

# DEVELOPING A RELAXATION RESPONSE (RR-1 & RR-1P)

*Developing a Relaxation Response* is designed to help you develop cue-controlled relaxation, the ability to trigger a relaxation response by simply placing two fingers together. In addition, it has been very useful for people who are having difficulty falling asleep.

This program is available in two versions: *RR-1*, a basic relaxation response program and *RR-1p* which includes the short set of affirmations known as *The Path to Freedom*. Many find the positive message in these affirmations very helpful.

## HOW DO I USE THIS PROGRAM?

You can use this program in one or any combination of the following three ways:

### *Nighttime:*

The most convenient way to use *Developing a Relaxation Response* is to listen to it at night just before going to sleep. Simply start your MP3 player, then assume your normal sleeping position. You may find yourself falling asleep fairly quickly so you do not consciously hear the program. This is fine. The time just after you fall asleep is an excellent time to “reprogram” your mind.

### *Daytime:*

Daytime listening can be done whenever you a time and place where you will not be disturbed. Many people like to combine daytime and nighttime listening.

### *Subliminal:*

The program can also be played while you are engaged in routine chores such as washing dishes or working at a relaxing hobby. While you focus on the task you are doing, the recorded program works in a subliminal manner as it plays in the background.

Inexpensive ear buds or headphones can also be very useful for times when listening to the program might disturb others. Since these programs tend to produce drowsiness, they should never be played when the operator of a moving vehicle can hear them.

We would enjoy reading about your experiences with this program. You can leave your comments at [www.rpeurifoy.com](http://www.rpeurifoy.com).

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