



## The Silva Mind Control Method of Mental Dynamics

You Can Unleash the Power of Your Mind to Solve Any Problem!

by José Silva and Burt Goldman

Pocket Books © 1988  
251 pages

### The Big Ideas

#### Your Brain Waves

And alpha state.

#### Fear --> Excitement

Change your expectation.

#### Seven Hermetic Laws

Powerful stuff.

#### Five Rules of Happiness

Follow them: highs will be higher, lows will be higher.

“This philosophy is about enjoying things you like, avoiding or changing things you do not like, and accepting what you cannot avoid or change by the skillful use of your viewpoint.” ~ José Silva and Burt Goldman from *The Silva Mind Control Method of Mental Dynamics*

This is a phenomenal book. Found it randomly while staying at a friend's house in Bali and \*loved\* it. A quick-reading 250 pages, it's among the most densely-packed-with-wisdom books out there. (Deepak Chopra's *Seven Spiritual Laws of Success* still holds the record in my book. :)

We'll touch on several of my favorite Big Ideas here and if you're diggin' it, I highly recommend you check it out for more ideas on how to control your mind through visualization while changing your thoughts to live a happier, more fulfilled and stress-free life!

For now, let's talk about your brain. :)

### Your Brain Waves

“Stress causes a faster brain wave than does relaxation.”

Brain waves are cool. Seriously. I've always been fascinated by the whole idea that our brain waves are different depending on what we're doing (sleeping/meditating/working/etc.).

And, although I knew the names of the different states (Delta/Theta/Alpha/Beta), I didn't have a good sense of what it all meant and how I could consciously affect my brain waves. Until I read this book. It's one of the best, easiest to understand overviews I've ever read. (Bill Harris' Holosync stuff at centerpointe.com is in the same category. :)

Alright, so here's the deal: scientists can measure your brain waves using what's called an “EEG”—which is short for an electroencephalogram. This handy little device measures the speed of your brain waves in “cycles per second” or CPS.

The range is pretty broad: from the ½ CPS of someone in DEEP Delta sleep to the 85 (!! ) CPS of someone having an epileptic seizure. The normal higher end is closer to 40 CPS.

Here's a look at the different states and their qualities: