

Silva Intuition System



S t u d e n t M a n u a l



The Silva Method™

Silva Intuition System



www.SilvaMethod.com

student manual

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It's Your Book

This manual is your book. Throughout its pages are spaces for you to keep notes and write observations. It is your personal program diary.

Fine Print

The information contained in this manual is intended to be educational and not for diagnosis, prescription, or treatment of any health disorder whatsoever. This information should not replace consultations with a competent health care professional. The author and publisher are in no way liable for any misuse of the material.

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The discovery

that human intelligence can learn to function with awareness at the alpha and theta brain frequencies will go down in history as the greatest discovery of man. This discovery has already started to change our concepts of the mind, psychology, psychiatry, psychoanalysis, hypnoanalysis and of the subconscious.

José Silva



José Silva
Founder of the Silva Method



Success with Silva Intuition System

People are attracted to Silva Intuition System because they want to develop their intuition and use it to make better decisions, understand people better, and find their purpose in life.

In order to be successful when problem solving, the following principles must be considered:

Your intent is to become the very best you can be.

Treat others as you wish others to treat you.

Positive solutions enhance you and benefit all concerned.

Know and live that the greatest happiness is in serving others and making this planet a better place in which to live.

We sincerely believe that we have found a three-step formula for successfully

communicating with the Source Energy by:

Using your subjective right-brain hemisphere,

Using picture imagery for the transmission of coherent, emotional thoughts,

Having the correct reason for programming.

These three steps will help solve problems that help improve living conditions on this planet.

The Key to Success

The real key to your success comes when you discover that you do not have to do it alone, that you can obtain guidance and help from what is referred to as Universal Source Energy, cosmic consciousness, the Quantum Hologram, or God—an omnipresent, invisible means of support—because they are one with the Universal

Source Energy and not separate from it.

In order to obtain this support from Universal Source Energy, you must:

Maintain coherent emotions, thoughts, and behavior.

Focus on your intentions.

Pay attention.

You have many opportunities throughout the training to discover these things for yourself, to discover truth for yourself, because the greatest lessons are learned when you bring forth the answers from within.

This is a very new concept for many people. We've been taught in the "self-improvement" courses that we must set our goals and not let anything deter us from going after them, that we must solve all problems to become fully actualized. This problem/solution paradigm has gone as far as it can go. It is now time to go beyond wholeness and completeness.

A New Way of Thinking

Silva Intuition System offers a new way of thinking. We don't expect people to suddenly forget what they've been taught in the past; it takes time and patience for us to practice these new concepts and educate ourselves to this way of thinking.

A conscious and constant connection to Universal Source Energy will help you regain and maintain excellent health and an abundance of energy, while your own droplet of inner source energy will assist you with your life journey as long as you use your energy to carry out your mission and purpose in life in a positive and healthy fashion with coherent emotions,

thoughts and behavior in order to improve conditions on our planet earth.

Three Essential Areas of Life

Health and Wellbeing. It is to your benefit to have a wholesome lifestyle. A healthy body and a sound mind are vital to being a whole and complete self.

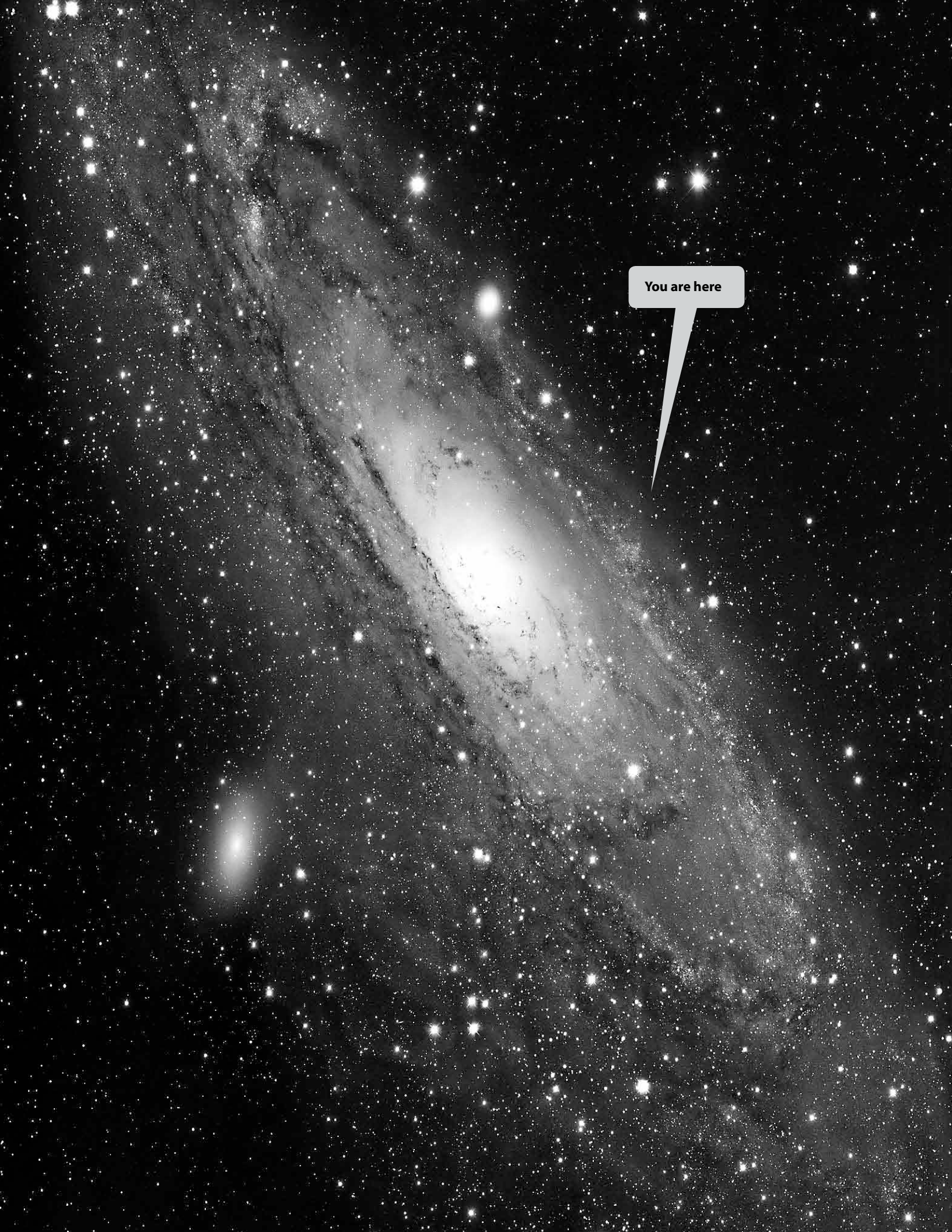
Better relationships. People need supportive people to enhance their life's mission. Most of all we need to establish a strong relationship with Universal Source Energy.

Business. To achieve your material needs you must develop good business practices, which allow you to earn and generate profits. We all have a need for money, the fuel that keeps the machinery going. Discovering your life's purpose and doing the kind of work that reflects that purpose enhances good business practices.

As you practice and work in these areas, and practicing your skills with various techniques, you will also be developing and demonstrating an attitude that will open doors to greater guidance and support from Universal Source Energy.

And this will make it easy for you to identify your purpose in life, so you can do what you were sent here to do, to experience the spiritual joy of being and the physical joy of doing.

Each time you use these technique, you will have opportunities to expand your knowledge and understanding. As your awareness grows, you will broaden into a deeper appreciation of this new way of thinking.



You are here

use your esp

You will be learning how to use your ESP—effective sensory projection—reliably and regularly to help you make better decisions in all areas of your life, and to obtain guidance and help from the Universal Source.

You will learn;

To find your life's purpose, inner purpose and outer purpose,
To establish a constant connection with Source Energy,
To enhance your intuitive abilities.

The benefits:

Live a life with purpose.
Fulfill your mission on earth.
Function as a multidimensional being.
Make wise choices and decisions.
Help solve problems for yourself and others.

You can accomplish this goal through;

Discussions,
Silva techniques,
Mental exercises,
Your life experiences.

You will learn how to use your intuition accurately, reliably, and whenever you need it to help you make better choices and decisions, one of intuition's greatest contributions.

Setting Goals

How can your life be different and better? Think about your health. Do you need to regain and maintain good health so you will have plenty of energy to achieve what you desire?

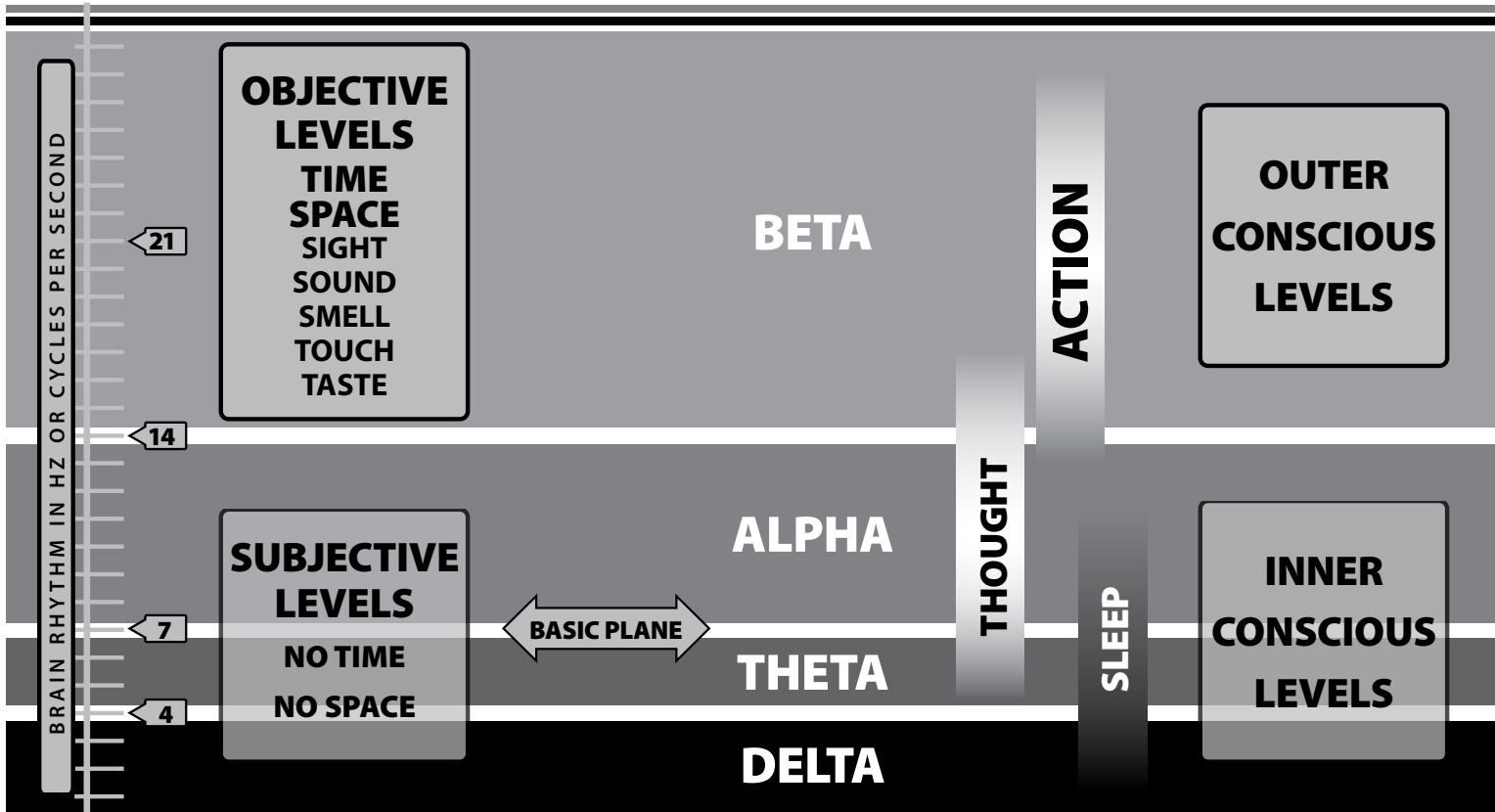
Consider your relationships; interpersonal, family, business, and others. Can you improve your relationships with family or business associates?

Can your business sense be improved? Do you want a better job, more income, or your own business?

How do you feel about your personal and spiritual growth, your purpose in life? What do you want to do better? Do you want more contentment, a sense of fulfillment, or a sense of purpose in your life?

As you go through this seminar, think about how you can apply what you are learning in the area that is most important to you as of today.

SCALE OF BRAIN EVOLUTION



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About the Scale of Brain Evolution Chart

The Scale of Brain Evolution chart is an illustration of our concepts about the body, brain and mind. It is organized both horizontally and vertically. The left side represents the body; the center section, the brain; the right side, the mind and mental functioning levels.

Far left, the scale marked with numbers represents brain frequency in cycles per second, called hertz.

Vertically, it is organized into ranges of brain wave frequencies identified by name; the beta, alpha, theta, and delta frequency ranges.

The chart is set up in a vertical fashion with its two-dimensional limitations. However, with the Silva Method we say that you go "into," not "down to" level, and come "out of," not "up from" level.

Let's begin

To be successful you must be willing to open your whole being and experience who you truly are. Understanding how the brain works is a good place to start.

About Brain Waves

Brain activity is measured as waves, called cycles or hertz.

Beta waves refer to the physical aspect of a person.

Alpha waves are at the center of the normal brain-frequency spectrum; these waves are the ideal level for thinking, planning, and making decisions.

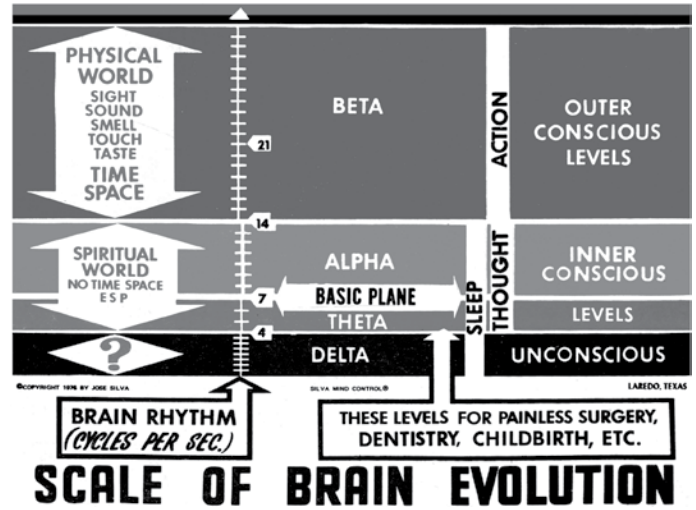
Theta waves are a state of biological innate intelligence.

Delta waves are not well known. When one functions at this level we are not sure what takes place.

At a certain time after conception, a spiritual droplet of source energy is activated in the fetus, and the brain of the fetus then starts functioning electromagnetically.

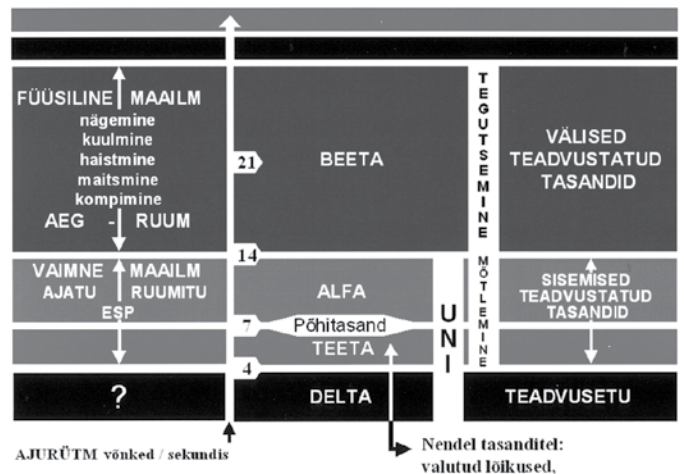
When the brain of a fetus starts electrical emissions, they show as a slow, pulsing frequency which scientists call delta. This delta pulsing frequency is believed to be the slowest that the brain produces and it is the first pulsing frequency that can be detected in the fetus by the electroencephalograph. It is also the last frequency detected at the point of death.

Every time we sleep and enter delta, our mind is functioning in a natural spiritual mode where we have clear access to our own source energy as well as Universal Source Energy.

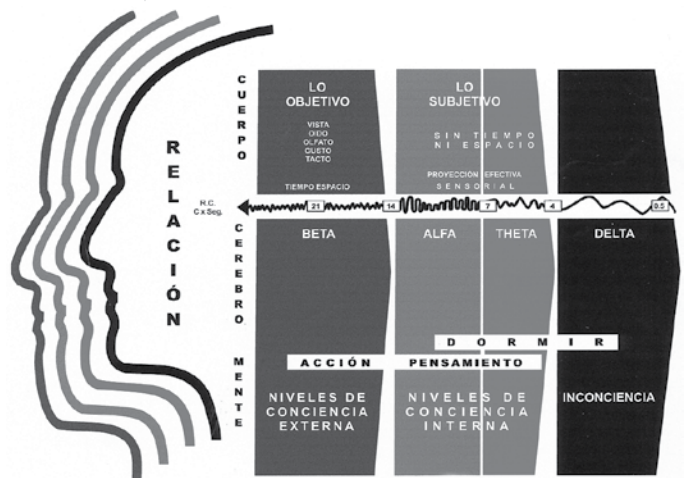


▲ Original chart—1967

▼ Chart from Estonia



▼ Chart used by El Método Silva in Mexico



The Long Relax Exercise



About Entering Level

Going to level is as easy as closing your eyes and taking a deep breath. However, we recommend using one of the Silva techniques to better manage your experience. Here are several:

- The 5-to-1 method
- The 3-to-1 method
- Counting on a descending scale
- Three Fingers Technique
- Glass of Water
- Hand Levitation
- Blur your vision
- Three deep breaths

Most important thing: relax.

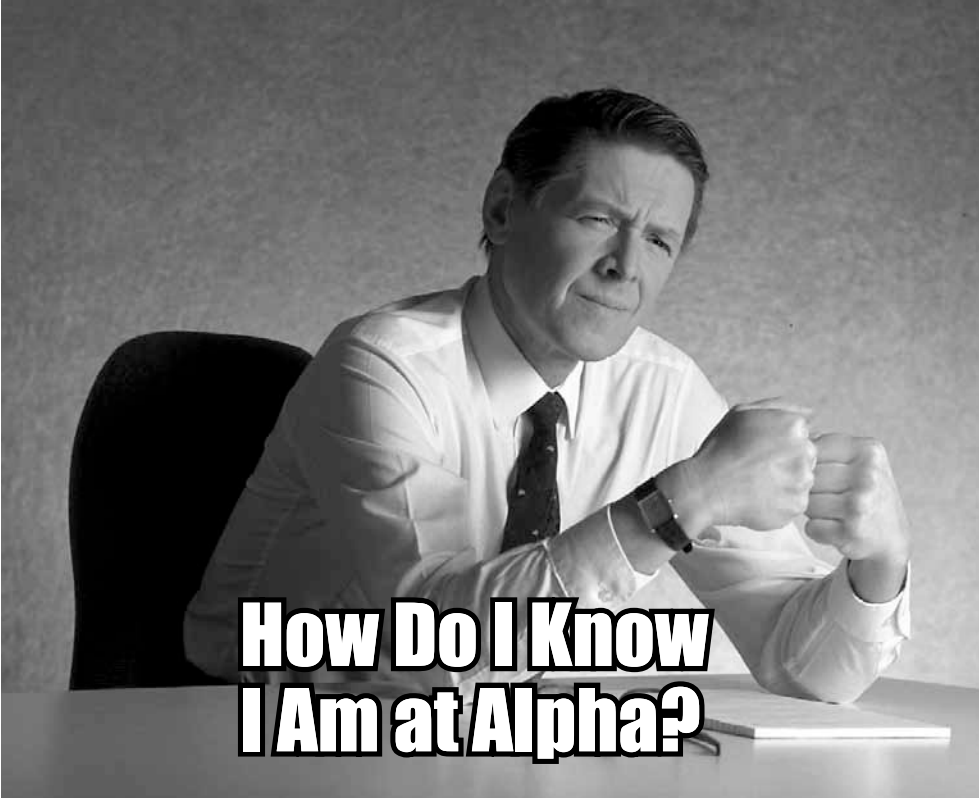
Sit in any position that is comfortable; let your body do what it needs to do to be comfortable.

Concentrate on going as deep as you can without falling asleep. Establish subjective points of reference with your experience, such areas of your body in a state of relaxation, or the feeling of slow, rhythmic breathing, or even an inner sensation of tranquility.

Be conscious of visions, sounds, feelings, and dreamlike experiences that may come to you while you are in deep meditation. You may choose to ponder on these experiences briefly, then take another deep breath and again deepen your meditation. Continue listening to your instructor and the alpha sound playing in the background. Most importantly, enjoy the experience.

If you have any questions, please ask them before we start the conditioning cycle; we don't want you to have any negative that will interfere with your relaxation. You are not being graded; you are here to learn, so make sure you get whatever you need before we begin.

To get the full benefits of the experience, follow instructions; don't just sit passively. Get involved, and help your body relax.



How Do I Know I Am at Alpha?

This question is common and basic.

The simple answer is: You know by the results you obtain. It is very easy to enter alpha. Just close your eyes, relax your body and pace your breathing.

What you experience during the Long Relax Exercise may be even deeper than Alpha. The main thing to do is to establish subjective points of reference with your experience so that you duplicate and enhance your future experiences.

When you are able to use your mind to relax your body, you are well on your way. Notice that we don't use any physical means at all to bring about the relaxation of your body; you use only your mind.

Droplet of Source Energy

Dr. Wayne Dyer says: "We are spirit beings having a human experience and not the other way around." Many proponents of higher consciousness, including many religions have claimed that we are components of Universal Source Energy and one with it.

As Nanci L. Danison in her book *Backwards, Returning to Our Source for Answers*, says, "We are literally part of Source in the same way a droplet of salt

water on the beach is part of the ocean. Once a small bit of salty water separates from the ocean, we call it a "drop" of water instead of "ocean." Yet it is still part of the ocean with the exact same characteristics. Its composition is hydrogen, oxygen, chlorine, and other ocean chemicals. It still tastes salty like ocean water. The water drop's location on the beach does not change its nature.

In much the same manner we are small local "droplets" of one consciousness, one sentient intelligence that is eternal, universal and omnipotent, the being we call "God." We feel like separate beings, but are in fact

parts of God/Source's energy field. So is everything else in our universe. A being's or thing's physical location within the universe does not change its innate nature. All matter collectively constitutes source in the same way that all of the droplets of salty water collectively make up the ocean.

The only difference between the droplet of salty water and the Atlantic Ocean is volume and therefore power. Similarly, the only difference between the source and each of us is the amount of energy, and therefore power, we have. Our tiny little bits of energy are qualitatively the same, but quantitatively less powerful.

Your droplet of Source Energy is the spiritual you that resides in the spiritual, subjective dimension (the other aspect of you) and is connected to Universal Source Energy to help you solve problems.

Who are we? We are spiritual beings having a temporary human experience. And while in this human experience, we have the ability and freedom to function in both the physical and spiritual dimensions.

The physical dimension is restricted to time and space. The spiritual dimension has no boundaries of any kind and is unlimited. It is not only important but also necessary

for you to know from deep within that you, as a spirit being you have full access to all information and experience. You are in constant contact with Source Energy from where all things originate, and you are one with all.

Your intelligence through mind's ability to expand is able to access and experience that spiritual dimension, Source Energy. You can begin to sense your direct connection to Source Energy or a droplet of Source Energy within you.

Exercise: Source Energy

We are going to experience an exercise that incorporates the concept of the expanding mind. You will begin the exercise with the three to one method, followed by a ten to one countdown. You will experience yourself in the here and now, experiencing your body in time and space. Experience all organic systems, observing that you are a result of your thoughts, feelings and emotions; feeling that there is a Universal Source Energy guiding your life. Observing that all your systems are formed by cells, experiencing you as a cell body, molecular body, atomic body, special particle body, energy body with no boundaries, experiencing that you are an energy being, expanding so that you are one with the room, building, city,

country, continent, world, solar system, galaxy, and universe. Feeling that there is no such thing as far or near, no up, no down, no yesterday or tomorrow, all is present, everything is now. You know all, your Source Energy is within you, all history is in you, and nothing in the universe is separate.

At this point in time you create a concept or symbol of the droplet of Source Energy that is within you. You will then make the journey from macrocosm back to your chair in your class room. Feel you are the universe and yourself as well and both at the same time.

As of today, you will use better means of functioning in the subjective and objective dimensions. You will come out of the exercise by counting from 1 to 5.

The Droplet of Source Energy and Counselors Differ in the Following Way

The counselors were developed during a case working session between my father and a very young Isabel. Isabel felt frightened and thus came about the counselors. Their original purpose was to accompany Isabel so that she would feel safe and secure, so that she would not feel that she was alone. Through time, the counselors became more of a personification of one's own intelligence and a tool to facilitate the flow of information, solutions and ideas.

The Droplet of Source Energy is your acknowledgement that you are connected to and one with Universal Source Energy. It has a very different purpose than that of your counselors.

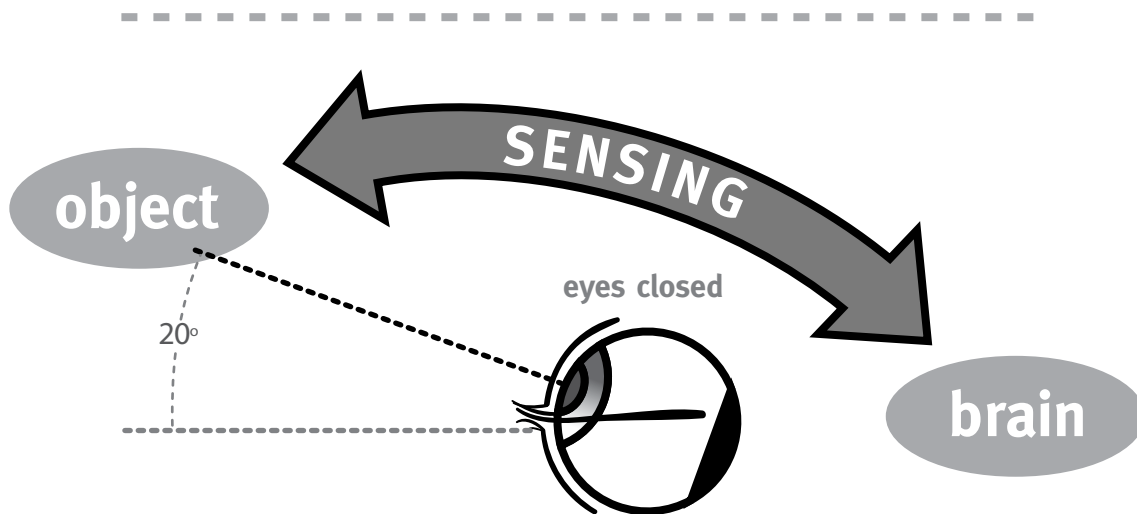
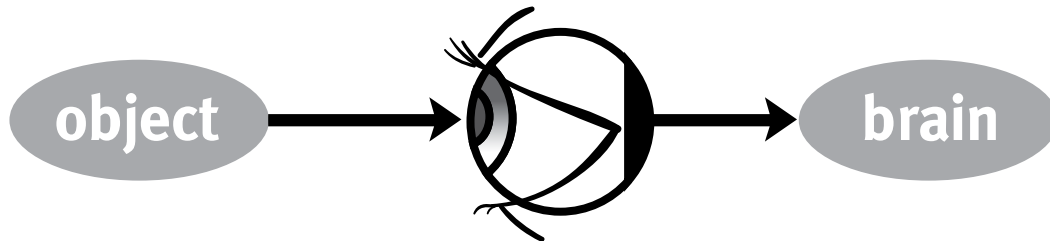
In addition, in our Silva Intuition Seminar we don't use the lab or counselors since we begin with the concept of expanded mind that is all with one and one and all is the same.



The Mental Screen

SEEING

eyes open



The Mental Screen is used for the projection and the detection of information in the subjective dimension.

You can detect information many ways: you can sense it, smell it, hear it, and you can picture it mentally. All of these are valuable, and we will practice them all. By using all of your sensing faculties you begin to experience the "subjective dimensions" holographically with coherent emotions, thoughts, beliefs and behaviors.

Mental images are especially valuable and are needed for all your sensing mechanisms, yet most people don't even have good mental images in the beginning. This is something you develop with practice.

The Mental Screen helps people to project images past or beyond the back of their eyelids onto an imaginary screen that is out and away from you. Visualization and imagination is different than seeing images with your eyes.

You use your mind to project mental images onto your Mental Screen. If you attempt to focus and see something with your physical eyes, your brain will go to the beta level. Physical eyesight is a sense that requires the beta brain wave frequency.

The Mental Screen serves as a broadcasting network in the spiritual dimension, transmitting a message for you to use your dreams. Imagery is the universal language. We have many

different spoken languages; when we observe what something looks like, we all get the picture.

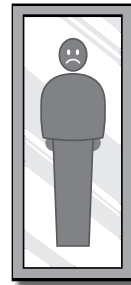
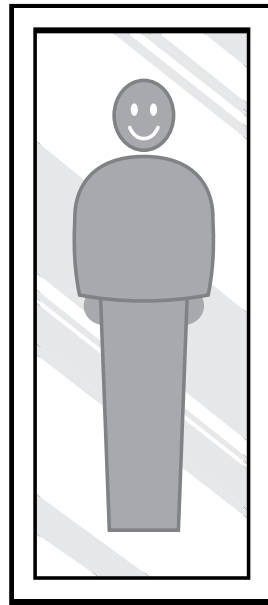
Even if you believe you do not have good mental imaging capabilities, by simply thinking of what something looks like will help you communicate effectively in the spiritual dimension. The Mental Screen is a valuable tool for your mental imaging and sensing as the doorway to Hologiving.

HoloViewing Technique

The HoloViewing Technique incorporates the subjective energies of desire, belief and expectancy together with coherent emotions and thoughts. In some cases it also involves "HoloMovement", i.e. projecting into the future from a holographic perspective as if you are in the experience fully and completely.

The images of the problem or present situation are to be projected onto a small gray image and viewed on your Mental Screen as a two-dimensional image in order to make a study of the problem.

After studying the problem for a few moments the gray image gets smaller and smaller until it disappears. At that point an animated image of the solution appears, vibrant full of color. At that stage you stop the approaching image to study it and make any adjustments you desire. Allow the image to get larger and closer until you are within it. Experience the solution in a three-dimensional format with a 360° view. Engage yourself fully and completely in the image of the solution.



We use the HoloViewing technique to energetically attract Universal Source Energy, which will manifest in accordance to our solutions. This opens us up to receive guidance, manifest our goals and achieve our mission and purpose in life.

Through HoloViewing we also get inspiration. We draw in the breath of Universal Source Energy. We become enthused and inspired.

We learn to separate the ideas that are given to us by Universal Source Energy, from the ideas that we create ourselves—our own fantasies and fears, the very things that belong to the physical human experience and not to spiritual source energy.

We get evidence of source energy participation through objective feedback, such as "coincidences." When you act on an idea and get positive results, coincidences come along to help you move in the direction of your intention. This effect is source energy responding to your coherent emotional thought, beliefs and behavior.

Your interpretation of the "coincidence" can help you implement your plan, and is an indication that you should keep on going in the direction you've chosen. When the coincidence inhibits your progress—an indication that you might be moving in the wrong direction—the message is that choosing another direction would be better.

With the HoloViewing technique, you now have a way to guide source energy towards your desired manifestations.

HoloViewing and Health

notes

Health comes first. If you are not healthy most of your time and energy will be spent regaining good health. Universal Source Energy is always there for you to regain and maintain excellent health and plenty of energy as long as you use your energy to carry out your life's mission and purpose; which is ultimately to improve conditions on planet earth.

For improving your health, first, study your situation objectively using the Mirror of the Mind and your Mental Screen; gather information about the problem, and about the various options for correcting it. Then use the HoloViewing Technique to connect with your source energy.

While HoloViewing, show what you intend to do about the situation and imagine the desired outcome fully and completely. Experience the image in a three-dimensional holographic manner with a 360° view as if you were in the image itself.

Bring forth a surge of desire, belief and expectancy and imagine health manifesting. Experience health as if it has already happened. Be sensitive to feedback and other indications of how to proceed.

To Maintain Health

Improve health; reduce fatigue, have fewer sick days, more energy so that you can do what you need to do in order to carry out your aspirations.

Use the HoloViewing Technique to analyze the situation and make decisions, then connect to Universal Source Energy.

Watch for indications of how to proceed. When you detect indications, act on them and observe the results you get. This will let you know whether to continue in the direction you are going or to change directions.

HoloViewing Technique for Better Business

The idea behind business is that everybody gains; everybody involved in a business transaction should be better off as a result of the transaction. Ideally, each gets what they want out of the transaction. We do not want to gain at someone else's loss; we want to gain while helping others to also gain.

This applies to every transaction: employment, selling products or services, joint ventures, and any other business practice.

You need to make the right business decisions so you will have the resources you need to carry out your mission.

Your goals in business need to not only benefit you and yours but humanity in general. We need each other. It is not just about me getting whatever I want, and then forget about everybody else.

Universal Source Energy will assist you when your intentions are to improve living conditions and you express your intentions with coherent emotions, thoughts, beliefs and behaviors. Then you ask Universal Source Energy for help, and you are going to get it immediately. Once you understand this, then you are on the right track.

Where do you focus your attention and what are your intentions? Are they loving and caring? Are they for helping others?

In this case, "love one another," means help one another. You help me, and I will help you. Everybody helping each other would be great.

José Silva said many times that at alpha we should pray for one another. We want to gain by helping others gain, not at someone else's expense.

Finding the Right Employment

At alpha, using HoloViewing, analyze your situation. Think about the things you enjoy, the things you are good at, the things you did as a child that people praised you for. Then share your intentions with Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

Obtaining a promotion, more responsibility and increased salary.

At alpha, analyze your situation and how you can be of greater value to your company and the company's customers, and then use the HoloViewing technique to share your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

Overcoming challenges, dealing with difficult coworkers.

At alpha, analyze your situation and the challenges you face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.



If You Supervise Other People

At alpha, analyze your situation and the challenges you face use the HoloViewing Technique to share your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, continue expressing your observations and intentions to Universal Source Energy.

If You Desire To Own Your Own Business

At alpha, using the HoloViewing, analyze your situation: What characteristics will help you to succeed in business? What skills and traits do you lack, and who can you find who has these skills and traits, to join you in the new business? What resources do you have, and what additional resources will you need? What are some of the options for obtaining the resources that you need to start or purchase your own business?



Use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

If You Own Your Own Business

At alpha, analyze your situation and the challenges you face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action,

watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

Finding a Romantic Partner

Analyze yourself at the alpha level, your good points and bad points, your likes and dislikes. What is really important to you in a relationship? What are you willing to do to make yourself a better partner? Then use the Mirror of the Mind and HoloViewing.

Strong and Fulfilling Marriage

At alpha, analyze your situation and the challenges you and your partner face, use the HoloViewing technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, continue expressing your observations and intentions to Universal Source Energy.

Strong and Healthy Family Unit

At alpha, analyze your situation and the challenges you and your family face, use the HoloViewing technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, continue expressing your observations and intentions to Universal Source Energy.

Relationships with Relatives, Friends, Business Associates

At alpha, analyze your situation and the

challenges you face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

Relationships with Your Children

It has been said that raising children is the most difficult job in the world. You, as a parent, need and deserve all the help you can get.

Universal Source Energy sent you your children and gave you the responsibility of raising them, so you can be assured that nothing is more important to Universal Source Energy than helping you in this task.

At alpha, analyze your situation and the challenges you and your children face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, continue expressing your observations and intentions to Universal Source Energy.

HoloViewing Technique for Personal Growth

The HoloViewing Technique can help you obtain guidance and support in developing the skills and traits you desire, in overcoming limitations that are hindering your ability to carry out your mission.

Education and learning: How can you best obtain knowledge and learn the skills that you need to carry out your mission? At alpha, analyze your situation and the challenges you face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

Overcoming irrational fear, guilt over the past, doubts about your abilities and the future: At alpha, analyze your situation and the challenges you face, use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, continue expressing your observations and intentions to Universal Source Energy.

Satisfaction and sense of fulfillment: At alpha, analyze your situation and the challenges you face. Is there more you could be doing to improve conditions on planet earth, are you doing all that you should be doing to carry out your mission? Use the HoloViewing Technique to express your intentions to Universal Source Energy, take action, watch for indications, evaluate your results, and continue expressing your observations and intentions to Universal Source Energy.

HoloViewing Technique for Finding Your Purpose in Life

Spend time at your alpha level. This is the best level for thinking, for analyzing information, and for making decisions.

Reflect on the three areas of life that are the most important: Health, Relationships, and Business. Do you have a special attraction to one of those areas? Do you have special competence in any of these areas?

Do you have a knack for dealing with health problems? Have you had success improving your overall health and energy levels? Are you able to inspire other people to pay attention to their health?

Are you a people person? Do people gravitate to you? Do you enjoy serving others? Do you enjoy the challenge of business? Do business ventures go well for you? Do you like the idea of accepting the responsibility of providing employment and opportunities for other people, or helping them achieve success so that they can provide for their family, and fulfill their mission in life?

The brain and the mind

The brain has many attributes, such as the ability to learn languages and think logically. It can store experiences of the physical world acquired through our physical senses. The brain is sequential and operates within the well-known laws of space and time, yet it also stores experiences of the subjective world.

The human mind is phenomenally creative, inventive, and intuitive and appears to be able to operate outside the known laws of space and time. Many of these experiences are acquired through the use of visualization and imagination and involve functioning in "nonlocality."

To be more specific, **locality** means that isolated parts of any quantum mechanical system out of speed-of-light contact with other parts of that system are allowed to retain definite relationships or correlations only through memory of previous contact. **Nonlocality** means that, in quantum systems, correlations not possible through simple memory are somehow being enforced faster than light across space and time. Nonlocality, peculiar though it may be, is a fact of quantum systems which has been repeatedly demonstrated in laboratory experiments.

John G. Cramer, "Quantum Nonlocality and the Possibility of Superluminal Effects," *Proceedings of the NASA Breakthrough Propulsion Physics Workshop, Cleveland, Ohio, Aug. 97*

Guidelines for the Laws of Programming

These laws of programming are based on Jose Silva's lifetime of experience, six decades of research and experience in the field of training psychics to carry out their life's mission.

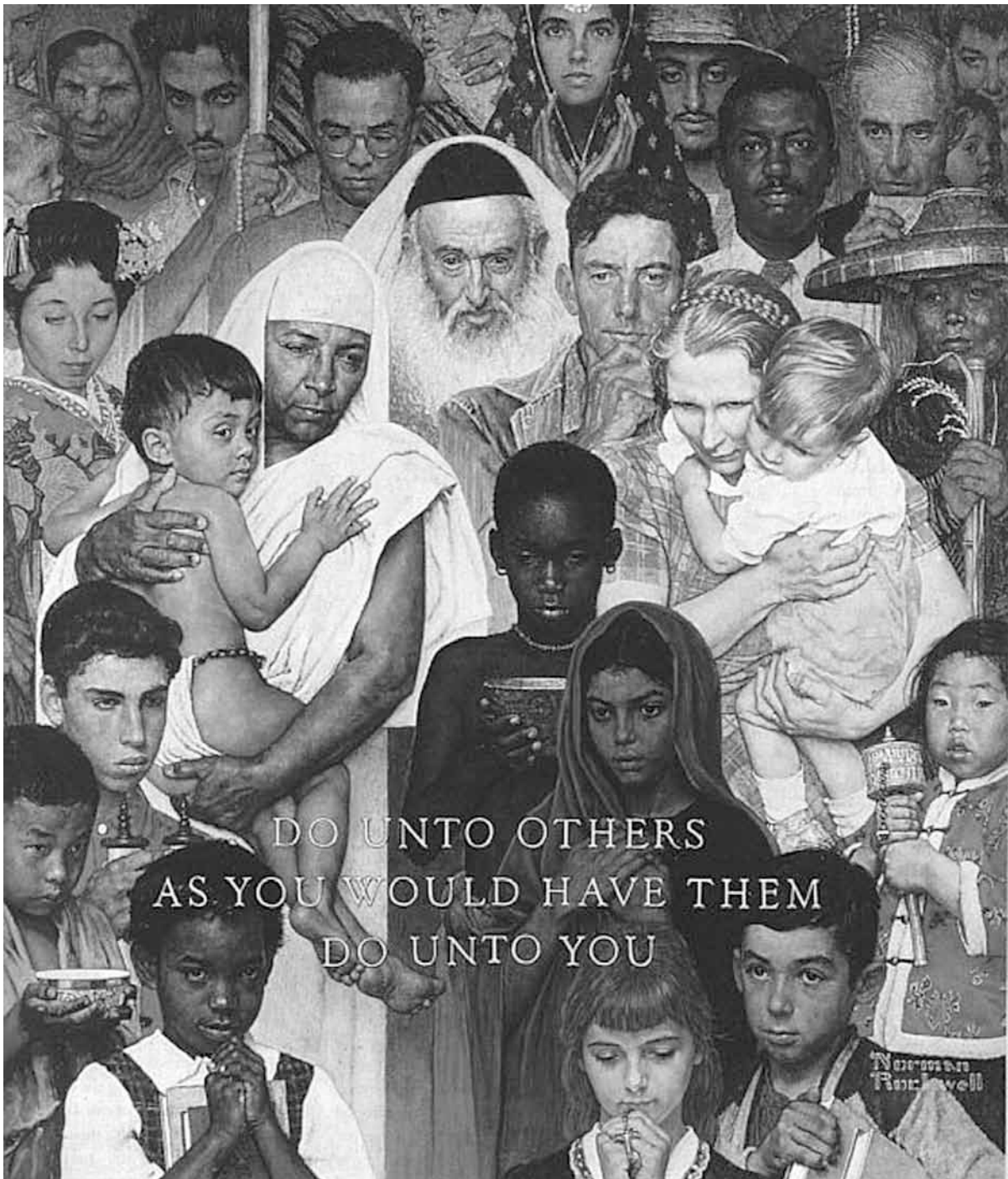
Universal Source Energy will be more available to you when you express your needs, desires and concerns with coherent emotions and thoughts. The energy will flow your way freely when you are living your own life's purpose. And what is that?

Some examples are: To improve conditions on the planet; to correct problems where problems exist, and to prevent problems whenever possible. We can prevent problems by obtaining more information about the problem and using that information to help make better decisions.

We can obtain guidance and help from Universal Source Energy to correct problems and to make better decisions if we just ask.

And the way for us to ask is by using the HoloViewing technique charged with coherent emotions, thoughts and beliefs.

There is no need to deprive ourselves in order to carry out our mission. Far from it. Jose Silva reminded us that we should not ask for any less than we need to carry out our plans and fulfill the mission; the universe is abundant.



The ethic of reciprocity, more commonly known as the **Golden Rule**, is an ethical code that states one has a right to just treatment, and a responsibility to ensure justice for others. Reciprocity is arguably the most essential basis for the modern concept of human rights, though it has its critics. A key element of the golden rule is that a person attempting to live by this rule treats all people, not just members of his or her in-group with consideration.

It exists in both positive (generally structured in the form of "do to others what you would like to be done to you") and negative form (structured in the form of "do not do to others what you would not like to be done to you"). While similar, these forms are not strictly the same; they differ in what to do with what you would like to be done to you and the other party would not like to be done upon it. The negative form does directly not contain this while the positive form can exclude it indirectly with that you would like from others to check if you really like it, which is an example of using the golden rule in a context which makes it self-correcting.

HYPNOSIS

Hypnosis has a long history from ancient times to the present. Its current uses have, for the most part, been scientifically studied by a host of both practitioners and researchers.

Hypnosis is a natural psychological process in which critical thinking faculties of the mind are bypassed and a type of selective thinking and perception is established. Although some individuals experience an increase in suggestibility and subjective feelings of an "altered state of consciousness," this is not true for everyone. In fact, some supposed hypnotic states can be achieved by means of simple suggestions or waking hypnosis, which increases the controversy about the hypnotic state.

Some theories of hypnosis attempt to describe hypnotic phenomena in terms of brain activity while others concentrate more on the phenomenological experience. In either case, a fundamental distinction exists between "state" and "non-state" theories of hypnosis. State theorists believe that an altered state of consciousness is a core part of hypnosis, whereas non-state theorists believe that more mundane psychological processes such as focused attention and expectation are sufficient to explain hypnotic phenomena. The precise definition of what constitutes an altered state of consciousness is debatable.

One physiological definition of hypnosis states that the brainwave level necessary to work on issues such as smoking, weight management, reduction of phobias, sports improvement, etc., is the alpha state.

Another physiological definition states that the theta state is required for therapeutic change. The theta state is associated with hypnosis for surgery, the use of hypnosis to numb sensation of pain and the use of hypnosis to decrease sensitivity to pain, which occur more readily in the theta and delta states.

Reading, watching movies, and meditating may be also forms of hypnosis.

Information excerpted from Wikipedia

The Laws of Programming

In order to be successful when solving problems, the following principles must be considered:

Your intent is to become the very best person you can be.

Treat others as you wish others to treat you.

Positive solutions are always the best when they affect all concerned in a healthy, constructive manner. A good solution enhances you.

Know that the greatest happiness is in serving others and making this planet a better place in which to live.

Principles of Communication to Keep in Mind When Programming

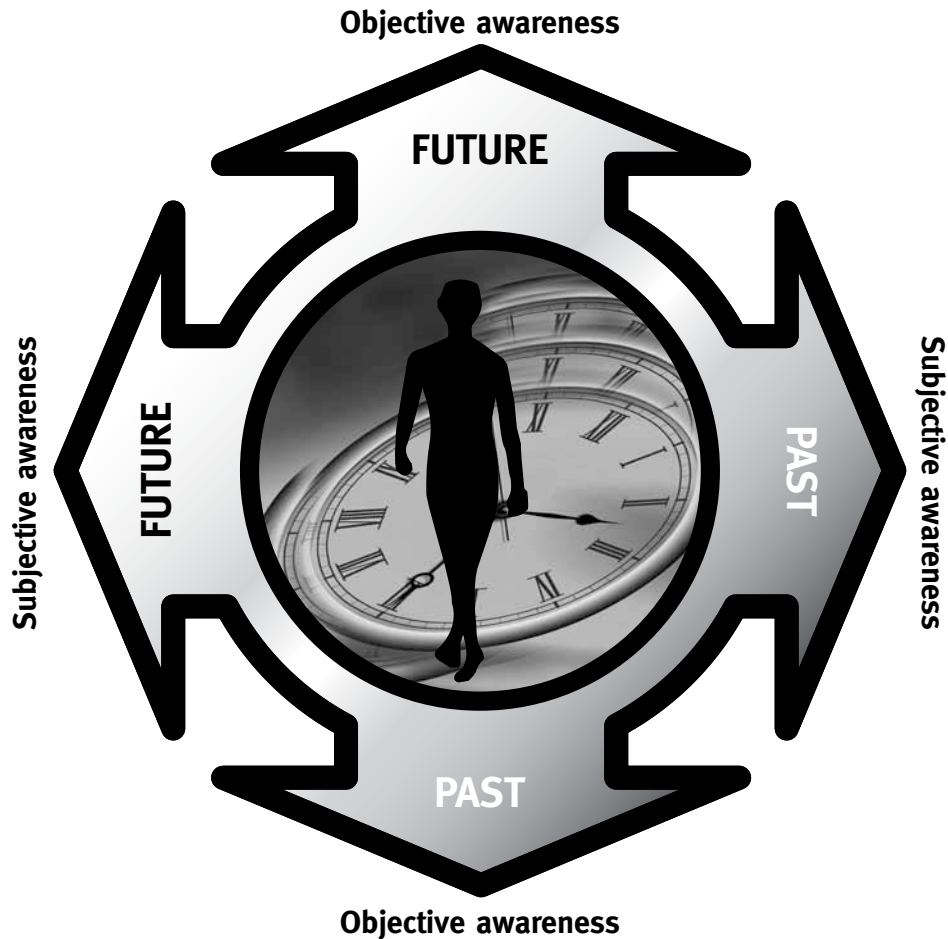
Objective physical communication takes place at the beta frequencies using the physical senses, organic faculties by which the body perceives an external stimulus. For example, hearing is an input faculty used to receive sound, while voice, an output faculty, is used for transmission.

Subjective communication takes place at your center, while at alpha, using the subjective senses. Visualization is used for perception and detection; imagination is used for transmission.

In the objective, physical dimension, the past is behind you, the present is your present position and the future is ahead of you.

In the subjective dimension, the past is to your right, the present is centered straight ahead, and the future is to your left.

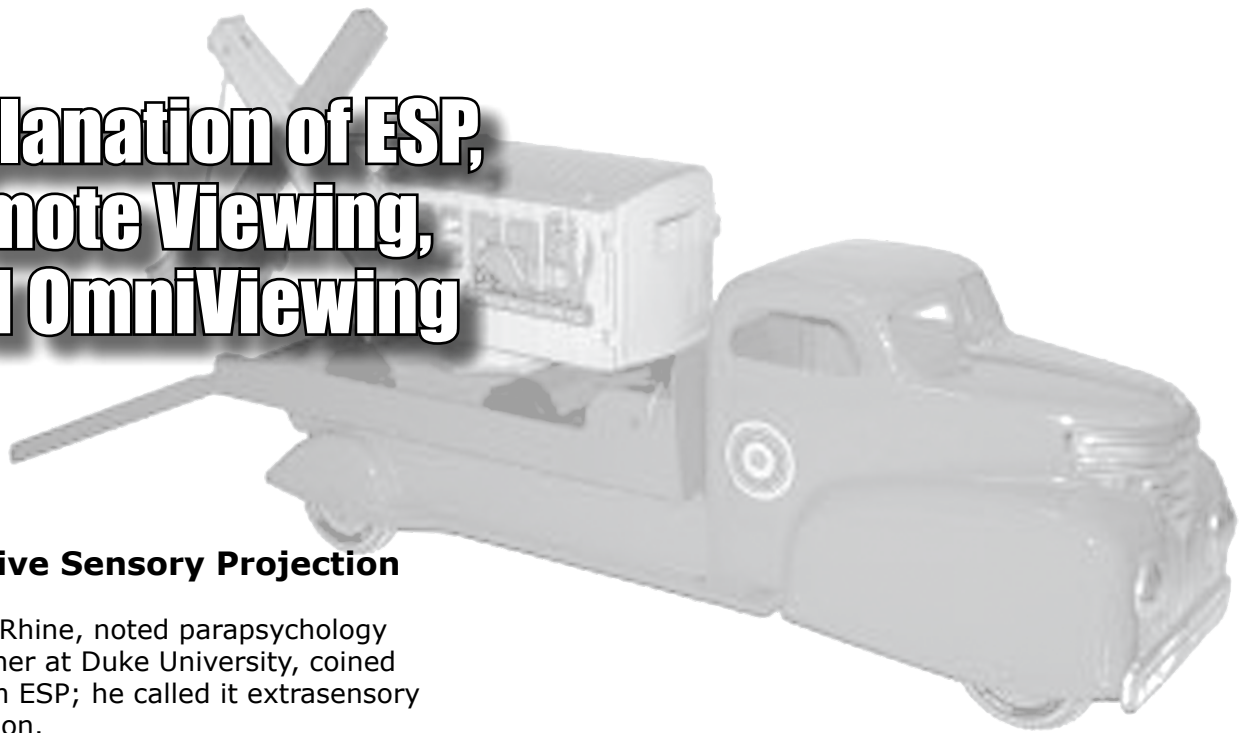
How to View the Past and Future



What is Time?

Among prominent philosophers, there are two distinct viewpoints on time. One view is that time is part of the fundamental structure of the universe, a dimension in which events occur in sequence. Time travel, in this view, becomes a possibility as other "times" persist like frames of a film strip, spread out across the time line. Sir Isaac Newton subscribed to this realist view; and hence, it is sometimes referred to as Newtonian time. The opposing view is that time does not refer to any kind of "container" that events and objects "move through," nor to any entity that "flows," but that it is instead part of a fundamental intellectual structure (together with space and number) within which humans sequence and compare events. This second view holds that time is neither an event nor a thing, and thus is not itself measurable nor can it be travelled.

Explanation of ESP, Remote Viewing, and OmniViewing



Effective Sensory Projection

Dr. J.B. Rhine, noted parapsychology researcher at Duke University, coined the term ESP; he called it extrasensory perception.

Jose Silva proved that it is not an extra sense, but a *prior* sense. We take an active role when working with our mental faculties in that we “project” our subjective senses, what we see, hear, smell, taste and touch with our minds, to any point or place, past, present or future, and learn how to discern what we sense in a way that can be used for effective problem solving.

Jose Silva brought a whole new level of understanding to the field. Today, people often refer to “mental projection” as “remote viewing.”

OmniViewing

In other situations we experience ourselves one with what we are viewing, experiencing ourselves as all things, in all ways and in all places.

Mental Projection

Jose Silva had a theory about mental projection, and set out to demonstrate it with the following experiment. He said:

“We were working with two subjects, two young boys. I wanted to get my subject to [alpha] level first, and then have my assistant get his subject to check out my subject, to find out what was going on.

When we were ready, I told my subject to enter his level. Then I told him, ‘We want to create something.’

“He said, ‘I’m going to create a little toy truck.’

“When he was doing this, I signaled to my assistant, through the window, to start. So he told the other boy, ‘Will you project to see what little Johnny is doing.’

“‘He is creating a little toy truck,’ the second boy answered. And he described it.

“When you create something in the subjective dimension, and someone detects it, you cannot tell the difference whether it is physical or mental. This is what we demonstrated with this research.

“This could be what happened in research on astral projection. The man and the woman both imagined that their astral bodies were in the room with the other subjects. They might have been creating images of their bodies, in another dimension; the same way little Johnny created the little toy truck in another dimension.”

In other words, it is an alternate explanation for astral projection.

Points of Reference

Points of reference are observations and information impressed on your brain neurons that can be referred to for the purpose of helping you determine where you are and what's going on. We can use movie examples to help explain this concept.

When you see a scene of a young couple, walking down the street hand-in-hand, and in the background you see the Eiffel Tower, you assume that they are in Paris and that it is probably going to be a romantic story.

If the opening scene is of a missile on a launch pad, with vapors venting out of the sides, and a semi-mechanical voice is counting backwards, "eight, seven, six,..." you know where you are and what is probably going to happen in a few seconds, and that this will probably be an adventure movie.

If they show you a picture of a pyramid, you may use your previously recorded points of reference to determine that you are probably in Egypt, but as you examine more points of reference, you may reevaluate your initial conclusion.

First, this is a pyramid you have never seen before, so you check the surrounding environment. A desert surrounds Egyptian pyramids. However, this one appears to be in a jungle, and it doesn't have the smooth sides you are accustomed to with Egyptian pyramids. It has what looks like stairs going up one side, such as a pyramid in Central America.

So when you refer back to your previous experiences—your points of reference—you suspect that the pyramid might be

in Mexico, Central, or South America. If some people appear and they are speaking an unfamiliar language, this additional information sharpens your points of reference.

Some of what you see, hear, smell, taste, or touch are points of reference based on your physical senses. They can be based on activities that take place. Any information that will help you, at some future time, determine where you are and what's going on is a point of reference. The more points of reference you have, the easier and faster you determine where you are and what's going on.



In Silva Intuition System, your instructor guides you into areas where you have probably never been before, and guides you to establish subjective points of reference that you can use in the future, when you are mentally projecting, remotely viewing and

OmniViewing.

In order to establish as many points of reference as possible, be sure to follow the instructions you are given: Get your body involved in making these subjective points of reference, by using your hands to help you detect the subjective information. Mr. Silva explained: "When you raise your objective hand to touch the wall, you are also raising your subjective hand." The best psychics use their hands all the time; this is one of the things that help to make them the best, most accurate, psychics.

Exercise: Projections into Metals

In order to establish objective or physical points of reference we will be working with various metals. During the mental exercise you will review your objective impressions of the metal. Transfer your impressions to the right-brain hemisphere, and then use mental projection to establish subjective points of reference.

Use your hands; this will produce a more vivid experience for you.

Remember that we do not wait passively to perceive something; we project actively in order to achieve the most effective experience.



Psychometry

Everything vibrates. Information is stored in and reflected from matter.

When light strikes a piece of metal, some of the light is absorbed in the form of heat, and some is reflected from it.

The exterior of what you see is that which is reflected. You cannot see what is absorbed, but you can feel the heat that is absorbed.

When an object is within range of the physical part of your aura, approximately eight meters (25 feet), then information about you is stored in the object.

If you take an object that has been in someone's possession for a while, you can detect information about the person, information that is stored in the object.

Hold the object in your left hand and enter your level.

Project your mind into the object. Do not wait to perceive information. Start thinking about what kind of person had possession of the object, what that person might have looked like, what their personality might have been like.

Did the object belong to a man or a woman? Is the person young or old? You will get a sense about which is correct. This is an excellent way to develop your intuition.

When you have developed your skill and your confidence with psychometry, you can use it many ways: locate missing persons, or find lost objects, for instance. Once you get a sense of the person, you can imagine seeing through his or her eyes; you can look around and see where you are, and then you will know where the missing person is.

Why Inanimate Matter First

We are going to work our way up the evolutionary ladder, giving you a condensed review of the evolutionary process.

Projecting into the inanimate matter kingdom requires the most effort from us. We must do all the projection because inanimate matter does not have biological equipment to meet us part way.

Animate matter, such as animal and plant life, has reproductive intelligence and can meet us part way.

Animal and plant life have even more intelligence. Humans have the most intelligence. Entities in these three kingdoms can meet us half way.

Informal Session of Psychometry

Get in groups of two, one is the psychic the other the orientologist.

The orientologist is your guide who helps you through the experience. The psychic is the person who goes to level and detects the information.

Have the psychic enter their level and when ready have them open their left hand.

The Orientologist places a chosen object in the psychic's left hand.

The psychic becomes one with the object at the particle, molecular, atomic and energy levels.

The psychic allows images, colors, sounds, thoughts and sensations to enter their mind.

The psychic relates the story which the object wants to tell.

Reverse roles and follow the procedure above.

Before going to sleep:

Write a list of your problems and concerns. Next to each problem write a possible plan of action you can take to resolve it.

Do this before you begin your evening meditation. This is your first step toward solving your problems.

Exercise: Connection to Purpose

The goal of this exercise is to attune yourselves to a space deep within yourself where you can experience your purpose in life.

In this exercise you allow yourself to hear, feel, see, and experience in any way that is natural for you the plan Universal Source Energy has in store for your life.

This connection is based on the idea that we are here on this planet to fulfill a unique purpose.

Without a connection to purpose, we are living unconsciously, allowing ourselves to be influenced by what may be going on around us whether or not it is in the best interest for us or all others concerned.

We must begin to understand that our

purpose for being here is two-fold: our inner purpose, which is to be a joyous expression of love, and an outer purpose by which we are able to express that love.

We are multidimensional beings, each one of us uniquely capable of expressing our purpose in our unique ways. By practicing this exercise, we can get a glimpse of our purpose for living this life. We can then open up to our particular manner of living.

There is not just one way to receive this insight. It comes in many different forms. Sometimes it is just a knowing.

Avoid trying to figure out *how* to do something that appears to you during the exercise. Just accept it as your life's fingerprint. Once you receive information you must be willing to fulfill your purpose.

Being, Doing and Having

We work hard on *doing* and *having*, yet we forget who we truly are and the nature of our *being*. It is by recognizing our true *being* that we are able to discover and actualize our life's mission.

We are unique and special and each of us has unique talents and gifts. Our work can be a channel for the experience of mind and soul. Take the time to discover what you love, where your heart lies, and how to serve others.

Follow your inner voice. Find the best that is within you. What has greater meaning and a fullness that is deeply satisfying? It is about following your inner voice, about preparing and cultivating your inner consciousness to make it fertile for new ideas and concepts.

To experience love, live a loving and

love-filled life; to experience joy and creativity, live a joyous and creative life. To experience deep fulfillment, follow your heart and give from the heart.

Imagine what it would be like to be living daily doing the work you were born to do. What would it feel like? What experiences would it involve? How would you feel when you woke up in the morning? What would your goals be? How would you measure your success? Keep these questions in mind, as they will help you build up positive motivation as you become more excited about the possibility of doing the work you were born to do.

Where is your joy? Where is your passion and motivation? What makes you feel most energized?

What experiences, throughout the whole of your working life, have you found most rewarding, inspiring, touching and meaningful?

What work would you love to do if you had all the money and time you needed already, or if all the work paid the same?

How much time do you spend thinking about what you don't like about your existing work situation?

Think about when you were a child. Remember what you were told you were good at, or what you remember doing easily and effortlessly. What about when you were a teenager? What do you find easy now?

What would you call work you truly loved: Creative expression? Permission to play? Joy?

Remember occasions as a child you experienced real joy?

When was the last time you experienced real joy? What were the circumstances? What ideas come to mind when you think how you could create more joy in your work life?

Who are three people that you know who are happiest in their work?

Who are your role models for enjoying and loving their work?

What would truly inspire you in your work?

There is a special place in the world that only you can fill. Know in your heart with total certainty that you can create or find this place.

Your attention is to find what you love, are inspired and excited by; to use your talents and strengths to be the fullest and most joyful that you can possibly be.

You are committed to discovering your bliss and following where your heart leads.

Attunement

You can attune yourself to anything or anyone, including Universal Source Energy by stating your desire to do so and then counting on a descending scale from ten to one. While counting slowly on a descending scale experience yourself honing in on whatever it is you desire to attune yourself to.

At the count of one, take for granted that

you are attuned to the time, place, or dimension you desire.

"You are in the process of releasing inhibitions, limitation, false concepts, and all the other baggage that prevents your greater yet-to-be self from expressing. There is already order in the universe."
Rev. Dr. Michael Beckwith
Science of Mind, Dec 1996

Exercise: Projection to Plants

Mental Projection into Plant Life

We use remote viewing to establish points of reference in the animate matter kingdom, i.e. plant cell life. We will do an exercise where we will project to a tree and into leaves. We will also be observing seasonal changes from a subjective point of view.

Before the exercise you will be asked to select a fruit tree, a citrus tree for instance.

We will also study leaves from two different species of plants prior to the exercise so as to establish objective points of reference or impressions. During the mental exercise, you will review your objective impressions to transfer them to the right-brain hemisphere, and you will then use mental projection to establish subjective points of reference.

Remember to use your hands; this will produce a more vivid experience for you.

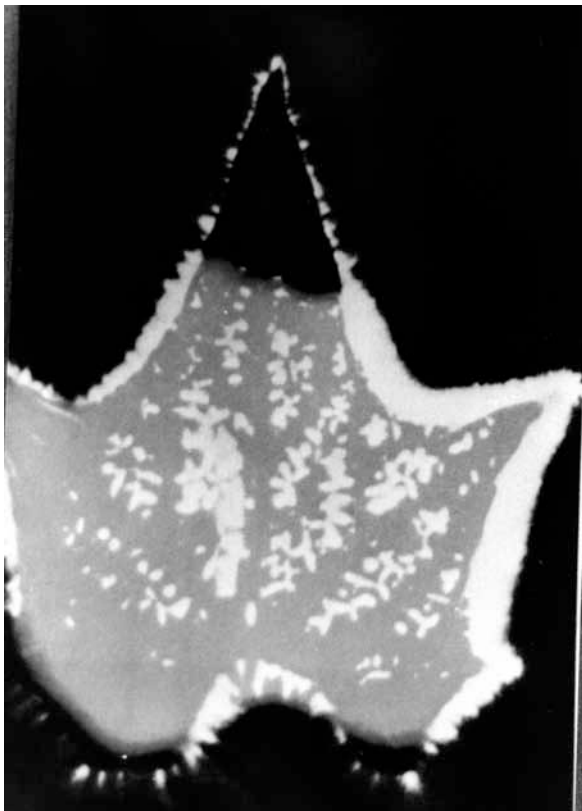
Remember that we do not wait passively to perceive something; we actively project in order to achieve the most effective experience.

Primary Perceptive Capability

In 1966, around the time when Jose Silva was preparing to teach his first public class, Cleve Backster connected his polygraph—a “lie detector”—to a dragon tree to see if he could detect and measure any reactions when he watered it.

There was a very clear reaction. So he wondered what else he could do. He thought to himself, “I know what I am going to do. I am going to burn that plant leaf, that very

Semyon Kirlian, who in 1939 accidentally discovered that if an object on a photographic plate is connected to a source of high voltage, small corona discharges (created by the strong electric field at the edges of the object) create an image on the photographic plate.



leaf that's attached to the polygraph."

At the very moment that he had that thought, the polygraph indicated a huge reaction from the plant. Backster explained: "I didn't have matches in the room. I wasn't touching the plant. I was five feet away from the plant. The only new thing that occurred was my intent to burn that plant leaf.

"And up went that thing [polygraph] into a wild agitation.

"This was very late at night. The building was empty and there was just no other reason for this reaction. I thought, 'Wow! This thing read my mind!' It was that obvious to me right then. This, I would say, would be a very high quality observation, and my consciousness hasn't been the same since."

Backster continued to conduct research into what he calls "Primary Perceptive Capability." He has learned many things:

Pretending doesn't work. "There is a difference between pretend and intend," he said. Scientists who sit and think about burning a plant without actually intending to burn the plant do not get the same reaction.

Primary perception extends to the cell level. He has conducted numerous experiments with white cells from human beings. They react to your thoughts, and emotions.

Distance is not a barrier. In one experiment, a young woman's white cells in Backster's San Diego laboratory, reacted as she sat at home watching a scene in a television show depicting a woman being raped.

Mental projection into animal life

We use remote viewing to establish points of reference in the animate matter kingdom, animal cell life.

Mr. Silva's intent was to use a typical house pet like a dog or cat. Remember, we study various organs, so it should be a pet that has them.

It should be a pet that you are familiar with, so that you will already have impressions

Exercise: Projection to Pet

of the animal on the left-brain hemisphere. Then during the mental exercise you will review your objective impressions to transfer them to the right brain hemisphere, and will then use mental projection to establish subjective points of reference.

Ideally it should be a healthy pet, so that you can establish points of reference of healthy organs. If they detect anything that you suspect could be a problem, then you should correct it during the time you provide at the end of the process.

Remember that you cannot cause a problem with your mind at a distance. The spiritual dimension is an "attractive" dimension; it attracts matter to conform to the blueprint that nature intended. Mr. Silva referred to this blueprint of perfection as the "Soul Mold."

Since this is such a new science, and he was discovering things that had never been imagined before, he had to create some new terminology, and sometimes apply new definitions to old words. Here is how he defined soul:

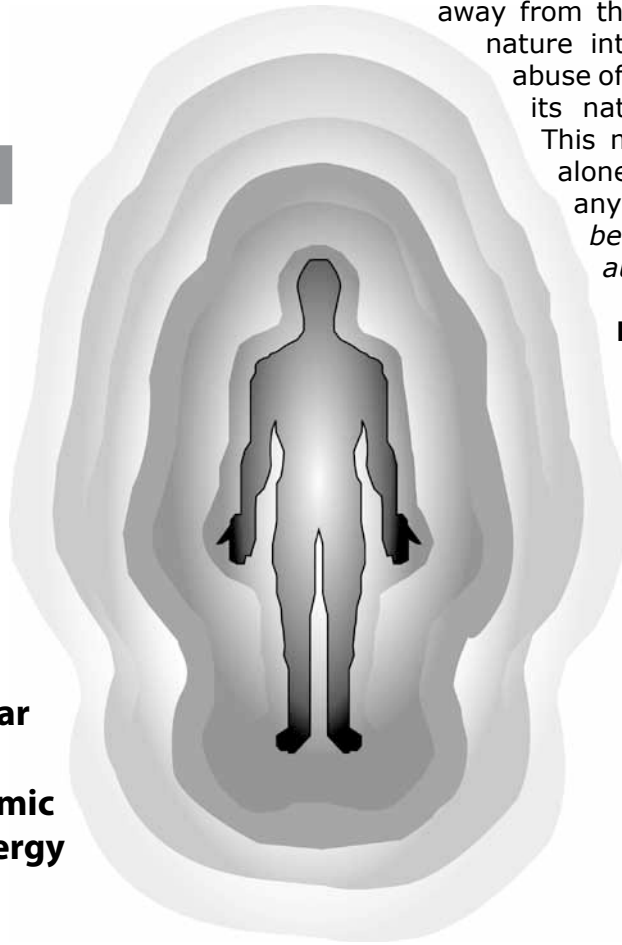
"The soul is a mold that holds matter together. It is cohesive and adhesive."

Religious people think of the soul as the spiritual part of the human being. Jose Silva used the term human intelligence for the spiritual part of a human being, and he used the term biological intelligence for the programming of the physical body of the human being.

You can cause problems in the physical dimension, by using force. In the physical dimension, we use repulsion to correct problems. In the spiritual dimension, we use attraction to correct problems.

The Soul Mold

Physical
Organic
Cellular
Molecular
Atomic
Sub-atomic
Pure Energy



The physical body wants to conform to the Soul Mold; you cannot attract it away from that natural perfection that nature intended. Only misuse and abuse of self can push it away from its natural state of perfection. This means that your thoughts alone cannot cause harm to anybody as long as they are *beyond the range of your aura.*

Remember to use your hands; this will produce a more vivid experience for you. Remember that we do not wait passively to perceive something; instead, we project in order to achieve the most effective experience.

notes

Books to Read

Kinship with All Life by Alan Boone

Seven Experiments that could change the World: A Do-It-Yourself Guide to Revolutionary Science by Rupert Sheldrake

Diet for a New America by John Robbins

The Secret Lives of Plants by By Tompkins Peter, Jesusopher O. Bird

The Highest Level of Intelligence on the Planet

We believe we are the highest known level of intelligence on this planet. In other words, we are supposed to do on this planet what God does in the whole universe. We may not yet be able to do it in the whole universe, but on this planet, we are.

But, you have to know this: If you are not aware that you can correct problems and improve conditions on planet earth, then you haven't gained anything. Not knowing how to use your power is like not having it.

Where do we obtain this power? Not at beta. Not by using only one brain hemisphere, the left one. The power comes from using everything God gave us to use: Both brain hemispheres.

Very rarely do you have a problem that's all objective, or all subjective. All problems are partly in each dimension. In order to solve problems, you need to function in both dimensions: in the subjective and the objective.

We were sent for no other reason than to improve living conditions, whether you are single or not, married with kids or not, you have only one arm, no legs or whatever, if you are conscious of being alive, and have the breath of life in your body, your obligation still remains, at whatever level you are, to help the best you can to improve living conditions on planet earth, at whatever level you are able.

"If you have two arms, two hands, two legs, two eyes, and you are healthy, your responsibility is greater, to accomplish more in the direction of helping improve living conditions on planet earth. That's what we were sent for.

"Now that you understand our mission, now we are on the right track. Now you can ask for help and get it, for that only. Not for anything else. Only when your intentions are to improve living conditions would you be helped. Once you understand this, then you are on the right track.

"Love one another" can also mean "help one another." You help me and I'll help you. Everybody helping each other would be great.

We have a saying: At alpha we should pray for one another. At beta we prey on one another. We want to gain helping others gain, not gain at somebody else's loss."

We are like the centurion. We are like a pipeline bringing healing from Universal Source Energy to the physical world, the physical body.

It is not our physical human energy we are using. It comes from Universal Source Energy. It does not tire us to do this. We are energized when we project our mind to correct problems."

Mr. Silva said that if you have a health problem, one of the best ways to work on it is to find several other people with the same problem and work on them, visualize them getting well and being perfectly healthy. When you do this, you are creating the blueprint of perfect health in your own brain.

Mental Projection into Human Life

Remote Viewing to establish points of reference in the animate matter kingdom—human cell life—for subjective automatic level seeking. You will be learning the Time Mechanism device, Helmet technique and other mind tools. Later we will be discussing how to work cases.

Help Yourself by Helping Others

Universal Source Energy will send people to help you as long as you live your life experience with coherent emotions, thoughts, beliefs and behaviors and you do so with positive attention and intention.

We should not gain at somebody else's loss; we gain while helping others to also gain. Why would anyone want to help us if we are only for working for ourselves? Make sure that everyone benefits.

Correcting Problems

A landmark scientific research project in the 1990's proved to the scientific community that prayer works. The study involved 393 heart patients at a San Francisco hospital. Half were prayed for by prayer groups, the others were not. Those who were prayed for showed significantly more improvement, and less need for medication, than those who were not prayed for. The patients were not told of the project ahead of time, so the results were not due to the "psychosomatic effect." Prayer was the only variable. You can read about it in the book *Healing Words* by Larry Dossey, M.D., published by Harper in 1993.

Four decades earlier, Jose Silva was conducting his own scientific research in Laredo, Texas. He learned that he was an excellent healer. He could help people with hypnosis, with suggestion, and with laying on of hands. He also observed that when he worked on people at a distance, they seemed to get better. So he set up

a scientific research project to see if he really had anything or not.

To be scientifically valid, you need objective results, and repeatability. He selected ten people who had health problems they were not expected to recover from, and he began to work on them, correcting their problems mentally. He told us that when he got a feeling that when any of his subjects needed help, he would go to the alpha level and work on them.

If one of the subjects happened to get well, that fact alone did not have scientific value.

They might have gotten better anyway. Replication, repeatability, and confirmation are required for scientific validity. So he reasoned that if two of the ten got well, this would be scientifically valid.

Over a period of three years, all ten subjects recovered. This left no question in Jose Silva's mind, that healing at a distance was real.

Being curious as well as scientifically inclined, he wondered how it happened. He had observed that some healers felt that they needed to take on the subject's problems, produce the same symptoms in their own (the healer's) body and then they could correct them. This approach was very hard on the healers. Are we doing the healing? Mr. Silva wondered. Are we using our energy? As usual, he received an answer from Universal Source Energy in the form of a "coincidence."

As he sat in church one Sunday, he realized that the sermon contained the answer to his question. It was about a Roman centurion who had a servant who was ill. The centurion was not able to heal the servant, so he sought out a Jewish healer named Jesus and asked him to help. The centurion pointed out that he had many people working for him and many

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resources, yet he could not correct the problem. Jesus ascertained that the centurion really believed that he, Jesus, could help. So he told the centurion to take him to the servant.

The centurion responded that it was not necessary for Jesus to go see the servant in person. The centurion knew the servant, and said that if Jesus would just say the word, the servant would be healed. When he observed that strong faith, Jesus did as requested, and the servant began to get better as of that very moment.

Mr. Silva left the church all excited. A man who was involved in the research at the time recalls seeing him come out of church: "I've got it," Silva told his friend. "The sermon today, it has the answer. We are not doing it; rather, it is coming through us, from Universal Source Energy."

Silva realized that we humans are in the position of the Roman centurion. The centurion was a very intelligent and highly disciplined army officer. He commanded many people. He was accustomed to handling problems on his own. But when he was stumped, he called for help from a higher power.

About Case Work

The heart and soul of the Silva Method lies in subjective education and it is in our ability to discern information sensed with our subjective senses that we are able to enhance our intuition.

The main purpose for the projection exercises and especially case working is to establish the subjective points of reference that will strengthen our subjective education. The more subjective points of reference you establish the easier your ability to maneuver in the subjective dimension.

There are many types of cases. The Human Anatomy exercise is a form of case working in that you establish subjective points of reference with how you perceive a healthy person you are familiar with so that when you work cases on people who you are not familiar with and who have a health challenge you can note the difference that distinguishes between the two types of observations. This allows you to establish subjective points of reference on how *you* perceive, for example, a healthy heart as opposed to an unhealthy heart.

Case working done for the perception of information at a distance on a subject who has a health challenge is usually done in groups of two or three and with written documentation on the subjects condition on hand so that subjective

points of reference can be established during the case working session. The group would consist of the psychic working the case and the orientologist guiding the case working session as well as taking notes. Should there be a third person, that person would serve as an observer and note taker. The psychic and orientologist can talk to each other throughout the case working session and can alternate roles at the end of the session. Three to five cases can be worked per session and the more cases worked the greater the skill of intuition becomes. Although the main purpose of case working is to establish subjective points of reference, we believe it is our obligation to imagine and project a correction to any problem perceived and have as a final image the subject in perfect health.

Other cases involve several groups of people working on the same case in order to perceive information that can be submitted to a central location where the common denominators will be organized and delivered to family members or law officials such as in the case of runaways, lost valuables or missing people.

Of all the various approaches to case working, the most common form is the projection of healing energy to loved ones for overall health and wellbeing.

Exercise: Human Anatomy

Select a subject who is in good health, so that you can establish points of reference for a healthy body. You can work cases on people with health problems later on. Remember; do not select anyone in the room as the subject.

As before, you will first review your objective impressions, which are impressed on the left-brain hemisphere and by doing this at level you transfer those impressions to the right brain hemisphere. Then you will explore the human anatomy from a psychic point of view, establishing points of reference, and impressing this information on the right brain hemisphere and at the same time, transferring it to the left-brain hemisphere.

If you are concerned that your visualization is not good enough, remember that all you need to do is to think about what something looks like. Notice that Mr. Silva always asked his students to select a subject whose face you can remember with the least effort. Then he guided them step-by-step to recall details of the subject's face. Why do that if they can recall the subject's face with the least effort? Because most people don't have very good visualization and this is the correct procedure to use in order to obtain excellent results.

The Human Anatomy Exercise is the first case you will work.

It is important to use your hands during the exercise and when working cases. This will often help you to detect problem areas.

The best psychics we know use their hands all the time. Why, you might ask, do they need to use their hands if they are such good psychics? We would answer: One of the things that make them great psychics is that they use their hands.

During the Human Anatomy Exercise you will be guided to explore subjectively in the same way as when you work health cases.

We suggest various problems that might

exist in the brain; we do the same with the heart; and also with the lungs. This is what we mean by projection, and what we mean in the instructions found in the Directives for Orientologists, to allow the possibility of afflictions and malfunctions to enter your mind.

We continually remind you to use their hands, and at times even suggest that you may detect information that way, such as when testing for blood pressure and hardening of the arteries.

You are advised that when part of the body is removed, such as a lung or a kidney, they will sense the organ as still being there, but in a lighter shade or color than the rest of the body. This is the soul mold that they are detecting.

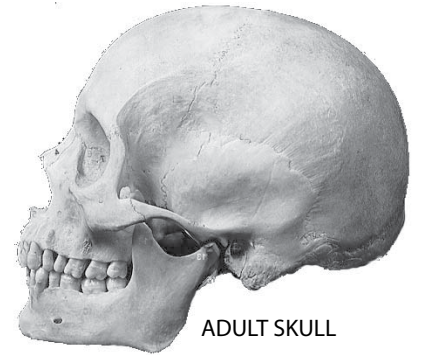
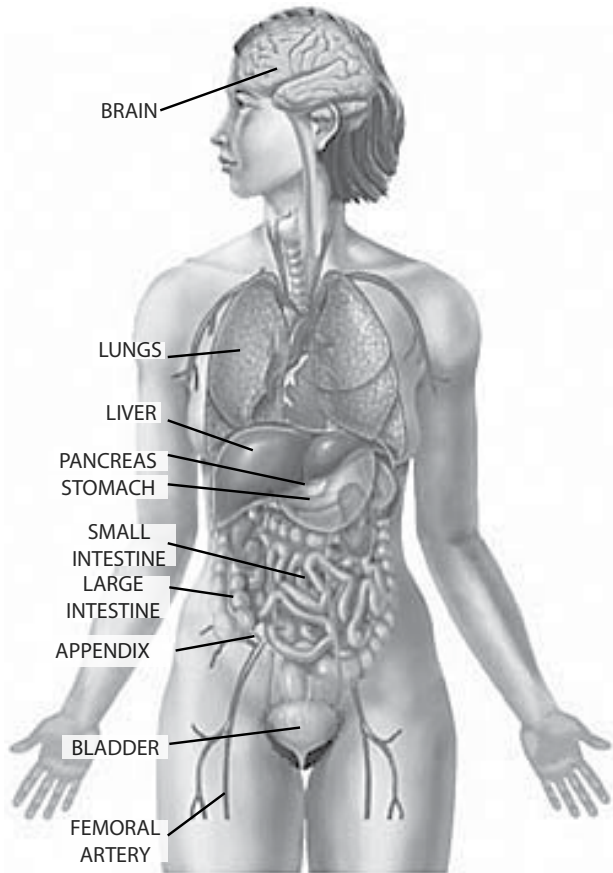
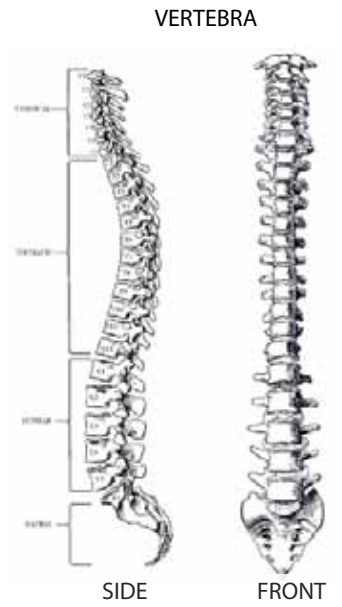
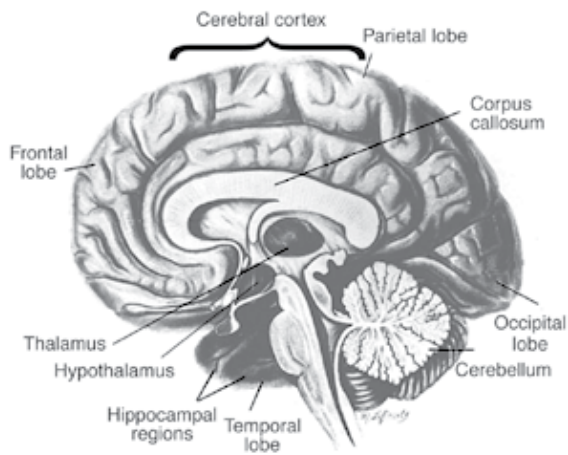
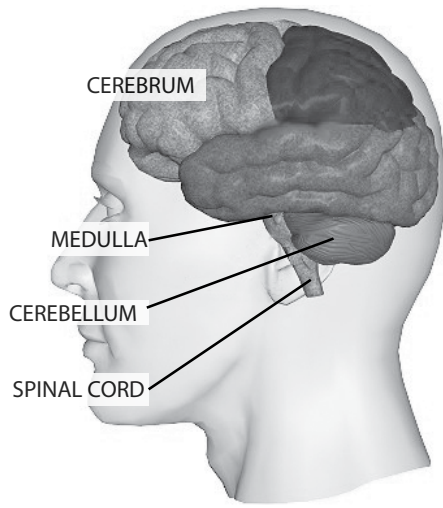
While these lessons are localized during the human anatomy conditioning cycle, they apply to all parts of the body. In fact, they apply to all kinds of case working, not just health, also relationships, business, and any other kind of case they are working.

Whenever you are projecting their mind using remote viewing you can use these techniques to help you detect the information that you need, if this is necessary and beneficial for humanity.

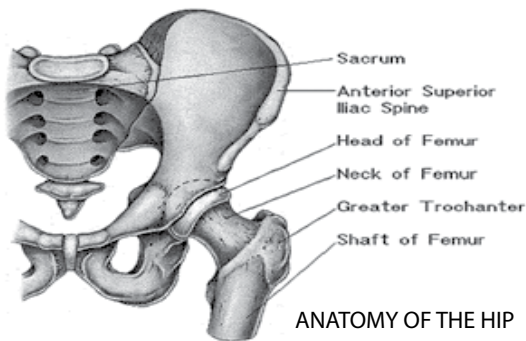
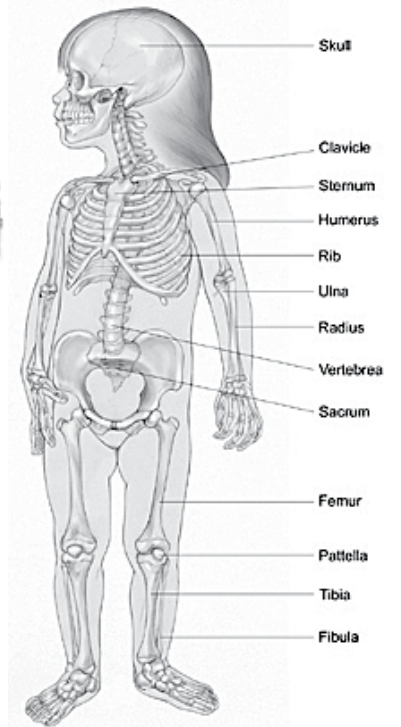
Remember to correct any problems that you detect. You cannot cause a problem at a distance by thinking about it. You can however correct a problem if one exists, by attracting matter to conform to the blueprint, the Soul Mold.

We will discuss case working, mental projection, and remote viewing for detection and correction of abnormalities at a distance.

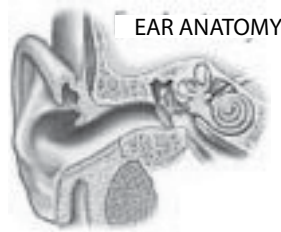
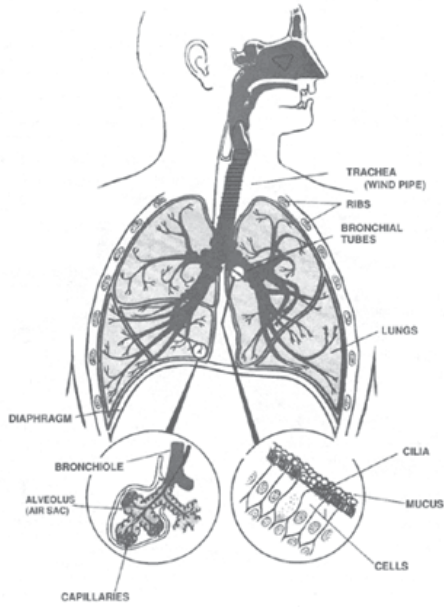
You will have enough time to do at least ten health cases, the more the better. If time permits you can talk about other kinds of cases, such as relationships or business.



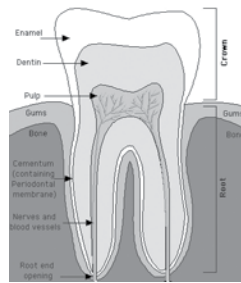
ADULT & CHILD SKELETONS



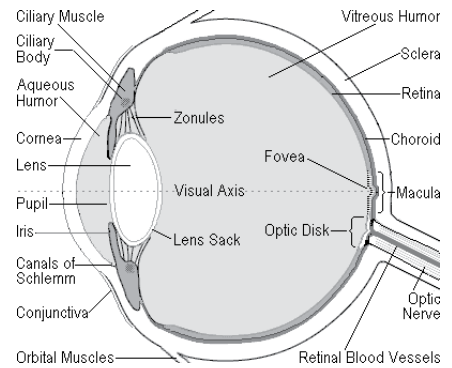
RESPIRATORY SYSTEM



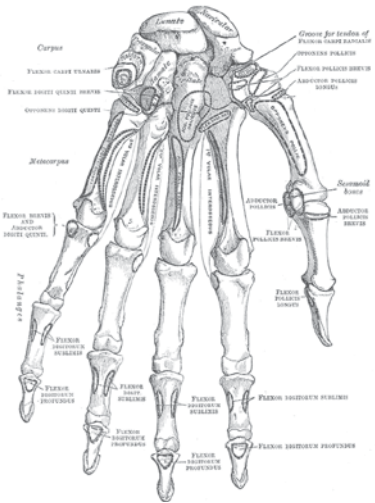
TOOTH ANATOMY



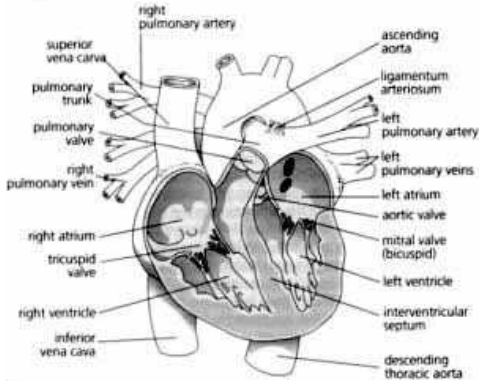
SECTION OF THE HUMAN EYE



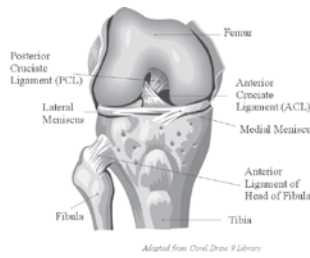
SKELETAL STRUCTURE OF THE HAND



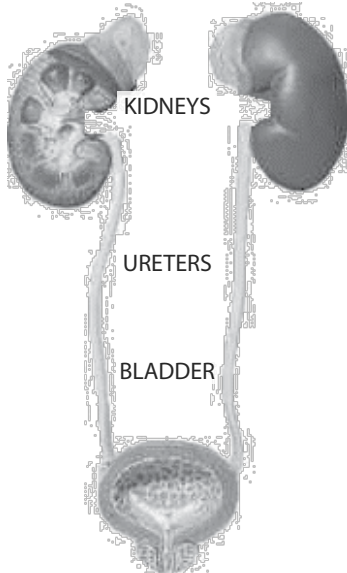
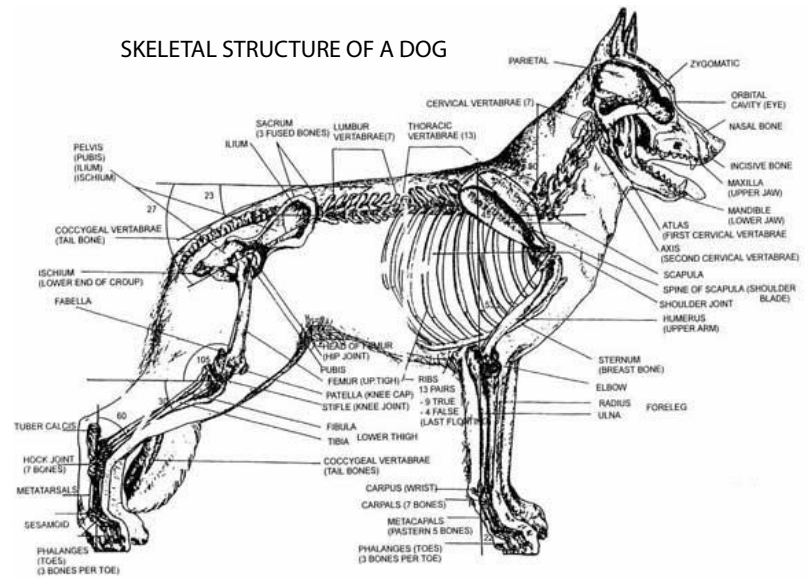
HEART ANATOMY



KNEE ANATOMY



SKELETAL STRUCTURE OF A DOG



Name: _____

Age: _____

Location: _____

Gender: _____

Submitted by: _____

Date: _____

Date worked: _____

By whom: _____

Suggestions for Orientologists

- *Have psychic consult counselors
- *Use filing cabinets
- *Set calendar to date case was submitted
- *Use time mechanism
- *Try on the brain to test senses, feeling, etc.
- *Ask person on the screen for information
- *Enlarge areas of concern
- *Keep psychic talking about what he or she is experiencing
- *Compare organ(s) in question with a healthy one

Read before psychic comes out of level:

Every time you function at this dimension with the sincere desire to help humanity, you will be helping yourself, your talents will increase and you will become more accurate every time and this is so.

The Silva Method Case Card

February 2001

Condition: (name of disease, if know) Briefly describe symptoms:

Check areas involved:

- | | |
|--------------|---------------------|
| brain | small intestine |
| throat | large intestine |
| lungs | reproductive organs |
| heart | circulatory system |
| stomach | nervous system |
| pancreas | muscular system |
| spleen | skeletal system |
| gall bladder | glandular system |
| liver | physical senses |
| kidney (s) | skin (scars, etc.) |
| bladder | blood chemistry |

Describe: (damage or involvement to areas checked above)



Place an X over problem areas

Operation, Amputations: (include date if know)

Specific Location of Broken Bones: (include date if know and any pertinent information)

Physical Description:

height _____ weight _____ eye color _____ Gender _____
 Glasses: YES or NO Smokes: YES or NO
 Appearance: (briefly describe)

Mental Attitude - Personality:

(briefly describe attitude towards illness, attitude in general.) Example: mostly positive or negative: (briefly describe personality) Example: outgoing, loving, introvert, etc.

Case Working Script

To be read aloud by the orientologist. (*Instructions are in italics*)

1. Enter your laboratory level. Welcome your counselors with a greeting or prayer.

(Pause.)

If you have worked cases, review a case where you were accurate before working this one.

When you are ready to continue say so.

(When the psychic is ready, say,)

I am going to count from 10 to 1 to allow you to attune your mind to the specific level where you will be accurate and correct on the case I am going to present to you. 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1. *(Pause.)*

You have now attuned your mind to the specific level where you are going to be accurate and correct on the case I am going to present to you.

► The name of this case is

(State the subject's name, age, address and gender.)

2. At the count of 3, the image of the body of [name, age, address, gender] will be on your screen.

1- 2- 3 *(Snap fingers)* The image of the body of [name, age, address, gender] is now on your screen.

Sense it, *(Pause.)* feel it, *(Pause.)* visualize it, *(Pause.)* know it is there. *(Pause.)* Take it for granted it is there.

With your hands, scan the body from head to toe and pick three areas of greatest attraction. *(Pause.)*

Maintain the rate of scanning at one scan per second, and mention to me the areas as they come to you.

You may feel as though you are making it up so tell me everything that you perceive.

What is the first area? *(Jot it down.)* What is the second area? *(Jot it down.)* What is the third area? *(Jot it down.)*

(Encourage the psychic to keep talking while working.)

3. Now, of the three areas you mentioned, which one are you attracted to the most? *(Wait for answer.)*

Amplify the selected area of the body using your finger-snapping technique and describe what you sense.

Keep talking as you investigate and tell me everything that you are inclined to say. You may feel as though you are making it up; this is the correct feeling.

(If the psychic still has not detected the problem area, then continue by saying,)

Have the subject walk away from you. Describe what you sense.

Have the subject pick up a ball. Describe it.

Have the subject throw the ball in the air. Describe it.

Have the subject catch the ball. Describe it.

Have the subject walk back toward you. Describe it.

(Suggest that the psychic ask the subject for information, check with his counselors, and optionally use the helmet technique. By this time, the psychic is probably finished with his detection. Tell the psychic what you know. Point out the accuracies so the psychic can make reference points while still at level. In the case of inaccuracies, tell the investigator.)

I do not have that information, it could be so.

(If everything is totally inaccurate, then the psychic could have the wrong person. The best thing to do is to just present a new case, by saying)

Clear your screen and take a deep breath. I'm going to present a new case.

(Then start again at the pointer ► with the name of a new case.)

(At this time, have the psychic send healing energy to the subject. Ask the psychic to tell you when finished. Then you may either continue or conclude.)

To continue with the next case

Clear your screen and take a deep breath. I will now present a new case.

(Start again at the pointer ► with the name of a new case.)

To conclude case work

4. Every time you function in this dimension with the sincere desire to help humanity, you will be helping yourself. Your talents will increase and you will become more accurate every time.

You may thank your counselors and say a farewell prayer or words of appreciation.

(Pause)

You may now come out of level on your own, using the 1-to-10, and the 1-to-3 method. Thank you.

ANCILLARY INFORMATION

- We do not diagnose. We conduct psychic investigation for the detection and correction of anomalies at a distance.
- When you first begin to practice working health cases, it does not make much difference whether you are right or wrong. Every experience you have is beneficial to you.
- Case working is designed to give you evidence of the power of your mind when detecting information at a distance.
- Do not do case working on anyone when that person is present.
- Don't use yourself as a case during a session.
- Anyone may reject any case they are not comfortable with.
- Avoid negative thoughts and speech when the psychic is at level.
- Work with people before working on animals, plants and inanimate objects. We recommend that you work on your family every evening.
- We solve problems; the final image is of a healthy subject.

Directives for Orientologists

Be sure to have information written down ahead of time. In the beginning, encourage hits by telling the psychic to tell all.

Do not say something is right or wrong until a complete report has been given.

After the psychic has given a complete report, then at the same time evaluate the information. Tell the psychic what you know about the case. Point out to the psychic the hits so they can be reviewed by the psychic while at level. During the evaluation on misses, tell the psychic "I do not have that information; it could be so."

Remind the psychic to review the hits and establish points of reference before coming out of level. To establish a point of reference with a hit, have the psychic review the feeling experienced when the psychic said what he or she said.

When everything is a total miss, the psychic could have the wrong person. The best thing to do is to present a new case.

After the completion of the case, be sure to have the psychic send love and positive energy to the case before coming out of level.

Use Your Level: Create the Life You Desire

You can deal with other challenges in much the same manner as you do with headaches. Some people upon sensing the symptoms of epilepsy have reported relief by entering the alpha level and using the same five steps.

Whenever you experience any unpleasant sensations or thoughts at level, use the same procedure. At level, tell yourself what you experienced, and add; "I don't want this, I don't need this. In the future, I experience only what I desire to experience at my level." You can program that a deep breath or the Three Fingers technique will help you to have only the kind of experiences you desire.

Use your level to create for yourself the kind of life you desire. Practice at every opportunity. The more successes you have, the easier it is to achieve success in the future.



Greetings from Team Silva

Congratulations on successfully completing the Silva Intuition System. You now have the tools to change your life for the better. We know that if you put the techniques to practice, you will see amazing results. Besides practice, you will also want to attend future Silva Method classes at least once a year. Refreshing the Silva Method will help to strengthen your abilities. To repeat this course, present your Silva Member Card to any Certified Silva Method Instructor worldwide.

So, whether you are on vacation or on the job and you feel like getting re-energized, call us here at Silva International headquarters for the Certified Silva Method Instructor nearest you.

A complete listing of instructors, products and services is available online at www.SilvaMethod.com.

*Better and better,
Team Silva*

Deepening Techniques

Fractional relaxation is a method of releasing muscular tension in one part of the body at a time until the entire body is relaxed. The fractional relaxation approach is often used in preparation for meditation and hypnosis. It is very useful as a relaxation technique by itself. The theory behind this tension release method is that it is easier to relax a part of the body than it is to relax the whole body all at once. Once mastered, fractional relaxation can be used to relax the entire body in seconds.

While some relaxation techniques start at the toes and end at the head, the Silva Method style begins by relaxing the head and ends with the toes.

Countdown deepening exercises are used to gain the experience of deepening. You can practice the countdown deepening exercises by counting backwards from 100 to 1, or 50 to 1, or 25 to 1. Most Silva exercises have a 10-to-1 countdown to help you enter a deeper, healthier level of mind.

Your ideal place of relaxation is a real place where you go to feel calm, tranquil and peaceful. Recall this place during your mental exercises. As you practice, the place can be changed to an imaginary one.

Deep, rhythmic breathing sends more oxygen to the body, which energizes, calms, and refreshes, allowing you to relax more easily.

Fight or Flight

The fight or flight mechanism is a primitive response to perceived danger. It has evolved from being physically to emotionally based. Anger and fear have replaced fighting and fleeing.

Whenever anything threatens our lives, the fight or flight mechanism goes into action and stress results.

When stress is triggered we breathe faster for energy, our heart rate increases, and muscles tense up for fighting or fleeing. Adrenaline goes into our blood and blood sugar levels rise for even more energy. The digestive process shuts down to make us ready for action.

We suddenly have tremendous energy, and this energy must be dissipated somehow. Today we seldom fight or flee. We react emotionally instead of responding appropriately. How we react to stress may result in bad habits.

At the onset of stress it is important to relax immediately. There are many techniques and exercises in the Silva Method to help us manage stress effectively: Some are exhaling after a deep breath, recalling your ideal place of relaxation, and using the Three Fingers Technique for instant control and relaxation.

Weight Programs Made Easy

Being informed is a positive step toward success.

Learn what is your ideal weight for optimum health.

Research your family history to discover the genetic makeup of your ancestors.

What is the weight where you feel your best; strongest, healthiest and most energetic.

Recognize that weight reduction is a steady and slow process. Controlled weight reduction lasts longer and results in a healthier you.

Study weight and nutritional dietary, eating plans. Discover what works best for you.

Make small, incremental changes to your diet, eating habits and exercise routine. Small changes may result in reducing only two pounds a month, but that's twenty-four pounds a year, and will likely be a permanent improvement.

Do not fall prey to imagined "failures" and setbacks in your weight and habit management program. Allow yourself permission to stray occasionally. If you slip, simply go to level, reprogram and get back on track.

It is the only body you have. Keep the goal in mind, and continue to love and respect yourself at all times.

Want to Add a Few?

When you desire to gain weight, eat those foods that you sense at your level help you gain. Eat slowly, savoring every bite. Learn to improve your taste and smell by concentrating on your food as you eat.

Use the Mirror of the Mind and imagine yourself at your ideal weight and size. Do this every time you think of your weight.

Not So Secret

Mental energy attracts similar energies. Feelings and thoughts attract real events into our lives.

Imagination used in the subjective dimension does not use force the way physical energy does.

This is why we cannot cause harm to others or create problems in the physical world with the use of mental energy alone. However, we can harm ourselves with our own thoughts.

We can use positive thoughts and imagination in the subjective, spiritual dimension to correct problems by attracting the elements necessary for solutions.

Using Your Points of Reference

The process of learning how to function effectively in the spiritual world is much the same as that used in the physical world. By establishing points of reference—indicators—with your faculties you are better equipped to discern the information you perceive and convert it into a form you can use.

Points of reference prioritize the information you have gathered. Information gathering is an educational process. When you have more points of reference, your ability to solve problems expands.

Once you understand how to utilize your points of reference, there is no problem you cannot solve, whether in the past, present or future, and wherever the problem may be.

Most people have extreme limitations because they choose to experience only their physical reality, even though by nature we are more spiritual than physical.

It is our nature to be intuitive, but by not recognizing this, we have come to be far removed from our true nature.

Origin of the Lab and Counselors

During his research José Silva discovered that people would function more comfortably in the subjective dimension while in surroundings similar to the physical dimension, something to which they were accustomed. The concept of the laboratory was developed, complete with all the furnishings and tools needed to correct problems.

The counselors were the result of the need to make a research subject feel protected. Mr. Silva's subject, a young girl, became frightened because she felt that she was alone. He had her create a friend, the image of a man who would always be there to comfort and counsel her, and to make her feel secure regardless of circumstances. This counselor served as a guide and advisor, and helped her correct problems.

One day while doing mental projection on a woman, the girl felt that it would be more appropriate to have the image of a woman assistant, and so the female counselor was introduced.

Your counselors are very personal to you. Some people choose their counselors consciously, selecting people whose qualities they admire. Other people allow their subconscious to create them while at level.

Your counselors are your creations. They bridge the gap between the subjective and the objective realms.

The Dilemma of the Cows

Solving problems with subjective tools sometimes works differently than with objective tools. Such is the case in the story of a man who died leaving behind eleven cows. In his will he left instructions on how the cows were to be divided among his three sons. The eldest son was to receive half of the cows, his second son one-fourth of the cows, and the youngest son one-sixth of the cows. The will had a strict condition that no cow be slaughtered. Unfortunately, the division of the cows would result in $5\frac{1}{2}$ cows for the eldest, $2\frac{3}{4}$ cows for the second son and $1\frac{1}{6}$ cows for the youngest son.

Faced with this dilemma, the sons went to a wise man and asked for help. After meditating on the problem, the wise man told the three sons that he was going to solve the problem by borrowing an imaginary cow from the spiritual dimension and add it to the eleven cows, increasing their number to twelve. Then he divided the twelve cows according to the will. By doing this the eldest son ended up inheriting six cows, the second son three cows and the youngest son two cows, totaling eleven cows. The sons all received more by doing this; no cow was harmed and once the problem was solved, the imaginary cow was returned whence it came.

As in the dilemma of the cows, your mind, once equipped with tools such as subjective points of reference, is able to seek out those points of reference and become aware of information that can be applied creatively in order to solve problems of all kinds.

Clairvoyance

Clairvoyance refers to psychic sensing in general but there are various forms of sensing.

Clairvoyance means clear vision. Visual people will experience information through images.

Clairsentience means clear feeling. Kinesthetic people will utilize information mostly through their sense of touch.

Clairaudience means clear hearing. Auditory people will register information by way of an inner voice.

If possible, it is best to use all three modes for sensing information. This will give you a more complete and accurate experience and the ability to establish additional points of reference.

Most people experience information favoring the same sensory mode both objectively and subjectively. For example:

A person buying a used car who is mostly visual will use eyesight to detect car problems. If all appears well, the visual person will like the car.

The auditory person will listen to how smoothly the engine runs. If the car sounds good, the auditory person will evaluate the car as acceptable.

The kinesthetic person will feel for imperfections, touching the hood to feel the engine running, and bouncing on the seats to check the upholstery. If these parts feel good then the kinesthetic person will like the car.

Find a Parking Space and other cool stuff

Our graduates have shared with us several creative examples of success with the Three Fingers technique not found in the Silva training.

Without communicating with each other, Silva members worldwide reported the ability to find parking spaces, locate missing keys and jewelry or important papers. Surprisingly, this technique works for those who haven't taken the Silva Method.

The reason is simple: The Three Fingers technique contains all the elements of successful programming. Each finger represents a subjective energy, desire, belief and expectancy. Together, the three add up to faith.

Imagination is intrinsic to success; when you imagine a free parking space, your focus shifts inward, your brain frequency slows and you go to level.

Causing long-lost friends to contact you, changing traffic lights, avoiding speeding tickets and getting the perfect seats to a "sold-out" show are some more rewards above and beyond the regular uses.

Emoto's Nice Ice

Dr. Masaru Emoto, in his book *The Hidden Messages in Water*, records images of crystals formed in frozen water from various sources, using high-speed photography. When loving words or concentrated thoughts were directed to the water, or even written on paper and taped to the glass, brilliant, complex and colorful snowflake patterns were formed. When polluted water or water which had negative thoughts or words directed to it was used, only incomplete, asymmetrical patterns with dull colors were formed. Dr. Emoto recognizes that water has the ability to copy and memorize information, which supports the effectiveness of the Glass of

Water technique



Ice crystal, greatly enlarged.

Ouch!

Pain and all other physical sensations are part of the body's nervous system, which carries information to the brain. The brain then processes the information and selects an action.

Pain is one form of information and is a part of the body's defense mechanism. Pain triggers mental problem-solving strategies that seek to end the painful experience, and it promotes learning, making repetition of the painful situation less likely.

Pain signals are conducted by chemicals creating small bursts of electric current going from cell to cell. In order for a signal from one cell to reach the next in line, the first cell must secrete a chemical transmitter to special receptor sites on the neighboring cell. Some neurotransmitters excite the second cell, allowing it to generate an electrical signal. Others inhibit the second cell, preventing it from generating a signal. This is the basis of the Gate Control Theory.

The *Gate Control Theory* suggests that there is a gating mechanism within the spinal cord that closes or opens, depending on the message.

The gate-closing cells include large neurons that are stimulated by non-painful touching of your skin. The gate could also be closed by brain cells activating a descending pathway to block pain. Therefore, the brain is not a passive receiver of pain information but can influence the information received, deciding whether it is important enough to be registered.

According to the gate control theory of pain, our thoughts, beliefs, and emotions may affect how much pain we feel from a given physical sensation.

For example, if what you are doing or thinking is more important than the pain received, then the brain will not accept the pain. On the other hand, if you get a slight injury such as being stepped on by someone

you dislike, then the pain of that injury may be severe.

The theory explained such everyday behavior as scratching a scab, or rubbing a sprained ankle: the scratching and rubbing excite just those nerve cells sensitive to touch and pressure that can suppress the pain receptors. Certain behaviors can activate the pain control systems such as acting in a heroic manner, or helping someone in need.

Attention to Pain

Attention to pain makes it worse and the reverse is also true. When you concentrate on pain, you tell your brain that the pain is important. If you fear the pain, the brain will be extremely vigilant so that it will report the least bit of pain to you. As a result the pain is magnified. Certain emotions can also influence pain. Sad emotions can make the pain worse whereas emotions that require your attention can lessen the pain.

Shift Your Focus

Many pain sufferers find that their pain is the greatest when they feel depressed and hopeless, feelings that may open the pain gate. Pain is not so bothersome when the sufferers are focused on doing something that demands attention or is enjoyable. Although the physical cause of pain may be identical, the perception of pain is dramatically different.

Researchers found that manufactured morphine molecules fit snugly into receptors on certain brain and spinal cord neurons, and concluded that there were probably naturally occurring brain chemicals that behaved exactly like morphine. In fact, the body produces many natural painkillers found in the spinal cord that are far more potent than chemistry has the capacity to produce.

Affirmations and Inspirations

Programming had become a way of life for me by 1990. On Epiphany morning I went to level and while at level, I strongly envisioned a unique surprise, something happily different. It seemed to persist while at level, so I gave the unknown project much positive energy and envisioned myself quite excited and enthusiastic when the project materialized.

The idea never entered my mind again, for the day had been an unusually busy one. However, programming was in place, and when programming is in place, great things happen.

That evening, I experienced great excitement when I got an unusual phone call from Ireland.

My cousin Anne, who lives in Ireland, had won a trip to the Superbowl. She asked if I would like to meet her in St. Louis, on the banks of the Mississippi River. I had never been there before, but before day's end, plans were in place.

In my wildest dreams I had never envisioned someday crossing our great American river with my Irish cousin.

It was her first trip to our country, and an incredibly fabulous week.

Subjective communication helps her achieve better objective communication

I had read the book, *What to Say when you Talk to Yourself*, which included a notation, "For more information, call this toll free number."

The book was so good that I hurriedly

called, only to discover a time change and the office was closed.

The next day I hurriedly called again, but no one was there. No answer.

On the third day, I went to the phone, closed my eyes, went to level and visualized success. I told myself mentally I would get right through, and something fascinating would ensue.

They answered on the second ring, offered to send the next book, *Self-Talk Solution*, along with some tapes, and then asked: "Would you like to talk with the author (Shad Helmsetter) himself?"

Never underestimate the power of programming!

by Sister Anne Frances Pulling



About Affirmations

An affirmation is an autosuggestion in which a desirable intention or condition is deliberately meditated on or repeated in order to implant it in the mind. Affirmations could be viewed positively as a mobilization of one's inner resources, or negatively as a kind of self-induced brainwashing. Affirmations are supposedly an effective method of programming or reprogramming the unconscious mind. They appear to be most effective when repeated in a quiet and restful state of mind and body.

Silva Method helps him transform his life on many levels

In our mind there is a correct program for health, happiness, and joy. When negative thoughts and behaviors take over our lives we suddenly develop problems with health and social contacts with others. These health problems tell us that our thoughts are on the wrong path.

I know this now. For 20 years I searched for what was wrong and looked for answers at any source. I was not successful in finding them.

In the fall of 1994 I was back in Poland to visit family and friends. In the bookstore I found two books written by Jose Silva and Robert Stone translated into Polish.

One was *You the Healer*. I bought both books. After I read them I thought, "No, that is too easy to be true."

A second look

Back in the U.S. I read the books again and bought *You the Healer* in English. I realized how easy this material came to me and how deeply it already existed within me. I decided to take the Silva Method Basic Lecture Series in Boston in July of 1995. A few weeks later I moved to Florida, made contact with the Silva group there and repeated the course.

1995 was not my best year.

After four years of separation I became divorced.

At about the same time my relationship with my girlfriend broke up.

The first few weeks were very difficult for me. Good and bad memories stayed with me all the time. I left my son and friends in Boston.

I started practicing the Silva Method techniques every day. Within a few weeks I realized that I was less worried about what had happened to me. Since then I am more

positive.

I grew up living with a negative-oriented family, with negative thoughts all the time. That is why I had so many failures in my life and developed some health problems.

Positive changes

Now it is different.

I no longer have negative thoughts.

I can control my moods.

I now have in my hands powerful tools that make me more human, more understanding of others, healthier, and happy with it.

I am still on medication for high blood pressure, but I am working on it. At the end of this year I will be out of drugs.

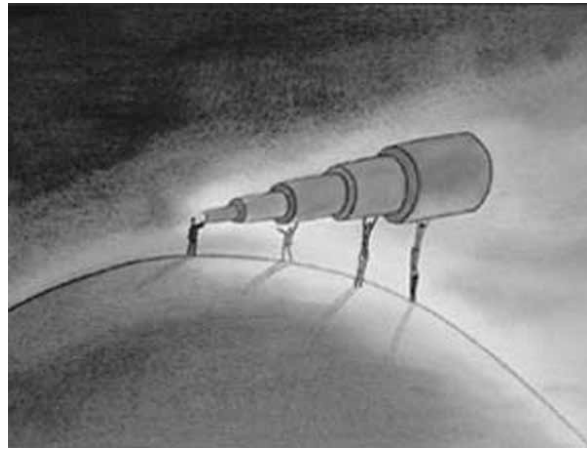
I truly am on my way to the better and better future.

by Jerzy S. Lach

The three steps of Mental Housecleaning

- 1. Recognition** First, you must recognize that the thought you are expressing is not to your benefit.
- 2. Cancel, Cancel** Second, you need to cancel the negative thought or statement.
- 3. Substitution** Third, you substitute with an alternative positive thought or statement that is in line with what you want.

After 10 years of struggle, Silva Method helps him get his life under control



I finally took the Silva Method in February 1993. It took me ten years to find lecturers, and this after having gone through what some may call hell.

At age 23, I became proprietor of an inn—and lost it.

By using positive statements, I climbed my way to a marketing manager's position and became very successful. I read *The Silva Method for Business Managers*, used the tips taught, and built sales teams that enabled my programs to be number one. This was in 1983-1986. I was not yet trained to use my mind correctly and the inevitable happened; I put my trust in the wrong person and was brought down.

Years went by and I struggled for regular work. I did any kind of work to get by; mostly seasonal or part-time, and always hoping something serious would turn up. This lasted six years or so, with a job here or there, minimal salary, and a lot of hard work.

Four-and-a-half years ago I started to work in a city recreation and parks department as an "auxiliary," twenty hours a week at seven dollars an hour. My directors never saw an employee put so much effort into his work, and I was praised for it (I have always been honest and a hard worker).

Evidently I was secretly hoping and expecting a full-time position at the wage of a permanent employee (\$14 an hour plus a multitude of fringe benefits).

In the same period I volunteered twenty hours-plus per week to the Boy Scouts. I was a very busy poor person. All love and not much to feed my family.

A year or so later I saw an ad. The one with the head thinking. The Silva Method Basic Lecture Series.

I picked up the phone and enrolled in a Silva class. It was the best move I made in years, though my bank account said I should not do it. The only obstacle, as always, was the money. I did not like to talk about my financial difficulties, but the only way I could attend was if I could stretch the payment of the course.

The instructors considered, without asking any questions, a way for me to take the course without breaking my budget. And thanks to them I trained my mind the way Jose Silva prescribed.

I never got a full-time job with the city. So before I became lazy and unmotivated in life, I programmed that I would get a full-time job, that I would like the job, and would be more stable than the job I had at the city, all this by September.

In August, I started a full time job as a pipe organ harmonist, something in which I had no experience or knowledge of any kind and in which I was selected over 30 other applicants. The pay, \$8 an hour.

I programmed for a house in the country, and sure enough, we bought a house in the country.

I programmed for my girlfriend's son to attend a semiprivate school. He has just finished his first year.

I programmed for my friend to get a good job. She now manages a cafeteria.

I program health for anyone I can think of. I program a lot for others.

Now it's my turn: Eight dollars an hour

is not enough to pay for the house, the school, and our 1981 gas guzzler (gasoline in Canada was around \$2.25 a gallon). And on top of that the organ industry is at a low and I'm laid off.

So I program for a good job, that I enjoy and in which I may use whatever knowledge I may have. I programmed for this in December 1994.

The last week in February, 1995, I'm hired as a cook in a neighboring village at \$7 an hour. As always, I give my 100 percent. Seven dollars an hour is not much, but to play you must pay, and it is better than nothing.

Two-and-a-half months later I am promoted to Chief Cook and Kitchen Manager, supervising eleven employees, and running the restaurant.

My employers are good people. They recognize the effort I put into my work. They are wonderful. Every day is a challenge; I work six to seven days a week, and I love it.

This is becoming a long story, and I must lay a final period to it. Before I do I would like to thank Jose Silva for unleashing the power of my mind: I thank you for being good; I thank you for your perseverance and for answering my questions through *The Silva Method Newsletter*. I program to meet you.

I thank the team at Silva International headquarters for your continuing work, and bless you, may God bring peace to you and your families and to all who care and love unconditionally.

If this story can in any modest way help anyone use his or her mind for good, you may reproduce it. It was written for this purpose.

Oh, one last thing: We have a new car, which saves on gas. And the old car is now for sale—very cheap.

by Jean-Clement Paquette

She dreamed of a song that helped her avoid an accident

To make my story clear for you, I have to explain how my "TOLie" [sic] works. I realized quickly that my right brain hemisphere - my TOLie" [sic] when we talk about alpha, beta, and human intelligence as Willie, Wilfred, and Will - often communicates with me in songs. Perhaps it seems a little funny, but as you remember, music is the right hemisphere's territory.

For instance, when I use the Glass of Water Technique, or Dream Control, I often get the information in the lyrics of songs in the morning. I just wake up with one or more lines of lyrics in my mind, and these words *always* help me.

Two years ago, on a summer morning, I woke up with a song in my mind that frightened me, based on my previous experiences of waking up thinking about songs. This was a Hungarian folk song, and the lyrics are about death.

I'll try to translate this to you as follows: *Wreath braid pearl to my grave, to my tomb.*

I knew immediately that I had to be very careful, that there had to be some kind of danger around me.

With a tension inside of me I started to work. I drove my car out of the garage, and when I leaned down to close the garage door, I looked under my car and I noticed that the gas was running out onto the ground in a thick stream.

Luckily there was a car repair shop very near to our home, so I could have the car repaired at once.

The mechanic told me that if I hadn't noticed this problem, then the car probably would have blown up on my way to work.

Higher intelligence saved my life.

by Ms. Valeria Zoltan Hoffmann

Silva shows her that she is more than she thought she was

Taking the Basic and Graduate Silva Method classes made me realize that I was more than just the persona of Peggie K. Wallace.

Within months, my cottage group and I had programmed for a major promotion for me.

Next came the sale of a piece of property that had been on the market for two years, a new car, and a new townhouse with all new furniture.

While we worked on members' needs, we were primarily a healing group. When my brother was critically wounded, we helped him recover.

Programs own business

Three years later, I programmed for my own business successfully.

Later, my business partner needed a hip replacement. I programmed for the end result. Here's how it happened:

The local paper had a story about a man searching for his missing son. I called to offer my services. I located his son's body (in a faraway state) and gave information about his alleged killers. The man who lost

his son was an orthopedic surgeon and performed the operation on my partner free of charge. Another Silva graduate offered his hospital for the operation and recovery.

Creating abundance

In the last 19 years, I have used the Silva Method to bring into my life homes, partners, cars, jobs, travel; as well as the constant use throughout every day for parking places, shopping, finding misplaced objects.

My guides and I have a daily case load of ten to fifteen persons. It is good to know I can be of service.

Problem-solving techniques

When I had to have extensive dental surgery, the relaxation techniques were invaluable.

Recently I fractured a kneecap. Glove Anesthesia and visualization helped the discomfort and healing. My cottage group projected healing energies.

When I was adrift on the Sea of Cortez for three days in 1986, I used Silva to remain calm and program for a rescue vessel.

The Three Fingers Technique had served me well when faced with any uncomfortable situation, like driving in a sudden blizzard, job interviews, and telephone sales. I use it constantly.

While living in Mexico, I worked with the families of two separate murder victims to solve the mysteries surrounding their deaths.

I find the Silva Method to be self-perpetuating. The basics of desire, belief, and expectancy work for me. The more successes I have, the more successes I expect to have, and the more successes I will have.

My life really began when I took the Silva Method Basic Lecture Series. Thank you Jose Silva.

by Peggie K. Wallace



Finds peace during her child's operation

This is my experience of surviving my daughter's operation with common sense with the help of the Silva Method.

Last year my daughter, who was fifteen years old, had to have an operation on her spine because of scoliosis. It is a very dangerous, lengthy operation with numerous possible negative results.

We both had been preparing for it for a year with the Silva Method, imagining that everything would be all right, and I was sure both of us were prepared physically for it.

She was very brave, smiled, and made me promise I wouldn't cry. I smiled back and said of course I wouldn't, but at the moment she was taken to the operating room I wasn't so sure of my strength any more.

Being aware that hours of uncertainty were waiting for me, I left the hospital and started walking without any aim. My heart ached of fear and panic.

Near the hospital there is a church. I'm not a religious person, but something dragged me there.

I entered a strange church with white walls, without any icons on them. There were beautiful green plants at the windows.

The white walls and the green plants made the church really solemn. There was nobody there.

At that moment, I heard the organ playing. Who was it playing for? There was no mass. There wasn't anybody there except me. Was it a coincidence?

The beautiful tunes made me relax. I imagined the operating room and sent some of these magnificent melodies to my daughter, to the doctors and nurses around her, and to my husband, who could not be there because he was in another country.

These oratorios that were played just for me and my daughter filled me with relief. They made me feel we are in God's hands and He is generous to us.

I felt in the depth of my heart that everything was going to be all right.

I spent more than an hour in my laboratory full of sounds of the organ, and petted my daughter and the others around her with the sounds of hope and happiness.

Then suddenly, the organ stopped. I was told that I had a very rare opportunity to hear this old instrument, because it is played only three or four times a year.

I left the church drunk with joy, without fear for the future.

After my daughter recovered, I used to tell her I was quite sure she would hum the tunes of the oratorios I had sent her.

by Mrs. L. Molnar

Reinforce Your Programming

Whenever you happen to think of your project, visualize and vitalize your solution image in the white-framed mirror.

Once every three days enter your level and visualize your solution to reinforce it and keep the desire strong. This helps keep your enthusiasm high.

On important projects, visualize your solution at level every day. Imagine or recall the feeling you would associate with success.

At all levels, believe you have already achieved your goal and maintain the feeling that you have already received it.

You have planted a seed. At the mental dimension, your project has been completed. Now, consider the physical dimension like soil. It takes time for the seed to grow through that soil and surface where it can be seen in the physical dimension.

Lottery winnings help her do what she likes, and to help people

I unknowingly had been looking for the Silva Method for a long time. Finally I found the book *You the Healer* and tried to follow the directions, but it was difficult to know when or if “level” was attained.

I shared this with my sister Monique, and she found that Silva courses were available in Edmonton, Canada, given by Karen Chambers.

We both registered for the Silva Method Basic Lecture Series. We were fortunate a second time in also being able to attend the Ultra Seminar with Laura Silva.

It was incredible to learn all the good things a person can do through the use of the Silva Method techniques. It is now so much easier to make decisions.

We sold our business and now have the freedom to do the things we like to do. But the most precious of these is time—time to help others in need.

I want to continue my life in this way, definitely to grow more with Silva, to help my fellow man whatever way I can, to help make this world a better place.

Lecturer Karen Rose Chambers adds; “We received many phone calls from graduates



Began helping people

I faithfully did my programming every day and soon wrote my goals in my special notebook. So many people needed help, including my husband Gabriel and myself. There are many people to pray for who are sick or need help in various ways.

There were some financial pressures due to our business, causing us both stress. I told Monique I was going to ask for help, specifically to win the upcoming lottery.

Promises kept

It didn't take long. In June, we did win \$1.8 million. Our problems were solved, and the other promises were kept.

conveying their excitement at the success of these Silva graduates. One would perhaps assume that the callers would have asked how to use the techniques to win a lottery. Surprisingly, this occurred in only one call. The overwhelming majority of callers commented that if such a huge success could be achieved in financial terms, then they could certainly be successful in overcoming their own health, relationship, and personal growth challenges, were they to use the techniques.”

by Rita Boucher

Her world is expanding with new choices thanks to the Silva Method

It was November 30, 1995 that I finished the Silva Method Basic Lecture Series with Dr. Laszlo Domjan in Hungary.

The following is my true story, which could not have been realized without the Silva Method. It has become part of my life, my way of life, my way of thinking. It brought out my real essence, what I am like in truth.

I believe and I know that my story could mean confirmation for a lot of people and would nourish their faith in themselves, and increase their inner strength.

For all those who have an inclination to be good, to have knowledge, to love, and have faith, and for those who would see and hear, their earlier ways of thinking would seem unnatural.

Troubles mount

When I first heard about the Silva Method, I promptly purchased the book and read it with great interest.

Later on I bought more and more New Age publications. Each of these contained new and good messages. Even so, for a long while I did not make use of the possibilities, consequently my worries and troubles did not cease, or even multiplied.

In my family life, envy, unpleasantness, and a loveless attitude prevailed.

My health and state of mind remained unstable, as it has been ever since I married. I suffered from a duodenal ulcer, a nervous breakdown, very high blood pressure, heart problems, neuritis, and permanent gynecological problems.

Partly as a result of all this, at regular intervals I fell into a deep depression. But thanks to my strong will I always managed

to recover. However, I had the feeling that I never could be myself.

A flash of clarity

In May 1995, to overcome my incessant, concealed fears and the status of my crushed personality, my physician suggested a gynecological operation.

Then suddenly, I felt in a flash that things became clear.

I got out all my books, and with lessons of the Silva Method, during the next two weeks, whenever I had the opportunity, I read and reprogrammed myself.

My faith and endless will had its rewards. My gynecological problems ceased to exist and have not returned. Isn't it wonderful?

by Varadi Peterne

Silva techniques turn out to be life savers

When I completed the Silva Method my life totally changed. Not only my life. My family's life changed too.

My husband had left me in March, and shortly after we divorced. After that time I was very ill and sad. I ate and ate and I was very fat. I thought that my life was senseless.

I was depressed. I thought only of death. I detested myself, and had no self-confidence.

A good friend helps

My good friend wanted to help me, and he offered to send me to [the Silva] course.

After finishing the course, my life changed entirely:

- I felt very good; my state of mind is perfect.

- I have no negative thoughts, only positive thoughts thanks to the Silva Method training.

- With the help of the Mirror of the Mind, I lost weight. Now I'm pretty and feel fine.

A reason for life

I had a lot of problems with my health including backbone disintegration, feminine illnesses, and always inflammation.

With the help of relaxation, I'm healthy now. In my environment the people say that I'm quite different from formerly. My life has reason.

I have started to learn the English language. I have finished massage school.

I feel that I'm very open with others. My personality is many-sided.

When I think about my old self, I feel that it wasn't real, that I could not have been like that.

Help others

In my environment the people know that I use the Silva Method and practice massage. I help others, and much of the time we solve our problems together.

There were two grave issues in my family which I solved.

Mental illness

My mother had been unemployed, and suffered from schizophrenia, an illness thought to be incurable.

I was very troubled. I knew that I must help, that I must try to do the impossible.

We did the relaxation exercise together. She had occasional moments of clarity as we worked together. It wasn't easy for me to explain the concept of relaxation and its practice.

She started to do it, and eventually she understood what it was that I wanted from her. She used the Mirror of the Mind and the Glass of Water Technique with my help.

She didn't take medicines, and she often had nervous depression. At times I felt that my intervention wasn't good enough.

I asked my mother to find her problems while at alpha. She did, and she solved them alone and with my help.

Now I know that my intent was good and it solved this great problem.

My mother is healthy, harmonious, and medicine free. With the Glass of Water Technique, my mother stopped smoking and lost twenty pounds.

Suicidal despair

The other case happened with my father. He had been unemployed, and the thought of it shamed him.

In his despair, he drank poison.

He was carried to the hospital, but the doctors said that he would die. They said that he had only a few hours to live.

I kept him in my mind for three days. I thought of him as healthy, happy, and working. I couldn't think of him as dead.

Those three days were very hard for me. I felt that I was alone. I wasn't aware of the people around me.

My father survived. Today he is healthy and happy.

I solved these grave problems. Life in our family has changed greatly.

I recommend that all people take the Silva Method course.

by Ignac Tunde

The Universal Law of Attraction

This universal law operates whether you know it or not. Your personal energy—how you think and feel, believe and expect—attracts similar energy. This law works best if you consciously participate.

Create your desires with these basic steps:

Get very clear on what you want.

Once clear on exactly what you desire, focus on it. Stay positive.

What you imagine must be consistent with what you want.

Allow the universe to give you feedback. This could be the most challenging part for you.

Take appropriate and congruent action.

You can leave all the details to the universe. The possibilities are endless. All you need to do is expect it. Act like you already have it. Be grateful.

That's it! You can always be expectant of good things. Feel good, knowing that what you want is on its way.

Always expect to get what you want, even miracles.

The Silva Method helps woman develop her intuition

The issue of self-confidence had always been one of personal struggle. And even though I enlisted in the United States Marine Corps and survived Paris Island boot camp, I did not gain from that experience the level of self-confidence I found in myself through the Silva Method.

As a child, I was raised in an atmosphere of fear, both at home and at school.

My parents are most wonderful and dear to me, but I think they felt that if they could instill the “fear of God” in me that I wouldn't go far from home. What they almost accomplished was simply keeping me from my goals.

The Silva Method has helped me to recognize and deal with my fears and lack of self-confidence.

And while it is important to recognize what might be holding me back, it is equally important not to dwell on the negative past or causes, but to reeducate or reprogram myself and move forward.

I realize now that I have much to contribute to this world!

And not only do I have much to give and share, now I have the ability to manifest my contributions.

Before I found the Silva Method, I guess my mind was crippled or paralyzed. But now I can walk and run and even fly. Does this make sense?

by Judy K. Zamlen-Spotts

As usual

when I went to bed at night, I went to my level and turned on my mental screen.

There before me a man was spread-eagled on the floor with two men and a woman standing over him. Their appearance was so threatening I feared they would kill him.

The faces of those involved were not visible, but the man on the floor clearly needed my help.

I did what I could to bring about a favorable outcome. The picture disappeared from my screen, and I felt the victim would be all right.

Several weeks later, I visited my cousin, Madelin, who immediately began a story of what had recently happened to her son. I stopped her before she could reveal many details and, referring to my Silva journal, I gave her an account of the man on the floor.

It was almost exactly what had happened to her son, including the date.

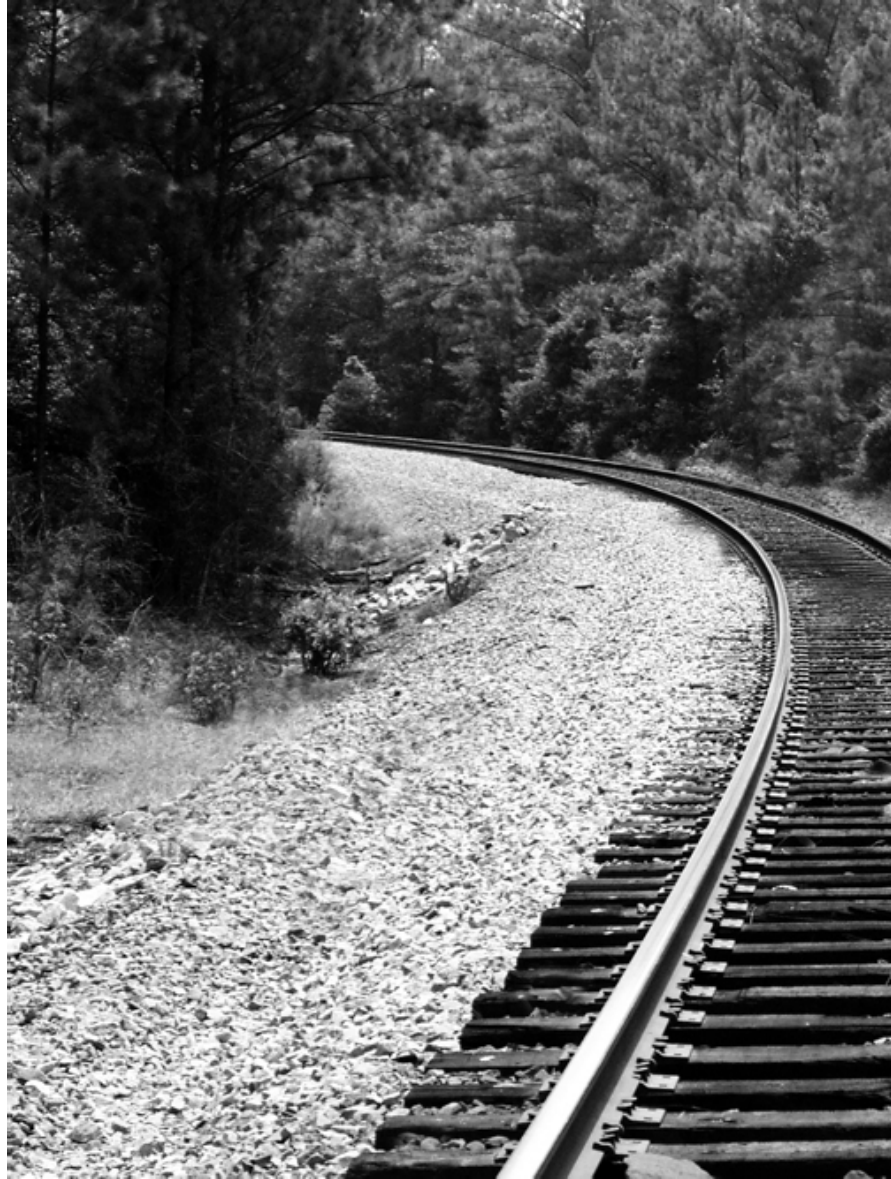
Madelin told me his assailants had let him go, and we both felt my psychic intervention had probably saved her life. Her son agrees.

Other successes

After completing the Silva Method Basic Lecture Series, I joined a Silva research group in Pampa, Texas. At weekly meetings we reported successes and worked serious cases in psychic perception and diagnosis.

When working cases, only the name, age, and location of the case was given. The case worker then attempted a psychic diagnosis and worked to relieve suffering and influence a favorable outcome.

I worked particularly well with a woman, who gave me the name of her brother, age



54, who lived in a nearby community.

At my level, I mentally pictured a man with terribly swollen feet and legs. She told me I was correct and asked me to look for the cause. After scanning his body, I found cancer in his lungs. Again she confirmed what I had found.

Afterwards, Sybil often asked me to check his condition. In addition to this, he often appeared quite often on my screen and I

Case working helps you develop better subjective communication



worked to relieve his pain.

One night, while working at my level, I pictured a giant ball of golden light in the sky. A wondrous feeling of peace, happiness, and pure love flowed through me as I watched this amazing light slowly descend and settle down to enfold a house that I knew to be the home of Sybil's brother.

I was sure this vision signified his death,

which he welcomed with great joy.

We had been told not to relate death to the family, but I had promised to tell Sybil everything. Since what I had seen was more likely to comfort them than to traumatize the family, I called Sybil to tell her what I had experienced. I did not tell her what it meant, but she knew.

When I returned home, the telephone was ringing. Sybil had asked a friend to keep calling until I answered, to tell me that he had passed away.

Sybil later thanked me. She had told the family of my vision, and it had eased their grief and given them comfort.

Introduction to Silva

My first experience with the Silva Method was through my sister, Evelyn, who had taken the course from Jose Silva.

While I was visiting her in Pampa, Texas, I developed an excruciating headache. I took several different things but nothing eased the pain.

Evelyn took me into a quiet room, told me to make myself comfortable, and said, "This recording is by Jose Silva on how to get rid of headaches. I want you to listen and follow his instructions."

Thirty minutes later it was as if the headache had never existed.

I am not, nor have I ever been, headache prone. I believe that particular one was given to me to bring

me into contact with Silva.

No amount of money could buy back what I learned and have used for health and happiness every day since I took the course.

by G. Faye Price Alien

I will be fifty

this year. Since completing the course, I have felt better and better and no wonder, for a series of everyday little miracles has happened to me.

When I was a child, I learned everything I wanted very easily. But as the years passed, problems and troubles came.

During the changes and the transition period in Hungary I became unemployed. It was a big shock for me. Until that time I had been the motivating force for our family. It had always been my task to arrange everything and see to food for both their bodies and minds.

In making important decisions I was alone. My husband tried to ignore trouble by escaping to his technical books, watching TV, listening to the radio at high volume, or sometimes even escaping into his illnesses. In such cases I felt as if I had gotten into a swamp. My soul even seemed to forget God.

Beside this, no income meant an irreplaceable shortage in our financial situation.

What's more, I had not realized until that time that it was only my husband who could spend his time and energy on self-study. I had to be content with raising the children.

But then, in hopes of a new job, I started to study again. The only problem was that I had left school thirty years before and my efforts now did not bring the same results.

In order to study more efficiently, I took the Silva Method course.

The world became different

After the first two days, the whole world became different for me. The method of thought-cleaning captivated me entirely.

In order to understand the whole program and feel as if it was really mine, I made the first "thought-cleaning little broom" for

myself on January 9, 1995. I have been carrying this little broom since that time. Looking at it, I always try to be careful with my thoughts, words, and my whole being.

Then at the end of the course, the case study became an outstanding experience to me. Since that time I have felt as if a genie which had been locked in a bottle had been freed in me.

I feel newly born in body and mind.

I want to share this wonderful feeling with everybody in the darkness who is still trying to find the light, the path to themselves, God, and the whole world.

I wish my family would get to know the knowledge that can be obtained by the Silva Method.

Creative solution

I was trying to find a solution to this with the

Glass of Water Technique. The answer again and again was: The thought-cleaning little broom."

I understand from the stories of successful people that the secret of applying the Silva Method successfully, the key to success, lies in the power of our thoughts. We can go further day by day only if we think positively, according to our goals.

The little broom can be an important reminder of a big cleaning in our thoughts, to everybody in the world who strives for the good and noble.

Since then, my dream has been that from the east to the west, people can meet my little broom in every Silva Method club and course.

Positive results

When I first took my thought-cleaning little broom to the Silva Method club led by Laszlo Domjan on March 9, 1995, I met with great success with my friends and tutors just as I had expected.

Thought-cleaning

little broom

becomes symbol of

help and hope

Since then my stimulating little invention emphasizing the importance of a big cleaning in our thoughts has gotten to more and more families believing in the Silva Method in Hungary.

Helping everyone

Since that time, I have been teaching positive thinking to everyone around me.

I presented a little broom to someone who was grieving about failing her driving test. I asked her to regard my little broom as a reminder of the fact that she is one of the best student drivers. I also asked her to sweep out her fear of driving from her thoughts and think of the next exam only positively.

I was happy to see - and I regarded it as my success - that she passed the exam with the help of my little broom.

Self-help

What is more, my little broom, even only for a short time, helped me, too.

There was an occasion when I longed for the monthly Silva Method meeting very much, but the money I had was enough only for travelling there.

I did not have the money for the return ticket, the entrance fee, and the food for the coming days.

Still, taking all my little thought-cleaning brooms and spending my last money on traveling, I went to the meeting in Budapest.

The money I got for my little brooms was enough to cover the cost of the course, travel cost, and it was even enough for some days bread.

Husband begins to help

I managed to continue the list of my successes achieved with my little brooms with my friends in the Silva Method, but I think it is more important for me that I have seen some change in my husband, too.

First he looked at me suspiciously while I was making my little brooms.

But when I told him that this small broom can remind people of the creative power of thought and that it can be a nice symbol of a way of achieving our goals, he sat down by me helpfully.

Thought-clean the world

Since that time I have thought that

besides the manual, this reminding little broom should be provided to everyone who takes the Basic Lecture Series.

I can say that during the time devoted to programming, mainly the good health and dreams of my family and friends got into focus. I am proud to say that most of their programs are successful - except for my body and mind that ordered me to relax during into focus. I am proud to say that most of their programs are successful - except for my body and mind that ordered me to relax during the process of unsuccessfully looking for a job.

I went to my level and analyzed everything. In my silent soul the same picture turned up again and again:

José Silva says, with my little broom in his mind, "Sure. Agnes in Hungary is right. This little broom is really good. It is really quite witty. So I recommend this thought-cleaning little broom to everybody. Let it be included in the manual in every basic course from how on."

And the letters will come, the telephone will very often ring, people will order little brooms.

I will make them day and night.

I will not even notice and I will not be in debt any more.

I will be able to provide an education for all four of my children.

And the money left will be invested in a sanitarium. There is not one in Hungary yet.

Back to earth

The telephone is ringing, which brings me back to the earth.

My translator is reminding me of the deadline for sending in my story.

I will close my thoughts with the kindest quotation from my heart:

"The gate of heaven is closed for the one who lived alone; Save a soul, and he will save yours."

I can see with my spiritual eyes how my dreams will come true with the help of my thought-cleaning little broom, with which the whole world will sweep its thoughts in nicer and nicer ways, more and more creative.

by Agnes Bodnar

Programming helps her get job, helps friend get rid of bad boyfriend



My friend ended a terrible relationship with her significant other. However, as the court awarded him with visitation rights to their daughter, she had to deal with him on a regular basis.

She complained that he was verbally, psychologically, and even physically abusive (on one occasion). The police could not arrest him because his actions were not serious enough.

Using the Mirror of the Mind, I pictured Mr. Dysfunctional treating my friend with respect and courtesy.

I saw her a few months later (we live 300 km away from each other). One of the first things that she said was, "I don't know what's gotten into him, but he sure has been nice to me lately."

Cranky client

During my reign in the advertising world, I had one client who could be nice one day and downright cantankerous the next day. I had only been with the company for a short time; however, it was my duty to develop the advertising and marketing plan for the upcoming year and present it to Mr. Cranky as well.

I spent much time developing and rehearsing.

I also used the Mirror of the Mind technique to imagine the client advising us that this

particular presentation was the best that he had ever witnessed.

A few days after the presentation, I receive a letter from good old Cranky advising us that our presentation was the best one the agency had presented to date.

Her heart's desire

My friend Mary had taken a liking to a particular fellow and expressed her desire to go out with him.

So without telling her, I imagined the man asking her out.

Within the week, she came bursting into my office to advise me of the good news:

Her "idol" had just asked her out.

Dream job

Approximately seven years ago I decided that I wanted to work in advertising. It appeared to be a fast paced, glamorous job and a tremendous outlet for creative expression.

I was bored with my job so I started programming with a specific advertising company, the largest in the city where I was living. I also started taking advertising courses on weekends.

I programmed and programmed, imagining and visualizing myself working with all kinds of creative gurus at a very specific company in town.

A month went by and nothing was happening. I discussed the problem with my Silva Method lecturer, who suggested that I use a more generic approach.

"If you program for a specific company to hire you, they may not have an opening, someone will have to be fired so they can hire you. This is not in the best interest of all parties. So imagine yourself working at a generic advertising company."

I followed the lecturer's advice and shortly after, I met a woman in my advertising course who advised me to contact a company in another city because they were looking for an account manager with my qualifications.

I sent them my resume. Within a month and a half I was hired.

By the way, the fast-paced life, outrageous deadlines, mediocre salary, and stress turned out to be quite without glamor. However, the experience and friendships made have been invaluable.

A sympathetic boss

I was working on a project that needed to be finished as soon as possible. Unfortunately I felt terrible, with a headache and upset stomach probably because I really disliked my job.

By lunch time I decided that enough was enough, and went home, knowing that my boss would be furious. So I imagined myself walking into the office the next day, greeted by my boss and co-worker. I mentally pictured them acting and speaking as though they were genuinely concerned for my welfare.

The next day, as I was sitting at my desk, my boss and co-worker greeted me with great concern.

"What happened, you never get sick?"

No need to say more.

More work than she could handle

Two other Silva grads and I decided to team up and program for each other.

One grad, who was working as a consultant at the time, expressed the need

for more clients and more work. So we programmed for her, using the Mirror of the Mind Technique.

About a month or two later, the graduate who wanted more consulting work called us and advised us to stop programming as her company had more work than they could handle.

A picture perfect order

A few years ago, I was asked to photograph a family in their very large and expensive home.

Since I knew that money was not a problem for this family, I programmed, using visualization and imagination, that they would love the photographs I had taken and would place an order for at least \$1,000.

They did indeed love the photographs and placed an order for almost \$1,500.

Studio wanted

I was in desperate need of a photography studio but didn't want to pay much more than \$100 per month, which was unheard of, but I visualized finding such a situation anyway.

I remembered that a friend-of-a-friend's husband was sharing studio space with another company, so I called him and inquired whether they would like another studio partner. I imagined myself receiving a "yes" answer.

They called me that afternoon and agreed, but wanted \$300 a month.

Next, I contacted a photographer friend who had, on occasion, expressed a desire for a studio. She agreed to share my space, and they agreed to have the two of us as studio partners.

As my friend agreed to share my designated office space, the original rent of \$300 was divided between the two of us. And on many occasions I would provide photo services in lieu of rent money.

by Linda Nikiforuk

Psychic uses the Method to ease personal pain

I have been clairvoyant since childhood and I consider this a special blessing and gift.

My path has not been easy because until I found the Silva Method my psychic abilities caused a great deal of confusion and at times even pain.

Being able to see auras, diseases in the body, and know when persons were going to die, and having no control or ability to help when I had these visions was often frightening and frustrating.

The Silva Method Basic Lecture Series and other Silva seminars have given me control over the raw gift. For the past 15 years I have served as a hands-on healer and clairvoyant for people around the world. My greatest success story has been about me personally.

Both my parents died within the last four years. Having used the Silva Method in working with others has continued to

strengthen my ability to see in the spiritual realms, converse with guardian angels and spiritual guides.

Prior to the death of my mother I was visited by her personal guardian angel and was informed that my mother would suffer a heart attack and leave the physical body within 24 hours.

I immediately left Austin, Texas to visit her in Houston, two-and-a-half hours away. By the time I arrived, my mother was already in intensive care, and though it was one of the most painful experiences of my life, I was thankful for the warning and the chance to say good-bye.

Prior to my father's death, his spirit-self appeared to me and said he would leave his physical shell before morning and not to wake my children and come because it would make leaving more painful and it was his time. He requested I read to him from the Bible and go to church and receive holy communion for him, which I was honored to do and did.

I give thanks to the Silva Method instructors, Nelda Sheets, Jose Silva, and Laura Silva, for aiding me in this experience and helping a painful time to be less painful.

by Nan Morton

Veterinarian amazed at grad's ability to heal horses

When I first took the Silva Method back in 1972, I was raising horses. I had four of my own and as well as boarding one of a friend.

On a Sunday midmorning, as I was upstairs getting dressed, I heard the hoofbeats of horses on the asphalt pavement. I just knew they were the horses in my charge.

I grabbed jeans, socks, and boots and headed down the stairs at a run. Yes, the horses were gone. I grabbed halters and lead ropes and drove back toward the road. My neighbor brought his tractor and we headed north looking for tracks.

I had an albino quarter horse named Lightning who, earlier, had tried to go through a fence and had cuts across his chest with one very deep puncture from the barbed wire. He was spooked but I was able to halter him and hand him to my neighbor to calm him down.

I then started after Beau, the boarded quarter horse, and my other three horses.

I came across my three horses rather soon and they were unharmed. I was able to halter them and started back to the barn with them. I was still looking for Beau, my friend's horse.

I found him with his left foreleg and hoof cut very deep, through the hide, muscles and tendons, and into the bone.

I took Beau very tenderly back to the barn, and put him into the only stall I had in the barn. I called my vet and explained the problems. He came out right away.

Unfortunately, his diagnosis was rather grim for Beau, but Lightening would recover with no permanent damage.

My instructions for Lightening were to give him penicillin twice a day. I was careful to send numbing and healing energy to him, and he recovered much faster than was expected by the vet.

For Beau I had more to do. This gave me the opportunity to go to my level more often to help him.

I had to give him a shot each morning and change his bandage and put a salve on his leg three times a day. The vet stated that Beau would be lame and never be able to be ridden again.

I refused a believe him.

I went to my level prior to going to tend Beau. Then I went over to the barn and tended his injuries. I continued to tend his injuries three times a day, and went to level before going to the barn and again after.

I visualized his injury healing from the inside out and return to normal. I continued this throughout the week.

The owner visited Beau, saying "Poor Beau." I insisted that she not think Beau was "poor" and to please stay away until I called her.

On Saturday morning the vet returned and removed Beau's bandage. He was aghast to put it mildly.

There was a sizable growth on the outside of Beau's leg. The vet explained that the

injury had healed so fast that this was the result, and that he had to remove the growth. He assured me that it was normal and I should just continue my treatments for another week.

I no longer had to give him shots, but his bandage should be changed twice daily.

I felt I had developed a good habit, coming home at lunch and going to level to help Beau, so I continued to treat him for another week.

I let the owner visit with Beau after two more weeks. She was very pleased with the way Beau looked. He had no scar, no limp, and was diagnosed as being sound by the vet. Needless to say, the vet was amazed and pleased with such surprising results.

The owner kept Beau for ten years more.

I have continued to practice the teaching of the Silva Method over the years and have had continued success with healing both animals and humans.

It was my honor to be able to take the Ultra Seminar when I was first offered in the Chicago area. I have repeated the course, and will do so again later this year. All three seminars were taught by Jose Silva himself.

I have been fortunate to learn from several Silva Method instructors over time. Not long ago I completed my goal to study all of the Silva Method courses. It has been an honor to offer the assistance of my administrative skills to the Silva Method lecturer in Illinois.

I believe the Silva Method has enhanced my life and I hope to be able to utilize the teachings to help others live more filling, healthful, and positive lives.

by Lin Hudren

After an accident and a “medical miracle” she’s learned how to live life to its fullest

As a result of using the Silva Method techniques, I have received the following benefits:

I lost nearly fifty pounds.

I am more confident and physically fit than ever.

My hair grew longer, and grows long now.

My eyesight improved.

A few years ago I was in a very serious car accident. Now, I look better than I did before the accident.

The driver was going approximately 100 miles per hour. I was at an intersection, and the driver was drunk. He swerved over to the side as if to stop, but kept going. The accident was bad enough to be on the “977” television show. Everyone remembers the accident, and a good Samaritan was kind enough to stop and offer assistance.

I went through months of physical therapy. I had to learn how to write, how to sit up, and how to run. Doctors predicted that I would never be able to sew again.

Programming with the Silva Method techniques helped with all of this.

My life has really changed; now I want to live life to its fullest.

My parents are more understanding, and I’m more spiritual, which really helped me with my dad, who had a stroke.

People from the local community and from all around America heard about this, and give me items of interest and good discounts.

I live by the saying: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

I got the Citizen Ambassador Program back, and received funding for it.

Other people think I am more interesting, and want me to work in their field.

I’m now dubbed a “medical miracle.”

by Cheryl Anne Evans

The information in this manual is to help you in your quest for wellbeing. We do not dispense medical advice or prescribe the use of any technique as a form of treatment for medical problems without the advice of a physician, either directly or indirectly. In the

event you use any of the information in this manual for yourself Silva International assumes no responsibility for your actions. All testimonials are the opinions of the authors and do not necessarily reflect typical results.

Silva Advanced Seminars

Silva Life System Seminar

Picture this: You read the newspapers, and you're strangely unaffected by the barrage of bad news. Another oil hike? An increase of serious illnesses like cancer, heart attacks and diabetes? More and more people suffering from depression?

Yet you still possess such unshakable joy within you. But no, its not because you're in denial or flippant—it's

because you have mastered the Silva Life System techniques to be victorious despite what life throws at you. Over two days, you'll be taught the very same principles that have helped over a million people over the years to conquer disease, achieve their biggest goals and dreams, and thrive—not just survive—in strenuous circumstances like the world we're living in.

Graduate Seminar

This advanced course instructs you how to help your loved ones go to level and program for success, manage stress and anxiety, improve health and develop effective problem solving strategies.

Learn to neutralize the effects of the past by applying the Special Conditioning Cycle for age regression.

Discover the unique "mental video" projection to build confidence and

competence. Learn why and how the power of the focused mind is the secret to success in all areas of life.

Learn advanced case working techniques for business, investments, detective investigation for missing persons and objects, and attracting relationships.

Tune to the Center of the Galaxy experience to align yourself with a higher intelligence.

Youth Lecture Series

Silva techniques to help your child prepare for the future and to live a life of their own design.

Your child will come to understand the concepts of cause and effect, taking responsibility for how they think and act, keeping beliefs that work and discarding those that don't.

They will learn the power of positive

and resourceful thinking. They will take charge of their life, make wiser choices, which builds confidence and stronger self-esteem.

The series focuses on stress management, improving study skills and grades, manifesting goals, gaining a winning edge, and solving problems with an effective strategy.

Silva Advanced Seminars

Dynamic Healing Seminar

An evolving course with specifically formulated exercises that will improve your life, business, and relationships.

You will learn healing techniques that combine subjective and objective energies to harness and apply your healing powers to help yourself and others.

In this seminar you learn to:

- Create ideal states of mind for programming.
- Discover how to put the Mirror of

the Mind into high gear.

- Work with magnetic, electrical and human energy fields for healing.
- Apply special mental broadcasting skills for improving your business, programming at a distance, and finding true love.
- Utilize biofeedback to validate your alpha level.
- Apply the energized Glass of Water Technique to help with problems.

Silva Mind Body Healing Program

In your quest for a lifetime of health, your mind could be your greatest saviour—or your downfall.

Whether you suffer from a serious condition like diabetes or cancer, or a minor ailment like skin conditions or migraines, the information you can learn in this program is your greatest asset in your search for a healthy body & soul.

But how do you activate the healing potential within? There's a jolting fact you must know, and it is best that

you not learn a watered-down, sugar-coated version. Nearly everything you think you know about your health could kill you. Please do not misunderstand or become alarmed, but whether you're now suffering from some form or ailment, or even if you're perfectly healthy. The lies you've been told could cost you your life.

And when it's your life at stake, there's no time for beating around the bush. In fact, your life isn't the only thing on the line here; there is more.

Want more information?

To learn more about these Silva classes, contact your Silva instructor or visit our Web site, www.silvamethod.com

To talk to someone from Silva headquarters, call 1.800.545.6463

Share Your Silva Success Stories

Graduates, please share your Silva success stories with the world. They will inspire and motivate others.

Your stories can give someone an idea of how they can use the Silva Method to find solutions in the areas of health, education, relationships, business and sports performance. Please be specific in the area of your life that Silva has helped you to achieve success.

WHERE AND HOW?

It's Easy:

Attach your story to an email and send to:
George Williams
george@SilvaMethod.com

To show our appreciation for every story we publish in the *SilvaNews* magazine we will send you a discount coupon for Silva products. You may use it for yourself or give it to a friend.

NO COMPUTER? NOT A PROBLEM.

1. Write your story and mail it to
SilvaNews, P. O. Box 2249
Laredo, Texas 78044-2249.
2. At bottom of story write the following,
"I give Silva International permission to publish and/or use this story to promote the Silva Method."
Add your signature.
3. You may enclose a non-returnable photograph of yourself if you wish.
4. Include your mailing address, email address, when and where you participated in a Silva class, and your instructor's name.

Questions about how to do this? Call
1.800.545.6463 or 956.722.6391

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