

The Silva Method™

Silva Life System Training



www.SilvaMethod.com


reference manual

Contents

5	Introduction	
7	Awakening the Genius Within Goals	
8	History	
9	Get Help When You Want It	
10	Concepts	
11	How Humans Develop	
12	Whole-brain Thinking	
13	Meditation	
14	Mental Housekeeping	
15	Belief System Called Faith	
16	The Brain	
18	Function with Conscious Awareness	
19	How Old Programs Affect Us Nonlocality	
20	A Larger Perspective Hypnosis	
21	Relaxation Deepening Techniques	
22	How to Enter Level One Now Deeper Entering Level	
23	Steps to Meditating	
24	Quick Guide to the Five Steps	
25	Changing Limited Beliefs What Are Your Limiting Beliefs?	
26	Affirmations Sleep Control	
29	Sleep Control Exercise Clock Technique	
31	Clock Exercise Awake Control	
32	Awake Control Exercise Dream Control	
34	Dream Control Exercise	
35	Keep Track of Your Dreams	
36	Headache Control Creative Uses of the Five Steps	
37	Headache Control Exercise	
38	Visualization & Imagination Defined	
39	The Mental Screen Not So Secret	
41	Develop Better Imagery Improve Your Memory	
42	Three Fingers	
43	Three Fingers Exercise	
44	Find a Parking Space	
45	Mirror of the Mind	
46	Universal Law of Attraction Reinforce Your Programming	
47	Programming Explained Reinforce Your Programming	
48	Mirror of the Mind Exercise	
49	The Blue-framed Mirror Habit Control	
51	Fight or Flight	
52	Weight Programs Made Easy	
53	Habit Control: Weight Exercise	
54	Habit Control: Smoking Exercise	
55	Glass of Water Nice Ice	
56	Glass of Water Exercise	
57	Hand Levitation Glove Anesthesia Glove Anesthesia Exercise	
59	Ouch!	
60	Effective Sensory Projection	
61	Points of Reference	
62	Lab and Counselors	
63	Origin of the Lab and Counselors	
64	Case Working Tip for Effective Exploration	
65	The Dilemma of the Cows Clairvoyance	
66	The Importance of Practice Recognizing Your Successes	

Illustrations

4	José Silva, Founder
17	Scale of Brain Evolution
22	Entering Level One
33	When Do We Recall Our Dreams
34	Dream and Sleep Cycles
40	Mental Screen
47	Mirror of the Mind



“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



Founder of the Silva Method, José Silva

Introduction

Welcome and congratulations on making one of the wisest investments of your life. By enrolling in this Silva Life Accelerator Training you learn, as millions before you, the secret of how the greatest geniuses and achievers of all time have used their minds.

When you learn and practice the exercises and techniques presented in this lecture series, you will be able to improve every area of your life. You are joining millions of others throughout the world who have taken advantage of this unique educational program.

National and international publications, newspapers and magazines such as: *The New York Times*, *Life*, *The Boston Globe*, *Harper's Bazaar*, *The National Observer*, *Coronet*, *Mademoiselle*, *The Woman*, *Companion*, *Los Angeles Times*, *Impacto*, *Caballero*, *Midnight*, *Ingénue*, *Chicago Sun Times*, *The Detroit News*, *The Enquirer*, *APA Monitor*, *Milwaukee Sentinel*, *New Times*, *Playboy*, *The Tucson Daily Citizen*, *Family Circle*, and many others in the United States, and throughout the world, have written favorable articles about the Silva Method.

Leading the Way

People all over the world have learned how to live healthier, happier, more productive lives. The Silva Method has become the world's leader in teaching practical applications of powerful mind-optimizing exercises and techniques.

The Silva Method will guide you in learning how to use tools and techniques that

will enhance imagination, creativity, intuition and problem solving, empowering you to become a wholly functioning human being, integrating both the intuitive and the rational sides of your consciousness.

José Silva's revolutionary discovery made clear that extraordinary mental functioning was simply the natural outcome obtained by controlling brainwave states and consciously directing the mind. Millions throughout the world and in all walks of life have benefited from this discovery.

The reason for such rapid growth, outstanding success and worldwide acceptance, is twofold:

- One, the Silva Method program is the first and only fully-guaranteed method known to be effective in helping people develop greater self-mind control as well as a more focused, creative, and innovative way of thinking.
- Two, the Silva Method is the only scientifically-researched program known to effectively develop intuition.

The discovery of the fascinating new applied science, Psychorientology, developed by Mr. Silva, has led millions to take greater control of their lives. Psychorientology is the science of orienting or directing the mind. Graduates have learned to guide their minds to greater achievements than they previously believed.

let's begin

Awakening the Genius Within

People just like you have learned to function at lower brain frequencies with awareness. You achieve this in just hours of practicing the mind-training exercises in the Silva Method.

Independent scientific studies have demonstrated that alpha brainwave activity is associated with inner levels of mental awareness, tranquility, rest and relaxation. This alpha activity is also associated with inspiration, creativity, accelerated healing, concentration, learning and psychic abilities.

By learning to function with awareness at the deeper alpha frequency, you will manage your internal state, thereby allowing you to focus your thinking, find solutions quickly and manifest your goals. At the same time, you develop and build your creative side. Eventually, you awaken your intuitive, psychic awareness and learn to sense valuable information through other than your five physical senses. This subjective functioning will change your life.

The key to awakening the genius within is to develop creative, intuitive thinking, with a refined awareness, allowing you to function at your best.

You can use what you learn in this mind expanding training to more effectively solve problems in your life and on this planet.

With practice, you can enhance your new abilities and skills and make positive changes in your health, personal growth, emotional well-being and prosperity. You can make your world a better place in which to live.

Goals

What do you want to accomplish? Everything is possible. However, first you must set clearly defined goals.

In this space, write specific goals. Choose something that is desirable, believable, and can be experienced with your senses and emotions.

Short-term Goal:

Medium-term Goal:

Long-term Goal:

History

The Silva Method of mind development is the first how-to program designed to help people learn to function at the alpha frequencies. In this state, people are able to use the best qualities of thinking with their creative side, the right brain hemisphere, yet maintain their logical and rational perspective, qualities attributed to the left-brain hemisphere.

Research to develop the Silva Method began in Laredo, Texas, in 1944. José Silva's original purpose was to find ways to help his children improve their ability to concentrate and remember lessons. With those developed abilities, they learned more and made better grades. Eventually, the research led to the creation of a program that helped millions of people worldwide change their lives for the better.

Practicing the Silva Method exercises and techniques, and learning to apply them effectively to your daily living experience helps you do even more to improve your life.

Research Produces Surprising Results

From 1944 to 1953, Mr. Silva worked with his children, and achieved even more than his original goals. Besides learning to relax, concentrate better and improve memory, they also began to develop their intuitive faculty.

During the next ten years, Mr. Silva worked with thirty-nine more research subjects—children and adults—and trained them to be more intuitive. In the years that followed, he trained groups of twenty in various combinations of age

and gender. During this time, he was perfecting the Silva Method.

The Word Spreads

In 1966, a group of artists in Amarillo, Texas, who heard him speak, asked if he would share his research with them; thus, the first public Silva Method program was presented.

For two years, Mr. Silva was the only lecturer. By 1968 he certified the first Silva lecturer, Nelda Sheets, who was a part of the Amarillo group. Then in 1969 other lecturers, one in particular being Harry McKnight, joined him and the Silva Method began to spread. The Silva Method was first taught throughout the United States, then to other countries.

In the years since, the Silva Method has been presented to people in scores of countries and has been translated into dozens of languages as diverse as Spanish, Mandarin, French, Korean, Italian, Japanese, Greek, Russian, Portuguese, and many more.

The Silva Method program can help you just as it has helped millions of others. The only requirements are that you follow instructions for learning to enter inner levels of conscious awareness and practice the exercises and techniques frequently and on a regular basis.

Get Help When You Want It

We encourage you to review once a year to get new ideas for using the techniques.

Certified Silva Method instructors, products and graduate services can be found on our Web site:

www.SilvaMethod.com

If you do not have access to the Internet, call Silva International at 1-800-545-6463 within the contiguous U.S., or 956-722-6391.

Call your Silva Method instructor when you require assistance. Your instructor will always be there for you.

Help yourself and others by volunteering to set up graduate support meetings in your area, or by arranging speaking

engagements at your work place, club meetings, schools and universities.

You will also want to experience the incredible energy created at the Silva international conventions held around the world. In addition, you can enhance your Silva knowledge by attending various advanced Silva programs offered.

Concepts

Scientific research over the last several decades has revealed that the most successful people use their minds differently than the average person. They use more of their mind potential and use it in a special manner. The Silva Method shows you how to use more of your mind in a positive and creative manner. Let us take a look now at what science has learned.

Your brain is composed of approximately 100 billion neurons. Neurons function by continuously firing energy and then resting. The number of times per second that they fire and rest is called their frequency. Your brain's many neurons are always pulsing at some frequency. Throughout your entire brain, different sets of neurons are firing at different frequencies. When you are in deep sleep, most of your neurons pulse very slowly. They pulse more rapidly when you are in a light level of sleep where dreams take place. When you are wide awake, they pulse even more rapidly.

When you are wide awake, looking at things and thinking logically, the predominant brain-pulsing frequency is about twenty cycles per second. This means that the average of all pulsing frequencies is about twenty cycles per second. Scientists call this the beta brainwave frequency. When you are very relaxed in a light level of sleep, your predominant brainwave frequency is slower and is between seven and fourteen cycles, per second. Scientists call this the alpha brainwave level. Still slower brainwave frequencies exist and are known as theta and delta, with delta being the slowest and involving the deepest levels of sleep.

How Humans Develop

Before birth, your brain and central nervous system begin to develop. The first frequencies detected are delta frequencies. Eventually the brain is completed, and so are all of the various sensing mechanisms that bring information to the brain and the body.

We learn to use our brains in developmental stages. Infants, below the age of four, function in delta more than any other frequency. Delta is associated with deep sleep; infants sleep much of the time.

As children grow, they begin to use more of the brain frequency spectrum and faster frequencies. From four to seven years, children function mostly in the theta levels—inductively.

About the time a child reaches age seven, there is a shift of brain functioning and a higher range of brain frequencies is used more than the others. This is the alpha level, which children use extensively from seven to fourteen years of age. During this developmental stage children are very imaginative and learn very rapidly. The alpha frequency is where the greatest brain energy is, right in the center of the brain frequency spectrum. The child's brain now functions deductively at alpha.

As children enter their teenage years, an interesting phenomenon begins to take place; the use of beta brain frequencies, associated with the left brain hemisphere and the objective mode of consciousness, becomes predominant. Most people think and function throughout life using primarily one mode of consciousness.

It is believed that a small percentage of humanity grows to maturity being able to think using two modes of consciousness, the rational, objective mode of consciousness, as well as the intuitive, subjective mode of consciousness, associated with the right hemisphere of the brain.

Attributes of the left-brain hemisphere are associated with logical thought, and experiences in the physical world. It is thought to be dominant. The left-brain hemisphere stores your experiences of what you see, hear, smell, taste and feel.

The right-brain hemisphere is more visual and processes intuitively, holistically, and randomly. It stores all experiences, whether real or imagined.

Young children use their imagination enormously. As people mature, they are so involved in learning all they can about the physical world around them and grow to use less imagination through time. They may develop the left-brain

hemisphere at the expense of developing and thinking with the right-brain hemisphere.

As an adult, you have the potential to use more of your brain.

Most people, after reaching the age of fourteen, no longer use the alpha brain-wave frequency consciously. When their brainwave activity slows to the alpha level, they drift off into a daydream or go to sleep. These people have learned to use primarily the left-brain hemisphere. They have limited use of their brain for thinking.

Whole-brain Thinking

How can you improve your ability by learning to use the potential of both sides of the brain? To begin with, using only one side of the brain to think with would be something like trying to dance with one leg. You can do much better with two legs.

It is the same with learning to use both sides of the brain. You have much more than twice the ability. Outstanding people in every field are among the ten percent of humanity who developed the ability to use both brain hemispheres. When you learn to use both sides of your brain effectively you, too, will have much more ability than before.

The left hemisphere of the brain is logical. This is very useful and important at certain times, while at other times it gets in the way. It is the left-brain hemisphere that knew many years ago that no one could build a machine that could fly. No one had ever done it, so it was logical to

believe that nobody ever would.

The brain's right hemisphere is not limited by logic. This hemisphere is creative, intuitive, not time or space oriented, and works on mental impressions. This brain hemisphere is very powerful in helping you get what you want. Having faith that you can manifest it keeps your left-brain hemisphere from interjecting doubts.

To use the right-brain hemisphere for thinking, you must learn to slow your brainwave activity to the alpha level as though you were once again between the ages of seven and fourteen. Then you need to practice using the sensing faculties while at level.

If we were to draw a chart of the way we develop the use of our brain, it would look like a "Y." The base of the column would represent the slowest frequencies, those frequencies that infants use, and those that adults use in deepest sleep.

Where the top of the column joins the bottom of the "Y" represents a person approximately ten years old who can function at the alpha level consciously without going to sleep. The upper part of the "Y" represents the cerebrum, the part of our brain that consists of two chambers or lobes, the left and the right hemispheres.

By functioning at the alpha level—ten cycles per second brain frequency—you can use either the left side of the "Y," which represents the left-brain hemisphere, or the right side of the "Y," which represents the right-brain hemisphere.

After reaching full maturity, you move into functioning at the faster beta brain-

wave frequencies. Growing up using primarily the left-brain hemisphere limits your ability to start using the right side unless you first learn to slow your brainwaves to the alpha level and maintain awareness.

Once you learn to consciously slow your brain frequencies to the alpha level, you can then begin to learn to use and integrate the right side of your brain with the left.

The Silva Method teaches you to use the alpha frequency consciously. You learn to combine the benefits of utilizing both hemispheres to reach a higher level of awareness and therefore achieve your goals more easily. The Silva Method can help you in all areas of your life. For example: You can improve your health and memory, learn more rapidly, do better in business, increase your earning ability, improve relationships, find love and happiness and much more.

The Secret of Success

Almost certainly, successful people belong to those who have the ability to think using both sides of the brain.

The combined power of both brain hemispheres at the alpha level together with greater concentration sets and gets goals. When you persist in working towards your goals, their realization comes closer.

The first step is to reach the alpha level with conscious awareness. By practicing controlled relaxation you become confident that you can achieve an alpha state any time you desire.

Meditation

Meditation describes a state of concentrated attention on some thought or object of awareness. It usually involves turning the attention inward. Meditation is often recognized as a component of Eastern religions, where it has been practiced for over 5,000 years. It is now mainstream in Western culture. It encompasses any of a wide variety of spiritual practices which emphasize mental activity or quiescence. Meditation can be used for personal development, or to focus the mind on God, an aspect of God, or to achieve peace.

Meditation is usually defined as:

- a state of relaxed concentration on the reality of the present moment;
- a state that is experienced when the mind dissolves and is free of all thoughts;
- concentration in which the attention has been liberated from restlessness;
- focusing the mind on a single object, such as a religious statue, or one's breath, or a mantra;
- invoking the guidance of a higher power

Meditation may be for a religious purpose, but even before being brought to the West it was used in secular contexts, such as the martial arts. Beginning with theosophists, meditation has been employed by a number of religious and spiritual movements, such as yoga and the New Age movement, as well as limited use in Christianity.

Meditation may also be known as:

- | | |
|-------------|-----------------|
| Centering | Going within |
| Prayer | Deep relaxation |
| Daydreaming | Self-hypnosis |
| Reverie | Contemplation |
| Rumination | Alpha state |
| Your level | Basic plane |

Adapted from Wikipedia

Mental Housecleaning

Initially, you use a specific routine until you gain enough experience to function at the alpha level. Later, you achieve the benefits of alpha functioning without going through the deep relaxation process.

It is important that you learn to concentrate and maintain your attention. If you are distracted when you practice your mental exercises, recognize the distraction, and then bring your attention back to the exercise.

Allow yourself to relax. If you sense tension take a moment to breathe deeply and rhythmically. In the subjective world, you attract what you want. Keep your mind focused on what you desire.

Positive thinking means thinking and talking about the things you desire. Negative thinking is thinking and talking about the things you do not desire. Positive thinking is an extremely important aspect of the Silva Method as well as life in general.

Every time you say words such as, "I can't..., I don't want..., but..., try..., should..., or have to...", you are engaged in negative thinking. Such thinking is like a photographic negative. It is just the opposite of the positive picture you desire. Our consciousness needs information of what you desire in order to bring about positive results. Focusing on the negative has the potential to bring negative results.

Avoid such phrases as, "That makes me sick," "I can't see that," "It burns me up," "He gives me a headache," "A pain in the neck," and so on. Those create pictures of what you do not desire. If you happen to use such a phrase, then say "Cancel, cancel" to eliminate the negative. Most importantly, rephrase your statement, or reprogram yourself with a positive statement, word or mental picture congruent to your desired outcome.

Use positive statements about being healthy, being in control, being blessed. Remember to take every opportunity to use the phrase, "Every day, in every way, I'm getting better and better." Use this phrase as a trigger to remind you to count your blessings, stay on track and reaffirm those things you desire. It will make a big difference in your life.

The three steps of Mental Housecleaning

Recognition First, you must recognize that the thought you are expressing is not to your benefit.

Cancel, Cancel Second, you need to cancel the negative thought or statement.

Substitution Third, you substitute with an alternative thought or statement that is in line with what you want.

Belief System Called Faith

A belief system such as faith is made up of subjective energies such as desire, belief and expectancy, and is reinforced through recognition, practice and appropriate actions.

Desire is a motivating force. Such a force energizes us and pushes us towards our goals. To increase the strength of your desire, repeat mentally or verbally what you desire and write down all of the reasons you have for wanting your project to succeed. Then enter your alpha level and think of more reasons. Then reinforce your programming with images, thoughts and feelings of that which you desire.

Desire is a subjective energy that cannot be measured physically, yet based on your past experiences; you know how much desire you need to succeed.

Belief is what sustains you between desire and expectancy. A belief sets the boundaries of what you can accomplish. It is a statement you make to yourself about something you hold to be true and guides your living experience. In some cases, changing the belief statement changes the living experience.

For example, changing the belief statement from, "I have so many problems that I'll never be happy," to "I will solve my problems and create greater happiness in my life," has the potential of changing your living experience.

A good way to determine what you believe you deserve is to notice how you

live. If your beliefs about life, love, health, happiness and abundance work for you, then keep them. If not, change them.

Belief, like desire is a subjective energy that cannot be measured physically, yet based on your past experiences; you know how much belief you need in order to succeed.

A strong belief system that works with an effective programming method results in the reaching of goals and keeps you programming faithfully.

Believe in yourself and in your right to have what you seek. Believe that there is a solution to every problem. Believe that you have the potential to make great things happen. Believe that you are worthy. Believe you can.

Anything you can conceive, believe, and genuinely desire, you can achieve when you apply your developed skills.

Expectancy commits you to your outcome. It is a belief that what you desire will manifest. It is very important to recognize that the desired goal or situation first starts at the subjective dimension and is already a reality in that dimension. It is then a matter of continuing to visualize the goal to help it manifest at your physical reality.

Expectancy, like desire and belief, is a subjective energy that cannot be measured physically, yet based on your past experiences; you know how much expectancy you need to succeed.

Recognition of a belief working for or against you is a vital component of a strong belief system. Keep the be-

The Brain

liefs that work for you and consciously choose to change or eliminate those that do not.

Each of the mental exercises within the Basic Lecture Series is designed to help you achieve your goals and to strengthen the belief that you can make positive changes in your life.

Practice helps you maintain your winning belief system. Going to level daily and applying the learned tools and techniques gives you the opportunity to become well-acquainted with meditation, experience ongoing success and strengthen your newfound positive beliefs.

Action at the alpha and beta level is necessary and must be congruent with your goal. Do the appropriate actions that help, support and sustain you on your desired path and demonstrate your commitment to the goal.

The average vibration of the adult's brain when wide awake is normally about twenty cycles per second (or twenty hertz). Brain frequencies between fourteen and twenty-one hertz are referred to as beta brainwave activity, which is associated with the outer objective world. The brain, while at beta, perceives and gets information through the use of the outer, physical senses, and is conscious of time and space. This relates to outer conscious levels of awareness.

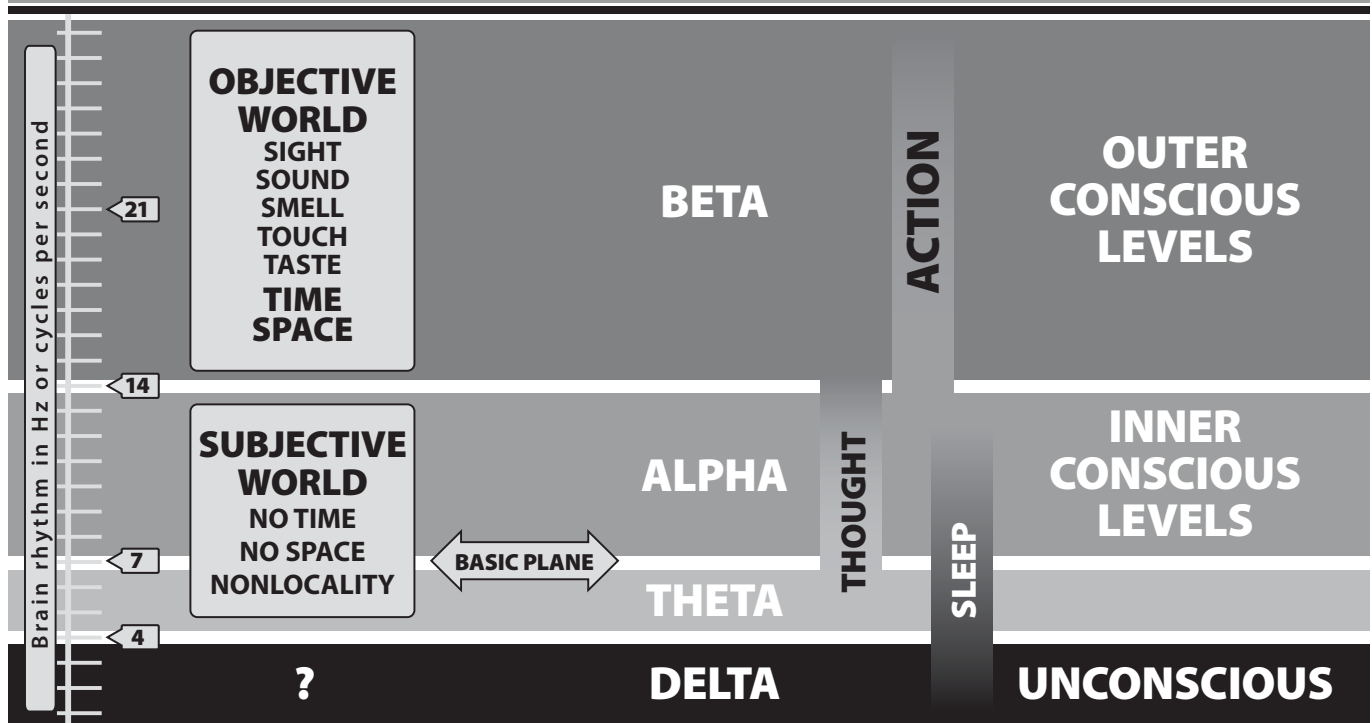
Slower vibrations between seven and fourteen hertz are known as alpha brain waves. This level is associated with creativity, imagination, intuition and daydreams. While at alpha, the mode of thinking is dynamic. Human intelligence can question, explore, deduce and create solutions to problems.

Frequencies between four and seven hertz are called theta brain waves. While at theta, the mode of thinking is passive and inductive. Human intelligence will take in information but cannot question and remain at theta at the same time. The moment one begins to question, the frequency of brain moves higher into alpha or beta.

Alpha and theta are not directly involved with the physical world nor physical senses. We are not necessarily aware of time and space at this dimension. This is the dimension where we can access our intuition and use our subjective senses to obtain information to help accomplish our goals. We relate this to inner conscious levels of awareness.

This level of awareness, also known as the subconscious, was said to dominate our thinking and behaviors as a result

SCALE OF BRAIN EVOLUTION



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. Horizontally, the left side represents the body; the center section, the brain; the right side, the mind and mental functioning levels.

On the left, the scale marked with numbers represents brain frequency in cycles per second, called hertz. Vertically, it is organized into ranges

of brain wave frequency as identified and named by various scientists: the beta, alpha, theta, and delta frequency ranges, taken from the top.

The Scale of Brain Evolution 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.

of prior conditioning. Because of the Silva Method training, the alpha and theta brainwave frequencies are not “sub-” to us. We are able to use these levels consciously and make changes to previous conditioning.

The lower frequencies below four cycles per second, which we reach during deep sleep, are called delta brainwave frequencies. It is said that few people are able to remember information when at delta levels. Little is known about delta at this time.

The Scale of Brain Evolution chart was developed because it depicts several things regarding evolution and development. Scientists tell us that the human brain formed over millions of years. It is a gradual process of adding parts to the brain and reaching higher and higher frequencies with a wider range of capabilities.

Eventually, humans mature, naturally developing and using the faster frequencies, the beta levels.

Two Worlds

We identify the beta frequencies with the use of our outer senses and phenomenon that obey the general laws of space and time. The physical world consists of everything we can perceive through our senses including what is revealed by scientific and technological devices. Any extension of those senses brings the phenomena it works on into this physical world. We refer to the physical world synonymously as the outer world and the objective world.

We identify the intangible world with the

alpha and theta levels of the mind, the use of our inner senses and phenomenon that operate according to very different laws of space and time than the outer world. The intangible world consists of all things not included after we have defined the extent of the physical world. It includes thought, emotion, extrasensory perception, spirituality—virtually everything not belonging to our physical world. We refer to the intangible world synonymously as the non-physical world, the spiritual world, the inner world and the subjective world.

Function with Conscious Awareness

One of the things you learn with the Silva Method is how to function consciously at the alpha level. You also learn how to access the theta level to correct problems that are rooted there.

The basic plane level is shown on the chart as seven hertz but may lie anywhere within the alpha range of seven to fourteen hertz. Your goal is to be able to function consciously and correct problems while your brain functions at frequencies as slow as seven hertz. You can learn to enter theta levels, four to seven hertz, to access deep-rooted problems. However, when you become mentally active to correct problems, the brain readjusts to approximately ten hertz.

The more you practice within the lower frequencies, the more you are able to use these frequencies with awareness. In addition, you are entering deeper levels of mind. When we talk about “deeper levels of mind,” we are talking about

something that is not physical, and cannot be identified by physical measurements. Your experience of a deeper level of mind is very personal and completely subjective. With time you will become very familiar with how you experience "deeper."

How Old Programs Affect Us

Many childhood experiences are stored at very deep levels, and these experiences influence our behavior today. For instance, a child might be encouraged to eat everything on the plate and grow up to be big. This is fine for a child who is growing rapidly, running around and expending a lot of energy. If an adult has that same program deep within, "Eat everything, and get big," but is not getting any taller, and is not running around and burning energy there could be a problem if the old program is still running.

Were you ever told to study and make good grades so you could be successful in life? That is a program that equates grades with success in life. If your grades were average, then the program tends to guide you to average success in life.

Not everybody who gets average grades winds up average. Not everybody keeps growing bigger and bigger. So the programs can be changed. To change them, we can insert new instructions at the same levels of brain frequencies where old instructions are stored. Most people, without training, simply go to sleep when they slow their brain frequencies. With the Silva Method, you learn to reach

Nonlocality

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*

lower frequencies, remain aware and alter old and unwanted programs.

When a child between seven and fourteen years of age is taught to use more whole-brain thinking in order to utilize more of their potential, then that ability is retained as the person matures.

A Larger Perspective

The architecture of our body is one where consciousness uses the brain as an information gathering tool and mind as a tuning faculty.

Through the brain, and the body's sensing mechanism, our intelligence is able to gather information for the use of solving problems. The brain—being physical in nature—abides by the usual laws of space and time and is limited to what it can perceive.

The mind is a focusing faculty of intelligence that attunes itself to and through time and space. In just the same way that the eyes have a focusing faculty to attune vision to things far or near, through the mind, our consciousness can attune itself to things far or near, past, present or future, and cause the brain to function at various frequencies.

When we want to meditate, through the mind, we attune ourself to slower frequencies of the brain. When consciousness wants to be active, then through the mind, it attunes itself to the higher frequencies of the brain.

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

From the microcosms to the macrocosms, human consciousness is always in search for information and has the capacity to find it.

In the Basic Lecture Series, you will learn, and gain some experience, in using your mind to bring about changes in your physical world. With practice, you can learn to achieve whatever you desire.

Relaxation

The first segment of the Silva Method program deals with learning to relax any time you need or desire. Controlled relaxation is the basic state used in the exercises while applying the techniques.

In the Silva Method, you learn to relax physically and mentally when at alpha. Relaxing for the recommended fifteen minutes a day relieves stress and in that process strengthens your immune system, so you are more resistant to illness. Scientists have discovered that stress enzymes dissolve when one is relaxed.

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.



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

How to Enter Level One

Alpha, the Basic Plane Level

Our standard way of relaxing and entering the alpha level is to associate and reinforce a specific number with its desired state. Number 6 is the outer conscious level; number 5 is eye fatigue; number 4, eyes closed and you are ready to relax.

When we get to number 3, which represents physical relaxation, you will learn how to relax completely from head to toe. You will concentrate your attention on different parts of your body, releasing and relaxing tension and negative pressures as you go.

Number 2 represents mental relaxation, a state where you will immerse yourself in tranquil scenes.

Number 1 is the basic plane level that you can learn to use for any purpose you desire.

True relaxation means relaxing the body, and mind while slowing brainwaves.

Now Deeper

“Deeper” does not refer to brain frequencies. Instead, we say “lower.” In fact, when you practice and reach a deeper level of mind, you have a heightened sense of awareness.

There is no physical measurement of any kind to indicate that you are going into deeper levels of mind.

The mind is not physical. Your mind does not emit any kind of measurable physical energy. Your brain transmits a physical energy that can be measured with

an electroencephalograph, but not the mind. Since your mind is intangible and a sensory function of intelligence, there is no physical energy associated with it.

Every time you use a mental training exercise, you progressively go into a deeper level of mind, and become more aware of its potential. You use your mind in an enhanced state when you are functioning at the alpha level.

With the Silva Method, you learn to use your mind to influence and make use of both the physical and spiritual dimensions. Using your mind, you can detect information with your physical senses, but you cannot detect the mind directly with the physical senses. However, you can use your mind to sense information from another's mind while you are at the subjective level.

This is an innovative way of using your mind to get information and create solutions.

Steps to Meditating

The structure of meditation consists of four parts; entry, deepening, programming and exit. The genius statement and the beneficial statements are examples of Silva Method programming.

Genius Statement

The difference between genius mentality and average mentality is that a genius uses more of their mind and uses it in a special manner. I am now learning to use more of my mind and to use it in a special manner.

Beneficial Statements

There are a number of affirmations in the Silva Method program that are beneficial and can be repeated from time to time while you are at level:

- My increasing mental faculties are for serving humanity better.
- Every day, in every way, I am getting better and better.
- Positive thoughts, suggestions and images bring me benefits and advantages I desire.
- Negative thoughts, suggestions and images have no influence over me at any level of my mind.
- I have full control and complete dominion over my sensing faculties at all levels of my mind, including the outer conscious level. And this is so.
- I energize and maintain myself in a healthy way, physically, mentally, spiritually and emotionally.
- I will always maintain a perfectly healthy body, mind and immune system.

Coming Out of Level

Mentally count from one to five; open your eyes; be wide awake, feeling fine and healthy.

Achieve What You Desire In Five Steps

There are five steps involved, found in one form or another, in many Silva Method exercises. Each step is very important for the success of the technique.

Enter your level and follow the process.

The first step is to acknowledge the problem. This helps to clearly define your starting point. It is easier to get to where you want to go if you know where you are.

The second step is to state your goal. In this particular technique, you will notice that we also include a statement to cancel the problem. State your goal clearly so there is no doubt what you want.

The third step is to establish the process you will use to get from the starting point to the goal.

The fourth step is to do what is necessary to bring about your desired results. It takes action, combined with faith and specific techniques to achieve results. So take the indicated action to reach your goal.

The fifth step is to claim your end result. Claim it, believe it, and accept it. Show genuine enthusiasm, which adds positive emotions.

QUICK GUIDE TO THE FIVE STEPS

- 1** *Recognize the existing situation.*
- 2** *Establish your goal.*
- 3** *Specify what you are going to do to reach your goal.*
- 4** *Take the necessary action to reach your goal.*
- 5** *Claim your results, your reward.*

Changing Limiting Beliefs

Beliefs are thoughts associated with experiences that have energy attached to them. Many of our beliefs are from our earlier years and are frequently associated with experiences involving peers, parents, and education. These experiences may be either of a positive or negative nature. Most often they operate at the subjective level and exert tremendous impact on our lives.

When you have been told that you are intelligent and creative, then your experiences are characteristically of this type. On the other hand, when you have been told you are clumsy, dumb or not good enough, then these programs often shape your experiences. Programs operating from the subjective level are very powerful. Once the program is installed, there is no evaluation of positive or negative. The belief is accepted as true.

Your personal beliefs are perhaps the most important aspect of how you have lived and how you spend the rest of your life. When you want to change a current belief, you must first examine the beliefs you currently hold and those new positive beliefs you want to create. Then use the Mirror of the Mind technique to eliminate the negative belief and to create and manifest the new, positive belief, and it will be so.

[illegible]

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.

Sleep Control

There is no need for you to ever have a restless night after you have learned the Sleep Control technique. Whether you need to use the Sleep Control technique regularly, or only occasionally, it is an important technique to have available.

The Sleep Control technique can be used when traveling to different time zones, giving you the ability to sleep any time, anywhere, without the use of drugs. This technique also helps to improve your visualization and imagination, two faculties of genius.

When people use drugs to help them get to sleep, drugs tend to interfere with the normal sleep and dream cycles. When we sleep, consciousness moves up and down on the scale of brain evolution in cycles of approximately ninety minutes each.

In the first sleep cycle, your brain frequency slows into the delta brainwave area and stays there for much of the first ninety-minute cycle. With normal circumstances in later cycles, the frequency does not go as low, and more time is spent at other levels.

The Importance of Sleep

Sleep deprivation studies have indicated that it is important that we spend sufficient time in the alpha level during our sleep. When we are deprived of alpha sleep, there are serious side effects, such as irritability, diminished recall and learning and sometimes even mild hallucinations.

Drugs used to induce sleep tend to lower

the brain frequency into the theta range and keep it there much of the night. The person does not enjoy the normal rhythms of sleep cycles and is deprived of valuable alpha sleep time.

Generally, when a person is unable to get a good night's sleep, or has a restless night and wakes up tired in the morning, it is due to dwelling on problems. Distractions and mental activity can make it difficult for a person to go to sleep, and can often make a person feel sleepy in the morning, and reluctant to get up and face a new day.

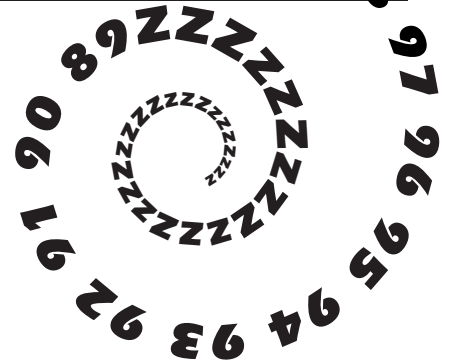
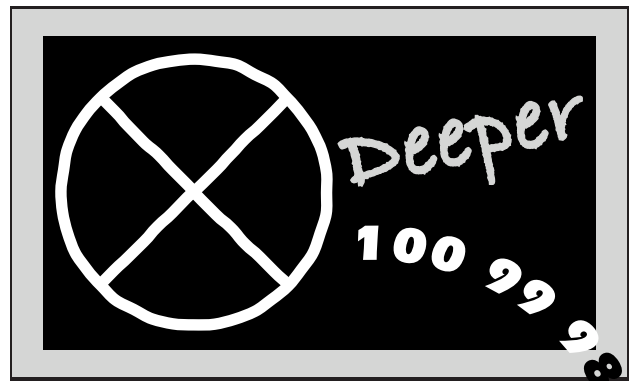
In the Sleep Control technique, there is enough mental activity to keep you busy so you are not concerned with your problems. The mental activity is detailed, repetitious and boring; so boring, it puts you to sleep.

This technique takes advantage of the brain's most primitive part, the reticular activating system. This part is responsible for alerting us to danger and shutting down areas of the brain when the sensory input gets too monotonous.

There are several reasons why the Sleep Control technique is so effective.

One reason is that it is applied while at the slower alpha frequency associated with meditation, and not from the faster beta frequency associated with wakefulness. This means that your goal of entering deep sleep is easier to get to since alpha is closer to deep sleep than beta.

Another reason the Sleep Control technique is so effective is the mental repetition of the word "deeper." By now you have come to develop a strong physical



and mental response to the word "deeper," such as deeper within, deeper in thought, a heavy sensation, a light sensation, or a feeling of descending.

Additionally, the technique is so effective because it incorporates a count-down from 100 to one. The technique for practicing with the countdown deepening exercises for entering deeper and deeper levels of mind has been strongly impressed in previous exercises.

When you use the Sleep Control technique, and you are determined to be successful, you will keep on doing the technique until you get to sleep, even if it takes all night. Your mind does not like to spend time on a task like this. As soon as your mind knows you're serious, then your mind would rather let the body go to sleep than to keep working.

This technique engages the whole brain. The left side is involved in the numbers and in writing "deeper" while the right side is occupied with the visual process,

the memory of the chalkboard, and what is written on it.

It is not necessary to have a strong mental image of the chalkboard; this comes with practice. At night, all you have to do is recall what the chalkboard looks like. Remembering what something looks like is visualization.

Pay Attention to Details

It is important that you mentally draw a large circle, not a small one. Make the numbers in the circle large, right to the edge of the circle. Then erase them carefully, paying attention to details. If you are paying close attention to details like this, you are not thinking of the day's problems and letting them keep you awake.

When your attention wanders and you forget what number you are on, it's okay; just start again with any number. If you feel that the technique may not be working properly for you, review the instructions and make sure you are doing them correctly. For instance, you may not be

erasing the numbers completely or writing "deeper."

After you are successful, only then can you start experimenting to see if there is a variation that works better for you. All Silva Method techniques are formula-type techniques and work best when you follow the formulas as programmed.

At first, you may need to go through quite a few numbers before you go to sleep. The next night you will go to sleep more quickly. Eventually, you will be able to go to sleep in only a few moments with this technique. It becomes very effective for you if you persist until you succeed.

You can apply some of the other techniques from the Silva Method to deal with the problems you face daily before you apply the Sleep Control technique. Then you will be able to go to sleep knowing you have done your best.

Make a List

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.

Sleep Control Exercise

Sleep Control is a mental technique that you can use to enter normal, natural, physiologic sleep, any time, anywhere, without the use of drugs.

Whenever you need to use Sleep Control, first enter the basic plane level with the three-to-one method.

At level one, you visualize a chalkboard. Imagine chalk in one hand and an eraser in the other.

You mentally draw a large circle on the chalkboard. Then you mentally draw a big X within the circle. Proceed to erase the X from within the circle, starting at the center and erasing towards the inner edges of the circle, being careful not to erase the circle in the least.

Once you erase the X from within the circle, to the right and outside of the circle write the word "deeper." Every time you write the word "deeper," you will enter a deeper level of mind, in the direction of normal, natural, healthy physiologic sleep.

Then write a big number 100 within the circle. Proceed to erase the number 100 being careful not to erase the circle in the least. Once the number 100 is erased, to the right and outside of the circle go over the word "deeper."

Every time you go over the word "deeper," you enter a deeper, healthier level within, going in the direction of normal, natural, healthy, physiologic sleep.

You will continue using numbers within the circle on a descending scale until you enter normal, natural, healthy, physiological sleep.

Whenever you enter sleep with the use of Sleep Control, and someone calls you or in case of danger, or in an emergency, you will open your eyes, and be wide awake, feeling fine and healthy.

Whenever you enter sleep with the use of Sleep Control, you will awaken at your customary time, or your programmed time, or you can remain asleep for as long as you desire. When you awaken you will be wide awake, feeling fine and healthy.

To Awake Control The Clock

In the To Awake Control technique, we have an automatic system for using our mind to assist us in achieving goals in everyday life. We will expand on this procedure later as you learn other techniques that you can apply in solving problems and reaching your goals.

Our consciousness functions with both innate abilities, such as the beating of one's heart and breathing, and conscious abilities, like solving a problem or writing this book. Both abilities have the power to wake us from sleep without an alarm clock.

Biological rhythms, biological clocks, various time givers, and mental programming all contribute to your waking naturally without the use of an alarm clock. Biological consciousness is what operates our internal time



keeping device. We now know that the central mechanism of our biological clock is located in what is termed the supra-chiasmatic nuclei, a brain region within the hypothalamus. Yet, consciousness can override biological intelligence.

We have witnessed phenomena that are difficult to explain. It suggests that our consciousness has its own time-keeping device. For instance, a hypnotist can tell a subject deep in a hypnotic trance that in 2,586 minutes his nose will itch and he will scratch it for exactly one minute, then the itch will stop. Then the hypnotist brings the subject out of the trance, giving him a suggestion that he will not consciously remember what the hypnotist told him. At the exact time, the subject will begin to scratch his nose. After one minute, he will stop.

Who kept time? Who reminds him? Who told him, "You can stop now; it's been one minute; that's enough"?

Conscious intelligence uses imagination to communicate with innate intelligence. This means that you are not stuck with the programming you started with, as are other creatures.

An example of innate intelligence at work is one of a wasp bringing a bug to his mud house. The wasp carries a bug to his home; he puts the insect down on the threshold, and goes indoors to inspect. When the insect is moved one inch away from the threshold, the wasp retrieves and places the insect on the threshold again and goes in to inspect again. The wasp never gets the message; he will exhaust himself pulling the insect back to the threshold repeatedly until he falls over dead.

Conscious intelligence, equipped with the appropriate tools, techniques and resources can change the programming if it desires to do so. Rather than use a physical aid to awaken you from sleep you can use your intelligence.

To use our consciousness you must function at the alpha level, and use your imagination to specify the time you want to awaken. You will then wake up at that time.

This technique will work more effectively when you create and visualize a clear and strong picture of a clock. Choose a clock you are familiar with.

A dream, a honking horn, a barking dog or the sound of someone calling your name may awaken you. This is the way your mind uses imagination to get your attention.

The primary concern is not merely how you get up in the morning. Our real goal is for you to develop and recognize your ability to direct your mind toward a goal and manifest that goal at a specific time. In doing this, you build a foundation that is of value to you later as you learn additional techniques.

Practicing this technique will help you develop stronger mental controls and mind-body management. You will then function better with techniques that come later. This is especially so in dealing with health cases.

Early on with the Silva Method you learn how to use your imagination to relax your physical body. You are now going to go a step further and learn how to use imagination as a communications tool to work with your consciousness.

The Clock Exercise

You can use this mental technique to practice awakening without an alarm clock. This helps in strengthening your mental controls. To use To Awake Control, practice awakening without a physical alarm clock.

Enter the Basic Plane Level with the three-to-one method just before going to sleep.

At level, visualize a clock. Mentally set the time on the clock to indicate the time that you want to awaken, and tell yourself mentally, "This is the time I want to awaken, and this is the time I am going to awaken."

Stay at the Basic Plane Level and just go to sleep. You will awaken at the time you desire and will be wide awake, feeling fine.

Awake Control

The Awake Control exercise is designed to help you remain awake longer when necessary. It may be used any time you feel drowsy or low on energy. It can be helpful when staying up late, driving long distances or studying until the wee hours of the night.

As with other Silva Method techniques, this exercise is to be applied at level, using the five-step process and the exact wording of the formula.

The Awake Control technique is a powerful program that results in a burst of energy that may last for hours. In addition, science has demonstrated that meditation is a way for the body to release endorphins causing it to feel both good and energized.

Together, they make a winning combination.

Awake Control Exercise

Use Awake Control for learning to remain awake longer. Whenever you're drowsy, and you want to be wide awake, especially when you're driving, pull to the side of the road, stop the engine, and enter the Basic Plane Level with the three-to-one method.

At level, tell yourself, "I am drowsy and sleepy; I don't want to be drowsy and sleepy; I want to be wide awake, feeling fine and in perfect health."

Then tell yourself, "I am going to count from one to five. At the count of five, I will open my eyes, be wide awake, feeling fine and in perfect health. I will not be drowsy and sleepy; I will be wide awake and feeling better than before."

Count, slowly: "One, two, three." At the count of three remind yourself, "At the count of five, I will open my eyes, be wide awake, feeling fine and in perfect health."

Then count slowly to four, then five. At the count of five and with your eyes open, tell yourself, "I am wide awake, feeling fine and in perfect health, feeling better than before."

Dream Control

There are many benefits to learning more about our dreams, dream states, and images. With such knowledge, you are better able to recall your dreams and put them to practical use. You develop greater control of your mental abilities. This skill can assist you to improve your life in many ways.

We All Have Dreams

Scientists assure us that everyone dreams, though not everyone remembers them. Fear is the primary reason why people do not remember their dreams. Perhaps nightmares frightened the child, and it became easier not to recall any dreams at all. Over time, people learn to suppress their dreams.

You can learn to remember several dreams every night by following the Silva Method procedure. Begin slowly; learn to recall one dream a night, then progress to remember more dreams each night. Finally, you can generate a dream that has information to help you solve problems.

What Do Dreams Mean?

The meaning of dreams is something you can learn through practice and by studying the most interesting person in the world: you.

We each have our own unique experiences in life. Each of us adopts our own patterns of symbolic expressions. You have already programmed into your bio-computer your own personal symbolism. You can learn to understand and benefit from this symbolism by keeping a dream log, or dream diary.

When you awaken with a dream, write down a brief account of what it's about. In the morning enter your level, and write out a more detailed account of the dream. Be sure to write it down as soon as you have it, or risk losing the memory of it.

After writing down your dream, enter your level and ask yourself, "How does this dream relate to what has been happening in my life or help solve the problem I have in mind?" This helps you to understand the symbolism, and over a period of time, you gain so much understanding that you are able to interpret your dreams rapidly.

This can be one of the most effective exercises you ever do to assist you in gaining a greater understanding of yourself.

Solve Problems While Dreaming

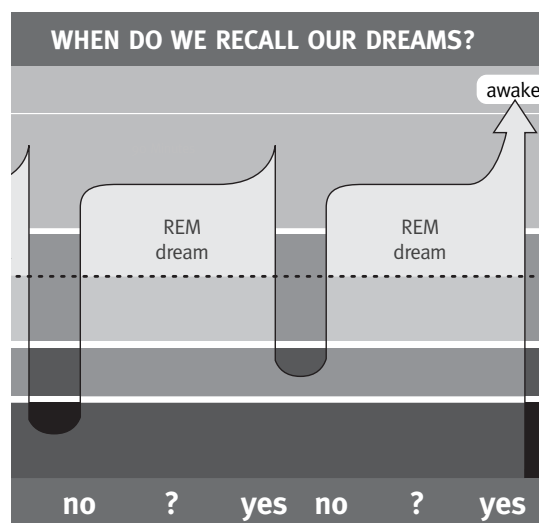
There are obvious benefits in using the Dream Control technique. One is that you are assured you have only the kind of dreams you desire. Another benefit is the use of your dream time to explore memories and inner conscious levels to give you creative answers to problems.

Additional benefits include greater skill in creating and controlling images within the alpha dimension. If you experience nightmares, then use the techniques you have learned to eliminate them. At your level, acknowledge the problem, and say; "I had this nightmare; I don't want to have it ever again. I want to have dreams that contribute to positive outcomes," and continue the five-step process to eliminate nightmares.

It appears that during a healthy night's sleep, we have a minimum of four sleep and dream cycles. Each of these sleep and dream cycles lasts about ninety minutes. This gives us ample opportunities to remember dreams and receive benefits.

The early sleep and dream cycles are the deepest and have short dream periods. Later cycles are lighter and have longer dream periods. By programming yourself, you can awaken at the ideal time to recall your dreams. If you awaken too early, there is no dream. When you awaken in the middle of the dream, you may be confused. However, when you awaken near the end of a dream, you can remember and understand it.

When, at day's end, you are left with unresolved issues, you learn to use a portion of your sleep time to get solutions.



Dream Control Exercise

Dream Control is a mental technique that you can use to practice remembering dreams. This helps in your development of mental control.

Dream Control step one. To practice remembering a dream, you will enter alpha, with the three-to-one method. Once at your level, you will mentally tell yourself, "I want to remember a dream, and I am going to remember a dream," You will then go to sleep from level one.

You will awaken during the night or in the morning with a vivid recollection of a dream. Be ready to record your dream. When you are satisfied that Dream Control step one is responding, then start with step two.

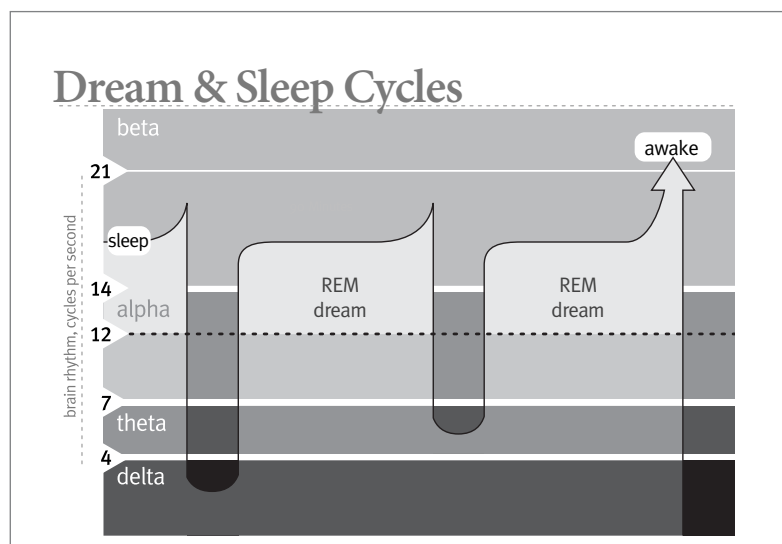
Dream Control step two. To practice remembering more than one dream per night, enter alpha with the three-to-one method. Once at level, mentally tell yourself, "I want to remember my dreams, and I am going to remember my dreams." You

will then go to sleep from level one.

You will awaken several times during the night and in the morning with vivid recollections of your dreams. Be ready to record your dreams. When you are satisfied that Dream Control step two is responding, then start with step three.

Dream Control step three. To practice generating a dream that you can remember, understand, and use for problem solving. You will enter alpha with the three-to-one method. Once at alpha, mentally tell yourself, "I want to have a dream that contains information to solve the problem I have in mind." State the problem and add, "I will have such a dream, remember it, and understand it." You then go to sleep from level one.

When you awaken with a recollection of the desired dream, you will record the dream and understand it.



Keep Track of Your Dreams

To learn how to understand your dreams, first write down the dream. Next, recall recent events and notice what happens in the days following the dream. Finally, try to establish a correlation between the events.

DATE	DREAM CONTENT	RELATES TO

Headache Control

Doctors advise us that most headaches, possibly ninety percent, are caused by tension. Relatively few are organic in nature. Whether you have a headache because of organic reasons, or feel a tension headache, you can learn to relieve the pain of either type headache through the Headache Control Technique.

When headaches you experience are caused by excessive stress, then you will obtain permanent relief by applying the technique. After applying the technique, the headaches occur less frequently until your body forgets how to cause them. When headaches recur on a regular basis, then you can suspect an organic cause, and may need to seek medical attention.

When to Use Headache Control

It is important when dealing with headaches that you apply the technique as early as possible. Usually people who experience migraine headaches can tell when one is coming on. It is as though an aura precedes the headache. At the very first indication that a headache is imminent, enter your level and apply the technique.

The Headache Control Technique uses the five-step process for solving problems. First, state the problem. Second, state the goal. Third, establish a plan to reach the goal. Fourth, implement the plan. Fifth, claim your end result.

Remember, you must apply this technique while at your alpha level. The more you practice entering your level and coming out again, the more effective you become.

Graduates Report: Creative Uses of the Five Steps

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.

Headache Control Exercise

For tension headaches accompanied by mild pain, use one application; for more severe pain, use two applications five minutes apart. For migraine headaches accompanied by severe pain, use three applications five minutes apart.

Tension Headaches

When you have a tension headache, enter the Basic Plane Level with the three-to-one method. Once at your level, mentally tell yourself; "I have a headache; I feel a headache; I don't want to have a headache; I don't want to feel a headache.

"I am going to count from one to five and at the count of five, I will open my eyes, be wide awake, feeling fine and in perfect health. I will then have no headache. I will then feel no headache.

You then count slowly from one to two, then to three, and at the count of three you remind yourself mentally that, "At the count of five, I will open my eyes, be wide awake, feeling fine and in perfect health; I will then have no discomfort. I will then feel no discomfort."

Notice that we have made a change at level three, from ache to no discomfort. We left the ache behind. You then proceed to mentally count slowly to four, then to five, and at the count of five, and with your eyes open, you say to yourself mentally, "I am wide awake, feeling fine and healthy. I have no discomfort in my head. I feel no discomfort in my head."

Migraine Headaches

When you have a migraine headache, enter the Basic Plane Level with the three-to-one method. Once at your level go through the same procedure as in the tension headache. Use three applications, five minutes apart.

The first application reduces the discomfort by a certain amount. Wait five minutes and apply the second application. The second application takes care of a greater amount of the discomfort. Wait five more minutes and apply the third application. With the third application the discomfort has disappeared.

From then on when symptoms appear, one application will take care of the migraine problem. As you continue to take care of this problem in this manner, the symptoms will appear less frequently, until the body forgets how to cause them. This brings to an end the migraine problem without the use of drugs.

For health problems, apply these techniques under appropriate medical supervision.

Visualization and Imagination Defined

Within the Silva Method courses, we define visualization and imagination differently than you might be familiar with from the everyday use of these terms.

Visualization refers to the process of recalling and replaying memories that involve all sensory modes. Visualization does not refer solely to mental picturing. When you are recalling auditory experiences, you are engaging sounds just as much as if you were recalling visual experiences.

Imagination refers to the process of creating new images or changing existing ones in some way. We can generate images that include all sensory modes: visual, auditory, olfactory, kinesthetic and gustatory.

We encourage you to use your dominant mode of information processing. For example, when using your clock technique, if you feel you're more visual, then you would create a detailed picture of a clock; if you tend to be more kinesthetic, you would raise your arm and, using your fingers, adjust the hands of the imaginary clock.

If you lean toward being auditory, you would say firmly, "This is the time I want to awaken, and this is the time I am going to awaken."

The other two modes, taste and smell—while less predominant, may still be preferred by some.

The Mental Screen

The Mental Screen is an interactive device where we project images of all kinds. It is used to project and develop your visualization and imagination abilities. As you develop these abilities, the Mental Screen permits you to mentally correct anything that needs correction.

While something is in its physical form, we cannot change it with mental energy.

We project what doesn't work onto the Mental Screen and make the desired changes. The role of imagination is to modify whatever needs altering.

The Mental Screen allows you to make mental alterations to your reality. Once the change is made, it can manifest.

In our everyday existence, we have special places for certain tasks such as a kitchen for cooking, a bedroom for sleeping, and so forth. We use the Mental Screen for transferring information from what it is to what we want it to be. It is where adjustments can be made effectively.

Everything that exists is a product of the subjective realm, a spiritual dimension. It had to be a thought first, before it became a physical reality.

Thoughts charged with desire, belief and expectation precede physical manifestation. Such thoughts can be made more tangible using the Mental Screen, making the process of getting what you want easier and more efficient.

To Locate Your Mental Screen

To locate your Mental Screen, begin with your eyes closed and turned slightly upward from the horizontal plane of sight at an angle of approximately twenty degrees.

Without using your eyelids as screens, sense your Mental Screen to be out and away from your body. The area that you perceive with your mind is your Mental Screen.

To improve the use of your Mental Screen, project images or mental pictures onto the screen; concentrate on and project images having color.

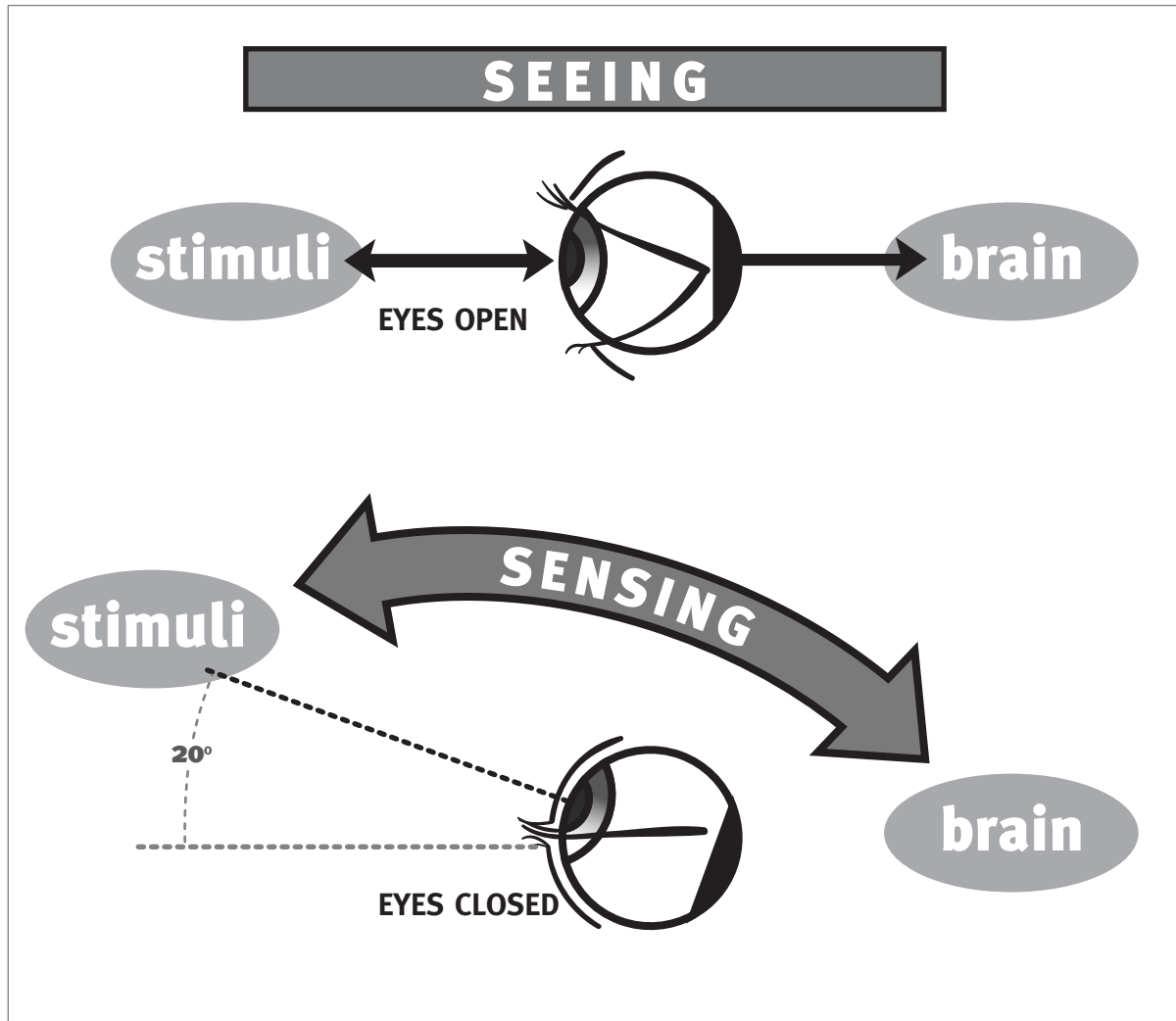
Not so secret

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.

Mental Screen



Develop Better Imagery

For successful programming, the use of mental pictures is the most effective way to communicate what you desire. The best tool we have found for beginners to use in developing their visualization and imagination is the Memory Peg System.

Visualizing is different from seeing. You see with your eyes and visualize with your mind. Visualizing is recalling, to form a mental image of something. It is a process of recalling the appearance of something that exists, something you have already experienced.

Imagination is a creative process the act or power of forming a mental image of something not present to the senses or not previously known or experienced.

After you have used your imagination to create something in the mental dimension, then it exists as a mental image. In the future, when you recall the mental image you created, this too is known as visualization. In fact, when you function at your level, you can perceive mental images that others have created, and others functioning at their level can perceive your mental creations.

Imagination is very real, which might explain why children have nightmares, see monsters, and perceive fantasies created by themselves and others.

Adults can learn to attune to their childlike faculties in order to be more creative and solve problems better.

Improve Your Memory

Memory is the product of visualization, imagination, and association. You can visualize what you want to remember and then use your imagination to associate it with something familiar.

Once you learn the Method of Loci, you can associate your mental images of the things you wish to recall with your familiar objects. When you associate the objects to be remembered with the familiar objects of your home in a strange, unusual, or attractive way, they become much easier to recall. Make your associations as outlandish as possible. Exaggerate in size or quantity. Use bright colors in your images and give them dramatic action.

Once something is impressed on your brain, the information stays there. Your memory is perfect, even though your ability to recall may not be. You may use some mental housecleaning when you do not recall something. For example, saying, "It has momentarily slipped my mind; however I will recall it in a moment," is more beneficial than "I can't remember," or "I completely forgot."

To make strong impressions, use imagery, imagination and association. Make mental images of everything you want to remember.

Geniuses are people who use their minds and use them in a special manner. By practicing memory pegs, you are using your mind in a special manner.

Three Fingers

A Physical Action to Trigger a Mental Response

There are many benefits to be gained when you function at your level. You can get them any time, anywhere, without having to use the standard three-to one method.

The Three Fingers technique is designed for just that purpose. This trigger mechanism is a conditioned response. Bringing together the thumb and first two fingers of either hand, or both hands, is the stimulus to trigger the alpha state, which is the response you desire.

First find your alpha level, and then lock it in with the Three Fingers technique. Any time in the future when you want to access your alpha state, simply use the Three Fingers technique. To achieve maximum effectiveness, program specifically for the desired result.

For example you can program to have better recall by using the Three Fingers technique when reading or listening to a lecture. Program yourself before the lecture, stating what you are going to do, and the result you desire.

Other Applications

You can use the Three Fingers technique when you are fearful in certain situations. You can program yourself that you will never be afraid in that situation again. Use the Three Fingers technique to remain calm. When you lose your temper, program yourself to remain in control of your emotions instead.

You can program yourself to be more intuitive, more understanding, more persuasive and more loving, as well as less hungry, less nervous, less forgetful and less antagonistic.

When you experience a mental state that you desire, including the one you enjoy while meditating, you can lock it in and access it for use later by simply putting your three fingers together and shifting your focus inward.



Three Fingers Exercise

By bringing together the tips of the first two fingers and thumb of either hand, your consciousness adjusts to a deeper level of awareness for stronger programming. Stronger programming of information results in easier recall, producing a better memory.

To Read Text or Other Information

Enter the Basic Plane Level with the use of the 3-to-1 method. Tell yourself that you are going to count from 1 to 3 and at the count of 3 you will open your eyes and read the information.

State the author's name or source, title, and subject matter. Add, "Noises will not distract me. Noises help me to concentrate. I will have superior concentration and understanding." Then count from 1 to 3, open your eyes and read the lesson.

When you have read the lesson, once again enter the Basic Plane Level with the 3-to-1 method. Tell yourself, "I will recall the lesson I have just read (say the author's name or source, title and subject matter) anytime in the future with the use of the Three Fingers technique." Come out of level.

Preparing to Attend a Meeting, Conference or Lecture

Enter the Basic Plane Level with the 3-to-1 method and tell yourself, "I am going to attend this event, (mention the event). I am going to use the Three Fingers technique. Noises do not distract me. Noises help me to concentrate. I will have superior concentration and understanding. I will be able to recall the event and material covered anytime in the future with the use of the Three Fingers technique." Come out of level.

With this formula, it's not necessary to re-enter your level to reinforce the program, since you are programming the formula while using the Three Fingers technique.

Taking a Test

To apply the Three Fingers technique for test-taking, Use the Following Three-Step Method

Step One: Read your test questions in the way you always do, but do not stay too long on any one of them. When you have a ready answer put it down; if not, skip that question and move to the next one.

Step Two: Use the Three Fingers technique, and do as in the first step; this time stay a little longer on the unanswered question. When an answer comes, put it down; otherwise skip that question and move to the next one.

Step Three: Put your three fingers together. Read the unanswered question and when still no answer comes, close your eyes, turn them slightly upward. Visualize or imagine the source that has the information on your Mental Screen and ask for the answer. Then clear your mind by thinking of something else. Then start thinking again to figure out the answer. The first answer that comes is the correct one. Write it down. Always turn in a complete paper.

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.

Mirror of the Mind

With the Mirror of the Mind, you use visualization and imagination to alter an existing situation and create anything you desire to have, do, or be.

The two important keys to success are that you use the alpha level, and that you build and recognize a solid and supportive belief system, such as faith.

You Must Have Faith

Faith is made up of three major components, which are desire, belief, and expectancy.

When any one of the three factors is strong enough, then it may carry the others. When there is enough desire, then there may be enough energy available to insure success even if belief and expectancy are weak. All factors, however, must be present to some degree. If the desire is not very strong, then it takes greater belief and expectancy to get results.

Desire is a motivating force urging you on. It is very important that you have a strong desire. In fact, without desire, you would probably never begin.

Ask yourself these questions: Do you really desire what you are programming for? Do you really need it? Is it important to you? Does it serve a purpose? Does it solve a problem? There is much stronger desire for necessities than for luxuries.

Your consciousness does not like to work on make-believe problems. Your intelligence is meant for correcting real problems. The bigger the problem and the greater the need, the stronger the

desire. When faced with a life-threatening challenge, there is tremendous desire.

Belief is an acceptance about you or a situation that sets the blueprint for what is. Belief sustains you while you wait for what you have subjectively created to manifest in the objective dimension.

Ask yourself the following questions: Do you believe you are worthy of what you are seeking, or that the situation merits a solution? Do you have any doubts regarding the situation? Do you really believe it can happen?

Expectancy is the facet of belief that is confident of the outcome. Confidence comes with success. This is why recognition of your successes is valuable. Take credit for your successes as you use your Mirror of the Mind technique. Practice whenever you have an opportunity, so you accumulate many successes.

When you are functioning in the mental realm, do not make forceful efforts as you would in the physical world. This only creates tension, which tends to bring you out of your level. No matter how spatially separated the components of your present reality are from what you want, your mind operates in a manner to make your goals happen.

Program for future conditions as if they have already happened. Believe you have already received. In the mental dimension it already exists. You have already created what you desire.

It is important for desire, belief and expectancy to be just right. This will

help insure successful manifestation of your goals.

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.

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.

Programming Explained

To keep your expectancy high, program in the following manner: Using the Mirror of the Mind technique, first visualize the existing situation or problem with the blue-framed mirror directly in front of you. After making a good study of the problem, erase the problem image. Then move the mirror to your left, change the mirror's frame to white, and create with your imagination your desired result and project it on to the white-framed mirror.

In other words, you transfer the problem from the objective dimension to the subjective dimension where you can use imagination to alter it.

While in the white-framed mirror, answer the questions, "What is it I desire? How will it make my life different and better? Who is going to give me feedback? When do I expect to achieve this goal? Why is this important to me?"

Answer all these questions visually in order to more clearly and completely define the image in the white-framed mirror.

Finally, step into the mirror and lock in the feeling of accomplishment using the Three Fingers technique.

From now on, whenever you happen to think of the project, visualize the solution you have created. The success of your programming is a result of many factors, including precise imagery, persistent action and awareness of feedback.

Using the Mirror of the Mind technique with the right ingredients and the right intentions brings successful results. Negative intentions do not bring about positive results.



Mirror of the Mind Exercise

Recognizing Feedback

Feedback is information in response to your programming, and can help guide your next move. It is neither negative nor positive. It has no polarity.

If, after your programming, you begin to experience improvements, and recognize that you are moving toward your goals, then the feedback is telling you that you are on the right track. If nothing happens, then that is feedback telling you that you need to make some adjustments in your programming. You may need to reassess your desire, belief, expectancy, or mental images.

- Did you visualize the problem accurately?
- Does it depict your present situation as it really is?
- Is what you imagined as the outcome or goal the best thing for you?
- Do you truly believe the goal is something you can manifest?
- Are you limiting the direction from where you are getting your result?
- Are your internal and external actions, behaviors and thoughts supporting the goal?

You cannot recognize feedback if you are in denial. There may be times when you want something so desperately that you are blind to the truth of the response, and you choose to ignore it. By recognizing feedback, you will create the life of your own design.

The Mirror of the Mind is used for solving problems and achieving goals.

Create, and project on your mental screen, a full-length mirror. This mirror will be known as the mirror of the mind.

This mirror of the mind can be mentally increased in size, to encompass within its frame a thing or things, a person or persons, a small scene or a large scene.

The color of the frame of the mirror of the mind can be mentally changed from blue to white. The blue frame denotes the existing problem or situation, which can be converted into a project. The white frame denotes the solution, or goal.

To solve a problem or to reach a goal with the Mirror of the Mind, enter the Basic Plane Level with the 3-to-1 method. Then project the problem situation onto the blue-framed mirror of the mind.

Make a good study of the problem by visualizing an image of the problem thing, person, or scene. After making a good study of the problem, erase the problem image. Move the mirror to your left and change the mirror's frame to white. At that time, create and project a solution image onto the white-framed mirror.

From then on, any time you think of the project, visualize the solution image you have created framed in white.

The Blue-framed Mirror

You use the blue-framed mirror of the mind in the first programming, or when you get very clear, and significant feedback that you have moved towards your goal. Going back to the blue frame redefines a new situation and establishes a new starting point.

When you set a goal that is progressive in nature, such as reducing the size of a tumor, cutting back on smoking, or losing a large amount of weight, it may be better to program incrementally.

Eliminating a tumor completely may not be believable and may even work against you. Consider using your imagination to reduce the size of the tumor measurably. When you get feedback that you have reached that goal, then you repeat the complete Mirror of the Mind technique. This time, visualize yourself in the blue-framed mirror with the smaller tumor, and in the white-framed mirror you imagine an even smaller tumor.

From then on only visualize your new goal. Repeat this process for this type of programming until you reach your goal of no tumor.

When doing this type of programming, keep in mind a picture of you in perfect health, and a conviction that you will get there.

When programming, maintain an attitude of "this or better."

Habit Control

"Bad" habits are destructive behaviors at best. Habits, both positive and destructive, have built-in reward and reinforcement mechanisms. A behavior is reinforced through repetition, making the person more proficient with that particular habit.

Good habits can be in any area of life. They are positive and help us in our daily activities. Saying "Thank you," brushing your teeth, and the automatic motions you go through when getting dressed and tying your shoes are examples of good habits.

Other habits are restricting and can interfere with a more joyful and productive life. Such habits may be worrying, procrastinating, smoking, being crisis-oriented, overeating, and being irresponsible.

Whether good, bad, or restricting, the mechanisms of all habits are the same. We are rewarded, and become better at producing the behavior that rewards us. Even when we simply recall them, we are rewarded. Memory of the behavior is like doing it again.

Types of Dependency

There are different kinds of dependency, biological, and psychological. We need to detoxify in both areas. For example, it does little good to neutralize a physical dependency on cigarettes, alcohol or drugs, yet do nothing about the psychological components of the habit.

In addition, it is important to adjust the person's environment if we are to eliminate a negative habit. The stimulus

that triggers the use of the habit must be restructured in order to have a lasting correction. Habits are a product of lifestyle. If you do not alter your lifestyle to some degree, you are not likely to make any significant, permanent alterations to your habits.

Why Diets May Fail

Many fad diets, diet pills and special exercise programs are doomed to failure. When people continue the same lifestyle—eating the same foods in the same quantities—they are likely to regain the weight they lost in spite of a pill or temporary diet.

Since habits are reinforced by giving rewards, a new habit must offer greater rewards than the one it is replacing.

Silva Method techniques help you handle the psychological aspects of the habit, and can also help you make the objective changes you need to make.

Why Imagination is More Powerful Than Willpower

Willpower is not enough. You need a disciplined imagination. It is almost impossible to change habits using only willpower. When willpower and imagination come in conflict, imagination comes out the winner. Attempting to give up fattening foods, cigarettes, or alcohol, indicates that you are thinking about the problem, not the solution. This is negative thinking, because your focus is on what you are losing; the food, the cigarettes, the alcohol.

If you imagine having what you miss, you won't miss it for very long; you will get it. Instead, you need focus on the new behavior.

Find an "Instead Of"

What do you want instead of a cigarette?
Do you want to be able to breathe easier?
Do you want to save money?

What do you want instead of alcohol? Is it to feel in control, and to be the master of your own destiny? Do you want to be a better example for your loved ones?

A feeling of satisfaction is desirable. We desire this feeling of satisfaction whether the behavior is positive or negative. That is why negative habits have such power and are so difficult to overcome.

A good way to overcome a negative habit and move towards a new one is to imagine yourself actually doing the behavior and experiencing the feelings associated with it. Then you step into the image in order to own it by experiencing it completely as if it has already happened.

Reinforce the desired outcome using your Three Fingers technique and saying to yourself mentally, "Whenever I have a need or desire to think this way, feel this way, believe this way, or behave this way, all I need to do is use my Three Fingers technique and it will be so." This reinforces the positive behavior and locks in the feeling of satisfaction.

Recalling the rewarding feeling of a new behavior before you actually do it encourages the behavior.

Fight or Flight - What Is It?

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.

Find something else you enjoy as much and use it.

You can alter the structure of your habit to weaken it, and then it will be easy to eliminate the habit because it is not rooted as strongly. But first, find a substitute.

Continuing to dwell on the negative behavior reinforces that behavior. Instead, dwell on and reinforce positive behaviors and the rewarding feelings you experience.

Constructive Actions Solve Problems

Destructive actions include bad habits. Since we need food, liquids and air for survival, many people develop habits involving these things. Excessive consumption of food and drugs can lead to a multitude of problems.

There are other ways people react to the energies built up by stress. Some people are accident prone, others get sick, have headaches, get in trouble, and argue. Anything that overloads the senses can be addictive. They can potentially numb a person psychologically.

There are more constructive ways to deal with stress and manage your life better.

Feeling you are more in control of your life reinforces good habits. Using the Silva Method techniques gives you confidence to positively manage a variety of situations.

Here are some suggestions:

- Make minor alterations to the structure of your habits such, as smoking a cigarette one hour later than usual, so for that one hour you are a non-smoker. Start thinking of yourself as a non-smoker.
- For weight management, focus on reaching a healthy weight a little at a time. Program to reduce, not lose; if you lose something, you may want to find it again. After reducing a few pounds, you can program to eliminate another few pounds.
- Increase your desire to change. Think of all the benefits you can enjoy by materializing your goals.
- Enter your level and program to neutralize whatever is causing you to keep this negative habit. Maybe you were told to eat everything on your plate and grow up to be big. At level, insert a healthier program. Use Mirror of the Mind to accomplish this.
- You can program to stop smoking thirty days from today. Set a time to quit. Reinforce this programming daily. It is a simple way to make a change, and one of the most effective techniques in the Silva Method.

Destructive habits sap our energy and time and keep us from reaching our full potential. They lock us into a restricted world by their demands and limitations. Positive behavior allows us to move more freely toward our goals.

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.

Habit Control: Weight Exercise

When you desire to reduce weight, enter your level by the use of the 3-to-1 method and analyze the weight problem.

At level mentally mark a big red "No" over every item of food considered to be causing the problem.

Program yourself that hunger between meals vanishes by eating a piece of carrot, celery, apple, or any similar food, or by taking three deep breaths.

Program yourself to leave something on your plate, realizing that you do not need all the food you have taken. Program yourself not to eat dessert.

Visualize yourself in the blue-framed mirror of the mind the way you are now. Then in the white-framed mirror, stamp what you want to weigh on one corner and the size of clothing you want to wear on the other corner, and imagine yourself at your ideal weight and size.

Thereafter, when you think of your weight, always visualize the image you have created of yourself the way you want to be in the white-framed mirror of the mind.

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.



Habit Control:

Smoking Exercise

Whenever you wish to reduce or discontinue smoking, enter the Basic Plane Level by the 3-to-1 method, and at level analyze the problem.

Determine when you smoke the first cigarette of the day and program yourself at level to smoke it one hour later. When that becomes effective, program yourself to smoke the first cigarette still one hour later. Continue to make these changes by programming until you smoke only a few cigarettes a day. It then becomes a simple matter to stop smoking completely.

You can also program yourself to smoke only one cigarette per hour on the hour. When this has become effective, then program yourself to smoke only on the even hours. After this has taken effect, it becomes a simple matter to stop smoking completely.

You can also program yourself at level to stop smoking thirty days from the date of your initial programming.

You can mark a date on a calendar, thirty days from the present, and tell yourself that on that date you will stop smoking, and never smoke again in your life. Reinforce this programming for this purpose at level using the white-framed mirror daily.

Tips that help in your programming at level to stop smoking:

- Change brands frequently.
- Do not inhale the cigarette smoke.
- Program that three deep breaths will stop the immediate desire to smoke.
- Stop smoking for the sake of your loved ones.



Glass of Water

Information Helps Solve Problems

The Glass of Water technique is used whenever you need information or guidance. It is excellent for making decisions, finding misplaced objects and gaining a deeper understanding of life's challenging situations.

When we do not know the solutions to problems, we lack the necessary information. Once we have enough information, answers and solutions usually become obvious. Ignorance does not exempt us from suffering. We must do our best to search for information that can assist us in solving problems.

With the Glass of Water technique, you enter your level by closing your eyes and turning them slightly upward. You then give yourself a specific command or instruction. The command is a program—the last thought you have before going to sleep and is set in motion when you fall asleep. From then on you can assume that a solution will come.

Why the Technique Works

The technique goes further than this. Scientists believe that the way the technique is applied, the water is actually programmed to serve as a reminder to our consciousness to keep searching for the necessary information.

Consciousness is perpetual. It may be that during the night, as we go through normal sleep and dream cycles, our intelligence scans brain cells and stored information at all levels searching for solutions.

Recently science has demonstrated that healers, functioning at the alpha level, can actually change the physical properties of water with their thoughts. We, too, have the potential to modify the properties of water with our thoughts. This could make water a catalyst for receiving and sending information, and a powerful tool for healing and solving problems.

With this technique you may receive an

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



Glass of Water Exercise

answer during the night or in the morning by recalling a dream. Even when you receive the answer through a dream, you need to complete the Glass of Water technique in the morning.

If you did not get an answer in the morning, expect an answer in some form during the day.

Other Applications

Many people use the Glass of Water technique when they have to perform a task, such as beginning a new diet and exercise routine. The technique is very flexible and has many applications. For example, when dealing with people, use the Glass of Water technique to help make the correct decisions and thus have more satisfactory relationships with others.

In the case of illness, imagine yourself getting healthier with every sip of water you take as you drink half the water at night and the remaining half in the morning.

Get in the habit of using the Glass of Water technique every night. Once you have the information you need, use the Mirror of the Mind technique to help you reach your goals.

The Glass of Water exercise is a technique used for solving problems and goal achievement.

At night, just before retiring, get a water glass and fill it with water. While drinking approximately half of the water, close your eyes, turn them slightly upward, and say to yourself, "This is all I need to do to find the solution to the problem I have in mind."

Then, put away the remaining half glass of water, go to bed and sleep.

In the morning, upon awakening, drink the remaining half-glass of water, then close your eyes, turning your eyes slightly upward, and say to yourself, "This is all I need to do to find the solution to the problem I have in mind."

With this programming, you may awaken during the night or in the morning with a vivid recollection of a dream that contains information that you can use for solving the problem, or during the day you may have a flash of insight that contains information that you can use for solving the problem.

With this technique, there is no need to use the 3-to-1 method. You enter your level automatically as you close your eyes and turn them slightly upward while drinking the water.

Hand Levitation

Glove Anesthesia

Using Hand Levitation to enter deeper theta levels creates an ideal mental environment to program Glove Anesthesia. This exercise consists of several steps.

The first step is to develop the feeling of anesthesia, by placing your hand in an imaginary container of icy-cold water. Magnify the feeling of coldness with your imagination in order to get the feeling of Glove Anesthesia.

The second step is to transfer this anesthesia to the other hand and then to the rest of your body. Finally, you can remove all discomfort by simply repeating the word "gone."

Once you have learned to create the feeling of anesthesia while at your level, you are more prepared for emergencies you might encounter.

Even if you have not fully developed the technique, it can still work in an emergency. The urgent need to stop pain and hemorrhaging provides enough energy to cause it to be effective.

Glove Anesthesia is designed to be used in case of an accident. Apply any technique you can to correct the problem. Be sure to get competent medical attention when possible. Take action in both the objective and the subjective realms to correct problems.

Glove Anesthesia Exercise

Glove Anesthesia is a technique that you can practice to develop control of physiological pain and in many cases control of bleeding and hemorrhaging.

Glove Anesthesia is the development of a feeling that is different from the normal and usually developed on the less strong hand.

Glove Anesthesia could be a cold feeling, a tingling sensation, or a vibration, as though your hand is asleep. Other sensations can be as if you have a leather glove on your hand, as though your hand is made of wood or a feeling as though you have no hand. Any feeling other than the normal is considered to be Glove Anesthesia.

While you are at level, imagine placing your stronger hand in hot water. Then return your hand to your lap. Later imagine placing your other hand in cold water, to start the effect of Glove Anesthesia.

Then, place this hand on your lap, and test it for coldness and insensibility with your other hand.

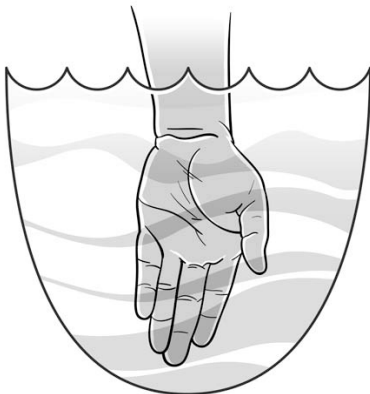
With practice, you can learn to develop the desired feeling that develops into insensitivity, or Glove Anesthesia. Finish by rubbing your hand three times with your other hand, from the wrist toward the fingers, bringing all feeling back to normal and removing all abnormal feeling from your hand.

As soon as you learn to develop Glove Anesthesia, and after testing it and becoming satisfied with the results, start practicing the transferring of this anesthesia to other parts of the body. First, practice transferring this anesthesia from one hand to the other by placing the anesthetized hand over the other hand for a few seconds, and then test the other hand for anesthesia.

When this has become effective, you then practice transferring the anesthesia from either hand to any other part of the body. This is done by placing either hand over that part of the body and holding it in that position for a few seconds. Finally you can learn, by practicing, to program yourself so that by concentrating on any discomfort and mentally saying the word "gone," the discomfort will be gone.

You may reinforce the effects of this technique with practice.

To correct health problems, controls are applied under appropriate professional supervision.



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.

Effective Sensory Projection

The original definition of ESP is “extrasensory perception,” but scientific research has proven that definition to be inaccurate. Intuitive activity is not an extra sense, it is a prior sense, something everyone has but not everyone develops and uses consciously.

Intuitive activity takes place especially during slower brainwave activity. Many people have precognitive dreams; they dream of something, and then it happens shortly afterwards.

Since brainwaves dip into alpha for very brief periods—just microseconds—approximately thirty times every minute while awake, it is possible to have flashes of insight, intuition, creative thought, perception and awareness.

A Natural Function

There is a strong possibility that you have had perceptive moments naturally, with no training to develop this faculty.

So we have retained the familiar initials, ESP, and changed the meaning to *Effective Sensory Projection*. In the Silva Method, we begin to develop the ability to use these subjective senses deliberately and more effectively to perceive information. In addition, we also project those senses to seek out information that can be applied in problem solving.

All information is accessible when we attune to it. You can project your mind, which is the master sense of human consciousness, to become aware of information.

Once you detect it, you need to interpret the information in a form that is familiar to you, so that you can use it in the physical world. You may convert this information into images, sounds, words, flavors, aromas, and even feelings. It is the development and use of what is equivalent to our objective sensing faculties at the subjective level.

Learning to Sense Information

When you do mental projections, you sense and describe the appearance, amount of light, temperature, odor, sound, and how something feels as you subjectively experience it. Going through the motion of using your physical hands is useful in that serves as a mechanism to integrate objective and subjective realities.

When you create an image that expresses what you are sensing, the image helps you focus your mind on the object so you attune to it more precisely.

With this training, you are able to move more freely and gain greater clarity. You come to discover that all information is available to you. Now what you need to do is train yourself how to interpret it and discern the information and apply it to solving problems whenever detected.

Practice Correcting Real Problems

The more you practice the process of mental projection, the more accurate you become. However, it is best to project to real problems. Hypothetical projects serve no real purpose. Creating solutions to real problems makes it easier to subjectively sense with accuracy.

The Power of Your Mind

You do not project your real self or your astral body. Similarly, you project your sense of eyesight across the room to perceive something, so too, you can project your subjective senses with your mind whenever you need to seek information to help you correct problems.

As you begin to recognize the power of your mind, you recognize the existence of a subjective reality. Subjective reality is real and tangible, and we know that mental projection is possible.

A Total Solution

In the first lessons of the Silva Method you learn to find your ideal inner state, which helps you address and correct challenging areas in your life and opens the door to self-discovery and actualization.

In later lessons of the Silva Method you discover that you are greater than your physical self, that the intangible parts of you can be harnessed for the betterment of one's self and the world.

What you have learned is a powerful combination of skills. Through practice, you can develop your skills, project your senses to any place and any dimension, gather information, create solutions and correct problems. By doing this, you can help convert our world into a better place in which to live.

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.

The Lab and Counselors

This part of the Silva Method Life Accelerator Training shows us the extent of José Silva's genius and represents the valuable program he brought to the world through his research. Here is where you truly get in touch with your genius potential by using a controlled routine.

To enter your laboratory level is one of attuning to your creative dimension where you generate an environment to facilitate the flow of information and solve problems.

Your counselors represent your own consciousness. Even more, they are your link to *all that is*. They guide you in making decisions and developing creative solutions.

Awaken the Genius Within

You take on the qualities you assign to your counselors. If you believe them to be geniuses, then you function as a genius in the subjective dimension. Counselors do not do your work for you, rather they assist you to learn and evolve.

Should you ever change counselors? No. All counselors give you the same information. When you believe they are correct, then you are correct. When you think they make mistakes, then you will make mistakes.

With your laboratory and counselors, you function in a very powerful manner. You can do anything you want to help correct problems. Even seemingly illogical solutions, when applied at the subjective level, solve problems. You cannot hurt anyone physically from this dimension.

Routine Cycle for Entering Your Laboratory Level

To enter your laboratory level first enter level one - your Basic Plane Level - using the 3 to 1 method. Once at level one, count from 10 - 1 so as to enter the creative dimension where your laboratory is located.

Once at your laboratory, greet your counselors and say a welcome prayer with them. You are now ready to work in your laboratory.

Once you are finished working in your laboratory, thank your counselors, say a farewell prayer with them, and come out of level using the inverse of the method you used to enter - count from 1 to 10, then 1 to 3. At the count of three snap your fingers lightly, open your eyes and say, "Wide awake, feeling fine and in perfect health."

If you are ready to enter sleep from your laboratory level, then simply thank your counselors, say a farewell prayer with them and enter sleep.

Use your laboratory and counselors regularly.

Describe Your Lab and Counselors

Laboratory

Male Counselor

Female Counselor

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.

Case Working

Case working is a technique for establishing points of reference and correcting problems.

You have within you everything you need to correct any problem you detect, and cope with any situation you encounter. You can do it if you are willing to work at it and use the tools and talents you possess.

Information is always available to you, especially when you need it. You must be able to recognize it and convert it to a form that you can use to correct problems and provide solutions. Once you detect a problem, you can correct it.

Working cases gives you skills to filter out inappropriate signals. You become aware of many impressions. Some are precise; others may come from your own conceptions. As you practice working cases, you learn to discern. You become more accurate at recognizing when you have detected information correctly.

Form the habit of working a case on each member of your family every night. Whenever you detect a possible problem, correct it.

Case working is one of the most unselfish services you can do. At the same time, it's one of the best things you can do to help yourself.

Keep in mind that all the Silva Method exercises and techniques are goals unto themselves. By recognizing the formidable potential of your true nature, you feel empowered and you know you are fully capable of excelling in all areas of your life.

Tips for Effective Exploration

Use your hands to imagine shape, size, weight, texture, distance and temperature.

To increase the illumination, amount or size of anything, just snap the fingers of your right hand slightly, and expect the change to take place.

To decrease or return anything back to its original state, snap the fingers of your left hand slightly, and expect the change to take place.

To go forward or backward in time use your time mechanism device. Imagine the face of a clock on the palm of your left hand and with your right hand move the hands of the clock counterclockwise to go back in time and clockwise to go to the future. Assign a specific time to every revolution such as an hour, day, week, month or year.

To attune your intelligence to any person, place, time of thing, count slowly from 10 to 1. As you count to one, sense your intelligence getting closer and closer. Make the connection at the count of one.

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.

The Importance of Practice

Many graduates seem to think that the only important time to go to level and apply the Silva Method techniques is when they have a serious problem to solve. There is a better approach.

We urge you to practice on a regular basis, even when all is well in your life. As you become familiar and proficient with the Silva Method, you will enjoy greater rewards. You become more relaxed, confident and ready to use the techniques with the conviction and evidence that they work.

Why do we say that?

When faced with an emergency, you experience stress and anxiety. You question your efforts: Am I doing this right? Is this the correct feeling? Is the technique working for me?

If you have been practicing daily, you will be well prepared to handle all situations and be more relaxed.

Practicing develops your sensitivity and ability to discern the difference between fantasy and fact in the subjective dimension.

Like a child learning to walk, you must continue to practice, learning how far you can go before you lose your balance. The more you practice, the more you stretch your limits and the more capable you are in realizing the life you desire.

Recognizing Your Successes

Recognizing your successes, no matter how small, is a vital component in developing a strong belief system. Acknowledging your successes allows you to be more positive. After completing each exercise make a mental note of your increasing ability to expand your thinking and hone your faculties. The reference points established with each technique are secondary to the effects that you build as you complete the Silva Method coursework. The techniques are designed in a progressive order to gradually improve your belief system. It is up to you to recognize success and apply it towards the future of your own design.