

HOME STUDY COURSE

The World Famous
Mind Power Techniques

Developed by
José Silva

THE SILVA METHOD

Robert B. Stone

**Tapping the Secrets
of the Mind for Total Self-Mastery**

Guidebook



IMPORTANT

To begin — Please save this guidebook to your desktop or in another location.

Session One

The Secret Behind the Success of the Silva Method

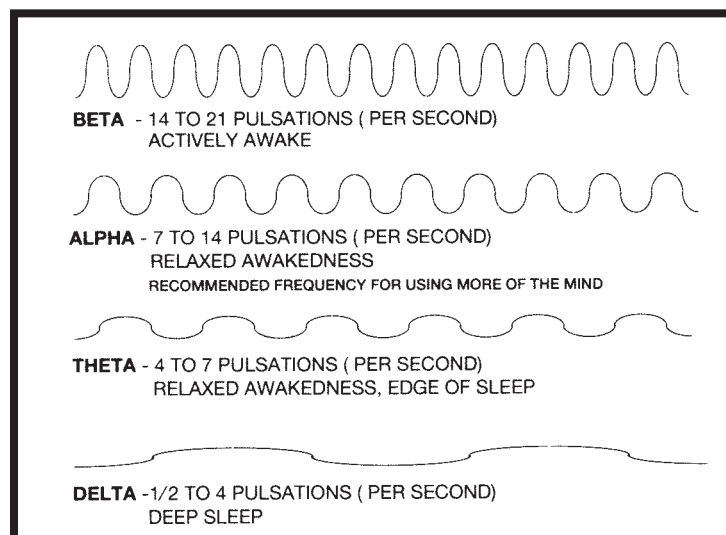
Most of us use only a small fraction of our mind's potential power.

The goal of the Silva Method is to enable you to use the full power of your brain. The key to doing this lies in gaining access to the alpha level of brain frequency — that is, a frequency of between 7 and 14 pulsations per second, about half the normal rate.

When you slow your brain frequency to alpha, you gain access to capabilities of the mind that were formerly outside your control. You become able to use the powers of your right hemisphere to achieve your goals in every area of your life.

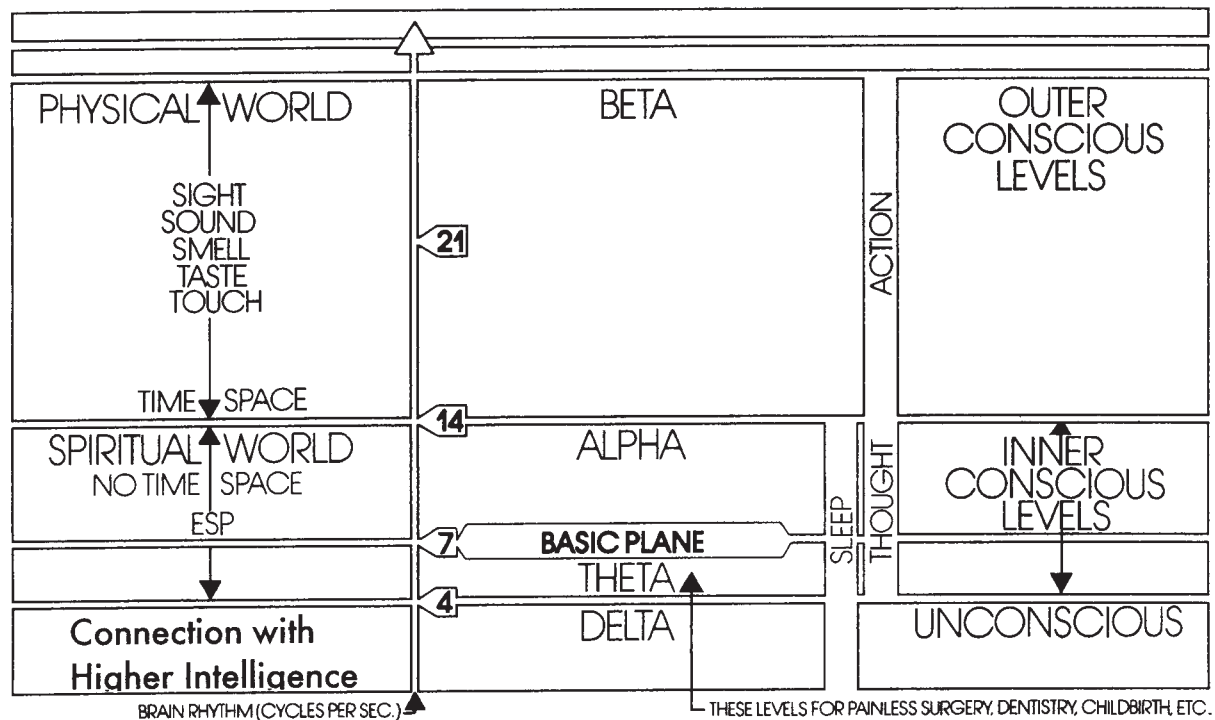
On Session Three, you'll receive training on how to enter your alpha level. By repeating the relaxation exercise in Session Three — as well as the exercise on your bonus session — you'll become more and more adept at entering alpha.

Brain Frequencies



Session Two

The Scale of Brain Evolution



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Positive Statements to Be Made at the Alpha Level

From time to time, program these statements when you are at the alpha level:

1. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. I am now learning to use more of my mind and to use it in a special manner.
2. My increasing mental faculties are for serving humanity better.
3. Every day, in every way, I am getting better, better, and better.
4. Positive thoughts bring me benefits and advantages I desire.
5. I have full control and complete dominion over my sensing faculties at this level of the mind and any other level, including the outer conscious levels. And this is so.
6. I will always maintain a perfectly healthy body and mind.

Session Three

The Alpha Level

On Session Three you are given the procedures for deep physical and mental relaxation that enable you to arrive at the alpha level. Because the Silva Method depends on your being in control of the alpha level, you should repeat Session Three's conditioning cycle once or twice before proceeding. To strengthen your alpha capabilities, you should also use the relaxation exercise on your Bonus Session. The Silva Method sound that's used here on Session Three will facilitate the exercises and help you enter alpha.

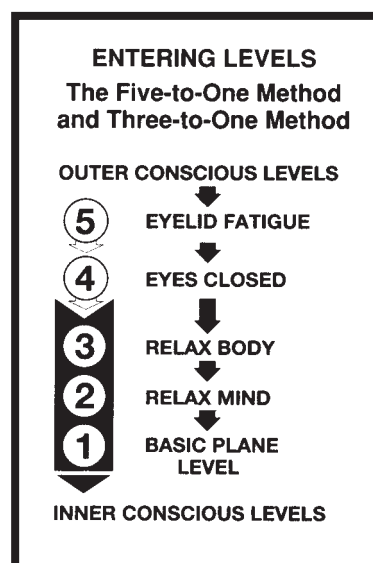
This "Silva Mind Control Sound" consists of two components, one physical and one electronic. The first, physical, component simulates a metronome, starting at 72 beats per minute and gradually slowing until it reaches 50 beats per minutes. This gradual slowing encourages a mild, parallel slowing of the pulse rate, enhancing physical relaxation.

The second, electronic, component of the sound starts approximately at the beta frequency of more than 20 pulsations per second. It encourages a departure from beta, which helps to produce mental relaxation. The sound is effective on this long-relax conditioning cycle, but not on the condensed cycles that follow.

The Five-to-One Method

Sit in a comfortable position.

5. With your eyes open, stare at a point on the wall about 45 degrees above the horizontal. Mentally repeat and visualize the number 5 several times.
4. Close your eyes and mentally repeat and visualize the number 4 several times.
3. As you relax parts of your body progressively, mentally repeat and visualize the number 3 several times.
2. As you visualize passive scenes, mentally repeat and visualize the number 2 several times.
1. Mentally repeat and visualize the number 1 several times. Now you are at level one, the alpha level.



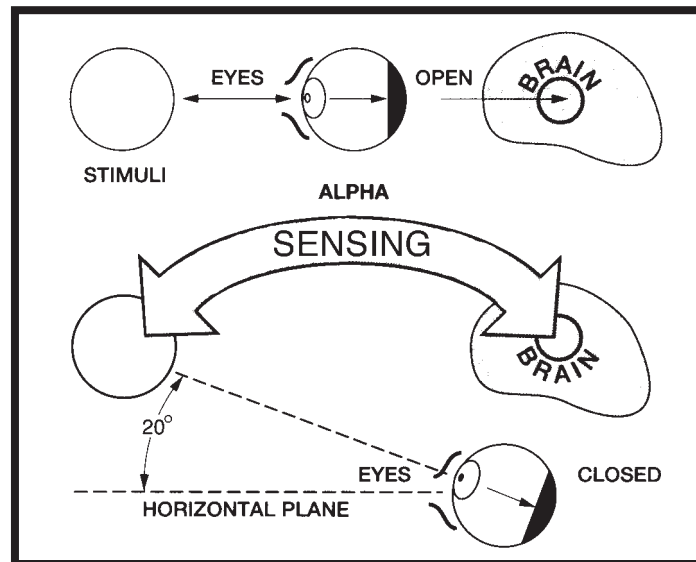
The Three-to-One Method

Sit in a comfortable position with your eyes closed.

3. Take a deep breath and as you exhale, mentally repeat and visualize the number 3, three times.
2. Take a deep breath and as you exhale, mentally repeat and visualize the number 2, three times.
1. Take a deep breath and as you exhale, mentally repeat and visualize the number 1, three times. Now you are at level one, the alpha level.

Session Four

The Mental Screen

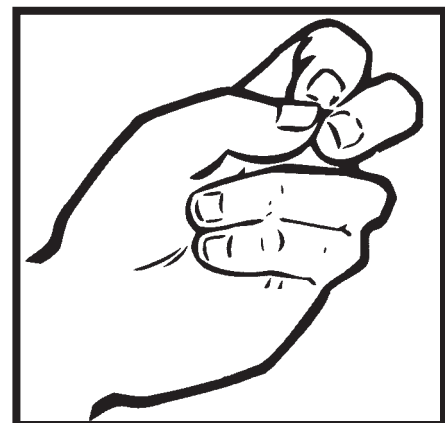


Have you ever noticed how some people, when asked a question, turn their eyes upward as if the answer were on the ceiling or in the sky? This is a natural eye movement that triggers the mind to sense the information in an extrasensory way, that is, directly.

In the top part of the diagram shown above, light from a stimulus enters the eye, is focused by the lens, and is sent by the retina to the brain. The lower portion of the diagram illustrates that by turning the eyes upward at a 20-degree angle, the brain is triggered to sense directly.

The Three-Fingers Technique

The Three-Fingers Technique is a mental technique that you can use for solving problems and achieving goals. By bringing together the tips of the first two fingers and the thumb of either hand, you cause your mind to adjust to a deeper level of awareness. It's a way for you to instantly trigger alpha. Once you have programmed a desired response at your alpha level, you can activate that response with this technique.



Session Five

General Problem Solving

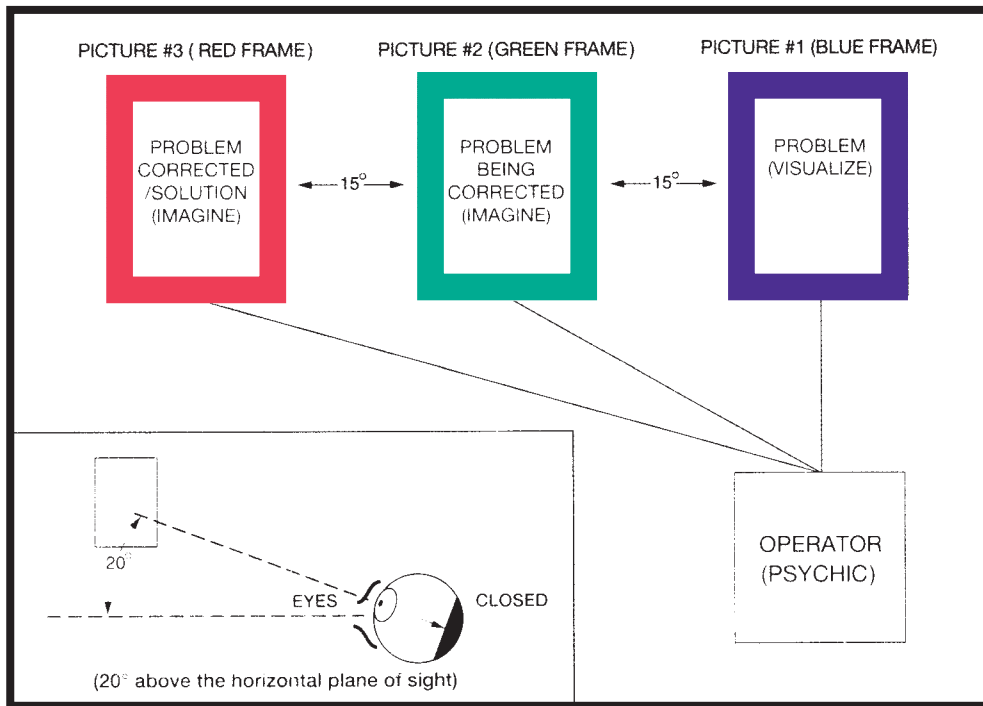
1. Upon awakening, go to alpha with the 3-to-1 method.
2. Visualize good things that have actually happened.
3. Imagine other scenes that have not happened but which you would like to see take place.
4. Program yourself with some positive affirmations (energy, creative ideas, wisdom).
5. End the session, 1-to-5, feeling wide awake, better than before.

Programming Specific Encounters to Happen Successfully

1. Before going to sleep, go to your level with the 3-to-1 or 10-to-1 method.
2. Select an expert in these matters, one of the same sex as you, and see that person at your side.
3. Program yourself to awakening at the right time to discuss the method in question with the key person you will meet tomorrow. Go to sleep from your level.
4. When you awaken for the first time, again go to your level with the 3-to-1 or 10-to-1 method.
5. Visualize the expert by your side and visualize or imagine the key person tomorrow in three scenes.
 - A. Welcome that person warmly in a scene directly in front of you. Frame the scene in blue.
 - B. Move the scene slightly to the left. You are making your point with the person. See it accepted. If you are in doubt about what to say, ask your expert. Ideas will come. Frame this scene in green.
 - C. Again move the scene slightly to the left. The meeting is over; ideas have been agreed upon and are being successfully implemented. Frame this scene in red.
6. Go to sleep from your level. Repeat in the morning, if time permits.

The Three-Picture Technique

(20 degrees above the horizontal plane of sight)



Session Six

How to Communicate Subjectively

First, two rules must be followed to succeed:

1. You must forgive and feel love for the person, or at least a sincere sense of rapport.
2. You must propose a solution to your mutual problem that is mutually beneficial. In other words “talk” not in terms of who is *right* but *what* is right.

Now, here are the steps:

1. Go to your alpha level with the 3-to-1 method.
2. Visualize or imagine the person(s) with whom you wish to communicate.
3. Mentally talk to him/her/them about the situation you wish to resolve, remembering the two rules listed above.
4. End your session in the usual 1-to-5 way, feeling wide awake and better than before.

Dream Control

How to order a dream to solve a problem:

If you are not remembering your dreams, you must go through two steps before you are ready to use Dream Control. Always keep a pencil and paper within reach.

1. Go to your alpha level with the 3-to-1 method before falling asleep. Tell yourself, “I want to remember a dream, and I am going to remember a dream.” Go to sleep from your alpha level.
2. Only when you have satisfactorily responded to step 1, take this step. It is identical to step 1 above, except you substitute the word “dreams” for “a dream” wherever they appear.
3. When you are responding to your satisfaction to step 2 above, you are ready to ask for a dream with information to solve a problem. This time, at your alpha level, say, “I want to have a dream that will contain information to solve the problem I have in mind.” (Mentally state the problem.) “I will have such a dream, remember it, and understand it.” Go to sleep from your alpha level. You will have this dream. Write it down.

The Glass-of-Water Method

Before retiring, fill a glass with water. Close your eyes. Turn them up slightly, and drink half the water, mentally saying to yourself, “This is all I have to do to solve the problem I have in mind.” State the problem. Retire. When you awaken, drink the rest of the water in the same way, eyes closed, turned up, mentally making the same statement.



Session Seven

Memory Pegs

Memory Pegs are a series of standard objects that are used to remember a list of things quickly and easily.

- No. 1** The letter T, the peg word TEA, project a strong picture of a glass of TEA on your mental screen.
- No. 2** The letter N, the peg word NOAH, project a strong picture of a man with a long white beard on your mental screen.
- No. 3** The letter M, the peg word MAY, project a picture of a calendar on your screen.
- No. 4** The letter R, the word RAY, mental picture, sun RAYs.
- No. 5** The letter L, the word LAW, mental picture, a policeman.
- No. 6** The letter J, the word JAW, mental picture, a man with a large JAW.
- No. 7** The letter K, the word KEY, mental picture, a large gold key.
- No. 8** The letter F, the word FEE, mental picture, a price tag of eight million dollars.
- No. 9** The letter B, the word BAY, mental picture, land and water.
- No. 10** The letters T and S, the word TOES, mental picture, ten TOES.

Portions of these Memory Pegs were adapted from Dr. Bruno Furst's Memory Peg System, *The Practical Way to a Better Memory* (New York: Fawcett World Library, 1944).

To use these Memory Pegs, you do not have to be at alpha. Just make a picture of the object you wish to remember and connect that picture in some logical way to the Peg. To remember the object later, see the Peg, and you should recall the object.

The Three-Fingers Technique for Test Taking

1. Answer each question as you usually do. If you do not know the answer, skip it and go on to the others.
2. Come back to the skipped questions. Put your three fingers together and an answer will come.
3. If there is still no answer with your three fingers together, close your eyes, visualize your teacher and ask for the answer. Open your eyes and start figuring the answer. It will come. It is your teacher's!

Session Eight

Awake Control

When you feel drowsy and sleepy on the job or on the road, here is the Silva Method formula-type technique to stay wide awake. If driving, pull over to the side of the road and stop your vehicle's motor.

1. Use the 3-to-1 method to go to your alpha level.
2. At level, tell yourself, "I am tired and sleepy. I don't want to be tired and sleepy; I want to be wide awake, feeling fine, and in perfect health. I am going to count from 1 to 5. At the count of 5, 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."
3. Count from 1 to 5, stopping at the count of 3 to remind yourself, "At the count of 5, I will open my eyes, be wide awake, feeling fine, and in perfect health."
4. At the count of 5 and with your eyes open, mentally tell yourself, "I am wide awake, feeling fine, and in perfect health, feeling better than before." And this is so.

A "Pick-Me-Up" Exercise: Tapping the Thymus

The thymus is above the breastplate about one-and-one-half inches above where the breastplate meets the soft tissue of the neck. By gently tapping the thymus, you can stimulate it. This, in turns, helps to balance the systems it controls. For the best results:

1. Tap with your three fingers held together.
2. Vibrate your fingers so they tap at about 10 times per second.
3. Put a smile on your face.

Pain Control

Objective Procedure:

1. Point to where the pain is.
2. Determine what kind of container it would best fit into.
3. What color is the pain?
4. Imagine that you can taste it. What does it taste like?
5. What does it smell like?
6. Repeat these procedures several times, if necessary.

Subjective Procedure:

Go to your alpha level with the 3-to-1 method. Put your weaker hand into an imaginary bucket of ice-cold water and keep it submerged until it becomes numb. Then, place the numb hand over the pained area, mentally transferring the numbness. Practice by replaying the portion of Session Eight audio that contains this procedure.

Stress Control

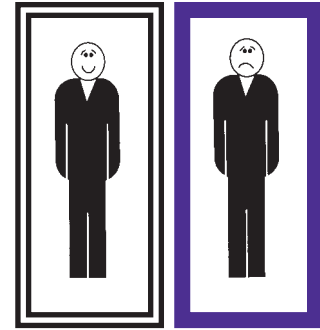
For general stress management, go to your alpha level with the 3-to-1 method. Remain there for a few minutes. End your session.

For specific stressors, at your alpha level, use positive mental pictures or positive verbal affirmations to change stressful behaviors or attitudes.

Session Nine

The Mirror of the Mind

1. Go to your alpha level with the 3-to-1 method.
2. Put a full-length mirror on your mental screen. It has a blue frame.
3. See the problem situation in the blue-framed mirror. Make a brief study of the problem.
4. Move the mirror slightly to the left and change the frame to white.
5. See the solution or the goal you want to reach in the white-framed mirror.
6. End your session counting from 1 to 5.
7. From now on, whenever you think of the problem, see it as the solution framed in white.



Habit Control

In all cases, first go to the alpha level and analyze the habit. Then, at alpha...

Overeating:

- Mark a big red “NO” on every food considered to be causing the problem.
- Program yourself that hunger between meals will vanish by eating a piece of carrot, celery, or apple, or by taking deep breaths.
- Program yourself to leave something on your plate.
- Program yourself that you do not always need dessert.
- See yourself in the Mirror of the Mind — first seeing yourself in the blue-framed mirror — then how you wish to be in the white-framed mirror — showing weight, clothing size, etc.

Smoking:

- Determine the time of day when you smoke your first cigarette. Program yourself to smoke it one hour later. When effective, then program still one hour later. Soon it will be simple to stop.
- Or program yourself to smoke one cigarette on the hour, then only on the even hours. It will then be easier to stop altogether.
- Program that three deep breaths will stop the immediate desire to smoke.
- Program yourself to stop smoking on a particular day 30 days from now. Reinforce every day. Say to yourself, “I will stop smoking on this day and never smoke again in my life.”

Session Ten

Creating Your Mental Laboratory

It is recommended that you devote three sessions to creating your mental laboratory. To begin each session, enter your level with the 3-to-1 method, and then use an extra 10-to-1 countdown.

Session 1

1. Create a room with four walls, a ceiling, and a floor, and locate it in some familiar place.
2. Decorate the room any way you wish, but keep the south wall blank.
3. Create a chair, desk, calendar, and clock.
4. Create a file cabinet that contains all the information that now exists and that will ever exist concerning men. Then create another file cabinet containing the same type of information about women.
5. Install all the tools and equipment that ever existed or will ever exist. Do the same for chemicals and medications.
6. Put all the controls for these instruments on the armrest of your chair.

Session 2

1. Install your mental screen on the south wall.
2. Create a door which you can also control from your chair.

Session 3

1. Consider carefully whom you want to select as your counselor.
2. As you sit behind your desk, visualize what your counselor looks like. Imagine he or she is waiting outside the door that you created.
3. Now, mentally invite him or her into your laboratory.
4. From now on, whenever you enter your laboratory, do so with the 3-to-1 method; greet your counselor and say a welcoming prayer.
5. End your session now and in the future by thanking your counselor, saying a farewell prayer, and coming out 1-to-10, 1-to-5.

Using Your Laboratory for Healing

1. Go to your laboratory with the 3-to-1, 10-to-1 method.
2. Greet your counselor and say a welcoming prayer.
3. Put yourself or the ailing person in front of your mental screen.
4. Scan the body up and down, selecting three areas that attract your attention. Scan these areas and scan the one that feels most important to you.
5. Allow your make-believe or guessing faculty to identify the problem.
6. Fix the problem, using your hands, your tools, your medications. Let your final picture be of a perfect body.
7. Thank your counselor, say a farewell prayer and come out, 1-to-10 and 1-to-5.

Session Eleven

Visualization to Provide Subjective (Right Brain) Points of Reference

Go to your alpha level with the 3-to-1 method and embrace your psychic, creative, and intuitive ability by taking a mental trip once or twice daily. Here are some possible examples:

1. Visualize familiar fruits and vegetables. Smell them; taste them.
2. Visualize a flower garden. Observe the colors. Smell the different flowers.
3. Visualize a pet cat or dog. Imagine you can see inside this animal. What do the organs look like?
4. Visualize an easily remembered person. Imagine that you can see inside this person's body. Examine the organs. Make the heart become transparent so you can see how it functions. Then examine the kidneys, stomach, and so forth.

“Living Room South Wall” Exercise to Set Up Subjective (Right Brain) Points of Reference

1. Go to your alpha level with the 3-to-1 method.
2. Mentally picture yourself at the front door of your home or apartment.
3. Open the door. Enter. Close the door. Go to the center of your living room and face the south wall.
4. Scan the south wall, starting at the top and going from left to right like reading a book, a little lower each time until you reach the ground level.
5. Change the color of the wall a few times — red, black, blue, green, blue, black, red, and back to its original color.
6. Walk to within an arm's length of the wall. What is it like? Objectively extend your arm and notice how it feels.
7. Project your intelligence inside the wall. What is it like? (Light, temperature, sound, smell, etc.)
8. Come back out of the wall and go back to the center of the room, facing the south wall.
9. Leave your living room and exit the front door you came in from.
10. End your session 1-to-5, feeling wide awake.

Session Twelve

How to Use the Silva Method to Continue Your Self-Transformation

1. Take the four-day Silva Training. See the last page of this workbook.
2. Read books on Silva, but put the books down and do the exercises called for.
3. A 40-day alpha reinforcing procedure is to count backwards upon awakening each morning. Prop up your pillow, close your eyes and count down from 100 to 1. Do this for 10 mornings and then 50 to- 1 for 10 mornings; 25 to 1 for 10 mornings, and 10 to 1 for 10 mornings. You may stay with the 10-to-1 method for going to your alpha level or use the standard 3-to-1 method. Come out 1-to-5.
4. Occasionally deepen your level with the progressive relaxation method used on Session Three and on the Bonus Session.
5. Improve some relationship every day through forgiveness and subjective communication.

Daily Tools

1. Program for a perfect day every morning by going to alpha and seeing it happen.
2. Put your family on your mental screen each night. Program for harmony and health.
3. Put your three fingers together every time you need to function with greater awareness.
4. Use the Glass-of-Water Technique and Dream Control to solve problems.
5. Use the Mirror of the Mind to reach goals.

Programming for a Better World

1. See diplomats and statesmen using subjective communications.
2. See physicians working side by side with psychics.
3. See educators awakening to the right brain.
4. See crime on the decrease, with prisons empty.
5. See famine end.

Bonus Session

Alpha Reinforcement Exercise with José Silva with “The Alpha Sound”

On track one (A) of your Bonus Session, José Silva provides you with an exercise to reinforce your ability to enter the alpha level quickly and easily with the 3-to-1 method. Use this session only after listening to and practicing the long-relax exercise on Session Three.

You will start with the same 3-to-1 method explained at the end of the long relax exercise on Session Three: Begin with your eyes closed, take a deep breath and while exhaling, mentally repeat and visualize the number 3, three times. Take another deep breath and while exhaling, mentally repeat and visualize the number 2, three times. Take another deep breath and while exhaling, mentally repeat and visualize the number 1, three times. Now you will be at level one, the alpha level.

Remember that you can also deepen your level by counting down from 100 to 1, 50 to 1, or 25 to 1. A good time to do this is when you awaken; another good time is after lunch; a third good time is just before you fall asleep.

Other features of this side include the beneficial statements you heard on Session Two: programming statements for better health and effective sensory projection statements. These bonus features are too long for you to give yourself, so they are presented here for your use.

The Alpha Sound

This is the alpha rhythm sound. It is not useful until you have completed most of the sessions in this program. Then it becomes a valuable adjunct for helping you to maintain your level to apply what you have learned.

Also, because you have programmed yourself to be more sensitive to this rhythm and more receptive to its benefits, you may find that just playing the alpha sound can be beneficial. Many Silva graduates find it helpful to place the alpha sound on injured or painful parts of their bodies; for physical health, it helps to normalize the abnormal.

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