerhouse with the right mindset to accomplish just about anything.

**Binaural Beats** Imbedded tones guide the brain into states of deep relaxation. Within minutes the brain reaches extraordinary levels of focus and performance that would otherwise take years of practice to achieve.

**Creative Visualization/Relaxation (CVR)** CVR helps listeners create a new self-image as a healthy, happy, optimistic person who no longer lets small things turn into stress. CVR makes sure listeners are focusing on everything they want out of life so they can have it, effortlessly!

**Mind-Music** The music on every PorterVision process is designed to create a full 360 degree experience that floods the mind with beautiful, serene thoughts and images.



### A One-of-a-Kind Solution to Today's "Super-Stress"

Today we are faced with a new kind of stress never before seen in human history; it's a lifestyle disease directly linked to the high-tech, fast-paced world in which we live. Doctors are calling it "Super-Stress," and the effects can be devastating, causing such maladies as:

- √ Obesity
- √ Accelerated aging
- √ High blood pressure, heart disease, and stroke
- √ A compromised immune system
- √ Gastro-intestinal disorders like acid reflux
- √ Diabetes
- √ Anxiety and depression
- √ Chronic insomnia
- √ Memory loss
- √ Panic attacks, phobias, chemical dependencies, and eating disorders

Fortunately, there's a simple solution: PorterVision's all-new ZenFrames Portable Achievement Device and our 400+ CVR Audio Sessions. In just 20 minutes a day users achieve the relaxation response, a state that reverses the ravages of stress while reducing or eliminating anxiety and worry. Regular use stimulates healthy brain chemistry, boosts energy levels and the immune system, promotes weight-loss, purges unwanted habits, instills positive new behaviors, and improves quality of life.

**Get More Done in Less Time!**



ZenFrames is perfect for enhancing performance at all levels. Whether it's improving learning skills, getting a career boost, mastering a sport, getting super fit, or even attaining greater wealth, with PorterVision's 400+ CVR sessions, there are no limits to what can be achieved.

**All With  
No Negative  
Side Effects!**

**Amazing What 20 Minutes  
a Day Can Do For You!**

- √ Reverse the harmful effects of stress
- √ Boost the immune system
- √ Reduce dangerous stress hormones
- √ Heighten creativity
- √ Eliminate insomnia
- √ Reduce stress, worry, irritability, and moodiness
- √ Create mental harmony
- √ Do away with unwanted habits and fears
- √ Lessen negative self-talk
- √ Expand self-awareness
- √ Optimize performance
- √ Improve learning, concentration, memory and recall
- √ And much, much more

**Each ZenFrames Comes with Six  
Bonus CVR Sessions! A \$100 Value!**

- AM Focus
- PM Dreamtime
- AM Concentration
- PM Release
- AM Motivation
- PM Success



Plus four music-only meditation sessions!

Additional programs sold separately. Visit [www.PorterVision.com](http://www.PorterVision.com).



ZenFrames must be experienced to be believed!

If you've not yet had the ZenFrames experience, please request a complimentary demonstration from the person who gave you this folder, or visit our website to find a representative near you.

**Instant Relaxation**



"Night after night I would lie awake in bed tossing and turning. Then I discovered ZenFrames and everything changed. I could reach deep meditative states quickly and with no effort. Before I knew it, I was falling asleep easily and staying asleep. Thanks to ZenFrames, I reach deeply relaxed states instantly and am experiencing the benefits daily."

*Annette Fritz  
Danville, California*