

THE
SILVA METHOD™

INTUITIVE MIND EXERCISE

AN ALPHA LEVEL CENTERING EXERCISE TO BOOST YOUR NATURAL INTUITION



QUICK-START GUIDE



The Silva Intuitive Mind Exercise

What it is and what it can do for you

Quick-Start Guide

Welcome!

Hi, I'm Laura Silva. Thank you for taking the step to embark on this journey to boost your natural intuition!

This report comes with the Silva Intuitive Mind Exercise CD or MP3. Please read this report first before you try the exercise. It will only take 15 minutes to read this, and it will make your experience far more profound and beautiful.



Better and Better,

Laura Silva

President of Silva International

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Getting Started

Understanding Meditation

What is an intuitive mind exercise?

A intuitive mind exercise is a guided meditation technique to help you achieve deep levels of relaxation.

It took my father, Jose Silva 22 years of research and \$500,000 in 1960's monetary value (\$2 million in today's value) to develop his famous mind conditioning systems.

You can experience it too, and it all begins with the Silva Intuitive Mind Exercise. This exercise will guide you to your center brain frequency, **the alpha level—the level for deep relaxation.**

While at your center you will experience the many beneficial effects of deep meditation.

By centering yourself, you will be able to:

- reduce stress
- positively influence your health
- mentally program yourself to change your attitudes
- kick bad habits
- practice creative visualization for goal setting
- enhance creativity and intuition

I'm sure you'll want to experience this wonderful state of mind yourself so now I'm going to prepare you for this wonderful experience and tell you what you're going to expect while you're in that level of mind.

Let's Get Started!

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Washington Times – Aug 14, 2003

“A new study shows [that] people who underwent meditation training produced more antibodies to a flu vaccine than people who did not meditate. Those who took part in the meditation study also showed signs of increased activity in areas of the brain related to positive emotion, as compared to people who did not meditate.”

CBS News – Aug 27, 2003

“People who meditate these days come from all walks of life and aren’t necessarily weird New Agers or pretentious actors. Students, lawyers, West Point cadets, athletes, prisoners, and government officials all meditate. It’s supposed to help depression, control pain, increase longevity, slow down cancers, invigorate the immune system, and significantly reduce blood pressure. Time magazine recently reported that ‘meditation can sometimes be used to replace Viagra.’”

Time Magazine – Aug 4, 2003

“Not only do studies show that meditation is boosting their immune system, but brain scans suggest that it may be rewiring their brains to reduce stress. It’s recommended by more and more physicians as a way to prevent, slow or at least control the pain of chronic diseases like heart conditions, AIDS, cancer and infertility.”

What is meditation?

Meditation is fast gaining recognition worldwide. In America, 10 million people now claim to meditate daily and this number is rapidly growing.

Why? Because it works and more and more doctors are recommending it. The following news headlines taken from 2003 help explain the sudden interest in meditation. As you read, meditation provides many benefits even when done by a beginner.

The Two Types of Meditation: Passive & Active

When we meditate several important things happen physically and mentally. First, we are “focusing internally” and letting go of the outside world (similar to going to sleep, but without losing consciousness).

This allows our brains to shift into more stable, stronger brain frequencies (called alpha and theta by scientists) normally reached during sleep.

When we can reduce our brain frequencies to these levels while staying awake we are able to bring the unconscious mind to the conscious level. **This allows us to control and harness the power of the unconscious mind.** There are two types of meditation:

Passive Meditation

All meditation systems, such as Yoga, Zen, Transcendental Meditation TM, [Silva Intuition System](#) and others have similar benefits.

By “passively” letting go and going within, we “deactivate” our survival mechanisms and allow our body’s natural health and rejuvenation abilities to be activated.

Each method has its own way of reaching the inner state of mind, and each has its own goals.

Active Meditation

Jose Silva’s techniques allow you to use the relaxed, healthy state of mind that occurs during meditation to solve your day-to-day problems.

Silva found that by “actively” utilizing brain languages (kinesthetic, visual, and auditory thought processes), we can use this higher energy state to improve memory and learning skills, change unwanted habits, enhance health, and healing.

He also developed techniques to achieve what many people call “tapping the super-conscious” to solve problems, reach goals, come up with new ideas and solutions to problems. Some students use the [Silva Intuition System](#) to enhance their spiritual growth.

Using such techniques within a meditative state is called “active” meditation.



But what exactly happens when you meditate?

Your brain functions on a small amount of electricity, much like a computer. This electrical current vibrates and pulses at various speeds.

When you are wide awake, with your eyes focused, your brain vibrates 20 times per second – what scientists call 20 cycles per second or the Beta frequency.

You are probably at this beta level of mind right now as you read this.

When you go to sleep, your brain frequency slows down, all the way to about half cycle per second in the deepest levels of natural sleep. This is known as the Delta level.

In between Beta, the waking state, and Delta, the deep sleep state, there are two other levels of mental activity.

When you are in a light level of sleep or in meditation you are in the Alpha range, which is 7 to 14 cycles per second.

This is the center range and this is what we mean by saying “going to your center”.

Going to the alpha level or centering is essentially the same thing as meditating. When someone meditates, scientifically, they are simply reducing their brain wave frequency to Alpha.

The Alpha level is the level we use to activate our minds. Theta is a level of deeper relaxation or sleep, when your brain waves are at 4 to 7 cycles per second.

The table on the next page summarizes the 4 states of brain frequency or levels of mind. There are many benefits of “going to the Alpha level” or meditating.

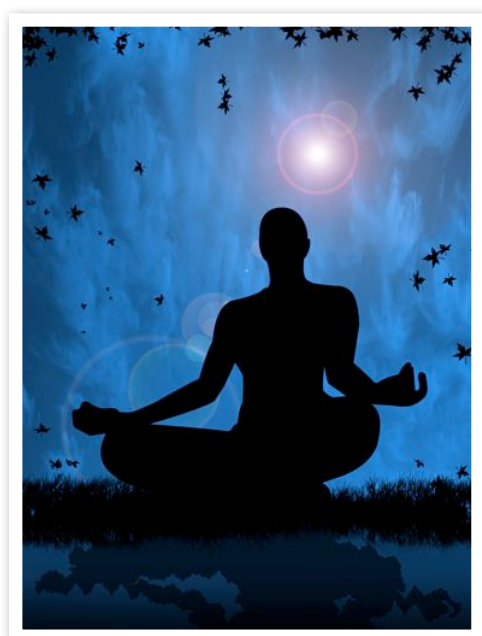


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Jose Silva found that people who can remain in the Alpha level while analyzing information have access to more information than those who remain in Beta to do their thinking.

Feelings of intuition, creative ideas, inspirational thoughts and ideas come to people while at this Alpha level.

THE FOUR LEVELS OF MIND		
State Brain Frequency:	Cycles Per Second (CPS):	Associated With:
Beta	14-21 and higher	Waking state, the 5 senses, perception of Time & Space
Alpha	7-14	Light sleep, meditation, intuition. No time & space limitation
Theta	4-7	Deeper sleep, meditation
Delta	0-4	Deep sleep, unconscious



Going to Alpha is also good for programming your mind. At the Alpha level you can learn to overcome all kinds of problems, such as insomnia, tension and migraine headaches, bad habits, and much more.

You can also program your mind to help you achieve your goals and make your dreams come true.

There are formulas for all this and more in the [Silva home study program](#).

During the 25 minutes you remain at Alpha while using the Silva Intuitive Mind Exercise, you can practice relaxing physically and mentally, and you can imagine yourself succeeding in your projects and achieving your goals.

As you can see, there are a lot of benefits to “going to Alpha”.

Now let's learn how to practice the Silva Intuitive Mind Exercise!

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How to practice the Silva Intuitive Mind Exercise

The Silva Intuitive Mind Exercise is presented over audio. It will guide you to a healthy, relaxed level of mind. You will also hear a gently thudding sound in the background. The sound is a gentle beat of 14 cycles per second. This sound simulates the alpha level frequency and will help guide your brain to this correct frequency.

All you need to do is find a comfortable position, preferably sitting up, and close your eyes. When you're ready you can start the audio. When you practice the Silva Intuitive Mind Exercise, there are three things you need to do while you keep your eyes closed. The Exercise is more than just a relaxation tool—it is also a powerful way to tap into your mind to solve problems, change habits and practice creative visualization.

This is what we mean by **Dynamic Meditation**.

The 3 Things You Must Do

1. First, you should practice your concentration. Concentration is a basic skill. Concentrate on what the instructor tells you to do via the audio.
2. Next, practice your imagination. We want you to learn how to exaggerate your imagination, because you will be in a better position to control your creative visualization.

At the same time, it will keep you active while going through the exercise. By being mentally active, you avoid the tendency to drift off into sleep.
3. Finally, you must practice coordinating your physiological relaxation with your mental relaxation. It is easy to go into a mental relaxation.

But you must learn to let your body relax too. It takes a little longer for you to relax your body than it does for you to relax your mind.

TIPS!

You do not have to maintain a fixed, rigid position. If you have to adjust your body to be comfortable, do so. If you need to scratch an itch, do it. Make yourself comfortable and you will be able to relax better.

If you feel uncomfortable for any reason, if you feel that you want to open your eyes, then open your eyes immediately.

Tell yourself—mentally or verbally—to relax, that everything is okay. Then when you are relaxed, go back to the beginning of the recording and start over.

Things to Remember



I. Establishing your awareness

When the instructor says to “project”—or “concentrate”—your sense of awareness on your scalp area, that’s where you start practicing concentration. Establish what your “awareness” is. Let’s pretend, for example, that it is a ray of light. Blue-white light. It is easier for us to focus a ray of light into that area than anything else.

II. Detecting the vibrations

Next you are instructed to detect the vibrations in that area, a “feeling of warmth caused by circulation”. Naturally, it is the blood circulation we are talking about.

Concentrate on trying to feel the pulsations of those vibrations in that area. You may not feel them on your first try, but by the second or third effort, you will.

III. Releasing and relaxing all tensions and ligament pressures

Then you are instructed to “release and completely relax all tensions and ligament pressures from this part of your body”. Don’t just recite it, concentrate on it, and exaggerate your imagination. How would you imagine your scalp being fully relaxed? Think. Concentrate. Maybe you would feel better imagining your scalp as if there is a warm, wet cloth draped over it. Use your imagination!

IV. Positive Affirmations

The instructor will also say positive affirmations such as “every day in every way I am getting better and better”. Another affirmation you will hear is “I am now learning to attune my intelligence, and developing my sensing faculties, and learning to project them to different locations”. This is an affirmation we use in our seminars to train people to develop ESP.

V. Time pass at the alpha level of mind

At a certain point, the instructor will say “When you next hear my voice, one hour of time will have passed at this level of mind”. The instructor will then go silent for 30 seconds before you hear his voice again. This is a mental suggestion to make you feel as relaxed as if you just had an hour of rest. One hour of time does not really pass – only 30 seconds will pass. But your subconscious mind will take this suggestion as being true and so you will feel the effects of having just had one hour of time pass at the alpha level of mind. You’ll feel more relaxed and calm.

VI. Final Note

When you combine your physiological relaxation with your mental relaxation you will be much more relaxed at the end of that exercise. The more you practice, the easier it will be to relax completely. Please remember, the secret to success is discipline. **Practice makes perfect.**

This is no different from training your physical body and getting into shape. If you exercise your body only once per month you get very different results than if you exercise daily. The same principle applies when you train and exercise your mind. The more you go into alpha, learn to visualize, relax, and tune into your intuition, the healthier and better your life becomes.

You may want to listen to the exercise first so there will be no surprises.

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Now what?

Some practical applications

With practice you will also be better able to tap into your intuitive feelings or hunches.

It just takes practice, and the knowledge that it is possible and that you can do it.

In [Silva Intuition System](#) Seminars the majority of participants are able to tap effectively into their intuition by day two of the seminar and perform health case readings on people unknown to them.

It is important that you continue to practice the Silva Intuitive Mind Exercise regularly.

We encourage graduates of the [Silva Intuition System](#) to practice it once a week for three months after they graduate. Many of us continue to practice it at least once a week even after that.

Once you have learned to relax in a sitting position, if you want to find a more comfortable position—to stretch out in a nice reclining chair for instance—then do so.

First learn to enter deep, healthy levels of mind with conscious awareness—without going to sleep.

After you've learned this, then you can enter deep levels even when lying down comfortably, and you can still remain awake for as long as you desire.

Now , let's take a quick stretch break and then enjoy the Silva Intuitive Mind Exercise!



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