SILVA
LIFE SYSTEM™
Silva Life System
Text Transcript

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Introduction: Welcome to Silva Life System 2.0

**Kaileen:** Welcome to the Silva Life System. You are about to embark on a journey of the mind. We're going to be empowering your mind for learning, self-reflection, discovery, and creation. If you're new to meditation, then you will gain easy, practical tools for a dynamic meditation practice. And if you already know how to meditate, you're going to condition your mind to access deep meditation, meditation with the eyes open, and tools for using the power of your mind in your daily on-the-go life.

So if you've always wanted to access more of your own personal power, be clear about your life's purpose, transform stress and truly step up in your life, or if someone just told you that you should learn meditation, then you are in the right place.

Hi. I'm Kaileen Sherk, a dedicated Silva practitioner, personal growth enthusiast and host of this program. I'm facilitating this program with master teacher, Laura Silva Quesada, the President of Silva International and daughter of Jose Silva. She'll be teaching the core philosophies of empowerment and meditation in this program through four Silva foundations: mind-body management, healing and problem solving, intuition and manifesting. The program is broken down into these four foundations and within each foundation there are levels: beginner, intermediate, and advanced. Only you can know when you are ready to move on to the next level after you've mastered the exercises within that section.

So you're going to start with the Roadmap to Success and after you've got a good handle on that, you can start with the first foundation and move through the program level by level.
So let's start with the first of the four foundations. The first foundation, mind-body management, is all about learning to access different levels of your mind. You'll experience everything from deep levels of consciousness, also known as Theta brain wave state, to accessing levels of consciousness while being up and awake and your eyes open - we've called Alpha.

You are also going to learn how to manage your sleep and use your dreams to access more information from your mind. Learning how to manage these states of consciousness is the foundation of all Silva techniques. And you're not only going to learn how to do this by listening to meditation exercises, but you will also begin to condition your mind to access these powerful states all on your own. So practicing meditation will give you a greater understanding of yourself, enhance your intuition, and help you make better decisions easier, solve personal problems, and start achieving your goals with manifestation power.

The second foundation is healing and problem solving. In the Silva Method we believe that a healthy body is not separate from living and having a healthy mind, emotions, and spiritual life. Getting yourself to a place where your body can heal itself involves the same skills that you use to solve problems more creatively. You will learn practical techniques to relieve headaches. You will learn problem solving techniques that will help you shift your healing paradigm.

The third foundation is intuition. From the beginning of the Silva Method, intuition has been a core element of the program. Every person has the ability to become more intuitive and tap into a greater sense of knowing. This program will teach you how to do this and access a wealth
of information that you didn't even know was available to you.

The fourth foundation is manifesting. Now there is a lot of talk these days about manifesting and the idea that we can create whatever we want. It's a powerful notion and the Silva Life System is going to teach you how to start noticing the small manifestations that you already have in your life so that you can condition your mind to realize and recognize success in the bigger and greater manifestations.

Moving through these foundations and practicing these Silva tools has already lead over six million people in 110 countries to living greater, more fulfilled lives. In the past, meditation has been associated with monks and yogis that sit all day cross-legged and meditation and Om. But these days, let's face it, that way of life is not practical for most of us.

So the Silva Life System is going to introduce you to something called "dynamic" or active meditation. You're going to learn how to meditate wherever you are whether you're on the go or even if your eyes are open. As you go through the program, you're going to be asked to get clear about what you really want. And then you're going to have the opportunity to evaluate what you want and your current situation so that you can measure your progress as you go through the program.

So the way that this program is structured is that each topic has a lesson, which is instructional content about what it's all about, and that's going to be accompanied by a meditation. The meditation is what's going to condition you and your mind and set you up for successful meditations in life experience.
One of the best things about the Silva Method is that you're going to learn to meditate all on your own without the use of audios and guided visualizations. So once you get the programming and you do some practicing, you're going to be able to do this anytime you need. So since this program is about accessing greater parts of your mind by utilizing more of your brain power, I'm going to go over some of the basic concepts of how the mind and the brain work.

So have you ever wondered what the difference is between your brain and your mind? Your brain is simply an organ that is receiving and transmitting frequencies. It's physical. You can weigh it. You can measure it. But your mind, however, is not so easy to define. We often think of our mind as being inside of our head. I mean it feels that way, right, when you're thinking? But really, it's intangible. It's completely subjective. Your mind is where all your memories are. It's where your imagination is. It's where all of your beliefs about the world and what's true or not true reside. I mean your mind is infinite. It's an infinite resource for helping the body heal, process information, and help you achieve goals you always dreamed of.

In the Silva Method we're going to teach you how to slow down your brain frequencies so that you can access greater amounts of information in your mind. Now slowing down your brain frequencies sounds like a complicated and, possibly, dangerous thing. But I can assure you it's totally natural. In fact, you do it naturally several times throughout the day already.

For example, when you sleep your brain naturally slows down to a different level of brain frequency depending on the depth of your sleep and your sleep cycles. You see, your brain is composed of approximately 100 billion neurons. Each neuron has a cycle and the cycle is from
where it fires off and then rests. And that's what they call their frequency. Your brain's many neurons are always pulsing at some frequency. So we're going to teach you to use meditation to help you slow down your brain frequencies into two primary levels: Alpha and Beta.

We use these levels because they are the brainwave states that help you access your creativity, natural ability to heal, solve problems, and create what you want. Now the average vibration of an adult's brain when you're wide awake is normally about 20 cycles per second. This is called Beta. When you are at this frequency, you're totally aware of your surroundings, wide awake, and using your five senses to process the physical objective world.

Now, the Alpha brain wave state is a slower range of frequencies. And if you've ever caught yourself staring off into space or daydreaming, you already know what this Alpha state is like. These Alpha frequencies are associated with creativity, imagination, and even intuition. So this is a dynamic state to be in and we're going to be using it a lot in this program. You're going to learn to create it on demand so as to gain access to greater amounts of information and knowledge within.

In addition, you're going to be conditioning your mind similar to how you condition your muscles with exercise. You're going to do this by accessing an even slower frequency of brain called Theta. Theta is what you've already experienced when you're in that time of sleep just as you're waking up in the morning or just as you're falling asleep at night. While you're in the Theta state, the mind is capable of deep and profound learning, healing and growth. And it's the brain wave state where our mind can connect to the Divine. It's also where you can manifest changes, the ones that you want, in the material world.
So we're going to help you access the Theta state through the guided exercises and that will give you more conditioning to access the Alpha and Theta whenever you need it. Alpha and Theta are not directly involved with the physical world or our physical senses like how your eyes can see things that are here in the room. Alpha and Theta, when you see something at those states, you're seeing things with a more subjective eye like when you have a dream or a memory.

Your mind has its own set of senses. Your mind can see, hear, touch, taste and smell, and even sense. The more you learn to pay attention to this type of subjective sensing, the more you're going to gain greater access to your mind.

Okay. So you're going to be asked to do two things throughout this program. And with these two things, everything is possible. And I know that some of you think you can't do it, but I'm here to tell you that you can visualize and you can use your imagination. Let me explain. Visualization is actually the ability to recall something that you've already seen or experienced - like a memory. So every time you have a memory or need to find your car in the parking lot, you're visualizing.

Now I know this doesn't always come in digital HD, but the images and the information from your memory are still there. For example, can you remember your favorite birthday? What did you do? Who was there? Can you remember the smell?

Now really take a moment, close your eyes if you need to, and remember. Remember what kind of cake was there. Who was there? Do their faces come to mind or do you just get a sense or a feeling in your body? Do you hear sounds that remind you?
These are the skills that are going to bring you great success in this program. And we are going to make sure that you have lots and lots of practice using them.

Other times, we're going to ask you to use your imagination. And I know it may have been awhile since you've actively participated in a game of pretend, but you're actually using your imagination all the time. Every time you worry about tomorrow or think about what the kids must be up to or what your boss might be thinking, you're actually using your imagination.

Your imagination has the same sensing abilities that you use when you're visualizing. The only difference is that visualization is what you do when you're referencing something you've already seen. And your imagination is what you use when you're projecting what will be. So you're going to be using these two tools of the mind, visualization and imagination, all throughout this program at the Alpha and Theta levels in very specific ways designed by the Silva Methodology.

Okay. So remember the program structure I mentioned earlier? You will begin with the Roadmap to Success. This series of audios will prepare your mind to success in Silva. And then from there, you'll begin your Silva journey. While it's best to use the program in sequence, I know that some of you like to skip around. So just use the table of contents to choose a program that suits your category and your skill level. But please, just be aware that Laura is conditioning your mind to use the audio guidance less and less. Because as you learn to do this all on your own, the more empowered your mind becomes.

You never stop using Silva. This is not a program that you're going to use once, get the benefits, and be done.
Meditation is a way of life. And we've designed this program to empower you to use it all on your own in an easy, fast way so that it's an integral part of your day.

So get ready. Start with the Silva core values and the Roadmap to Success and begin the journey of your life.
Chapter 1: Introduction

Silva Method Core Values

Kaileen: Welcome to the Silva Core Values. This is designed to help you create a mindset for success. The Silva Method is all about gaining more control over your brain and mind. So to get the most out of this program, it is important to completely understand these nine core values.

Core Value Number One is that there is no such thing as failure in the Silva Life System. If you notice that you're not getting the results you were expecting, then don't just give up and write yourself off as a failure. Just because our expectations were not met doesn't mean that we failed. Everything is an experience of some sort. And learning to receive and adapt to feedback is a valuable skill to develop.

Now feedback can be subtle. Like when I notice that I get too comfortable during the exercises, I have a tendency to get sleepy. Feeling sleepy is the feedback I needed to either go to bed earlier or, more seriously, feeling sleepy is the feedback to try a different position or a different location or time of day to practice my Silva exercises. Feedback can also be confronting - like if you get sick because you've been working too much or not taking care of yourself. As in life, if we gave up every time we got a piece of feedback and we labeled that feedback as bad, we would not get very far.

What comes to mind are those times when you're driving down the highway, there are these little ridges or small bumps on the side of the highway to tell you when you're veering off the path. These ridges are meant to keep you
safe and on the right track. But imagine if you lived your life like the feedback you received meant failure. Then every time you hit one of those little bumps and started to veer off path just a little, you'd pull off the road and say "That's it. I can't do it. I'm a failure." And you definitely would not get very far. Now you see these bumps on the side of the road are there to give you feedback. They're saying "Hey, hello, you're wandering astray here. Pay attention and get back on the path."

So as you consume this program, you'll be asked to pay attention to the feedback you are getting from the exercises and from your life. This way you will start seeing results right away.

Core Value Number Two is that what you think about, you bring about. Yes, what you focus on expands. This is not meant to be confused with the common misconception that all you have to do is think about what you want and 'poof' you'll get it. But it does mean that your mind is a powerful tool that is often underappreciated. And with this power, comes great responsibility. This means that you have to start paying attention to the types of thoughts that you think and the words that you say.

So if you find yourself stuck in a negative rut or focusing on the downers in life, then it is important to clear out those thoughts. In the Silva Method, we use a process of conditioning called Mental House Cleaning. Mental House Cleaning is how we train our minds for more positive thinking. Here is how it works. Whenever you find yourself stating negative affirmations like this is too hard, I can't do it, this is killing me, simply say "cancel- cancel."
"Cancel-cancel" is a way of conditioning the mind to be more clear and to cancel out those negative processes. This will give you more control over your thoughts which will lead you to creating more of what you want. When
you are thinking positively, thinking about your goals, or thinking about solutions, you will create more positivity, more action towards your goals, and more solutions instead of problems.

Core Value Number Three is to tap into the power of desire. It may seem obvious that if you want to do something, then you have to have the desire to do it. But we're not talking about willy-nilly feelings of desire. In the Silva Method, desire is a core element of getting what you want in every element of your life. Your desire to have something has to be iron-clad. Because if your desire is not strong enough, you will never begin.

How strong is your desire? Well, it's kind of hard to measure because it's what we call a subjective energy. A subjective energy could be anything from desire to love to expectation. It is personal to you and cannot be measured against anyone else's standards. Only you can know if your desire to have something, create something, or begin a new way of life is stronger than your desire to stay in old habits.

So as you move through the program, set and achieve goals, receive feedback, and adjust your meditations, the first thing to evaluate is your desire. Your consciousness doesn't like working on make-believe problems and situations. So ask yourself, do I really desire what I'm programming for? Do you really need it? Does it serve a purpose? Does it solve a problem? Your mind will naturally have a stronger desire for the necessities in life than for the luxuries. So if you really want it, you must first have the congruent desire to have it. A great place to start for all Silva students is the desire to master this program and your mind.
Core Value Number Four is that belief is more powerful than words. Your belief is what sustains you while you align your mind and your life to achieve what you want. Belief is an essential subjective energy that is part of every Silva exercise and lesson. After having the desire, you must also have the belief that what you want is possible. If you were doubting your belief, ask yourself these questions: Do I believe that I'm worthy of what I am seeking? Do you believe that the situation merits a solution? Do you have any doubts regarding the situation? And do you really believe that it can happen?

Belief in yourself is really only a memory away. When you're in doubt, remember a time where you achieved, succeeded or excelled. Access the part of you that can do it. This program is going to help you strengthen this muscle. Start now by believing that you can meditate effectively; that you can gain more control over your mind; and that you can create more of what you want in your life.

Core Value Number Five is to expect the best or better. It's not enough to believe that you will master this program. You must expect it to be so. In this program, you will be asked to manage your expectations but not in the way you typically do so by downplaying your successes. Expectancy has a great power because it's the confidence that comes with success. And in this program you will amp up your experience of expectancy so that you can expect beyond a doubt that you will achieve your goals no matter how large or small.

If you find yourself in doubt, simply remember a time where you were full of expectancy and achieved success. You may have said things like "I know it's going to happen; it's about to happen; it's right around the corner." Now carry that expectation with you as you complete this
program and achieve the level of mastery that you desire, believe, and expect to achieve.

Core Value Number Six is that taking action is key. You have to "do the do." If you are ready to make a difference in your life, if you are ready to gain control over nagging and negative thoughts, if you are really ready, then this program is for you. Here at the Silva Method we believe in taking action. Setting your mind for success is just the first step in living a dynamic, spiritual, and connected life. You must take action on the lessons, opportunities, and serendipity that life provides.

The more you condition the power of your mind and the more you use this program, the more you will see opportunities, big and small, that will lead you on the path of your greatest life. Sometimes that path is not always clear. So you must trust and take action when action is due. And the first action is to be diligent with your Silva practice. We sometimes want to abandon our practice as soon as we see the first signs of results. Rather, results are a sign to keep practicing because greater things are to come.

Sure. I mean we live in a busy world and information is bombarding us on so many levels all the time between phones, iPads, television, jobs, email - you name it. So we invite you to take action on something that really matters - and that's you. You are the most important person in your life and your action will make all the difference.

Core Value Number Seven is that following the formula equals results. The techniques you'll be learning in this program are called formula-type techniques. This is because each formula has been researched and tested to ensure optimal results. You will achieve greater results if
you learn to follow the steps exactly as they are programmed. If you find yourself straying from the steps of an exercise, be sure to revisit the programming or the steps in the manual.

Following the formula-type techniques accurately is a necessary form of mental discipline, which gives you success in this program. Some of the Silva techniques will be really simple and seem easy to follow, like the sleep control technique or the energizing technique, while others are more advanced and require a deeper knowledge of the program. But don't worry, the program is designed so that you can move from beginner to intermediate and advanced as you progress through the program.

No matter how you progress through these modules, you simply follow the time-tested formula and you will start living a life that is better and better.

Core Value Number Eight is that meditation is natural. Some people think they can't meditate. It's too hard. My mind won't be quiet. I can't sit still for that long. I always fall asleep. I'm not disciplined enough. I heard evil spirits can take over your mind when you're meditating. Well, unless evil spirits are taking over your mind every night when you go to sleep, meditation is a completely natural part of your body's rhythms and processing. You do it naturally every single day.

The meditative state is nothing more than a frequency of your brain. There are many frequencies happening in your brain all the time. Some are faster and allow you to be alert and awake. And others are slower, allowing you to daydream, sleep, or even dream.
The Silva Method Practice is about using these frequencies, with intention, to access more information, ideas, creativity, and the benefits of relaxation. Have you ever gotten a great idea just as you're falling asleep at night? Or have you ever been daydreaming and found that you feel more rested and alert afterwards? If so, you are already tapping into the power of the meditative state.

In this program, you will begin by learning to relax your body and your mind. And as you progress, you'll be conditioning your body and mind to use meditation in all kinds of creative ways. You will find the right way to integrate meditation and mind power into your life in just the right ways.

Core Value Number Nine is that you have all the resources you need to do this. We are just guides along the way. I know that you have bought this program for a specific reason. Maybe you want to get more in touch with your intuitive side. Maybe you want to learn to meditate. Maybe you just want something new and exciting in your life. It doesn't matter 'why' you're doing this program. It matters 'how' you do this program.

There is some amazing content in here. Some stuff you're going to hear is going to sound great and it's going to resonate right away. It's going to make a lot of sense and it will feel like a practical way of making changes in your life. Other information in this program could challenge the way you currently think about things. You may need to reconsider or think about it a little bit more. Well, anytime something is not making sense to you, just put it on a mental shelf that says 'awaiting further information'. Just put it there until you understand it better or have better use for it.
Sometimes key information will just start to make sense to you as you progress. So remember to pay attention to the feedback. You are starting a learning process, so keep an open mind, listen, take it in, accept what you want and set aside what you don't want or can't use at the moment.

Laura and I will be guiding and teaching along the way. And you will have every opportunity to practice every single technique with guidance from the programming. But unlike other programs, you are going to learn how to practice this on your own.

True empowerment, and our intention for this program, is for you to use these exercises easily, naturally in your daily life without the use of CDs, audios, or guided programming. When you are empowered to use Silva at work or in conversation or while in line at the supermarket, you will be fully integrated into the Silva Life System.
Chapter 2: 4 Steps to the Silva Life System 2.0

Introduction to the Roadmap to Success

Laura: In the short exercise that follows, you will be able to simulate with your imagination handling a stressful experience. You will begin by sitting comfortably on a chair with your feet flat on the floor, palms resting on your lap, and spine somewhat erect. I will ask you to close your eyes. This is so you can eliminate most of the external stimulus and because focused eyesight requires high Beta brain frequencies to operate it. Upon closing your eyes, you can begin to slow down your brain frequency to Alpha. Functioning at Alpha is actually quite easy to achieve.

I will then ask you to take three deep breaths. The first slow, deep breath is to relax your body by releasing tensions and pressures along the way. I will guide you. The second slow, deep breath is to relax your mind by thinking of a passive and tranquil scene. Take a few moments to think of a scene that makes you feel tranquil and passive and you can use for this breath. The third slow and deep breath will be to feel or experience the calm and peaceful qualities of your inner self. And that's what's referred to as a point of reference.

Make sure your breaths are deep and fill your belly. Refrain from shallow upper chest breathing. Keep your breathing during the exercises slow, deep, and rhythmic. You will notice a soothing binaural sound in the background. This sound is a combination of musical notes, a Solfeggio frequency of 528 Hz said to be effective for healing, and a Theta beat that is conducive for deep meditation. We call this sound Dreamscape.
Although it is not necessary for the effectiveness of the exercise, you may listen to the exercise with headphones to enjoy the full effects of the sound. Before we do the exercise, find a safe location and make sure you're not driving. It is recommended that you listen to the exercise with eyes open before you do it with eyes closed. Doing this, you will know exactly what you will hear and there will be no surprises.

To make the most of this exercise, recall a time when you felt really stressful. What comes to mind? Feel your body shifting internally and recognize where in your body you feel the first signs of stress setting in. Recognize if you're feeling anger or fear. And, if you can, identify what core experience is being triggered - whether abandonment, rejection, lack of control, helplessness, or hopelessness. Then I'm going to ask you to take a deep breath and say "relax and be calm." After that, you're going to answer the following questions: What am I really worried about? What am I really afraid of? Or why does this situation make me angry? And what are the basic characteristics of this feeling: lack of focus, impatience, anxiety, and/or sleeplessness?

After answering those questions, you will recognize what core experience is being triggered. And then separate yourself from that core experience and that younger, less resourceful you that doesn't have the kind of skills and knowledge the adult you has. Then you will ask "how can I best handle the situation?" At that point, allow ideas, images, feelings, and solutions to surface. Think about it for a few moments and then concentrate on positive solution images and feelings of achievement.

At that point, you create a solution image. And, if you can, make it an action image with a lot of detail and color or simply describe it to yourself in detail. Once the solution
image is created, step into the image and allow your body, brain, and mind to become very familiar with how it feels to be calm, in control, and resourcefully handling a stressful situation.

Now, this little exercise you can do on the spot and it only takes a few seconds. Now let's get ready for the exercise.

**Lesson on Transforming Stress**

**Laura:** Hi. I'm Laura Silva Quesada. And welcome to the Silva Life System. I'm excited and honored to be a part of your journey into your life and mind. We are going to begin this journey with a four-step process called The Roadmap to Success. The Roadmap to Success was developed by psychologists Drs. Tony Estrada and Joan McGillicuddy, some dear friends of mine and Silva Method instructors in Arizona. Tony and Joan saw the need in their Silva students for a clear and foolproof formula that encapsulated the how-to's to successful living. This formula provides a checklist to help you stay the course with reminders of where to place your focus for successful manifestations. The formula is great for keeping you on your path and queuing you in to exactly what you need to do as you set your goals.

The formula has four different steps. Each one of these steps is an element of good living and healthy goal achievement. The first step is to manage stress effectively. The second is to think of what you want and only what you want so as to not waste time on anything else. The third step is to go beyond your limiting beliefs. And the fourth is to use more of your brain and mind and be empowered with tools and techniques that help you solve more problems, become more successful, and live the kind of life you choose or desire to live.
In the tracks to come, I'll be explaining this great and effective formula in detail and providing you with practical, easy-to-use ways of implementing this formula in your life. Let's start with the first step: managing stress effectively. We all know that we experience stress day in and day out. And stress is not necessarily a bad thing. It's only a bad thing when you can't manage it effectively. There is such a thing as good stress - also known as eustress. And, of course, there is the bad stress - also known as distress.

The good stress motivates you, mobilizes you, and energizes you. Whereas, the bad stress paralyzes you, stifles your functioning and your thinking. We want to focus more on how to manage the so-called bad stress. Every time you experience stress, you have a certain reaction to it. And that reaction to stress is pretty much based on how you think, believe, and behave, as well as your attitudes and values. All those different factors influence your reaction to stress.

The main goal we want to achieve here is to convert the reaction to stress into a response. Everybody reacts to stress at some point in time or another. And most people react to stress in a somewhat similar way. When you experience stress, you may notice that your body and way of thinking undergo some changes. For example, the muscles throughout your body tense, excess blood flows into the muscles of your back, arms, and legs to get them ready to fight or flee, your breathing becomes shallow, your eyes narrow, your heart beats a little faster, you sweat, and your thinking gets foggy. When people go through all those physiological changes in their body, it is more than likely that they have triggered the fight-or-flight response.
It is helpful to recognize where you experience the first signs of stress in your body. It's that nauseating feeling in your stomach, weakening of your legs, tightening in your chest, or grinding of your teeth. By becoming aware of this, you will be more apt to interrupt the pattern of reaction and respond more appropriately to the stressful situation. Now, the fight-or-flight response is a response to perceive a danger whose sole purpose is our survival; yet, think of what is causing us to trigger the fight-or-flight response. Because too many times we experience stress for things like misplaced keys or when you're running late for an appointment, when we're stuck in traffic, when we can't control everything and everyone around us, or unfinished projects and deadlines.

And while none of those things are dangerous or threaten our survival, they do result in internal changes in our bodies such as digestion stopping, muscles tensing, heart rate increasing, inner processes halting, and everything else a fight-or-flight response demands. And we're doing this for things that don't merit it. Yet, we say "Well, I can't help it. That's just the way I am. That's the way I react." And, quite frankly, that's not true. You can help it because you are in full control of your reaction.

In fact, you don't need to react to stress at all. You can respond to it instead. And when you respond with ability, you are responding responsibly. When you learn to do this, you start to manage stress more effectively, where you are in control of it and it is not in control of you. Now, we want to be conscious of what is going on inside us and how we think and in our body as well. Because once we add more consciousness to the mix, then we're able to manage stress more effectively and make it work for us.

When stress sets in, there's usually some underlying reason why we react to stress the way we do. In
observing people for decades and in my own personal experience, I find that most stress is triggered by emotional factors such as abandonment, rejection, the feeling you get when you're not in control of the whole situation, helplessness, and hopelessness. These are core experiences that trigger stress. And if we dig deeper under the surface of our stress, we can usually find one of these core experiences fueling the reaction.

When a core experience is triggered, we are literally connecting with a younger version of ourselves in a time when the experience was most prevalent. And when that happens, we instantaneously feel angry and/or afraid. And the emotions of anger and fear always lead to stress. Now these are emotions we're talking about, unlike fighting and fleeing, that are the behaviors at the basis of the fight-or-flight response.

The interesting thing to note is that as a race we have made it. We no longer have to run away from dangerous beasts or fight with another to survive. What we need to understand is that the fight-or-flight response has evolved through time alongside us. And what used to be the fighting part is now expressed in anger - an emotion. And what used to be the fleeing part is now expressed as fear - another emotion.

So anger and fear have now replaced fighting and fleeing. The real questions that beg to be asked are what are you so angry about and what are you so afraid of? Or better yet, what are you reacting angrily towards and what do you say you are afraid of? Because most of the time, we react angrily towards things that don't really mean that much to us or affect us all that deeply - like misplacing our keys or turning on the wrong corner.
We also say we're afraid of things that we really aren't afraid of - like I'm afraid this recipe won't turn out or I'm afraid I'll be late. Yet even with those menial things, we can easily activate the fight-or-flight response and all those physiological functions that can literally hurt our bodies and weaken our immune system. How many times are you going to make your heart beat faster, have inner processes, like healing, to be put on hold and release unnecessary chemistry throughout your body? Researchers say the top two killers in our society are heart disease and cancer: two diseases that are directly impacted by stress.

Realistically, your untamed emotions and the ongoing triggering of those core experiences that lead to anger, fear, and stress can and do cut short way too many lives. So whenever you feel stressed, you need to ask yourself what is really causing the stress. Is it that all of a sudden you're experiencing the sense of abandonment and thoughts like you're leaving me, you're going away, I'm being left alone are filling your head? Or is it rejection? You don't want me. You don't like me; I'm not being accepted for who and how I am.

Or is it that you're a big control freak and want everything to go your way or else you're going to get really upset and begin stomping and pouting and insist on everything going your way. Or is it the experience of hopelessness where thoughts like oh, there's no hope; I can't do anything about it; it will never happen; it's impossible; there's no solution are all that you can think of? Or helplessness - I can't do anything right; I'm not resourceful enough; I don't have the skill or knowledge to make it happen; I'm helpless; I'm weak. Any of those experiences can trigger the fear and/or anger that result in stress.
But you need to be mindful that when it is triggered, it has to do with some unresolved experience in your past. So when you feel or experience stress setting in or coming on, ask yourself who's actually in control of this situation. Is it the adult you or is it the younger, less experienced you? Because anything that's triggered has to do with your past. When you set off a core experience, you're literally evoking the younger you. And what results is the younger you handling a situation it's not equipped to handle.

When you become aware of that happening and stress is setting in, take a couple of minutes to go through a simple exercise that can help you manage your state effectively. The transformation stress now exercise can be done on the spot the moment you feel angry, afraid, or stressful. I want to remind you that the fight-or-flight response has evolved through time and now what has replaced it are the emotions of anger and fear. Stress affects our overall living experience, our ability to make good choices and decisions, our ability to solve problems, our ability to be creative, to communicate effectively, to learn and, more than that, stress also affects our health. It can really hurt our immune system and that can lead to serious illness.

We have often heard that 80% of all illness is stress related. So be mindful of stress as it sets in. Interrupt the pattern. Get to the root cause. Neutralize it and move on in a more positive direction. By doing that, you're able to mindfully respond to stress with ability.

In the Silva Method you're going to learn many different ways to identify and release stress from your body and, eventually, from your life. By learning the tools and techniques in the Silva Method Program, you will begin to create new behaviors in your life that will help and create
a more healthy balanced relationship with the stressors in your environment and the deeper programs within.

**Preparation to Transform Stress Now Exercise**

**Laura:** In the short exercise that follows, you will be able to simulate with your imagination handling a stressful experience. You will begin by sitting comfortably on a chair with your feet flat on the floor, palms resting on your lap, and spine somewhat erect. I will ask you to close your eyes. This is so you can eliminate most of the external stimulus and because focused eyesight requires high Beta brain frequencies to operate it. Upon closing your eyes, you can begin to slow down your brain frequency to Alpha. Functioning at Alpha is actually quite easy to achieve.

I will then ask you to take three deep breaths. The first slow, deep breath is to relax your body by releasing tensions and pressures along the way. I will guide you. The second slow, deep breath is to relax your mind by thinking of a passive and tranquil scene. Take a few moments to think of a scene that makes you feel tranquil and passive and you can use for this breath. The third slow and deep breath will be to feel or experience the calm and peaceful qualities of your inner self. And that's what's referred to as a point of reference. Make sure your breaths are deep and fill your belly. Refrain from shallow upper chest breathing. Keep your breathing during the exercises slow, deep, and rhythmic. You will notice a soothing binaural sound in the background. This sound is a combination of musical notes, a Solfeggio frequency of 528 Hz said to be effective for healing, and a Theta beat that is conducive for deep meditation. We call this sound Dreamscape.
Although it is not necessary for the effectiveness of the exercise, you may listen to the exercise with headphones to enjoy the full effects of the sound. Before we do the exercise, find a safe location and make sure you're not driving. It is recommended that you listen to the exercise with eyes open before you do it with eyes closed. Doing this, you will know exactly what you will hear and there will be no surprises.

To make the most of this exercise, recall a time when you felt really stressful. What comes to mind? Feel your body shifting internally and recognize where in your body you feel the first signs of stress setting in. Recognize if you're feeling anger or fear. And, if you can, identify what core experience is being triggered - whether abandonment, rejection, lack of control, helplessness, or hopelessness. Then I'm going to ask you to take a deep breath and say "relax and be calm." After that, you're going to answer the following questions: What am I really worried about? What am I really afraid of? Or why does this situation make me angry? And what are the basic characteristics of this feeling: lack of focus, impatience, anxiety, and/or sleeplessness?

After answering those questions, you will recognize what core experience is being triggered. And then separate yourself from that core experience and that younger, less resourceful you that doesn't have the kind of skills and knowledge the adult you has. Then you will ask "how can I best handle the situation?" At that point, allow ideas, images, feelings, and solutions to surface. Think about it for a few moments and then concentrate on positive solution images and feelings of achievement.

At that point, you create a solution image. And, if you can, make it an action image with a lot of detail and color or
simply describe it to yourself in detail. Once the solution image is created, step into the image and allow your body, brain, and mind to become very familiar with how it feels to be calm, in control, and resourcefully handling a stressful situation.

Now, this little exercise you can do on the spot and it only takes a few seconds. Now let's get ready for the exercise.

**Transform Stress Now Exercise**

**Laura:** Find a comfortable position. Close your eyes. Take a slow, deep breath and while exhaling, relax your body completely, releasing and relaxing tensions and pressures along the way. To help you relax, I'm going to direct your attention to different parts of your body. Relax your scalp. Relax your forehead. Relax your eyes and the tissues surrounding your eyes. Relax your face, jaw, and tongue. Relax your neck and throat. Relax your shoulders, arms, and hands. Relax your back and spine. Continue breathing slowly, deeply, and rhythmically as you relax your chest externally and internally. Relax your abdominal area externally and internally. Relax your thighs. Relax your knees. Relax your calves. Relax your feet.

Release whatever pressure or tension may be lingering. Let it go and relax. You are now at a deeper, healthier level of mind deeper than before. Take another deep breath and while exhaling, relax your mind by thinking of a passive and tranquil scene. Any scene that makes you feel tranquil and passive helps to relax your mind. Do that now. Take another deep breath and while exhaling, connect with your inner self by acknowledging the calm and peaceful qualities of your inner experience. You are now at a deeper, healthier level of mind deeper than
before. Make a point of reference of how it feels to be so deeply relaxed. Relaxed in body and relaxed in mind.

In a moment, we are going to apply the stress management technique. To make the most of this exercise, recall a time when you felt really stressful. What comes to mind? Feel your body shifting internally and recognize where in your body you feel the first signs of stress setting in. Recognize if you are feeling anger or fear. Identify what core experience is being triggered. Is it abandonment or rejection, or the fact that you're not in control of the situation or person, or you feel helpless or hopeless? As you experience this stressful memory, take a deep breath and say "relax and be calm."

Continue breathing slowly, deeply, and rhythmically as you answer the following questions: What am I really worried about? What am I really afraid of? Or why does this make me angry? And what are the basic characteristics of this feeling: lack of focus, impatience, anxiety, and/or sleeplessness?

Once again, notice where you feel the stress in your body and what core experience is being triggered. Once identified, recognize the fact that it is a triggered experience and belongs to your past. Then mindfully separate yourself from that core experience and that younger, less resourceful you that doesn't have the kind of skills and knowledge the adult you has.

Now ask "how can I best handle the situation?" Allow ideas, images, feelings and solutions to surface. Concentrate on positive solution images and feelings of achievement. Imagine stepping into the solution image and allow your body, brain, and mind to become very familiar with how it feels to be calm, in control, and resourcefully handling a stressful situation.
Now open your eyes and take the appropriate action.

**Lesson on Crafting Your Dreams**

_Laura_: The second step to the Road Map to Success is to think of what you want and only that. This lesson will outline the Five Elements of Crafting an Outcome, and then take you through an exercise to get you started. Knowing what you want is the foundation for healthy and happy living. It is also a key element in successful goal achievement and dream manifestation.

Let's start with the first component: decide what you want and state it in a positive tense. Deciding what you want can be like planning a trip. When planning a trip, or vacation, you usually decide where you want to go, and plan accordingly from there. Even if you are the spontaneous type, don't like to have plans, and may not plan every stop along the way you have some sense of where you want to go, or where you want to end up.

Your ultimate goal may not be a location or a thing, but possibly a feeling. At the end of the trip you may want to feel relaxed, inspired, or confident. Your goal, or desired outcome, may be the same. Some goals are tangible like, I want to earn $100,000 per year, while other goals may be less tangible, like I want to feel more confident at work. Either way, it is crucial that you are clear about what you want, and you are stating it in a positive tense. If you say, I don't want to be in this job anymore, or I don't want to be in debt anymore, what are you saying that you want to achieve?

Imagine, if you call a travel agent, and the travel agent asks, where would you like to go? And you say, I don't
know, all I know is I don't want to go to St. Louis, Missouri. Can you imagine the confusion of the travel agent? How could they possibly book tickets? The possibilities of where you do not want to go are endless. Our minds work the same way, so when you want to go somewhere, manifest something, or otherwise achieve a goal, it is important to be clear about exactly what you want.

Not everyone writes down his or her goals. I often hear people say, I know what I want, it's in my mind. Here's a word to the wise, there's a great value in writing down your goals in detail, it gives your goals a level of permanence. By writing down your goals, you're creating an agreement with yourself, a contract on how you will live your life.

The second component is to find the devil and get him out of the details. These days we are very lucky when we are traveling, we have the internet to help us understand what a place will be like, there are websites with reviews and advertisements, all designed to tell us what to expect when we arrive at our destination. If you are not able to Google what your future's going to be like, then it's important to use your imagination to gather a sense of what your life will be like when you have achieved your goals, or desires. Be as specific as you can. Become aware of what you'll be like when you have this goal. Where will you be? What will you be doing? Who will you be with? When will this happen? Don't worry too much about the how right now. The most important thing is to focus on the end result and right at the very end I expect this, or better than this. In fact, claim it by saying it out loud.

A common problem for people who are not specific is that they get close to their goals, but not exactly. Let's say you write down that you want a new job. Great! This is stated in a positive tense, so we're on the right track. Let's say
that you’re offered a new job, but the salary is less, or the location is far away, or you don't like the people there. You obviously need to be more specific about what you really want. A great example is: I want a job that is fun, exciting, pays over $100,000.00 a year, I get along with the people I work with, work for, and interact with on a daily basis, my commute is 30 minutes or less, I have freedom to travel, enjoy my family, afford the security to pay for my healthcare, and provide for my family's education. My job allows me to live my passion, I want this or better than this.

The third component is to chart your own course. In this part, you claim your power. It helps to create goals that you can plan and execute on your own, in other words, initiate and maintain by yourself. When creating a goal statement make sure that your goal is something that you can start and achieve on your own. This may seem like an obvious statement, of course you'll have to achieve it on your own, but all too often we feel like our lives are dependent or connected to the actions of others. For example: you want to keep your current job, but are not happy with the people in your work place and you want them to change.

Now, that doesn't mean we can't accept help along the way of achieving our goals, help comes in many wonderful surprising ways when we start to align with our deep desires. It is just important that your goal is something you are empowered to achieve on your own. A good example of a statement that is initiated and maintained by itself is: I am finding new ways to be happy in the workplace, and I'm unaffected by the attitudes of those around me.

The fourth component is to get the best of both worlds. Even though you want to create a new and bright future, it's important to savor the best of your current situation.
When we're moving towards a goal, it can be so exciting that we want to forget about our current situation, but rather than completely get rid of the past; we want to take the good elements from our current situation, and improve our goal statement with this additional information. Even if your life seems bad right now, every cloud has a silver lining. Or should I say every cloud has a Silva Lining.

There is something that is good about your current situation, discovering the hidden gem makes all the difference when defining and achieving your goals. First, take a look at your current situation. If your goal is about finding a new job, look at your current job, or if you do not have a job, look at the situation. What is the silver lining in your current situation? Do you have a lot of freedom? Does your current job have a lot of security? Does your current situation provide you with great connections? Once you have determined what your silver lining is, write it down, and add it to the statement you already have.

The final component in determining your outcome statement is: check the environment for potential dangers. Now that you have formulated a solid goal statement, it is important to look at the consequences of achieving your goal could be in your life.

First, imagine your final outcome. Imagine it in full detail, as if you're already doing it, then run an ecology PE, check on your thoughts, emotions, behaviors, communications, etc. This simply means that you step back from your thinking, feeling, acting, relating, etc., and check on what you are experiencing when doubt sets in. You can asked questions, like is my goal balanced or out of balance? Is my goal healthy or unhealthy? Does it enhance my life or does it create limitations? Does it empower me or does it dis-empower me? Does my goal
increase resourcefulness or take it away? Does it bring out the best in me or does it sabotage my efforts?

You run an ecology check to avoid repeating what does not work. For change to happen, you must change in something in how you think, believe, or behave. This is especially true when desiring a better life. You can't possibly keep doing the same things you have always done in your life and expect a different outcome. If you discover some new information from asking these questions, be sure to modify your goal statement to include any other important factors. For example, your goal statement has evolved from I want a new job, to I want a job that is fun, exciting, pays over $100,000 a year, I get along with the people I work with, work for, and interact with on a daily basis, my commute is 30 minutes or less, I have freedom to travel, enjoy my family, afford the security to pay for my healthcare, and provide for my family's education. My job allows me to live my passion, I want this or better than this.

Let's say that you discover in your ecology check that you don't feel empowered or inspired in your job, then simply adjust the statement again to something like this: I want a job that is fun, exciting, pays over $100,000 a year, I am empowered in the work place, and have the inspiration to make a difference, I get along with the people I work with, work for, and interact with on a daily basis, my commute is 30 minutes or less, I have freedom to travel, enjoy my family, afford the security to pay for my healthcare, and provide for my family's education. My job allows me to live my passion, I want this or better than this. Once you have your outcome statement clearly defined, it is important to think of that and only that.
Preparation to Outcome Exercise

Laura: Now, it is time to get clear on what you want and create your goal statement. You can choose any goal now, or in the future for the exercise. We recommend starting with the outcome you want from the Silva Life System, this is always a great place to start. Keep in mind this exercise can be used any time you want to create a goal statement. The processes will begin with a brief relaxation exercise to activate your imagination and your desires.

Then you will be guided through a series of questions. Be sure to have your workbook, paper or computer to write down all of your answers. You will have limited time to answer all your questions, but don't worry, this is intended to activate your creative flow and keep you on track.

In this exercise, the sound in the background is called Plasticity, it's a bi-neural sound that contains musical notes and the Theta beat in the background. You may listen to it with headphones for a more complete experience. Although, it's not necessarily for the effectiveness for the creation of you goal statement, it is recommended that you listen to the exercise with your eyes open first, before doing it with your eyes closed, and always do the exercises in a safe environment.

Enjoy the exercise.

Outcome Exercise

Laura: Find a comfortable position. Close your eyes. Take a slow, deep breath, while exhaling relax your body completely. Releasing and relaxing tensions and
pressures along the way. To help you relax, I'm going to
direct your attention to different parts of your body. Relax
your scalp. Relax your forehead. Relax your eyes, and the
tissue surrounding your eyes. Relax your face, jaw, and
tongue. Relax your neck and throat. Relax your shoulders,
arms, and hands. Relax your back and spine. Continue
breathing slowly, deeply and rhythmically. As you relax
your chest externally and internally. Relax your abdominal
area externally and internally. Relax your thighs. Relax
your knees. Relax your calves. Relax your feet. Release
whatever pressure or tension may be lingering. Let it go
and relax. You are now at a deeper, healthier level of
mind, deeper than before.

Take another deep breath, while exhaling, relax your mind
while thinking of a passive and tranquil scene. Any scene
that make you feel tranquil and passive, helps to relax
your mind. Do that now.

Take another deep breath, while exhaling, connect with
your inner-self by acknowledging the calm and peaceful
qualities of you inner experience. You are now at a
deeper, healthier level of mind, deeper than before. It's a
wonderful feeling to be deeply relaxed, a very healthy
state of being.

At this time think of what you want. Is it related to career?
This program? Some other area of your life?

Imagine what you will look like when you have this goal
achieved. Are you happy? Who are you with? What are
you doing? When is this happening? Where are you?
Pretend that you can see all the important details of the
situation. Perhaps, you notice small details, like what you
are wearing. Maybe you notice bigger components, like
what kind of books you are reading, or how much money
you are making. Allow yourself to pretend for a moment that everything is prefect in this scenario. You have achieved it. While you may have gotten help along the way, you, for the most part, did it all on your own.

From this place of achievement look back into the past and notice any key factors that helped you get to where you are now. Notice what is still in your life. Notice what is no longer part of your life. Make any adjustments that you need to make, so that the environment around you is congruent with everything you are going to achieve.

Now, maintaining your calm mental state. Open your eyes. Grab your writing tools, answer the following questions: what do you want? Be sure to state it in a positive tense, you have 30 seconds.

Now, write down and list all the specific. What will you be like? Where will you be? Who will you be with? When do you want this? You have one minute.

You will now have 30 seconds to revise your original goal statement. Be sure to add the phrase, "this or better than this," to the end. Begin.

Now, think about your goal, and ask yourself can I do this on my own? Revise or rephrase your goal to make sure that it is completely achievable by you. You have 30 seconds.

Now, reflect on your life and write down all the positive elements of your current situation, even if you're in a tough spot. What is the silver lining for you now? You have 30 seconds.
You will now have 30 seconds to revise your goal statement, be sure to include any of the elements you just listed. Begin.

Now do an ecology check. How is your goal going to affect the world around you? How will it affect you? Take a few moments to reflect on your goal. Feel free to close your eyes, and imagine it again. Is everything aligned? If you see any red flag, take the time to adjust your goal statement as needed.

When you are done, put it away somewhere where you can access it easily and read it frequently, by doing this you will reinforce your goal and stay on path. From now on, only think about your desired outcome, and be reminded of where you're headed. Smile, because you are already on your way!

To guarantee your success with your Silva Techniques we recommend you take the Silva Method Life Training. For more information of our course schedules and locations, log on to SilvaMethod.com or call 1-800-545-6463 within the continental United States, or 956-722-6391.

Be sure to download Silva Meditation Apps that may be compatible with your Smartphone.

**Lesson on Going Beyond Your Limiting Beliefs**

**Laura:** The third step to the Road Map to Success is to go beyond your limiting beliefs. When we talk about personal beliefs in the Silva Method, we're not talking about your spiritual or religious beliefs; we're talking about the deeper layer of identity that you hold true within yourself.
So, what is a belief? How does it influence your identity? A belief is a statement you say to yourself about something that you assume to be true. Based on that definition, everything is a belief. Beliefs help to ground our understanding of the world we live in, once formed we tended to take an unwavering stand in support of them.

The consequences of if we know something to be true, then it becomes more than a belief. It becomes a statement of fact that creates your reality, even though it may not hold true in the same way to the reality of others.

Many of our beliefs are both resourceful and limiting, however when you hold on to limiting beliefs your life reflects it in by experiencing lack in health, love, money, career, opportunities, and happiness. Beliefs are usually created early in life during the formative years when influential people in your life, like parents, family, friends, and teacher evoke powerful emotions in you, or exemplify behaviors that imprints a certain reality.

These imprints evolve into a set of expectations, beliefs, and statements we hold to be real and maybe be either positive or negative nature. Many, if not most of the imprints are programmed at such an early age, when information is absorbed, without much discernment. They operate at the subjective, unconscious level, or in a way we are unaware of consciously. We exert tremendous impact on our lives and our identity.

Beliefs are like deep gritted guidelines that direct our lives in unconscious way, as to how things are supposed to be or should be. All of us have beliefs statements that we stay casually or more deeply that reflect these deep gritted programs. Beliefs can be useful or not so useful. Deciding what is a personal belief and if it's limiting or not, is all
based on your level of satisfaction, with whatever situation your belief is tied to.

So, how do you begin to identify a personal belief? Start by being mindful of the answers to the following question. You'll find these questions in your workbook. Feel free to spend a little more time reflecting on, and fleshing out the answers on your own spare time.

What is lacking in your life? What are you making excuses for when it comes to why you lack what you do? To what or whom do you point the finger of blame for your lack? What are you yearning for? What kind of attitudes do you have? Are they mostly positive or negative? What stirs up fear in you? What makes you angry? What situations cause you to over react? What holds you back from taking action? What do you find yourself setting for, or giving into? Do you get stuck in power plays with family, friends, or co-workers? Is perfectionism holding you back? Do you procrastinate? Why? Do you have negative expectations? Why? Do you have weak boundaries? Why? Are your habits supporting you or sabotaging you? Do you have long held secrets? What are they? Why have you held them for so long? How is the quality of your life, job, money, love, happiness, relationships, living environment, and health? What does it take for you to be rich? How much do you love, respect, and admire yourself? What role does your ego play in everything that you do? Lastly, how honest are you being with these answers to these questions?

After putting some thought to your answers, determine if any of your answers are beliefs by asking, is this true for every single person in the world? For example, the statement: in order to be rich you must work very hard. Is this true for every person in the world?
It may be in many circumstances, it may not be true for everything. I personally know a few people who have an abundance of money and don't have to work very hard at all. Some have inherited money, others have found a cool way to gain money through outsourcing, and others still love their work so much that it never feels hard. The statement: in order to be rich, you must work very hard, must then be a personal belief, because it is not held to be true by everyone.

If your belief is money comes from working hard, then your life is probably a good example of either working hard and having lots of money, or not working hard and not having very much money. How satisfied are you with this situation? If you're happy, and all is well, then there is nothing to do, but if you're not happy with your current situation, either because you want more money or you want to work less, then this personal belief is limiting and it's worth looking at ways to change it. It's time to pay attention to those limiting statements, and observe how your beliefs are helping you, or preventing you from achieving your goal.

Another way to determine a limiting belief is to think about the goal statement you created earlier. Do you feel like you goal is possible? How much doubt do you have about achieving, and why do you doubt it? Write down why you doubt yourself, or fear having your desired goal or outcome. What you discover is more than likely pointing to a limited belief.

You can also determine a limiting belief by noticing what you're making excused for in the areas of life. Statements like: I would be happy if it wasn't for my job. I would make more money, but in this economy, people are just not buying. This disease has no good outcome in sight.
Once you uncover your beliefs, you need to be bold enough to ask some tough questions. As recommended by best selling Author and Spiritual Teacher, Byron Katie of The Work. The questions go a little like this: Is my statement, belief, or thought true for every single person in the world? Is what I believe of myself really true, and do I know without a shadow of a doubt that it is true? When I believe that thought or statement how do I react? What happens? What has this belief or thought cost me? What has it kept me from being or having? Who would I be without this belief or thought? Are there times in my past when the opposite of my belief was true?

In other words, go back into your personal experience, and come up with several memories of when the opposite was true. You may discover your beliefs are so contextual, and only apply when a specific set of circumstances, emotions, and/or people are involved. For example, a secretary, who is also a wife and mother, may have the belief I'm not good enough, and may lack confidence, and even feel stupid in front of her boss. Yet, she may be and feel like the smartest, most resourceful person when it comes to her husband and children. Why is that? Is there something about her boss, as an older, authoritative figure that triggers specific feelings, or emotions that lead to the statement, I'm not good enough? Being that the opposite of the belief statement is true at home, and possibly in other circumstances as well, wouldn't it be better for her to think and say a statement that depicts the actual experience, such as: my bosses serious nature scares me, he reminds me of my father who was so strict and stern.

We reinforce strength and come to own our beliefs with constant repetition, even when they are not even true. Most of the time, you can get rid of the greater part of your
beliefs by paying a little more attention to the statements you so casually throw around with little or no thought, statements that have to do with some of the most valuable things in your life.

The remainder of your beliefs, those? You can change, soften, or get rid of with the exercise to come. The big message here is change your beliefs and you will change your life.

**Preparation to Beliefs Exercise**

Laura: Author Harry Adler says, "Every small change, at the root level of belief, will produce amazing changes in behavior and performance." The purpose of the exercise to come is to change some your limiting beliefs in four basic steps. Step one, to acknowledge the belief. Step two, to get to the root cause of the belief. Step three, to be inspired to change the old belief. Step four, to experience owning a new belief.

The first step is to acknowledge the belief by bringing to mind something that you believe limits you in any area of your life, where there is lack, such as money, intelligence, self-confidence, a skill or talent, success, personality, health, or some other area. Now, mentally state this belief to yourself and become strongly aware as to how this belief makes you feel.

The second step is to get to the root cause by allowing your intuition to mentally take your back to the time and place where you first heard or got such a belief, and accept the fact that this belief or this behavior at that time was the best possible choice. Allow your imagination to recall the circumstances as vividly as you can.
Step three is meant to inspire you by opening yourself to the many missed opportunities that have resulted from this limited belief. In the exercise, you will show yourself what this belief has kept you from doing, recognizing how this belief, this old thought has restricted you.

The last step is to experience a new belief by using your imagination to first create the desired situation in your awareness. This experience both energizes the new belief, as well as allows you to become more comfortable in the new role or situation before it happens subjectively. In your imagination, you are to experience what it means to your living experience to have this new belief, sensing the experience in as many ways as you can.

You will notice that the sound used in this exercise, called "Change", will have a tick in the background that follows at five beats per second. That ticking sound we call the theta sound, and is used to help your brain frequency slow down to maintain a calm, inner-state.

Let's get ready for the exercise.

**Changing Limiting Beliefs Exercise**

**Laura:** Find a comfortable position. Close your eyes. Take a slow, deep breath, while exhaling relax your body completely. Releasing and relaxing tensions and pressures along the way. To help you relax, I'm going to call attention to different parts of your body. Relax your scalp. Relax your forehead. Relax your eyes and the tissue surrounding your eyes. Relax your face, jaw, and tongue. Relax your neck and throat. Relax your shoulders, arms, and hands.
Relax your back and spine. Continue breathing slowly, deeply and rhythmically. As you relax your chest, externally and internally. Relax your abdominal area, externally and internally. Relax your thighs. Relax your knees. Relax your calves. Relax your feet. Release whatever pressure or tension may be lingering. Let it go and relax. You are now at a deeper, healthier level of mind, deeper than before.

Take another deep breath, while exhaling relax your mind by thinking of a passive and tranquil scene, any scene that makes you feel tranquil and passive, helps to relax your mind. Do that now. Take another deep breath, while exhaling connect with your inner-self by acknowledging the calm and peaceful qualities of your inner-experience. You are now at a deeper, healthier level of mind, deeper than before. Make a point of reference of how it feels to feel so deeply relaxed. Relaxed in body, and relaxed in mind.

In this exercise you will be examining your beliefs, those your presently hold, and those you create. Many negative, unwanted, and disruptive in life are caused by beliefs. Therefore, it can be eliminated by changing the limited belief or thought. An understanding of your beliefs, and their power, is a fundamental importance in taking control and responsibility for your own life. Your personal beliefs are the most important aspect of how you have lived, and how you spend the rest of your life.

In this exercise, you're setting in motion the conditions that enable you to improve and maintain beliefs that determine your way of life. You are using the power of your inner-self to energize, and to create new beliefs for the realization of those positive events you desire. Know that your awareness is directed, and mind brings about in your life the sum total of your beliefs. Positive and resourceful
beliefs provide you with the kind of life you desire. Your awareness now goes to the exact level to experience and benefit from the positive actions you are taking. To recognize a limiting belief, think of something you believe mimics you, such as a belief of lack in terms of money, intelligence, self-confidence, a skill or talent, success, personality, health, or some other area.

Now, mentally state this belief to yourself. Become strongly aware as to how this belief makes you feel.

You have now recognized a belief that has limited you, or held you back. Take some time now to focus in on this belief you're going to change. Allow you intuition to mentally take you back to the time and place where you first heard, or got such a belief.

Acknowledgment of fact that this belief, or this behavior, at that time was the best adjustment possible. Allow your imagination to recall the circumstances as vividly as you can. Do it now.

Now, open yourself to become aware of the many missed opportunities that resulted in this limiting belief. Show yourself what this belief has kept you from doing, being, and having. Recognize how this belief, this old thought has restricted you. Do it now.

To bring about new conditions, it has been proved effective to use your imagination to first create the desired situation in your awareness. This experience both energizes the new belief, as well as allows you to become more comfortable in the new role or situation before it happens objectively. You can, of course, imagine and reinforce these events by focusing your awareness whenever you choose in a mental rehearsal.
You now can, and do, direct your thoughts with mine to energize the events and happenings you want to be so for you. You can visualize, imagine, and experience the effect of this believe that you create for yourself. You mentally, in your imagination, experience what it means to your living, as the new belief happens. Sense the experience in as many ways as you can. You can always change any aspect that you do not like.

Take time now to subjectively enjoy and experience this creation knowing you have already started it happening. Be aware you are controlling the event, and causing something to happen as you want it. Do it now.

Relax, feeling well, listening to my voice, return to this place and time. Eyelids remain closed. Every time you use your mind, your ability to control your thoughts, beliefs, and your life increases. You find you’re more confident and dynamic. You become increasingly aware of the potential in using your mind to help you in the enjoyment of living. You increasing realize that you are primarily responsible for the control of, and the richness and joy of your own life. Relax. As you continue to breathe deeply, slowly, and rhythmically, whenever you feel ready, you may open your eyes, be wide awake, feeling fine and in perfect health.

To guarantee your success with your Silva Techniques we recommend you take the Silva Method Life Training. For more information of our course schedules and locations, log on to SilvaMethod.com or call 1-800-545-6463 within the continental United States, or 956-722-6391.

Be sure to download Silva Meditation apps that may be compatible with your Smartphone.
Lesson on Using More of Your Brain and Mind

Laura: The fourth step to the Road Map to Success is to use more brain and mind. What we want to learn to do here is to slow down our brain frequencies into the Alpha and Beta Region, then be able to use your mind at those frequencies in a special way to solve problems, to be more creative, to improve your health, and your overall mental ability by learning to use the potential for using both sides of your brain. To begin with, only using one side of the brain to think with is like trying to dance with one leg, you can do so much better with two legs.

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 first 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. Although there's less range of brain frequencies, such as Gamma, Hypo Gamma, Lambda, and Epsilon, our focus is going to be on the four most referred to frequencies of Beta, Alpha, Beta, and Delta.

When you're in deep sleep, for instance, most of your neurons pulse very slowly. They pulse more rapidly though when you're in a light level of sleep, and faster yet when you're wide awake. The average vibration of an adult's brain waves when wide awake is normally twenty cycles per second, or twenty hertz. Brain frequencies between fourteen and twenty-one cycles per second are called Beta Brain Frequencies. These frequencies are associated with outer objective world. The brain, while at
Beta, perceives and gets information through the use of outer physical senses, and is conscious of time and place. This relates to our outer conscious levels of awareness.

Slower frequencies around seven and fourteen cycles per second are known as Alpha. These Alpha frequencies are associated with creativity, imagination, intuition, and daydreaming. While a person is functioning at the Alpha frequencies, the mode of thinking is very dynamic. Your intelligence while in this dynamic meditative mode, can question, explore, deduce, create solutions to problems as well. In the Silva Method Training, we use a more modern approach to meditation, my father coined as dynamic meditation, versus the revered, aged, passive type, or Transcendental Meditation.

Passive meditation can be experienced when functioning at Theta, this is something that you also learn to do in the Silva Method. Theta lies between four and seven cycles per second. While at Theta a person uses inductive thinking, it's very different than deductive thinking. While at Theta the moment a person begins to question the frequency of brain moves higher into the Alpha and Beta frequency. Alpha and Theta are not directly involved with the physical world or physical senses. We're not necessarily aware of time and space at this dimension, it could be that you could experience some kind of time distorting when you meditate. One of the benefits you get by functioning at the inter-conscious levels is that you can access you intuition, and use your subjective sense to obtain information to help you accomplish your goals.

Lastly, there are some lower frequency below four cycles per second, which we reach during deep sleep, these are called Delta Brain Wave Frequencies. Very few people are able to remember information while at Delta. Very little is
known about Delta, even at this time. Now, so much for the brain.

As to the mind, in the Silva Method Training, we refer to the mind as a focusing facility of intelligence; it allows intelligence to attune itself to time and space. In just the same way your eyes have a focusing facility to attune vision to things far or near, through the mind our intelligence 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 meditation, for instance, it is through the mind that we attune our self to slower frequencies of the brain. When your intelligence wants to be more active, then it is through the mind that it attunes itself to higher frequencies of the brain.

Now, the mind has its own set of sensing facilities, it can see, hear, touch, taste and smell, but with no barriers of time and space, so that means the mind can project its sensing facilities to the past and get information about something that maybe have occurred, bring it the present, and make corrections. It also means the mind can project its senses into the future and create in the future a mold, or a model of what you want to manifest, so that then through time you can fill in that mold, and manifest that future that you desire.

Along the way, you will notice that you will be using your visual abilities. You're going to visualize certain things, or imagine certain things, and those are two very different aspects of imagery. Visualization is to recall something that you've already seen or experienced. While imagination is to create something for the very first time, so when you project your mental senses into the past, you're actually visualizing, or recalling your past
experiences. When you are projecting your sensing facilities into the future, then you are imagining or creating what you want for yourself in the future. You can also project your mental senses into the microcosm that means that you can project your mental senses into the sub-atomic level, the atomic level, the molecular level, or tissue or muscle level. By doing so, you can potentially use your imagination to help yourself heal when you're having health challenges.

Don't stop there, with your imagination you can project your mental senses as far out as you want into the macrocosm. The most important realization to gain from that, is that you can, with your mental sense, go anywhere you need to go, past, present, or future, or through dimensions to get any kind of information that you need to get to apply it to solving problems, because the more problems you solve, the more successful you're going to be. Success breeds success.

This whole concept is that the heart and soul of the Silva Method. The tools and techniques we teach to achieve that outcome is how the Silva Method awakens people to their true potential, and empowers them to take charge of their living experience.

From the microcosm to the macrocosm, human consciousness or human intelligence is always in search for information, and it has the capacity to find it. As you can see, the brain and mind work together and by doing so you can awake the genius within. The greater access you have to more of your brain means the great access you have to the spiritual dimension. The best way to access the spiritual dimension, or also known as the subjective dimension, or that world within, is through meditation.
Preparation to the Long Relax Exercise

Laura: Every meditation, no matter what system you use, or what method you use, has four basic components: one is the entry, the second is deepening, the third is programming, the fourth is the exit.

Now, the entry can be done in many, many ways, for example: you can simply close your eyes, take a deep breath, and relax. Or, you can use a more methodical approach, as you will experience in the exercises to come.

The second component is deepening. Deepening means just going deeper within, and is a subjective experience of the mind. Deeper is not the same thing as slowing your brain frequencies and does not mean you'll lose awareness. In fact, when you practice and reach a deeper level of mind, you have a heightened sense of awareness, which means you’re often hyper-aware of your surroundings and your thoughts.

The third component of meditation is programming, that's when you repeat affirmations to yourself, or you apply a technique that's meant to achieve a certain outcome. You can also set your goals there, send energy to your goals, or use your imagination for healing yourself or others.

During the exercises I'm going to program certain positive phrases and one of them is called the Genius Statement, it goes like this: the difference between genius mentality and lame mentality is that geniuses use more of their mind, and use them in a special manner. You are now learning to use more of your mind, and to use it in a special manner.
Other statements are called Beneficial Statements, and you're going to repeat these statements mentally after me, I will give you plenty of time to repeat them, they go like this: My increasing mental facilities are for serving humanity better, every day and in every way, I am getting better, better, and better. Positive thoughts bring me benefits and advantages I desire. I have full control and complete dominion over my sensing faculties at all levels of the mind, including the outer conscious level, and this is so. I will always maintain a perfectly healthy body, mind and immune system.

The fourth component is the exit. That simply means you can open your eyes, and come out of the meditation, or you can count yourself out from one to three, or one to five, or go to sleep if you're meditating at night. In the exercise I'm going to count from one to five. At the count of five you will open your eyes, be wide awake, feeling fine and healthy. It's just a more gentle way to bring you out of the meditation. Remember, all meditations are to be practiced in a safe, quiet environment where you can really focus your attention on going within, and gain the greatest benefits from doing the meditation.

In the exercises, you're going to be experiencing, in the Silva Method Training, you're going to enter using the Three, Two, One Method. This Three, Two, One Method is a crucial part of your learning; it will be used over and over throughout this program and your life, to help you achieve a relaxed and meditative state.

This is how it works; each number has a specific purpose. Number three is going to be utilized to reinforce physical relaxation. Number two is use to provoke mental relaxation. Number one is used as a marker for your basic plane level, or your starting point for deepening.
I'm going to explain each number, and describe the meditation so you can know what to expect. We always start with the number three, for physical relaxation. So, when I ask you to get comfortable, then close your eyes, take a deep breath, and while exhaling, to picture the number three, three times, number three will always be for physical relaxation.

After you mentally repeat, and visualize the number three, three times. I will continue by guiding you through a part by part body relaxation, it's referred to as Fractional Relaxation, the idea is that it's easier to relax part of your body, then it is to relax the entire body at one time.

We're going to start with the head area. First I will say concentrate your sense of awareness on your scalp, the skin that covers your head. You will feel a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and relax all tensions and pressures from this part of your body, and place it in a deep state of relaxation that will grow deeper and deeper, as we continue.

Notice that's a long statement. It's during that time, that you're going to concentrate on just that part of your head. You may very well experience that tingling sensation due to circulation. Take a moment to focus your attention on your scalp, and then release all the tensions and pressures that you may be feeling. A great tool to have in mind is to give yourself a little smile. A smile has a tendency of relaxing the muscles in your face and scalp.

After directing you attention to your scalp, I will continue going a little lower, one part at a time. After your scalp, I will go to the forehead, then to the skin covering your cheeks, then your neck, and then your shoulders, arms
and hands. Along the way, concentrate on that part, or those parts, of the body, concentrating on the skin covering the body, the sensation you experience on your skin, and how your clothing makes contact with your skin.

Any time you focus your attention in that way, you have a tendency to not only relax that part of your body, but go deeper and deeper within. When we get to the chest area, and then to the abdominal area, I'm going to ask you to focus your attention within the chest area. Later, within the abdominal area. When you do that, think of different organs within your body, and imagine them to be functioning in a normal, healthy, rhythmic manner. Even if you have a health challenge, for more reason, picture whatever organ you're having a challenge with, functioning in a healthy, normal, rhythmic manner.

We'll continue with the legs. When we get to the legs, especially the thighs, I'm going to ask you to sense the vibrations at the bones within your thighs. Those vibrations, by that time, should be easily detectable. I will continue with the knees, the calves, your feet, all the way down to your toes. This part by part body relaxation process is one of the reasons the Long Relaxation Exercise is ideal for strengthening the discipline of focus and concentration. It is a great exercise to practice at least once a week.

Once we have relaxed the body from head to toes, we're going to go through a process of destination, which means that you're going to imagine as if you're feet do not belong to your body. Then later I will say, your feet, ankles, calves, and knees, shoulders, arms, and hands feel as though they do not belong to your body. The goal is for you to focus on the internal experiences and not the external experience. If you've never done Fractal
Relaxation before, you may be in for a really great surprise.

This part of the exercise, the one that's associated with deep physical relaxation, and the number three, lasts about fifteen minutes, and that's plenty of time to experience deep, physical relaxation. Now, remember to make your markers, to establish points of reference along the way, because it's with those markers that you are able to duplicate the same depth and the same physical relaxation in future exercises, but in a shorter period of time. In other words, you can get into deep relaxation faster, and easier every time you practice.

You will then take another deep breath, and as you exhale, mentally repeat and visualize the number two, three times. Number two is associated with mental relaxation. Now, mental relaxation can be easily accomplished by thinking of tranquil and passive scenes. In the exercise I will say, a tranquil and passive scene for you may be a walk through the woods on a beautiful summer day, when the breeze is just right, where there are tall shade trees and beautiful flowers, a very blue sky, and birds singing in the distance. Hear the birds singing in the distance.

That phrase is very interesting because not only do I want you to project yourself into that experience, but I also want you to utilize your sensing faculties, imagine what it feels like to be walking in the woods on a beautiful summer day, to experience the temperature, to experience the smells, the fragrances, to hear, actually hear the birds singing in the distance, incorporate the visual, your auditory, your kinesthetic. Most of sensing information, to make it a very full experience. I'll also say this is level two, for mental relaxation, where noises do not distract you.
Now, remember that, in the future we're going to be able to utilize that little program where noises will not distract you. Noises will help you to concentrate. The goal is for you to project yourself into that scene and experience how wonderful it is to be in a tranquil and passive environment. I'm also going to allow you time to experience those tranquil and passive scenes.

Later on during the exercise, you will be projecting yourself to your favorite place of relaxation. You've done that before. I'm going to be quiet for a few moments, about 30 seconds in real time, and you're going to just enjoy being that place of relaxation. You may notice some kind of time warp, the 30 seconds may seem like 30 seconds, but they may seem like an hour. I'll even mention an hour of time will have elapsed at this level of mind. Anytime I mention that, it's simple to let you know that you can relax, deepen, and enjoy the experience. That's your goal, to deepen as much as you can. It's my job then to pull you back out, or to bring you out of the exercise, and I will.

Now, it is a Three, Two, One Method, so you still have another breath to take. Your third breath, and as you excel, mentally repeat and visualize the number one, three times. Number one is also referred to as level one, or the Basic Plane Level, that's your starting point. From there, you can continue to deepen. We're going to deepen during the exercise with a ten to one countdown.

As I go from ten to one very slowly, you're to imagine yourself as if you're in an elevator and you're going from the tenth floor all the way down to the first floor, bringing back that feeling of desensitizing, going deeper within, deeper in thought. That's going to help you do the exercise. Any countdown is going to be effective. If you really want to deepen, you can do a 100 to 1 countdown, or a 50 to 1 countdown, or a 25 to 1 countdown. Here,
during the exercise, we will simply do a ten to one countdown. I'll say: ten, nine - feel going deeper - eight, seven, six - deeper and deeper - now, I say the word "deeper" over and over, because that too needs to become a marker, a point of reference for you to deepen. Every time you hear the word "deeper", you want to bring back to mind a feeling of deepening within, a heavy or light sensation, a feeling of descending, anything like that is going to help you to deepen. Also, we're going to convert the word "deeper" into a trigger mechanism that will be incorporated in future techniques.

The best time to practice countdown deepening exercises is in the morning when you wake up, because your brain frequencies already in Alpha. The second best time to practice is at night as you're going to sleep, because you need to go through Alpha to get to deep sleep. The third best time is sometime in the afternoon after lunch when we normally have a desire to take a nap.

After entering the meditation using the Three, Two, One Method, we will continue with programming. We're going to do some programming with affirmations. You're always going to be positive, for your benefit, and things that will be desirable for everyone. Now, notice the Three, Two, One Method, in fact, is also a trigger mechanism for quick entry into a meditation. Although, we're going to take a long time just relaxing the body for number three, then relaxing the mind for number two, and then reaching the Basic Plane Level, that process will shorten through time.

Instead of saying, concentrate your sense of awareness on your scalp, the skin that covers your head, and so on. I'll just simply say, relax your scalp, relax your forehead, or relax your face, so the process shortens considerably. Then in later exercises, it shortens even more, because all you'll need to do is take a deep breath, mentally repeat,
and visualize the number three, three times and your body will relax completely. You'll take another deep breath, mental repeat, and visualize number two, three times, and you will relax your mind. Take another deep breath, as you mentally repeat and visualize the number one, three times you will be at your Basic Plane Level. The entry is going to get shorter and shorter, but the triggers have already been placed. Three for physical relaxation, two for mental relaxation, and one for your Basic Plane Level, making it really quick and easy to get into your meditation.

A structure is valuable, only that it allows you to have more control over and expands your experience. You don't need to use a Three, Two, One Method to enter, but these numbers do have meaning. You could, if you wish, just close your eyes, take a deep breath, and begin to recall the same points of reference as you have when you practice your Deep Relaxation Exercises to achieve the same outcome.

Trigger mechanisms and points of reference are great tools to keep in mind, in order to enhance your meditation experience and make the most of it. In a moment, you will go through the Long Relaxation Exercise. During the exercise, allow yourself to let go completely and enjoy the full benefits of deep relaxation.

At the end of exercise, upon opening your eyes, there may be parts of exercise you don't recall. This is because you passed your threshold of consciousness, this is normal. As you continue to practice, you'll be able to enter that same depth with greater and greater awareness. This exercise may be practiced as often as desired, and at least once a week. It is ideal for managing stress, and enhancing the healing process. It lasts about 30 minutes. It is recommended that you listen to the meditation at least
once before actually doing it. This will help you become familiar with the exercise, and gain greater benefits.

You will hear a background sound that is used for deep relaxation called The Relaxation Sound. My father put this sound together way back in the late 60s, early 70s. He wanted a sound to help, not only the body relax, but also slow down the brain frequencies, and calm the mind. Thus, came about the sound you're about to hear on the exercise. It's a mechanical and electrical sound that's blended together. He experimented with hundreds of people listening to various combinations and types of sounds, he found that this particular sound was the best one that would help the body relax, and help slow down the frequencies into Alpha and Theta.

Music can also help, but it must maintain a certain rhythm to be conducive to meditation. Listen to the sound indirectly, and allow the sound to simply deepen your inter-state. I hope you enjoy it.

To get ready for the exercise, find yourself a really great location. Maybe, a really comfortable chair, even your bed. The only thing I want you to be aware of is that if you get too comfortable you might go to sleep, because what you're doing is almost duplicating the very same thing you do before you go to sleep at night. You get comfortable, close your eyes, take a deep breath, and you let yourself enter sleep. Only this time we want you to stay conscious and aware as you learn how to slow down your brain frequencies, and enter the inter-conscious levels.

When I say take a deep breath, take a really deep, full belly breath. Allow your belly to fill with air as you inhale, and contract as you exhale. Let's get ready for the exercise.
Long Relax Exercise

Laura: We will begin this exercise with the Three, Two, One Method. Find a comfortable sitting position. Close your eyes. Take a deep breath, while exhaling mentally repeat and visualize the number three, three times. Level three is for physical relaxation, where you can learn to relax from head to toes in a matter of seconds. To help you learn to relax physically at level three, I'm going to direct your attention to different parts of your body. Concentrate your sense of awareness on your scalp, the skin that covers your head. You will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and completely relax all tensions and ligament pressures from this part of your head, and to place it in a deep state of relaxation, that will grow deeper and deeper as we continue.

Concentrate your sense of awareness on your forehead, the skin that covers your forehead. You will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and completely relax all tensions and ligament pressures from this part of your head, and to place it in a deep state of relaxation, that will grow deeper and deeper as we continue.

Concentrate your sense of awareness on your eyelids and the tissue surrounding your eyes. You will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and relax all tensions and ligament pressures from this part of your head, and to place it in a deep state of relaxation, that will grow deeper and deeper as we continue.
Concentrate your sense of awareness on your face, skin covering your cheeks. You will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and completely relax all tensions and ligament pressures from this part of your head, and to place it in a deep state of relaxation, that will grow deeper and deeper as we continue.

Concentrate on the outer portion of your throat, the skin that covering your throat area. You will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. Now, release and completely relax all tensions and ligament pressures from this part of your head, and to place it in a deep state of relaxation, that will grow deeper and deeper as we continue.

Concentrate within the throat area, and relax all tension and ligament pressures from this part of your body, and place it in a deep state of relaxation. Going deeper and deeper every time.

Concentrate on your shoulders, feel your clothing in contact with your body. Feel the skin and the vibration of the skin covering this part of your body. Relax all tensions and to place your shoulders in a deep state of relaxation. Going deeper and deeper every time.

Concentrate your chest. Feel your clothing in contact with this part of your body. Feel the skin and the vibration of your skin covering your chest. Relax all tensions and ligament pressures, and to place your chest in a deep state of relaxation. Going deeper and deeper every time.

Concentrate within the chest area. Relax all organs. Relax all glands. Relax all tissues, including the cells themselves, and cause them to function in the rhythmic, healthy manner.
Concentrate on your abdomen. Feel the clothing in contact with this part of your body. Feel the skin and the vibration of the skin covering your abdomen. Relax all tensions and ligament pressures, and to place your abdomen in a deep state of relaxation. Going deeper and deeper every time.

Concentrate within the abdominal area. Relax all organs. Relax all glands. Relax all tissues, including the cells themselves, and cause them to function in the rhythmic, healthy manner.

Concentrate on your thighs. Feel the clothing in contact with this part of your body. Feel the skin and the vibration of the skin covering your thighs. Relax all tensions and ligament pressures, and to place your thighs in a deep state of relaxation. Going deeper and deeper every time. Sense the vibrations at the bones within the thighs. By now these vibrations are easily detectable.

Concentrate your knees. Feel the skin and the vibration of your skin covering the knees. Relax all tensions and ligament pressures, and to place your knees in a deep state of relaxation. Going deeper and deeper every time.

Concentrate on your calves. Feel the skin and the vibration of your skin covering your calves. Relax all tensions and ligament pressures, and to place these parts of your body in a deep state of relaxation. Going deeper and deeper every time.

To enter a deeper, healthier level of mind concentrate on your toes. Enter a deeper, healthier level of mind.
To enter a deeper, healthier level of mind concentrate on the soles of your feet. Enter a deeper, healthier level of mind.

To enter a deeper, healthier level of mind concentrate on the heels of your feet. Enter a deeper, healthier level of mind.

Now, cause your feet to feel as though they do not belong to your body. Your feet feel as though they don't belong to your body. Your feet, ankles, calves, and knees feel as though they don't belong to your body. Your feet, ankles, calves, knees, thighs, waist, shoulders, arms and hands feel as though they do not belong to your body. You are now at a deeper, healthier level of mind. Deeper than before.

This is your Physical Relaxation Level Three, whenever you mentally repeat and visualize the number three, your body will relax as completely as you are now, and more so every time you practice.

Take another deep breath, as you exhale mentally repeat and visualize the number two, three times. Level Two is for mental relaxation, where noises will not distract you and more. To help you learn and relax mentally at Level Two I am going to call your attention to different passive scenes. Visualizing any scene that makes you tranquil and passive will help you relax mentally.

You being at the beach on a nice summer day may be a tranquil and passive scene for you. A day out fishing may be a tranquil and passive scene for you. A tranquil and passive scene for you may be a walk through the woods, on a beautiful summer day, when the breeze is just right, where there are tall shade trees and flowers, a very blue sky, an occasional white cloud, birds singing in the
distance, even squirrels playing on tree limbs. Hear the birds singing in the distance.

This is Mental Relaxation Level Two, where noises will not distract you. To enhance mental relaxation at level two, practice visualizing tranquil and passive scenes.

To enter the Basic Plane Level One, mentally repeat and visualize the number one, three times. You are now at Level One, the Basic Plane Level that you are able to use for a purpose, any purpose you desire. To enter deeper, healthier levels of mind. Practice with the Count Down Deepening Exercises. To deepen, count downward from 100 to 1, or from 50 to 1, or from 25 to 1. When you reach the count of one, you will have reached a deeper, healthier level of mind, deep than before. You will always have full control and complete dominion over your facilities and senses at all levels of the minds, including the outer conscious level.

The best time to practice the Countdown Deepening Exercises is in the morning when you wake up. Remain in bed at least five minutes practicing the Countdown Deepening Exercises. The second best time to practice is at night, when you're ready to retire. The third best time to practice is at noon, after lunch. Five minutes of practice is good, ten minutes is very good, and 50 minutes is excellent. To practice once a day is good, two times a day is very good, and three times a day is excellent. If you have a health problem practice for 50 minutes, three times a day.

To help you enter a deeper, healthier level of mind, I'm going to count from ten to one, on each descending number you will feel yourself going deeper and deeper, and you will enter a deeper, healthier level of mind. Ten, nine - feel going deeper- eight, seven, six- deeper and
deeper- five, four, three - deeper and deeper - two, one. You are now at a deeper, healthier level of mind, deep than before.

You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow downward throughout your body, all the way down to your toes.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being. You may enter a deeper, healthier level I'm going to count from one to three, and cause a sound with my fingers. At that moment, you'll project yourself mentally to your ideal place of mental relaxation. I will then stop talking to you, when you next hear my voice one hour will have passed at this level of mind. My voice will not startle you. You will take a deep breath, relax, and go deeper.

One, two, three. Project yourself mentally to your ideal place of relaxation until you hear my voice again. Relax.

Relax, take a deep breath, as you exhale relax and go deeper. Whenever you hear me mention the word "relax", all unnecessary movements and activities of your body, brain, and mind will seize immediate and you will become completely passive, and relaxed physically and mentally. The difference between genius mentality and lame mentality is that geniuses use more of their minds, and use them in a special manner. You are now are able to use more of your mind, and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat at these levels of the mind. Repeat mentally after me: my increasing mental faculties are for serving humanity better. Every day, in every way, I am
getting better, better, and better. Positive thoughts bring me benefits and advantages I desire. I have full control and complete dominion over my sensing faculties at all levels of my mind, including the outer-conscious levels. I will always maintain a perfectly healthy body and mind. Every time you function at these levels of the mind you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself physically and mentally. You may use these levels of your mind to help any human being that needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean, and positive, and this is so. You will continue to take part in constructive and creative activities to make this a better world to live in, so when we move on we shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers and mothers, brothers and sisters, son and daughters. You are a superior human being; you have greater understanding, compassion, and patience with others.

In a moment, I'm going to count from one to five, and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health. Feeling better than before. One, two - coming out slowly now- three - at the count of five you will open your eyes, wide awake, feeling in perfect health, feeling better than before, feeling the way that you feel when you sleep the right amount of revitalizing, refreshing, relaxing sleep - four, five. [finger snap]

Eyes open, wide awake, feeling fine and in perfect health. Feeling better than before.
**Moving Forward with the Roadmap**

**Kaileen:** Congratulations on completing the first phase of the Silva Life System, The Roadmap to Success and all the exercises on stress, goal setting, overcoming your limiting beliefs, meditation with the Three, Two, One Method, and the Long Relax, are all going to be fundamental exercises to keep you on track during this program. Use them as much as you need to, schedule time to do the Long Relax at least once a week. Get ready for the empowerment of a lifetime.

As you move forward with the Silva programming exercises, you can pick and choose the ones that are most relevant to your life now, but we highly recommend starting with the first section on Sleep Control and the Mind - Body System, even if you do not have troubles with sleeping, this program is designed to condition your mind in special ways to achieve great things. Start with the sleep control exercise and progress step by step along the way, and remember to have fun!

To guarantee your success with your Silva Techniques we recommend you take the Silva Method Life Training. For more information of our course schedules and locations, log on to SilvaMethod.com or call 1-800-545-6463 within the continental United States, or 956-722-6391.

Be sure to download Silva Meditation Apps that may be compatible with your Smartphone.
Chapter 3: Mind Body Management (Beginner)

Introduction to Sleep Control

Kaileen: Welcome to the lesson on sleep control. This is a valuable tool to have in your tool kit because it's designed to help you fall asleep quickly and sleep soundly through the night. Even if you don't have any challenges with sleep, this exercise is beneficial on so many levels.

The sleep control technique is designed to help you master your internal dialogue. We all have that chatty little voice that drones on inside of our head, nagging us, questioning things, wondering and worrying. And, yes, sometimes it inspires us and motivates us. But true control over your mind and your life comes from being able to work with that inner voice.

So through this exercise you're also going to gain the ability to slow down your inner experience. This is useful for sleep, sure. But it's also useful when you need to calm down and relax.

So Laura is going to teach you how to enrich your experience by building what we call points of reference for the word 'deeper'. This is going to strengthen your meditations and your internal state. Just like we need to strengthen our bodies with exercise, this technique is going to exercise your ability to focus, concentrate, and achieve mental discipline.

Now, before you start the lesson, we want you to take a moment and evaluate how you currently sleep. You can do this any way you want. You can grab a piece of paper, write it down in a journal, or you can use your Silva Life System workbook.
Here are the things I want you to consider. How do you feel about sleep? Do you sleep well most nights or do you have a chronic problem that may even require medication? How many minutes does it take you to fall asleep each night and how many nights a week do you sleep soundly all the way through the night? So take a moment, pause the track if you need to, and jot down your answers to these questions. They're also listed in your workbook.

So now that you've had a chance to evaluate your current situation, we want you to think about how you desire to sleep. Be sure to mention how quickly you want to fall asleep and how deeply and soundly you want to sleep each night.

Okay. Now you're ready to get started. So the next track Laura is going to be explaining the technique and a little bit more about sleep. And then she's going to guide you through the sleep control exercise so that you can learn to do it all on your own, whenever and wherever you need or desire.

**Lesson on Sleep Control**

**Laura:** The first technique that we have is called sleep control. And although you may not have any problems entering sleep, it's a really great technique to have. I, myself, can sleep in three deep breaths. By that time, I'm totally asleep. But there's that occasional night when I'm excited about something happening the next day or I'm having to gear up for a special presentation that my energy levels tend to be a little bit higher and I have more difficulty entering sleep. That's a time I apply the sleep control technique.
Others may have a real serious problem getting to sleep and find themselves taking medications. And taking medications can cause a lot of unwanted symptoms. And entering sleep naturally is something you've always known to do. What happened along the way is that you learned how not to enter sleep. What we need to do now is to teach the body, brain, and mind how to enter sleep naturally all over again. And that is so easy to do.

You have already gone through the long relaxation exercise, which means your body, brain, and mind have already started to learn how to enter those deeper, inner levels of frequencies of brain and that's where you need to go in order to enter sleep. You need to go through Alpha and then through Theta in order to enter Delta and enjoy deep sleep. Up until about the early 50s, research thought that sleep was a very inactive and tranquil state. It is now a known fact that we are anything but inactive during sleep.

There are five phases or stages of sleep simply called Stage 1, 2, 3, 4 and REM. REM simply stands for rapid eye movement. And there's a lot of brain activity when moving from one stage to another. There's also a lot of physical activity. A sleep cycle involves changing brain activity as it moves through the various stages of sleep and dream. A dream cycle lasts about 90 minutes. In most cases, a good night's sleep can involve four to five of these cycles resulting in about six to eight hours of sleep.

The first REM sleep period occurs approximately 70 to 90 minutes after initiating sleep. Many changes begin to happen. The brain frequency picks up to a wakeful Beta like frequency that falls between 12 and 16 cycles per second. It resembles both Alpha and Beta, but it's neither. That's what we call REM. And in REM, you experience frequent bursts of rapid eye movement with occasional
muscle twitches, the heart beats faster, blood pressure rises, breathing becomes shallow and rapid, and most vivid dreaming occurs during this stage. Sleep studies show that if REM sleep is disrupted one night, our body will have a need to make up for it the following night often going straight to REM and bypassing the normal sleep dream progression.

If REM sleep is disrupted for several nights, the detrimental effects on daily activities are progressive. After the first night of REM deprivation, there may be lingering feelings of tiredness. As the deprivation continues, irritability, lack of problem-solving abilities, and even hallucinations can result. The technique, as I said, is very simple. But before you even apply it, I suggest you get a piece of paper and write down your worries and concerns, problems, or whatever is bothering you or on your mind. Then next to each one, write a possible solution or outcome. Don't think too much as to how you're going to get to the solution or outcome; simply write it down. This will help you to take out from within you those concerns and give yourself a positive direction to focus on.

So instead of entering sleep with problems on your mind, you enter sleep with solutions and outcomes on your mind. Once you do that, and it's worth the couple of minutes it takes to do, you enter your level using the three-to-one method. And then once you are at level, you apply the technique.

What you're going to do is you're going to visualize yourself standing in front of a chalkboard or a writing board. You're going to have a writing instrument in one hand and an eraser in the other. You're going to go up to the chalkboard or writing board and draw a large circle in the center of the chalkboard. After you draw the large
circle within the chalkboard, you draw a big X within the circle. You then proceed to erase the X from within the circle being very careful not to erase the circle in the least.

After you erase the X from within the circle, to the right and outside of the circle you will write the word 'deeper'. Every time you write the word 'deeper', you will enter a deeper, healthier level of mind in the direction of normal, natural, healthy sleep. You will then proceed by writing a big number 100 within the circle. You will then slowly erase the number 100 from within the circle being careful not to erase the circle in the least.

Once you erase the number 100 from within the circle, again, to the right and outside of the circle, go over the word 'deeper'. Every time you go over the word 'deeper' in this manner, you will enter a deeper, healthier level of mind in the direction of normal and natural, healthy sleep. You will continue by writing the number 99 within the circle and erasing it in the same manner and then going over the word 'deeper'. And then 98 and 97 and continue writing numbers and going over the word 'deeper' on a descending scale until you enter sleep.

Now, how to make this technique work best: this technique will work best if you focus your attention on the details. Focusing your attention on the details takes your mind away from whatever is keeping you awake. Most of the time what keeps people awake is outside influences or mental chatter in your head that keeps you up and busy and going. Thoughts like I have a deadline to meet at work. And will I get to the teacher's meeting on time? And how am I going to solve the problem I have with my neighbor or co-worker? My car payment is due. And that little chatter that goes on in your head is keeping you awake.
So to really make this technique work, you need to do several things. One, focus on the details - like not erasing the circle in the least bit or erasing the numbers starting at the center and going towards the outer edges. Going over the word 'deeper' in detail: d-e-e-p-e-r over and over again. That's going to help you to get bored, lose interest, and enter sleep.

The other thing, too, you'll notice is that we incorporate in this technique a countdown deepening exercise of 100 to 1. It's designed so that you say and write the word 'deeper' every time between numbers; for example, 99, deeper; 98, deeper; 97, deeper. This means that during the exercise you are to create a strong point of reference for the word 'deeper' - to go deeper within, deeper in thought. Whatever meaning you want to assign to the word 'deeper', you may do so; just make it a very strong point of reference. The countdown deepening exercise and the interjection of the word 'deeper' between numbers is going to help you to deepen and go within.

Now, keep in mind that this technique is being applied at Alpha. And it's much easier to get to Delta or deep sleep from Alpha than it is from Beta. The true secret - the true secret to success with the sleep control technique is to notice how you're talking to yourself. What is the tone, volume, and pace of your internal chatter? Most of the time if you're having trouble going to sleep, it's because you're talking to yourself in your stressed-out voice reviewing all of the things that happened that day or what you have to do tomorrow. Ugh, I have to be sure to drop off the dog at the vet. I forgot to call my sister. I didn't get to the store to pick up something for dinner; now I'll have to wing it.

So what you want to do is change the tone and pace of how you're talking to yourself. For example, consider the
tone and pace of how you talk to yourself in the morning when you don't want to get up and out of bed. Like, oh, I don't want to get up. Oh, I'm so tired and sleepy. If I could only stay in bed and sleep five more minutes. So what you want to do is reverse those tonalities. Use a low pitch and a slow pace voice at night and use your busy high pitch and fast pace voice in the morning. This comes in handy when you're writing the numbers in the exercise.

As you write each number, slowly and deeply say them to yourself in a sleepy, calm tonality: 100, deeper; 99, deeper; 98, deeper, instead of saying 100, deeper; 99, deeper; 98, deeper, deeper, deeper! That's not going to work. Now should your attention wander and you forget what number you're on, that's okay. Just start again with any number. If you feel the technique may not be working properly for you, then you can review the steps and make sure you're doing them correctly.

For instance, you may not be erasing the numbers completely or writing over the word 'deeper'. When you use sleep control technique and you're determined to be successful, you'll keep on doing the technique until you get to sleep even if it takes you all night. Your mind doesn't like to spend time on a task like this. So as soon as your mind knows that you're serious, then your mind would rather let the body go to sleep then to keep working all night long.

Preparation to Sleep Control Exercise
Laura: In this exercise, you'll be listening to the relaxation sound in the background. That's the same sound you heard in Chapter 4 of The Roadmap to Success while you were experiencing the long relaxation exercise, also known as the sensoring exercise. You will enter the exercise with a three-to-one method and deepen with a ten-to-one countdown followed by the wave relaxation beginning with relaxing your eyelids.

We will continue with the programming phase of the exercise with affirmations and the impression of the sleep control technique. And we will exit by gradually counting from one to five. Do make a notation that the exercises that impress and program the formula-type techniques are for programming purposes only. The actual application of the technique is to be done on your own. That's where the real empowerment begins.

Let's get ready for the exercise.

**Sleep Control Exercise**

Laura: Find a comfortable position. Close your eyes. Take a deep breath and while exhaling mentally repeat and visualize the number three, three times. Number three is for physical relaxation to relax your body from head to toes in a matter of seconds. I'm going to call your attention to different parts of your body.

Relax your scalp. Relax your forehead. Relax your eyes and the tissues surrounding your eyes. Relax your face. A soft smile helps to relax the muscles of your face. Relax your tongue and jaw. Relax your throat externally and internally. Relax your shoulders, arms, and hands. Relax your chest externally and internally. Relax your abdominal area externally and internally. Relax your thighs. Relax
your knees. Relax your calves. Relax your feet all the way down to your toes.

You are now at a deeper, healthier level of mind deeper than before. This is physical relaxation level three. Whenever you desire to enter this physical relaxation level three, mentally repeat and visualize the number three several times. Your body will relax as completely as you are now and more so every time you practice. This is a good time to establish a point of reference for physical relaxation.

Notice your breathing, your sensation of depth. However you experience this moment right now is a good time to remember. Take another deep breath and while exhaling mentally repeat and visualize the number two, three times. You are now at level two. Level two is for mental relaxation where noises will not distract you. Instead, noises will help you to relax more and more. To relax mentally at level two, visualize tranquil and passive scenes. Do so now in a holographic manner as if you are there.

This is a good time to establish a point of reference for mental relaxation. Take another deep breath and while exhaling mentally repeat and visualize the number one, three times. You are now at level one. The basic playing level that you are learning to use for a purpose - any purpose you desire. To enter deeper, healthier levels of mind, practice with the countdown deepening exercises. To deepen, count downward from 100 to 1 or from 50 to 1 or from 25 to 1. When you reach the count of one, you will have reached a deeper, healthier level of mind deeper than before. You will always have full control and complete dominion over your faculties and senses at all levels of the mind including the outer conscious levels.
The best time to practice the countdown deepening exercises is in the morning when you wake up. Remain in bed or sit in a chair at least five minutes practicing the countdown deepening exercises. The second best time to practice is at night when you are ready to retire. The third best time to practice is at noon after lunch. Five minutes of practice is good. Ten minutes is very good. And fifteen minutes is excellent. To practice once a day is good. Two times a day is very good. And three times a day is excellent. If you have a health condition you are concerned about, practice for fifteen minutes three times a day.

To help you enter a deeper, healthier level of mind, I'm going to count from ten to one. On each descending number you will feel yourself going deeper and you will enter a deeper, healthier level of mind. Ten, nine - feel going deeper; eight, seven, six - deeper and deeper; five, four, three - deeper and deeper; two, one; you are now at a deeper, healthier level of mind deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. A smile helps to relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly downward throughout your body all the way down to your toes. Experience this wave of relaxation flowing slowly downward all the way down to your toes.

It is a wonderful feeling to be deeply relaxed - a very healthy state of being. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind or any other level including the outer conscious level. This is for your benefit. You desire it and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.
The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. My increasing mental faculties are for serving humanity better. Every day and in every way I am getting better, better, and better. Positive thoughts, suggestions, and images bring me benefits I desire. I have full control over my sensing faculties at all levels of the mind. I am always in control. I will always maintain a perfectly healthy body, mind, and immune system.

We will now impress the sleep control technique. Sleep control is a formula-type technique that you can use to enter natural, healthy sleep anytime, anywhere without the use of drugs. Whenever you need to use sleep control, enter level one with the three-to-one method. Once at level one, use the sleep control technique.

In a moment, I will count from one to three and cause a sound with my fingers. At that moment, you will visualize a chalkboard. You will mentally have chalk in one hand and an eraser in the other. You will then mentally draw a large circle on the chalkboard. Then you will mentally draw a big X within the circle.

You will then proceed to erase the X from within the circle starting at the center and erasing toward 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, you will write the word 'deeper'. Every time you write the word 'deeper', you will enter a deeper, healthier level of mind in the direction of normal, natural, healthy sleep.

You will then write a big number 100 within the circle. Then you will 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, you will go over the word 'deeper'. Every time you go over the word 'deeper', you will enter a deeper, healthier level of mind in the direction of normal, natural, healthy sleep. You will continue using numbers within the circle on a descending scale until you enter natural, healthy, physiologic sleep.

I will now count from one to three and cause a sound with my fingers. One, two, three [finger snap]. Visualize or recall a chalkboard. You mentally have chalk in one hand and an eraser in the other. Now mentally draw a large circle on the chalkboard. Draw a big X within the circle. Proceed to mentally erase the X from within the circle starting at the center 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, healthier level of mind in the direction of normal, natural, healthy sleep.

Now write a big number 100 within the circle. Proceed to mentally erase the number 100 within the circle starting at the center being careful not to erase the circle in the least. Once you erase the number 100 from within the circle, to the right and outside of the circle go over the word 'deeper'. Every time you go over the word 'deeper', you will enter a deeper, healthier level of mind in the direction of normal, natural, healthy sleep.

Now write within the circle the number 99. Erase it in the same manner. Now go over the word 'deeper'. Every time you go over the word 'deeper' in this manner, you will enter a deeper, healthier level of mind in the direction of normal, natural, healthy sleep. Continue with the numbers
98, 97, 96, 95, 94, 93 and so on, on a descending scale until you hear my voice again.

When you hear my voice again, one hour of time will have elapsed at this level of mind. My voice will not startle you. You will take a deep breath and you will enter a deeper, healthier level of mind deeper than you are now. Continue with the numbers on a descending scale until you hear my voice again. Relax.

Relax. Every time you use sleep control in this manner, you will enter natural, healthy, physiologic sleep anytime, anywhere without the use of drugs. Whenever you enter sleep with the use of sleep control, if someone calls you or in the case of danger or in an emergency, you will open your eyes, be wide awake, feeling fine and in perfect health able to handle any situation. Whenever you enter sleep with the use of sleep control, you will awaken at your customary or assigned time and be wide awake feeling fine and perfectly healthy.

Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, or to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, and positive. And this is so.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move on, we shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.
In a moment, I am going to count from one to five and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before; one, two - coming out slowly now - three. At the count of five you will open your eyes, be wide awake, feeling fine and healthy, feeling better than before, feeling the way you feel when you have slept a right amount of revitalizing, refreshing, relaxing, healthy sleep; four, five [finger snap]. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

**Moving Forward with the Sleep Control**

**Kaileen:** Okay. So here's how it works. Now that you have completed the programming for sleep control and answered the self-evaluation in the workbook, you can review the steps in the manual whenever you need to. This way when you are going to sleep at night, you can follow the steps in your mind and start sleeping deeper right away.

Just remember, the magic is in the process. So don't skip steps or improvise on the method. Part of what you're learning is discipline of the mind. This training and conditioning of the mind is going to help you later on in the program when you are solving problems and creating awesome manifestations.

**Introduction to Alarm Clock**
Kaileen: The next formula type that Laura is going to share with you is called The Alarm Clock Technique. This is a really fun exercise to learn because it’s easy to start seeing results right away. If you dread the sound of your alarm in the morning, you are going to love this technique.

The Alarm Clock Technique is designed so you will never have to use your alarm clock ever again. Why does it even matter? Well, this exercise has a dual purpose. First, it’s going to teach you to sleep and wake up within your body’s natural sleep cycles, so that you can get up in the morning feeling more energized and ready to go. I know that’s hard to imagine, but trust me, Laura’s going to explain the sleep cycles and illuminate how this is possible.

The secondary purpose of this exercise is to reinforce your abilities as an intentional creator. You’re going to develop a stronger sense of trust in your mind, and each time you complete the technique successfully you are reinforcing your natural ability to manifest.

So, even if you don’t actually use an alarm clock, be assured to use this technique to strengthen your Silva Skills.

Lesson on Alarm Clock

Laura: In The Silva Method Training we have this great Mental Clock Technique that allows you to wake up without an alarm clock. Our consciousness functions with both inatebilities, such as the beating of one's heart, breathing, and conscious ability such as solving problems. Both abilities have the power to wake up from sleep without an alarm clock.
Biological rhythms, biological clocks, there is time givers in our environment, and mental programming all contribute to your awakening naturally without the use of a physical alarm clock. Biological consciousness is what operates our internal time keeping device. We already know that the central mechanism of our biological clock is located within the hypothalamus, yet consciousness can override biological intelligence.

With this technique we're going to use imagination to communicate with innate intelligence. We're going to enter our Alpha Level using our Three, Two, One Method. Once you are at the Alpha Level you're going to visualize a clock, you are then going to move the hands of the clock to indicate the time you want to awaken, then you will say to yourself mentally, in a very affirmative way, this is a time I want to awaken and this is a time I am going to awaken. Make a clear picture of a clock and the time you want to awaken, let that be your last thought as you enter sleep from Level One. You don't need to go into your meditation, apply the technique, and then come out to make this technique work. You need to go to sleep from Level One with the time you want to awaken as your last thought.

This technique works for just about everyone. For people who process information primarily visually, raise their arm up in the arm and imagine moving the hands of the clock to the time that they want to awaken. Whether you're visual, auditory, or kinesthetic this technique works.

You can combine techniques, if you need to use a sleeping control technique as well, then you would apply the clock technique first, and then your sleep control technique. You could even use this technique when taking naps, just set your mental clock and visualize, or imagine
a time that you want to awake after a nap, and expect it to happen.

Using the clock technique is great training to help you manifest whatever it is you want to manifest, because wanting to awaken, for example at 7:30 is a goal, a specific goal that you're going to manifest at a very specific time. In applying the clock technique you are training yourself to implement all the elements that need to be in place in order to achieve any goal, it doesn't matter if it's just to wake up in the morning, to get a pay raise, or if it's to rid yourself of a health condition. All of those are goals just as waking up at 7:30. What it takes to get up is the same for each, that is to go into your level, use imagination, be clear about what you want your outcome to be, and expect it to happen.

Now, some of you may want to put a digital clock in the picture as well. I know I do sometimes when I'm really pressed for time, and I'm concerned I won't wake up exactly the time I want to awaken. I'll not only use my analogue clock, but I'll also use the digital clock. I'll have the numbers change rapidly until they land on the time that I want. Once I have both clocks set, I say to myself, this is the time that I want to awaken, and this is the time I am going to awaken.

It's important that you don't set a physical alarm clock, not even as a backup for fear you might not wake up on time. You may have your clock by your bedside, but without the alarm set. This shows commitment. It shows that you believe and trust in your inter-self to wake you up. Your inter-self is that part of you that desires the best for you. The sooner you discover that, the sooner you will begin to receive even greater benefits in all areas of life.
Applying your technique out of need, rather than out of curiosity will always lead to greater success. Something else that I encourage you to do is to imagine yourself getting up in the morning, looking at the clock, and noticing that it's exactly the time you wanted to awaken.

Something else that's really interesting is to notice what wakes you up, it could be a honking horn, the dogs barking, birds chirping loudly, you may have a dream of someone calling your name, or the alarm going off. The interesting point here is that there may be a power greater than you that is helping manifest the goal of just waking up in the morning.

Don't cheat yourself either, if you want to waken at 7:30, don't settle for 7:35, or 7:45, because your goal is to manifest what you desire at a specific time in life, then this training is going to help. If you say 7:30 it must be 7:30. If you say 7:52, it's going to be 7:52, or 7:58, or 8:00, so whatever time you set you are going to wake up at that exact time. This is going to help later on when you set a goal and you want to manifest that goal at a specific time.

Just a word of caution: when you set this technique you might awaken, and that's a great way to start your day.

Early on The Silva Method Training you learn to use your imagination to relax your body and mind. You're now going to go a step further and learn how to use your imagination as a communications tool to work with your consciousness, this is going to help in all your manifestations.
**Preparation to Alarm Clock Exercise**

Laura: This exercise that follows will be very similar to the last exercise, with the exception of the alarm clock being impressed.

This will also be the last time you hear the relaxation sound in the background. Exercises to follow will have a variety of different sounds for your enjoyment, and towards the end of the training you will have no sound effects in the background of your exercises. Do know that you do not need sound effects to meditate.

In the beginning sound effects help you to find that special place within, they are a tool in your training, but once you have established your points of reference and have gained experience practicing your meditation, you only need to put to use what you have learned. The goal here is for you to be able to use your Silva Tools and Techniques anytime, anywhere, in a practical manner, as you need them.

Enjoy the exercise.

**Alarm Clock Exercise**

Laura: Find a comfortable position. Close your eyes, and take a deep breath. While exhaling, mentally repeat and visualize the number 3 three times.

Number three is for physical relaxation, to relax your body from head to toes in a matter of seconds. I'm going to call your attention to different parts of your body. Relax your scalp. Relax your forehead. Relax your eyes and the
tissue surrounding your eyes. Relax your face. A soft smile helps to relax the muscles of your face. Relax your tongue and jaw. Relax your throat, externally and internally. Relax your shoulders, arms, and hands. Relax your chest, externally and internally. Relax your abdominal area, externally and internally. Relax your thighs. Relax your knees. Relax your calves. Relax your feet, all the way down to your toes.

You are now at a deeper, healthier of mind, deeper than before. This is Physical Relaxation Level Three. Whenever you desire to enter this Physical Relaxation Level Three mentally repeat and visualize the number three several times. Your body will relax as completely as you are now and more so every time you practice.

This is a good time to establish a point of reference for physical relaxation. Notice your breathing, your sensation of debt. However, your experience this moment right now is a good time to remember.

Take another deep breath, while exhaling mentally repeat and visualize the number two three times. You are now at Level Two. Level Two is for mental relaxation, where noises will not distract you. Instead, noises will help you to relax more and more. To relax mentally at Level Two visualize tranquil and passive scenes. Do so now in a holographic manner, as if you are there.

This is a good time to establish a point of reference for mental relaxation. Take another deep breath, and while exhaling mentally repeat and visualize the number one three times.

You are now at Level One, the basic plane level that you are learning to use for a purpose, any purpose you desire.
To help you enter a deeper, healthier level of mind I'm going to count from ten to one. On each descending number you will feel yourself going deeper, and you will go into a deeper, healthier level of mind.

Ten, nine - feel going deeper - eight, seven, six - deeper and deeper - five, four, three - deeper and deeper- two, one.

You are now at a deeper, healthier level of mind, deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. A smile helps to relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly downward, throughout your body, all the way down to your toes. Experience this wave of relaxation, flowing slowly downward, all the way down to your toes. It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

You will continue to listen to my voice. You will continue to follow the instructions, at this level of the mind, or any other level including the outer conscious level. This is for your benefit, you desire it, and it is so.

The difference between genius mentality and lame mentality is that geniuses use more of their minds, and use them in a special manner. You are now learning to use more of your mind, to use it in a special manner.

The following are beneficial statements that you may occasionally repeat at these levels of the mind, repeat mentally after me: my increasing mental factuality’s are for serving humanity better. Every day and in every way I am getting better, better, and better. Positive thoughts, suggestions, and images bring me benefits I desire. I have full control over my sensing facilities at all levels of the
mind, I am always in control. I will also maintain a perfectly healthy body, mind, and immune system.

Impression of information for your benefit, programming the clock technique. The clock technique is a formula type technique that you can use to practice awakening without an alarm clock, this helps in your controlled development of mind. To use the clock technique, practice awakening without an alarm clock.

Enter Level One, the basic plane level with the Three, Two, One Method just before going to sleep. At Level One, visualize a clock. Mentally move the hands, or the digital numbers, of the clock to indicate the time you want to awaken. Tell yourself mentally, this is a time I will want to awaken, and this is the time I am going to awaken. Stay at Level One and go to sleep from Level One. You will awaken at your desired time, and to be wide awake, feeling fine, and in perfect health.

Every time you function at these levels of the mind, you will receive beneficial effects, physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, or to help any human being that needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner, for all that is good, honest and positive, and this is so. You will continue to take part in constructive and creative activities to make this a better world to live in, so that when we move on, we shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sister, sons or daughters. You are a superior human being you have greater understanding, compassion, and patience with others.
In a moment, I'm going to count from one to five and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

One, two - coming out slowly now - three - at the count of five, you will open your eyes, be wide awake, feeling fine and healthy, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep - four, five. [finger snap]

Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

**Moving Forward with the Alarm Clock**

**Kaileen:** Now that you have the Alarm Clock Technique, and you start to practice it on your own, you are likely to find a feeling of empowerment in relation to time. Be sure to check your workbooks for the summary of steps, review them before you go to bed, put yourself into Alpha with the Three, Two, One Method, set your internal clock, and commit to using it. So, that means no back up alarms!

This is how we recommend you practice the technique: when you first start to practice, set a goal, choose a time you want to wake up and get as close as you can to that goal time.

You may wake up once or twice to check in the middle of the night, but remember this is okay, you're learning different points of reference for the right time in your body clock. You're learning!
Then, as you advance, practice until you can consistently reach your goal every day. If you set the goal at 7:00 AM, make sure you wake up 7:00 AM every morning.

The most advanced stage of this practice is to change your goal time. If you're waking up at 7:00 AM sharp each morning, change the time to 7:02 tomorrow, and achieve that target. As you do this you are conditioning the mind to function like a well-oiled machine. Keep up the practice! It's making you better and better each day.

Remember these instructions are in your workbook, you can reference them any time.

To guarantee success with your Silva Techniques we recommend that you take the Silva Method Life Training. For more information on course schedules and locations log-on to Silvamethod.com, or call 1-800-545-6463 within the continental United States, or 956-722-6391.

Be sure to download Silva Meditation Apps that may be compatible with your Smartphone.
Introduction to Dreams

Kaileen: Have you ever wondered about your dreams? Why we have them or why they're sometimes difficult to remember? Here at the Silva Method we believe that dreams can carry messages from deeper parts of your mind and ultimately help you solve problems in your life.

The Dream Control technique has two main purposes. The first, more obvious purpose is to use your dreams to interpret information and solve problems, so Laura's going to teach you how to remember your dreams.

The secondary meaning for this exercise is to gain more control over your mind. By learning to remember your dreams and derive meaning from them, you tap into the power of mental strength. That means that dreams can unlock the solution to tough problems or provide you with the intuitive information you need to make an important decision.

Everything we do in the Silva Method is loaded with meaning, and good fun to practice too. Speaking of practice, I hope you've been practicing your 321 Method because in this exercise you're going to enter the 321 Method all on your own. We're taking off the training wheels. Practicing the 321 Method on your own is the conditioning you need to use Silva anywhere, anytime.

Don't worry if you've forgotten the steps; you can always access the steps in your workbook or you can listen to the Long Relax. The Long Relax exercise will program you for the 321 Method and after that you'll be all set to do it on your own.
Lesson on Remembering Dreams and the Dream Control Technique

Laura: Now we're going to talk about dreams — how to recall them, and even use them for problem-solving. We spend about one-third of our lives sleeping, and approximately 20% of that time is spent dreaming.

We go through a lot of experiences in our dreams and some of those experiences can literally program you in a negative way. How many times have you woken up in the morning and you're upset, sometimes angry at your spouse, because you saw something happening in a dream? Although you know it's not real, it still affects you in the same way, as if it was real. So it's a good thing to have a little more control of what's going on in your internal experience and be able to counteract negative effects of dreams.

My father included this technique in the Silva Method of Training because we dream so much of the time; and people would often come up to him and say, "I don't remember my dreams!" or they would say, "I just don't dream." Well, the truth is that everybody dreams, and we dream pretty much all the time.

We have daytime dreams and we have nighttime dreams. My father's goal with this technique was for people to have more control of their mind, and remembering dreams would allow a person to do just that; and – this is part of the training – every single Silva technique is in place for a specific reason and builds on the last technique.

So now you're going to notice that you're going to be working with a technique that has to do with the
subconscious part of you that many believe is not reachable or controllable, when, in fact, you can have more conscious control of it. The technique itself is progressive in nature. There is Beginner: Step One, Intermediate: Step Two and Advanced: Step Three.

Beginner: Step One of Dream Control has to do with remembering a dream. This step is to help you establish or develop the habit of transferring the information from the inner conscious levels to the outer conscious levels. Intermediate: Step Two is to remember your dreams. This step allows you to facilitate the process of recalling your dreams. The Advanced: Step Three is to generate a dream that contains information for solving your problem, remembering that dream and understanding it.

So these are the three basic steps that you use in dream control. Now, you're not going to move on to Intermediate: Step Two until you know for a fact that the Beginner: Step One is responding by remembering a dream every time you use this technique. You do not move on to Advanced: Step Three until you know for a fact that Intermediate: Step Two is responding by remembering your dreams every time you use this technique.

During the night, when we enter sleep, we normally experience five stages of sleep. As you sleep, your brain frequency fluctuates from fast to very, very slow. This fluctuation of the brain activity is what constitutes the sleep cycles. The faster frequencies that resemble alpha are associated more with rapid eye movement in dreaming. The slower frequencies, such as theta and delta, are associated more with a deep sleep or what is called slow-wave sleep.

There could be several sleep cycles throughout the night and they last approximately 90 minutes in length. Let's
say you went to sleep at midnight. Most of you – and you might want to make a note of that – will awaken during the night at hour and a half intervals. If you go to sleep at midnight, you have a tendency to maybe move around your bed or even wake up or go to the bathroom at either, let's say, 1:30, 3:00, 4:30, 6:00 or 7:30.

In the first dream sleep cycle the time spent dreaming is very little. Most of the time is spent in deep sleep. In the second cycle the dream period can be a little bit longer. Whereas in the first sleep cycle it was maybe five minutes, the second sleep cycle could be ten minutes, and the third sleep cycle longer still; and the fourth, longer – and the fifth, longer still. In the fifth dream cycle you can spend as much as 30 to 45 minutes dreaming.

What that means is that you can recall your dreams during several periods throughout your sleep at the very end of each dream sleep cycle. The easiest time to remember your dreams is in the morning when you wake up because you've just gone through the longest dream cycle. But the problem is that a lot of people use alarm clocks and the alarm clocks ring right when you're about to begin the dream period or right in the middle of a dream period.

So if the alarm happens to ring before you begin dreaming, there's no way you're going to have the opportunity to remember those dreams. If the alarm clock rings at the middle of a dream period, you might awaken with a confused memory of the dream that just doesn't make sense, and you just toss it out the window as it means nothing to you. That's why it's so important for you to wake up naturally, using your mental clock instead of your physical alarm clock.

The important thing to remember with this technique, though, is that you must have paper and pencil by your
bedside, ready to write the dream down. Now, some of you will say, "Well, my handwriting is so bad; I don't think it's a good idea." Well, in that case, have a little recorder by your bedside so that you can record your dream. The whole idea is to transfer the information from the subconscious levels into the outer conscious levels.

There are so many reasons why people don't recall their dreams and fear is probably the main reason for not remembering. There's a belief that what you don't understand won't hurt you – so don't delve into your dreams, and you'll be just fine. There are many reasons why people are afraid to recall their dreams, such as experiencing their deep, hidden, dark, shadowy sides. Even when in a dream, that too can be very humiliating and painful, and they'll do anything that they can so as not to remember.

Another thing that happens in dreams is that people sometimes see themselves as they truly are. A lot of times people hide their true nature to others, and the dreams just bring it right out so they learn to avoid having dreams. Something else that people fear will happen in dreams is re-experience their old traumas, and so they simply avoid dreaming so as not to go through that experience all over again.

The bottom line is that, in most cases, fear is at the core of what holds you back from remembering your dreams. It's really important for you to eliminate the fear factor because that, in itself, can be a very freeing experience. I remember when I was a little girl, I was afraid of monsters and I always thought there'd be some monster in the closet or some monster under the bed. That often led me to having bad dreams about monsters. One of the dreams I remember was that Godzilla would be coming down the street, chasing after me.
My dad helped me to deal with that fear. One night, when I had a dream of a monster, he came running into my room and told me to point to it. He asked me, "How big is your monster?" and I raised my hand way up high to show that the monster was very, very big; and he said, "Well all you have to do is bring that finger down and, as you bring your finger down, the monster is going to get smaller, smaller, and smaller – and you can make the monster so small that you can kick him around like a little ball; and you can make the monster smaller still and put him on the palm of your hand – and if you really want to get rid of it, all you have to do is [hand clap]. Get the picture?"

That was a really good way for him to empower me in how to deal with my fear of monsters. Not only that, but it also incorporates imagery and imagination into the problem-solving process. He was really good at helping me to replay my dreams at night. If they were negative or scary or if they had a negative connotation to them, or even if they seemed to predict some kind of negative occurrence in the future, he would say, "Go to your level, go back and replay your dream; only this time, make all the changes in your dream so that the outcome is one that you desire and is one that's very positive." I always use that technique, even as an adult.

Whenever I have a negative dream or a dream that has information of something negative happening, I always go back and replay it. I always make a difference in the dream content so that the ending is positive. I feel that this is the very least I can do for creating a positive outcome. That may be how my intelligence is alerting me of a possibility of something negative happening so that I can step in and turn it around and make it better.
What do your dreams mean? Only you can answer that question because all symbols are personal. Interpreting your dreams is a highly subjective undertaking that gets easier as you begin to understand the meaning of your own dream symbols. Your inner conscious, or your subconscious, communicates with you through your mind's senses, mostly through pictures, sounds and feelings.

Dream symbols have their own unique meaning, depending on you. No symbol means exactly the same thing to another person as it will mean to you because of your life experiences, your background, your fears, and your strengths. With that, we must factor in race, culture, religion, belief systems, attitudes, environment – there are a lot of factors. So many of the facets of your personality are expressed in your dream symbols that no book on dream interpretation can provide any true meaning for you.

The best way to interpret your dreams is for you to discover the meaning of your own dream symbols and include them as part of your own dream journal. They're pretty easy to create. Get a binder and put in some blank paper and add some alphabetized loose-leaf dividers. Then write the symbol that appeared in your dream on top of the page.

List whatever associations come to mind that are related to that symbol. Write the title and date of the dream the symbol appeared in; then write the role that the symbol played in the dream. You could even draw pictures of the symbol. That sometimes allows more information to surface. You can write anything on that page for that symbol that you consider relevant information.
There are a lot of styles of interpreting dreams. You may want to lean more towards a Freudian style where he used free association or the Swiss psychologist Carl Jung's approach where he preferred symbol amplification; or Fritz Perls' approach, founder of Gestalt therapy. He believed that characters and objects in our dreams are, in fact, projections of our self.

A combination of those various approaches or styles of interpretation may be the best way to go. Just remember you're the creator of your dreams and you have all the answers inside. Just ask yourself, "What does this dream mean to me? What does that symbol mean to me?" Then listen and you'll hear all the right answers.

The real thrust behind my father's work was to solve problems, and that's where the Advanced Step Three of the technique comes into play. In the Advanced Step Three, we're looking to have a dream that contains information to solve a problem that we have in mind. So it's a problem that we're concerned about. So when you say to yourself at night, "I want to have a dream that contains the information to solve the problem I have in mind; I will have such a dream, remember it and understand it," that thought is going to incubate the whole night long.

How is it that you come up with the information? We're not really quite sure. It could be that intelligence goes out searching for the information and because there's no barrier of time or space, then it can go anywhere, get the information, bring it back to you and express the information in a dream. It could also be that you already contained the information but it's trapped in your brain frequency somewhere deep within, maybe the slower brain frequencies that are more associated with past experiences and occurrences of your childhood.
In order to release that information, you need to go to those very slow frequencies, like theta and delta that you can only get to while you're sleeping; and then, because intelligence is seeking that information, it grabs it or picks it out and expresses that information in your dream. Maybe the information that you need to solve your problem is somewhere in your whole genetic makeup and as you're sleeping, intelligence goes searching for it.

The fact is, we don't really know what happens or what actually occurs that leads to you getting the information in your dream that is directly related to solving the problem that you have in mind. The important fact is that you need to remember that when you wake up in the morning and you have a dream, there is information there.

The solution to your problem is in there or some bit of information is there that will help you to solve your problem. Search for it; ask yourself, "How does that relate to my problem?" and allow thoughts to surface. Allow your inner conscious to help out and come up with the solution, and apply the solution and solve that problem.

**Preparation to Dream Control Exercise**

**Laura:** In this following exercise you are going to enter the meditation by yourself using the 321 Method. All you will need to do is to take a deep breath and, while exhaling, mentally repeat and visualize the number 3, three times. Then relax your body completely, from head to toes, releasing and relaxing pressures and tensions as you go.

Once you do that you take another deep breath and, while exhaling, mentally repeat and visualize the number 2,
three times. Relax your mind by thinking of tranquil and passive scenes. Then you will take a third deep breath, and while exhaling you just simply relax yourself completely.

That's what we call the basic plane level and it's your starting point. Once you do that, and I will count myself into a meditation with you so as to pace myself properly, I will then come in and guide you from then onward.

I will start with a 10-to-1 countdown; follow that with a wave relaxation where you relax your eyelids and allow the relaxation to flow slowly downward throughout your body. Then I'm going to add a new phrase where I will guide you to project yourself to your ideal place of relaxation. I will simply say, at the count of three, "You will project yourself to your ideal place of relaxation. One, two, three – you, in your mind, imagine yourself to be in that place."

It could be your bed or a favorite sofa or chair, wherever you feel you relax fully and completely. Experience that space as if you are really there, with all of your mental faculties – what you see hear, touch, taste and smell – and I'll be quiet for a little moment so that you can enjoy being there.

In future exercises you'll have greater and greater controls of your experience and I will come in later and later in the meditation. By the end of your training you will go in and out of the meditation on your own, fully capable of managing your experience.

Now in this exercise and others to follow you will be hearing a sound in the background that consists of musical notes and a theta beat of five cycles per second. The theta beat helps to slow down your brain frequency,
and you, to maintain a calm inner state. We call this sound planet theta. As a reminder, it's always good to listen to the mediations with eyes open before actually doing them with eyes closed. So let's get ready for the exercise.

**Dream Control Exercise**

**Laura:** Find a comfortable position, close your eyes, take a deep breath and enter your level by yourself using the 321 Method. Now we'll take it from there. Take your time.

You are now at Level 1, the basic plane level that you are learning to use for a purpose, any purpose you desire. To help you enter a deeper, healthier level of mind I'm going to count from ten to one. On each descending number you will feel yourself going deeper, and you will enter a deeper, healthier level of mind; ten, nine – feel going deeper, eight, seven, six – deeper and deeper, five, four, three – deeper and deeper, two, one.

You are now at a deeper, healthier level of mind, deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. A smile helps to relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly downward throughout your body, all the way down to your toes.

Experience this wave of relaxation flowing slowly downward, all the way down to your toes. It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind or any
other level, including the outer conscious level. This is for your benefit. You desire it, and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat, mentally, after me: My increasing mental faculties are for serving humanity better. Every day, and in every way, I am getting better, better, and better. Positive thoughts, suggestions, and images bring me benefits I desire. I have full control over my sensing faculties at all levels of the mind. I am always in control. I will always maintain a perfectly healthy body, mind, and immune system.

Impression of information for your benefit, Programming, a formula type technique: Dream Control; this is a formula type technique that you can use to practice remembering dreams. This helps in your development of controlled use of mind. Beginner's Level Dream Control: Step One, to practice remembering a dream. You will enter Level One with the 321 Method. Once at Level One, you will mentally tell yourself, "I want to remember a dream and I am going to remember a dream."

You then go to sleep from Level One. You may awaken during the night or in the morning with a vivid recollection of a dream. Have material ready to record the dream or write it down. When you are satisfied that Beginner's Level Dream Control: Step One is responding, then start with Intermediate Level Dream Control: Step Two.

Intermediate Level Dream Control: Step Two is to practice remembering dreams. You will enter Level One
with the 321 Method. Once at Level One, mentally tell yourself, "I want to remember my dreams and I am going to remember my dreams." You then go to sleep from Level One. You may awaken several times during the night or in the morning with vivid recollections of dreams. Have material ready to record the dreams or write them down. When you are satisfied that Intermediate Level Dream Control: Step Two is responding, then start with Advanced Level Dream Control: Step Three.

Advanced Level Dream Control: Step Three is to practice generating a dream that you can remember, understand, and use for problem-solving. You will enter Level One with the 321 Method. Once at Level One, 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 will then go to sleep from Level One. You may awaken during the night with a vivid recollection of the desired dream or you may awaken in the morning with a vivid recollection of such a dream. You will have this dream, remember it, and understand it.

Every time you function at these levels of the mind you will receive beneficial effects, physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, or to help any human being who needs help, physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, and positive; and this is so.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move on, we shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior
human being. You have greater understanding, compassion, and patience with others.

In a moment, I am going to count from one to five with my fingers. At that moment you will open your eyes, be wide awake, feeling fine and in perfect health; feeling better than before. One, two – coming out slowly now, three; at the count of five you will open your eyes, be wide awake, feeling fine and healthy; feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep; four, five. [finger snap]

Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

**Moving Forward with the Dream Control**

**Kaileen:** Now that you have all the tools to get started with the Dream Control technique, it's time to start using it in your life. As Laura mentioned, there are three phases to mastering Dream Control. These phases can be referenced in your workbook anytime you need.

The first phase is the Beginner Stage where you program yourself to remember a single dream. The second phase is the Intermediate Stage where you remember your dreams consistently; this is when the fun kicks in because you can remember your dreams every single night. The third phase is the Advanced Stage where you remember a dream and then learn how to interpret its meaning to help you solve problems.

Remember to keep a sleep or dream journal near your bed so that you can write down your dreams, first thing,
when you get up. Every time you program your mind, follow through. If you're programming to remember a dream and you remember it, you are getting better and better at using your mind in a dynamic and special way. You're getting closer and closer to accessing the genius within.

**Introduction to Energizing Exercise**

**Kaileen:** What do you do when you’re really tired? Are you a coffee drinker? How about those little five-hour energy drinks? Have you ever tried to energize yourself without the use of those stimulants?

See, we get natural energy from all kinds of things, but in this next lesson, you’re going to learn how to utilize the mind’s natural ability to rejuvenate the body. Laura’s going to show you how to recharge your energy levels and even your attitude with the next exercise. It’s called The Energizing Technique, and it can be used anytime, even on the go.

Your workbook is all set up to help you evaluate how you’re feeling before and after the exercise, and you’ll be entering the exercise with the 321 Method all on your own. Every time you use the 321 Method, it gets easier and easier.

Remember, you’re creating points of reference for meditation, relaxation and peace of mind. So, use your 321 Method wherever you need to be clear of mind and reach the alpha state.
Lesson on Energizing Exercise

Laura: There are five steps involved and used in one form or another in a couple of the Silva techniques. The steps are really simple and easy to follow.

The first step is to recognize the existing situation or problem situation. This helps to clarify or define the starting point. It’s easier to get to where you want to go if you know where you are.

The second step is to establish your goal, state your goal clearly so that there is no doubt in your mind.

The third step is to specify what you’re going to do in order to reach your goal. This establishes a process that you’ll be using to get from the starting point to the goal.

The fourth step is to take the necessary action: Do what is necessary to bring about the desired results. Remember, it takes action combined with faith and specific techniques to achieve results. And we’ll talk about faith some more a little bit later on.

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

You can apply this five-step process in the energizing technique so that you can energize yourself. For example, if you’re feeling sleepy and drowsy and you don’t want to be sleepy and drowsy, then you can apply the technique. You say to yourself, step one, I’m sleepy and drowsy. Step two, I don’t want to be sleepy and drowsy, I want to be wide awake, feeling fine and in perfect health. Step three would be to say to yourself, I’m 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, feeling better than before. Step four would be to carry out the plan, or count: One, two, coming out slowly, three. At the count of five I will open my eyes, be wide awake, feeling fine, and in perfect health, feeling better than before.

Now notice that at number three we remind ourselves of the goal, and you continue counting to four and five, and at the count of five, just at five, you say, eyes open, wide awake, feeling fine and in perfect health, feeling better than before. That’s claiming your end result.

Now, it’s really very easy to energize yourself when you’re tired. It doesn’t take a whole lot of time in alpha to be able to gain the benefits of being there. And one of those benefits is to feel energized. That energy can easily carry you on for another couple of hours. I would say that anytime you feel sleepy and drowsy, especially when you’re driving, handling heavy equipment, or have a responsible job that requires all of your attention, that you can go into alpha for five minutes doing this technique and energize yourself for another two hours. Continue using the technique as often as you need until you can find a safe place in which to sleep. This energizing technique is designed to help you remain awake longer when necessary.

But don’t stop there. Be creative with your techniques. You can deal with other challenges in much the same manner. Some people upon sensing the symptoms of epilepsy have reported relief by entering the alpha level and using the same five steps, but do make a note, anytime you use any of your Silva techniques for health problems, notify your healthcare taker or doctor.
In addition, whenever you experience any unpleasant sensation or thoughts at level, use the same procedure. Tell yourself what you are experiencing and add, I don’t want this, I don’t need this, and in the future, I will only experience what I desire to experience at my level.

You can use the same five steps whenever you want to improve or modify your mood as well. Maybe you’re in a bad mood. Maybe you’re feeling kind of grouchy or depressed. And you know that you can manage it and control it. Well, then apply the five steps. I’m feeling really grouchy. I’m in a bad mood. I don’t want to feel grouchy or be in a bad mood. I want to be calm, feeling pleasant and in control. I’m going to count from one to five, and when I open my eyes, I will be feeling better and better than before. One, two, coming out slowly, three. At the count of five, I will open my eyes and I will be in a really pleasant mood. Four, five. Eyes open, wide awake, feeling fine and in perfect health. You can apply this technique in almost any situation.

Now, just because I get all excited while I explain these techniques and talk kind of fast, does not mean that you have to apply the technique that way. So, just remember, when you go to level, it’s a time for you to relax and calm down. Take as much time as you need. You can take five minutes doing this. You can take ten minutes doing this. And you can take 15 minutes or longer, but if all you have are just a few minutes, then this technique can be applied in just a few minutes. As with other Silva techniques, this one is to be applied at level, following the formula as close as possible. So, listen to the wording carefully and follow the formula as you’re learning it, and especially as it’s going to be programmed in a mental exercise.

The energizing technique is powerful. It is a great program that results in a burst of energy that can 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.

**Preparation to Energizing Exercise**

**Laura:** Just a quick note before you do the exercise. You’re going to do the 321 Method on your own, and then I’ll come in with a countdown. Okay, so, let’s get ready for the exercise.

**Energizing Exercise**

**Laura:** Find a comfortable position. Close your eyes. Take a deep breath. And enter your level by yourself using the 321 Method. I will take it from there. Take your time.

You are now at level one. The basic plane level that you are learning to use for a purpose. Any purpose you desire. To help you enter a deeper, healthier level of mind, I’m going to count from ten to one. On each descending number, you will feel yourself going deeper, and you will enter a deeper, healthier level of mind. Ten, nine, feel going deeper, eight, seven, six, deeper and deeper, five, four, three, deeper and deeper, two, one.

You are now at a deeper, healthier level of mind, deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. A smile helps to relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly.
downward throughout your body, all the way down to your toes. Experience this wave of relaxation flowing slowly downward, all the way down to your toes. It is a wonderful feeling to be deeply relaxed, a very healthy state of being. You will continue to listen to my voice.

You will continue to follow the instructions at this level of the mind, or any other level, including the outer conscious level. This is for your benefit. You desire it, and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind, and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. My increasing mental faculties are for serving humanity better. Everyday and in every way, I am getting better, better and better. Positive thoughts, suggestions and images bring me benefits I desire. I have full control over my sensing faculties at all levels of the mind. I am always in control. I will always maintain a perfectly healthy body, mind and immune system.

Programming a formula, type, technique for your benefit. Awake control. Awake control is used to energize yourself or to remain awake longer. Whenever you feel drowsy and sleepy and don’t want to feel drowsy and sleepy, especially when you are driving, pull to the side of the road, stop the motor, and enter level one with the 321 Method. At level one, mentally 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 healthy.

Then tell yourself mentally, 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 not be
drowsy and sleepy. I will be wide awake and feeling fine.
Mentally and slowly count one, two, three, and at the
count of three mentally remind yourself that at the count of
five I will open my eyes, be wide awake, feeling fine and
healthy. Then mentally and slowly count to four, then five.
And at the count of five and with your eyes open, tell
yourself mentally, I am wide awake, feeling fine and in
perfect health, feeling better than before.

Every time you function at these levels of the mind, you
will receive beneficial effects physically and mentally. You
may use these levels of the mind to help yourself, to help
your loved ones, or to help any human being who needs
help physically and mentally. You will always use these
levels of the mind in a constructive, creative manner for all
that is good, honest and positive, and this is so.

You will continue to take part in constructive and creative
activities to make this a better world to live in so that when
we move on, we shall have left behind a better world for
those who follow. You will consider the whole of
humanity, depending on their ages, as fathers or mothers,
brothers or sisters, sons or daughters. You are a superior
human being. You have greater understanding,
compassion, and patience with others.

In a moment, I am going to count from one to five and
cause a sound with my fingers. At that moment you will
open your eyes, be wide awake, feeling fine and in perfect
health, feeling better than before; one, two, coming out
slowly now. Three, at the count of five you will open your
eyes, be wide awake, feeling fine and healthy, feeling
better than before, feeling the way you feel when you have
slept the right amount of revitalizing, refreshing, relaxing,
healthy sleep. Four, five, eyes open, wide awake, feeling
fine and in perfect health, feeling better than before.
Moving Forward with the Energizing Exercise

Laura: Now that you have done the programming for the energizing technique, the best way to use this moving forward is to practice as much as you can. In your first couple of practices, take a moment to write down your energy level as it ranks from 1 to 10, 10 being really awake and energized. After completing the exercise, rank your energy levels again. How did they change? How do you feel?

Be sure to write it down so that as you progress as a Silva practitioner, you can see how far you have come. Then, the more comfortable you become with the exercise, you can experiment with the length of time you spend energizing. How does it feel when you energize for two minutes versus ten? Can you amp up the rejuvenation power? Can you use your mind to restore the body as if you were asleep?

And finally, when you have mastered the ability to recharge and reenergize, remember, you can use this technique for mental acuity while learning, shifting a bad mood, or activating more fun and joy in your daily life.

To guarantee success with your Silva techniques, we recommend that you take the Silva Method live trainings. For more information or for course schedules and locations, log onto Silvamethod.com or call 1-800-545-6463 within the continental United States or 956-722-6391. And be sure to download Silva meditation apps that may be compatible with your smartphone.
Chapter 5: Mind Body Management (Advanced)

Introduction to 3 Fingers Exercise

Kaileen: Do you have a strong sense of intuition? Do you get a strong sense when you're meant to do something, or do flashes of information come to mind when you're trying to remember something?

This module is going to teach you a specific way to enhance your intuition and learn to access the alpha state, on the go. Intuition doesn't have to be this big, scary thing. We're receiving information from our bodies, our mind and our senses all throughout the day. This module will allow you to call upon those intuitive powers more proactively.

Laura's going to teach you how to use something called the 3 Fingers Technique to access information and solve problems more easily. You're going to learn how to access your intuitive state – and the alpha brainwave state – throughout the day, even with your eyes open. You will also gain access to the various ways this technique can be applied and experimented with.

This time, when you listen to the 3 Fingers programming exercise, Laura's going to give you time to do the 321 Method and the 10-to-1 countdown. She will continue with the exercise once you're in a nice relaxed state. Your workbook is always available for quick tips and steps. Listening to the Long Relax at least once a week will help you master the state of relaxation.
Lesson on 3 Fingers Exercise

Laura: Three Fingers Technique has so many applications. It's probably one of my favorite techniques. I use it all the time. You can utilize the 3 Fingers Technique to enter alpha with eyes closed or eyes open and access information wherever information may be, access resources that can help you through a trying situation, and enhance your intuition as you need it.

The 3 Fingers Technique requires you to position your hand in a very comfortable way. As you press your thumb and the first two fingers, your ring finger and little finger can rest comfortably on your palm. It's a very natural position for your fingers and your hand, and it doesn't attract a lot of attention so you can easily use your 3 Fingers Technique in any situation.

Using the 3 Fingers Technique with your eyes closed allows you to enter your alpha level quickly, on the spot. Simply close your eyes; lightly press your three fingers together and bring to mind how you feel when you are at level. Suggestive qualities of that wonderful state of physical relaxation or the wonderful passive and tranquil scenes that makes you relax mentally, or that special sense of inner depth that feels so good and healthy.

Using your 3 Fingers Technique this way is a handy tool to have when you don't have the luxury to spend 30 or 45 minutes meditating. You can bypass the 3-to-1 method, shorten the entry and go straight to the purpose of the meditation, and get results fast. The 3 Fingers Technique is one of the most versatile techniques that we have for some of the training. You can apply it for just about anything because it's so easy to use.
One of the most used applications for the 3 Fingers Technique is to access resourceful states of mind. I use this application almost every day. There are four steps to using the 3 Fingers Technique for accessing resourceful states: 1. Know the state you want to access. 2. Know when you want to have it available to you. 3. Program it at level; and 4 is to anchor it in.

For example, if you want to be less afraid or more courageous in a particular situation then enter your level using the 321 Method. Once at level say to yourself, mentally, "I'm about to face a situation I'm afraid of, and I want to feel courageous, competent and comfortable instead." Imagine yourself in that situation – acting, thinking and behaving in ways that congruently support what you desire. When you have the outcome image just right, step into the image, become one with it and experience it with all of your mental senses, experiencing it fully and completely as if it's already happened, allowing your body, brain and mind to take ownership of that experience.

At that point press your three fingers together and say to yourself, mentally, "Whenever I'm in this situation and I want to feel this courageous, competent, and comfortable, all I need to do is press my three fingers together and it will be so. This last step allows you to anchor in the resource. To access it simply press your fingers together, imagine yourself the way you wish to be, and follow through.

You can apply this same approach whenever you desire to feel calm in situations where you normally feel very nervous or anxious, or to be in control in situations where you tend to lose your temper. I especially like to use the 3 Fingers Technique with my eyes open because I want to
go in and out of alpha as I go about my everyday life. This allows me to tap into information, access my intuition, and apply it to problem-solving on the go.

Let's face it, there are times when I need to be more perceptive, intuitive or open to ideas, especially when I'm confronted with having to make important decisions. The good news is intuition is something we all have, can evoke, and use in our everyday living experience. The 3 Fingers Technique simply allows you to add mindfulness, or more consciousness, to the experience.

One of the reasons why intuition is such a part of our everyday living experience is because intuition is enhanced while in alpha. The fact is, our brain naturally dips into alpha many, many times per second, for microseconds at a time, and that can help us be more sensitive to information. When you truly desire to be more sensitive, to be more intuitive, and you press your three fingers together with that purpose in mind, guess what happens? You are more intuitive, you are more sensitive — more sensitive to the environment, to people and to situations.

You may find that you say the right thing at the right time, do the right thing at the right time, and make better choices and decisions in your everyday living experience. If, for example, you're going to make a presentation or sell an idea to a group of people or investors and you need to be a little more sensitive to their needs — and persuasive — you will want to program yourself the night before the actual presentation.

Go into your level and imagine how persuasive you are in presenting your ideas. Imagine that you're saying the right thing at the right time, that you are selling the concepts exactly in the way they need to hear it. You imagine the
listeners responding to you appropriately and very favorably. When you get it just right in your imagination, you step into the outcome image, experience it, own it, and lock it in with your 3 Fingers Technique.

So when the day of the meeting comes all you need to do before you walk into the meeting is to press your three fingers together, bring back the memory of how persuasive, convincing and clear you are in presenting your ideas, and in the way they need to hear it. When you have it, you then walk into the meeting room with your three fingers pressed together so as to remain in that resourceful state.

If it's you who needs to listen to someone present a proposal for a possible business venture, you want to sense whether or not they're coming from the right place and have good intentions – whether or not they're being fully honest with you and are giving you all the details you need in order to make a good decision that may result in you investing a large sum of money. When you are with this person you want to be sensitive to their vibration, to their body energy, and you can best do that when you are at level.

Yet, you're not always in a situation when you can close your eyes and meditate for a period of time. The good news is that we have discovered that you can enter that same effective internal state with your eyes open by using your 3 Fingers Technique and defocusing your vision.

You might be thinking, "Can I really be at alpha with my eyes open?" Well, yes – because the only sense that requires beta frequencies to operate it is the focused sense of sight. Therefore, defocused vision can occur at the alpha frequencies. By doing that you can easily
operate at alpha and use your sensing abilities to gain a lot more information, objectively and subjectively.

At home, before I leave for work, and I can't seem to find my keys, I press my fingers together, defocus my vision, think about where my keys may be, clear my mind, and allow the information to come. In my relationships, old and new, if I happen to be with someone and sense something less than positive, I press my fingers together, defocus my vision, and ask, mentally, "What is going on?" I then allow thoughts and feelings to fill my mind and I respond to those thoughts and feelings appropriately, often shifting the energy of the moment. I have discovered that I frequently have the ability to sense that person's needs as well as their intentions.

I even use the 3 Fingers Technique with my pets. If I sense something awry with any of them, I press my fingers together and ask my pet, "What is wrong?" I then pay attention to what I'm sensing and follow through with action.

Be mindful when you activate your sensing mechanism, and by mechanism I am referring to your ability to tap information with both your mental and physical senses; in other words, with your mind and your body. Your mental senses have no barriers of time or space and they allow you to perceive information of a subjective nature while your physical senses allow you to detect information objective in nature through what you see, hear, taste, touch and smell.

As you follow through with what you are sensing and it results in you getting your outcome, then you can mark that specific experience as a point of reference. Anytime you sense any kind of information, and you follow through and it's accurate information, make a point of reference –
because you want to start building on those points of reference with your intuition, with your sense of abilities, and sensing valuable information becomes easier and more accurate when you add mindfulness to the mix.

As you can see, together with enhancing your intuitive factor and your 3 Fingers Technique comes the ability to attune to people as well as animals. In fact, you can attune to matter and information of all kinds – information needed to solve problems of all kinds, and there's nothing to hold you back.

Using the 3 Fingers Technique helps add mindfulness, or consciousness, to your living experience. You are actively reminding yourself to slow down, be calm, go within; think before you speak, and think before you act. It's a way to pace yourself in any given situation and it can help you to create new habits of behavior along the way.

In using your 3 Fingers Technique, you may find that you're becoming more in control, calmer and clearer in thought. So, as you can see, the 3 Fingers Technique is very versatile, can be applied every day, can make your life better and can help you reach your outcomes more effectively.

**Preparation to 3 Fingers Exercise**

**Laura:** In the exercises to follow, you will be entering your meditations by yourself, using the 321 Method followed by a 10-to-1 countdown. I will come in with a wave relaxation. Enjoy!
3 Fingers Exercise

**Laura:** Find a comfortable position. Close your eyes. Take a deep breath and enter your level by yourself using the 321 Method followed by a 10-to-1 countdown. I will take it from there with a wave relaxation. Take your time.

You are now at a deeper, healthier level of mind, deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly downward throughout your body, all the way down to your toes.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being. To help you enter a deeper, healthier level of mind, I'm going to count from one to three and cause a sound with my fingers. At that moment, you will project yourself, mentally, to your ideal place of relaxation. I will then stop talking to you and when you next hear my voice, one hour of time will have elapsed at this level of mind. My voice will not startle you. You will take a deep breath, relax, and go deeper. One, two, three; project yourself mentally to your ideal place of relaxation until you hear my voice again. Relax. [finger snap]

Relax. Take a deep breath, and as you exhale, relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind and any other level, including the outer conscious level. This is for your benefit. You desire it, and it is so. Whenever you hear me mention the word "relax" all unnecessary movements and activities of your body, brain
and mind will cease immediately, and you will become completely passive and relaxed physically and mentally.

The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner. The following are beneficial statements that you may occasionally repeat while at these levels of the mind.

Repeat, mentally, after me: My increasing mental faculties are for serving humanity better. Every day, in every way, I am getting better, better, and better. Positive thoughts bring me benefits and advantages I desire. 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 level; and this is so.

We will now impress information for your benefit, programming the 3 Fingers Technique. At this time, bring together the tips of the first two fingers and thumb of either hand as your ring finger and your small finger rest on your palm. By doing this, you can use the 3 Fingers Technique to impress and later access resourceful states.

To use the 3 Fingers Technique to access resourceful states, enter your level using the 321 Method. Once at Level One, imagine the situation or event that requires you to have a particular resourceful state. Bring to mind the state that you desire; then imagine yourself in that situation with the resourceful state. Step into the image and become one with the image. Experience the image fully and completely, with all of your mental senses. Put your fingers together and say to yourself, mentally, "Whenever I have a need or desire to feel this way, believe this way, think this way or have this resource, all I
need to do is use my 3 Fingers Technique and it will be so."

Every time you function at these levels of the mind you will receive beneficial effects, physically and mentally. You may use these levels of the mind to help yourself, physically and mentally. You may use these levels of the mind to help your loved ones, physically and mentally. You may use these levels of the mind to help any human being who needs help, physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean and positive; and this is so.

You will continue to strive to take part in constructive and creative activities to make this a better world to live in so that when you move on you shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion and patience with others.

In a moment I'm going to count from one to five and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before; vision, eyesight and hearing improve every time you function at these levels of the mind. One, two, coming out slowly now, three; at the count of five, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before – feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep – four, five; [finger snap] eyes open, wide awake, feeling fine and in perfect health, feeling better than before.
Moving Forward with the 3 Fingers Exercise

Kaileen: After you do the programming for the 3 Fingers Technique, the best way to get started is to have complete trust and confidence that this is going to work. Use it when you need more information or when you want to tune in to what is really happening in any given situation. The more you trust it, the easier it will become. Remember, when you access information correctly, be sure to make a point of reference out of it. Notice how you received this information; notice how it feels, and pay attention to any subtle indicators that will help you identify the next time you are getting this type of information.
Introduction to Healing Concepts

Kaileen: Welcome to the first lesson in the Healing & Problem Solving Foundation. You might be wondering what healing and problem solving have to do with each other. Well, it's more about how they work together. You see, when our bodies experience disease or some sort of ailment this is a problem, and since our mind is fully capable of solving problems that means we are going to use that ability to heal our bodies with our mind.

Here at the Silva Method we believe that your body is meant to be healthy and that with practice you can guide your body back to its default state of health with your mind. Even if you're not generally a sick person, this foundation is incredible for bringing peace of mind and a sense of well-being. It will help you gain a new perspective for any challenge you're facing.

In the chapters to come you are going to start learning to creatively solve problems, and you're going to learn about something called progressive programming. Progressive programming is when you inch your progress with smaller goals toward a larger goal. So here is where your practice is really going to count.

You're going to be doing the 3-1 method on your own, and you're going to be doing the 10-1 countdown on your own, and you're going to be challenged to perceive your problems in a different light so that you can begin the healing process.
Lesson on Energizing Water for Healing

Laura: We're now coming to a very exciting part of the program because we're going to be learning and working with a technique that is a little different than the others. This is called the Glass of Water Technique, Beginning's Level. We use the Glass of Water Technique whenever you need information or guidance. It's excellent for making decisions or finding misplaced objects and gaining a deeper understanding of life's challenging situations.

The Glass of Water Technique is going to also show us a way to stir up our intuition or be able to use our mind in a special way to solve problems. It engages your mind faculties and intelligence in a special way. It involves the practice of allowing a thought to incubate all night.

Usually when we don't have the solutions to problems it's because we lack necessary information, but once we have enough information answers and solutions become really obvious.

The Glass of Water Technique is the only technique that utilizes something outside of you and that's a glass of water. All the other techniques that we have in the Silva method training have to do with you and just you because here at Silva we believe that you have all the resources and information needed to make good decisions and heal yourself inherently within you.

The glass of water in this technique is going to help us to achieve our outcome. We recommend you use a clear glass made of glass. There's something about glass versus a Styrofoam cup or a plastic cup. Glass is more of a natural element and we want to work with this natural element.
Now the glass that you use when applying this technique doesn't have to be a huge glass because you have a huge problem. Regardless of how big or small the problem may be you just use a simple drinking glass and you fill it with water. Take it by your bedside.

This is the last thing you do before you go to sleep at night. You get the glass, you close your eyes, tilt them slightly upward and say to yourself mentally "This is all I need to do to find a solution to the problem I have in mind." Now I'll set aside the remaining half glass of water, go to bed, and just sleep.

Notice that we did not use a 3-1 method to enter level. You enter level when you close your eyes and tilt them slightly upward. In the morning when you awaken you get the remaining half glass of water, you close your eyes again, tilt them slightly upward and mentally say to yourself "This is all I need to do to find the solution to the problem I have in mind."

Make sure that you have the problem in mind because that is the last statement you're going to say before you go to sleep. That means that the thought is going to incubate all night.

It's kind of like what we did already going back with the Dream Control Technique. In the Dream Control Technique you say "I want to have a dream that contains the solution to the problem I have in mind." In the Glass of Water you're saying "This is all I need to do to find the solution to the problem I have in mind." In both of those techniques the last thought you have in mind is the thought that incubates.

Many years back I suddenly developed an allergic reaction to cats. It came from seemingly nowhere and I
was really upset about the whole idea that I was having this reaction. I thought "That's not me. I'm such a healthy person. Where's this coming from?" After a few bouts with that allergic reaction I thought "That's enough. I refuse to live this way."

So I decided to use the Glass of Water Technique for taking care of this condition. So one night I got a glass of water and as I was drinking approximately half of the water I said to myself, "This is all I need to do to find the solution as to how to eliminate this allergic reaction I have to cats." And I sat the remaining water to the side of my bed and went to sleep.

In the morning I woke up and I had this really clear recollection of a childhood experience. In my recollection I was asked to go outside to take the laundry down from the clothesline. We were so many kids, ten to be exact, so we all had chores to do and we all had to do them. It was my turn as a young girl to go outside and bring the clothes in.

While I was outside I heard a lot of commotion inside the house and I was rushing to get back in. When I walked into the house I saw my sister who was about a year older than me had a little kitten in her arms. It was a beautiful little Siamese cat and I wanted to hold the cat and she wouldn't let me. She kept turning and turning away from me so that I couldn't hold the cat. I got really upset, so I got a clothespin and I attached it to the tip of the cat's tail. The cat went bezerk and started going around and around in circles. It was just making all kinds of commotion.

Needless to say, my parents got really upset with me and I was sent to bed and I was punished. That memory was the one that surfaced in the morning when I woke up. The great thing is that in a short period of time after that my allergic symptoms completely went away. I thought "How
curious that a memory that's so stuck in the past held the key to relieving my allergic reaction."

We know that incubation works and why it works or how it works we're not quite sure and like with dream control several things may happen. This is a technique you apply as you're going to sleep. That also means that you're going to be psyching into the very slow frequencies of brain and into the higher realm frequencies of brain meaning that you may be unlocking information that's trapped in those frequencies and they're going to surface. Or it could mean that intelligence because it cares so much for you it's going to go out and wander through time and space in search of the information. When it finds it will bring it back and show it to you in a dream.

Another thought is that since we are mostly made up of water the water is programmed by your thoughts, desires, needs and/or intentions. Scientists have discovered water to be a good receptor of thoughts, intentions and desires, and when you hold the glass to drink the water you are projecting your thoughts, your desires, and your intentions into the water. You are programming the water with your thoughts, desires and intentions.

The water then goes into your system, permeates your entire body and maybe releases or unlocks information that is trapped in your genetic code and like in dream control expresses it in a dream, thought or flash of insight.

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. He noticed that when loving words or concentrated thoughts or intentions were directed to the water or even written on a piece of paper and taped to the glass containing the water brilliant complex and colorful snowflake patterns
were formed. When polluted water, or water which had negative thoughts, words or intentions directed into 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.

This could be one of the reasons why the Glass of Water Technique is so effective and can be applied to health and healing. So what you can expect when you apply this technique is one of several things. You may awaken during the night with a vivid recollection of a dream that contains the information. Make sure you write it down or record it. Or, you may awaken during the morning with a vivid recollection of that dream. Again, write it down or record it. Or, you may have a flash of insight or a memory of something that contains the information to solve that problem.

Something else with this technique is that you may wake up with the information to solve the problem. If you do, you still drink the remaining half glass of water because that's the way the formula is programmed and that's what we want to reinforce, the success of the formula itself. So drink the remaining half glass of water and instead of saying "This is all I need to do to find the solution to the problem I had in mind," you may want to instead say some words of gratitude for receiving the information.

If you don't get the information right away in the morning then expect to get it sometime during the day. You may have a flash of insight, or maybe you'll open a book and the information is right there staring right at you. Or you could be walking somewhere and the person standing next to you is having a conversation with somebody else and they're talking about exactly what you need to hear to solve the problem that you have in mind. So make sure your antennas are in the receiving mode because you're
going to either see it or hear it or experience it or something along those lines.

It's kind of like when you go out to buy a new car. You go to the car dealer and the car dealer takes you around the lot to look at all the cars they have, and yet, not one of those cars is special or unique enough for you, and you say "You know what? I really want to order my car and have it specially made just for me." So you select the color and the upholstery and you get all the accessories that you want and the rims, everything is just to your liking, and you wait a few months for the car to be built to your specifications.

Well, the months go by, you get your car and you're so happy with it and now you take off and drive away from the car dealer and low and behold two blocks down there's another car exactly like yours. And about three miles later you see another car exactly like yours and you think "I never used to notice these cars before, so what's different now?" What's different now is that your focus is on what's taking priority in your mind at that moment, and that's kind of what happens with the Glass of Water Technique. When you're searching for the information your focus, your attention is on seeking the information that you need to apply to solving the problem.

So do expect to get the information sometime that day after applying the technique. If at the end of the day you feel that you didn't get that flash of insight, or you didn't get the information, then when you go to level that night before going to sleep scan through your day and say to yourself mentally "I know that I experienced the information that is going to help me to solve the problem I have in mind. What was it?" Clear your mind for a few moments by thinking of something that's not related and
then the first thought that comes in after that will have the information. Trust in your inner senses.

**Preparation to Glass of Water Exercise**

**Laura:** I hope you're getting comfortable with entering the exercises by yourself because you are going to continue doing so from now on. In this exercise you will go through a problem-solving cycle using the Glass of Water Technique. You will go through the step-by-step process imagining that it is nighttime and you are ready to go to sleep, getting a glass of water, taking the water by your bedside, closing your eyes and tilting them slightly upwards as you drink approximately half of the water saying "This is all I need to do to find the solution to the problem I have in mind."

You'd then imagine putting the glass of water away, getting into bed and going to sleep. I'll be quiet for a few moments as you imagine yourself sleeping peacefully. And when you hear my voice again it will be morning. At that point, you will imagine completing the application of the technique by imaging closing your eyes and tilting them slightly upwards as you drink the remaining half glass of water saying "This is all I need to do to find the solution to the problem I have in mind."

Let's get started.

**Glass of Water Exercise**

**Laura:** Find a comfortable position. Close your eyes. Take a deep breath and enter your level by yourself using
the 3-1 method followed by 10-1 countdown. I will take it from there with a wave relaxation. Take your time.

You are now at a deeper, healthier level of mind, deeper than before. You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. Feel how relaxed they are. Allow this feeling of relaxation to flow slowly downward throughout your body all the way down to your toes.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being. To help you enter a deeper, healthier level of mind I'm going to count from 1 to 3 and cause a sound of my fingers. At that moment you will project yourself mentally to your ideal place of relaxation. I will then stop talking to you and when you next hear my voice one hour of time will have elapsed at this level of mind. My voice will not startle you. You will take a deep breath, relax, and go deeper. One, two, three, project yourself mentally to your ideal place of relaxation until you hear my voice again. Relax.

Relax. Take a deep breath and as you exhale relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind and any other level including the outer conscious level. This is for your benefit. You desire it and it is so. Whenever you hear me mention the word "relax" all unnecessary movements and activities of your body, brain and mind will cease immediately and you will become completely passive and relaxes physically and mentally.

The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind, and to use it in a special manner.
The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. "My increasing mental faculties are for serving humanity better. Every day in every way I am getting better, better and better. Positive thoughts bring you benefits and advantages I desire. I have full control and complete dominion over my sense and faculties at all levels of the mind, including the outer conscious level and this is so."

The following statements are for your better health. Keep in mind that from now on I will occasionally be speaking in your place.

"Every second, every minute, every hour, every day, every cell, tissue, organ and system of my body is revitalized, restored and renewed. I will always maintain a perfectly healthy body, mind and immune system."

Impression of information for your benefit; the Glass of Water Technique. The Glass of Water Technique is used for problem solving 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 mentally "This is all I need to do to find the solution to the problem I have in mind," and put away the remaining half glass of water, go to bed and sleep.

In the morning upon awakening get the remaining half glass of water then close your eyes turning them slightly upwards and as you drink the water say to yourself mentally "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 a 3-1 method to enter Level 1. You enter your level automatically as you close your eyes and turn them slightly upward while drinking the water.

It is now time to practice the Glass of Water Technique. I will now count from 1 to 3. At the count of 3 I will cause a sound of my fingers. At that time you will visualize yourself in your own home to go through a problem-solving cycle, 1… 2… 3.

Visualize yourself in your own home. It is nighttime and you are ready to go to sleep. Select any problem you would like to solve. Mentally fill a glass with water. While you are mentally drinking approximately half of the water you close your eyes, turn them slightly upwards, and mentally say to yourself "This is all I need to do to find the solution to the problem I have in mind."

Now mentally put away the remaining half glass of water so that you may drink it first thing in the morning. Now mentally get into bed and go to sleep. I will soon stop talking to you. When you hear my voice next it will be morning. Relax.

It is now morning. You are waking up and getting out of bed. Reach out for the glass of water, close your eyes, turn them slightly upward, and as you drink the remaining half glass of water say to yourself mentally "This is all I need to do to find the solution to the problem I have in mind."

You will receive the information with the use of the Glass of Water Technique. Every time you function at these
levels of the mind you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, or to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean, and positive and this is sung.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move on we shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.

In a moment I'm going to count from 1 to 5 and cause a sound of my fingers. At that moment you will open your eyes, be wide awake feeling fine and in perfect health, feeling better than before. Vision, eyesight and hearing improve every time you function at these levels of the mind. 1... 2... coming out slowly now... 3... at the count of 5 you will open your eyes, be wide awake feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing healthy sleep... 4... 5. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

**Moving Forward with the Glass of Water Exercise**

**Kaileen:** Tonight take some time to write down a challenge or a problem that you are seeking clarity or answers to. In your journal or in your manual you can
document the problem you are trying to solve, and then document what information comes to you when you wake up and you're ready to get any insights.

As Laura mentioned, these insights may come to you right away or some insights may develop throughout the day. Either way, set your belief and expectancy to get the answers you desire.

**Introduction to Headache Relief**

Kaileen: What do you do when you have a headache? Do you eat a little snack? Take an aspirin, a nap maybe? These are all fine ways of dealing with a headache. Have you ever thought about why you got one in the first place, or if it is possible to remedy it naturally or better yet with your own mind?

In this chapter you will be continuing to add layers to your mental discipline and goal setting skills. This headache relief technique applies similar levels of mental discipline to those which you learned in the sleep control technique and you’re going to be using your goal achievement skills like you did in the alarm clock technique to set and achieve a goal.

Just imagine if you have the mental discipline to put yourself to sleep and you have the goal setting ability to achieve the goal of waking up whenever you want to then what else is possible? Healing a headache?

Even if you don’t have a headache do the programming for this exercise. Because every time you practice for programming you strengthen the muscle of your mind and your meditation practice. You will be empowering your
ability to meditate even with this exercise because you will be using your three to one and ten to one countdowns. This time Laura is going to have you do the wave relaxation all on your own. With each level of practice you are getting better and better at points of reference and claiming your results.

**Lesson on Headache Relief**

Laura: Up to this point we have talked about formula type techniques that can help us to develop greater self-mind control. We have also addressed techniques that pretty well take care of the symptoms caused by stress. We are going to continue along those lines of thought and also work with techniques that are best for helping us to heal ourselves such as eliminating headaches or to be able to strengthen our immune system and to be able to actually do some self-healing.

In view of the fact that we already know that we have the potential and the capability of healing ourselves, we have every single chemical necessary in our own make-up as a human being to heal ourselves.

Remember that we want to speed up the process of how to get from where we are now to where we want to be. I would guess that most of us want to be free of pain and problems that we experience in our life.

The next technique that we are going to talk about is headache control. With headache control not only do you learn a technique to counteract a symptom of stress but your also learning to retrain your body to behave in a different way. Scientist and Doctors say that 90% of all headaches are stress related including migraines. There are some headaches that are organically rooted although
most are not. When we combat stress we can pretty much combat the headache. What appears to happen with most headaches is that we learn through time how to create them. If you suffer from tension type headaches then it is apparent that you were not born knowing how to produce or create headaches, somewhere along the way you learned how to do that.

What comes to mind are my children when they were young. The one thing I could never really be quite sure whether it was real or not real was a headache because it was so easy for them to say my head hurts, I don’t feel good, I don’t want to go to school. Even though they said that from time to time I always said “No you are going to go to school.” And I made them go to school anyway. The point was that they were trying to avoid taking a test or they had got into an argument with a little friend or something along those lines. I didn’t want them to buy into that and I wasn’t going to buy into that either, most of the time they were not really experiencing a headache they were just telling me they were to avoid something unpleasant.

This may or may not be true for you but I notice quite often people let it go by a lot of the time. Many of us buy into everything our children say and sometimes we may be hurting them more than we are helping them. Let’s say we do buy into it every time they say they have a headache what that is going to do in the long run is that the body, brain, and mind will learn the pattern of how to get sick. That also happens with tummy aches. You cannot measure a tummy ache; there is no instrument to measure that. That is why I say somewhere along the line we may have learned how to create the headache. Not only that but we learn to reinforce it over and over again through time and often with the support of our caretakers and we forgot that at one point we had purposely created
a headache to avoid something unpleasant. And now it is as if it is a real thing and it is because suffering a headache can be a real experience. It can be a very unpleasant experience but it has its roots in imagination. What is worse is that when people are confronted with that whole idea that maybe they created the headache they get so amazed and they say oh no but my headache is different. Quite frankly almost everyone’s headache has to do with stress and not all that different.

So now we need to teach the body how not to create the headache. Since most headaches are stress related you’re going to get benefits by simply going to your level and relaxing. Even those headaches that are organically rooted can benefit from this technique. You can also practice a long relaxation exercise on a frequent basis to lessen the effects of headaches and eventually do away with them altogether.

What we want to do is add mindfulness or consciousness into the mix. We do that by actually addressing the headache. First you go into your alpha level with the three to one method and once you’re at alpha you apply the headache control technique. The headache control technique utilizes the five step method.

Step one: Identify the problem, “I have a headache I feel a headache.” Step two: You state what you desire, “I don’t want to have a headache I don’t want to feel a headache.” Step three: is to lay out your plan, “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 then have no headache I will then feel no headache.”

Notice that we say have an feel because when it comes to pain you might have the pain yes but the other aspect to it is how you experience the pain the subjective part of the
experience is the feel part. If there was a way to measure intensity of pain how you experience pain and how somebody else might experience pain of the same intensity may be very different. So it is have and feel.

Step four: You carry out your plan you start to count one two coming out slowly three and always at three you remind yourself of the goal that you want to achieve. “At the count of five I will open my eyes be wide awake feeling fine and in perfect health feeling better than before I will then have no headache I will then feel no headache.” Then you will continue counting. Four, five at five you claim your end results. “Eyes open feeling wide awake feeling fine and in perfect health feeling better than before.” So step five is claiming your result.

The main thing you want to remember is when to apply this technique. You apply the headache control technique right when you think you are going to experience the headache, not when it is a full blown migraine. Most people whether it is a tension type headache or a migraine type headache are going to experience some kind of sensation or some kind of aura that precedes the onset of the headache itself. That is when you apply the technique. If you get a sensation of a little dizziness, or a light headed feeling, or a little nausea, or whatever it is for you. Learn to become sensitive the to the sensations that precede your headache

When that happens you enter your level using the three to one method and apply the five steps of the headache control technique. Open your eyes and see what happens. The next time you begin to feel the sensation you do it again and again and again even if you have to do it 20 times in one day do it. Because as you do that the body is learning how to function or how to behave. It has
been reprogrammed, now it is saying to itself every time I feel this light headed feeling or this little slight dizziness I go towards relief instead of going towards the headache and pain. So it is learning a new pattern of behavior a new habit if you will.

If you do already have the headache and it is a pretty serious headache you then apply your technique and you open your eyes and wait five minutes and apply it again and see how that works for you. But if you’re already experiencing a migraine headache then you enter your level using your three to one method. You apply your five step technique or the five step process for headache control. Open your eyes your wait five minutes and time it because I am going to program during the mental exercise that you wait five minutes. It is not to say it is ten, it is not going to be six, it is not four, or three. It is five. Follow the formula, wait five minutes apply it again. Open your eyes you wait five more minutes and apply it a third time.

The first application will take care of some of the symptoms of the headache. The second application most of the symptoms will be gone. And with the third application all of them will be gone and you continue to apply this technique in this manner. You are going to find that you are going to rid yourself of headaches forever. If you do have a reoccurring headache then you do definitely want to seek medical help because it could be something else going on in there and you want to make sure that you rule that out.

Something that is worth mentioning is that I find that for so many people they are so accepting of the headache. It is not as if you had a cut on your arm or a bruise on your leg or you had broken something. The headache in great part is your creation because you allow it to occur. Maybe there are outside stressors or certain foods that affect you.
Maybe there is smoke in the air or there is a lot of tension at work. Your acceptance of those things causing headaches is what we need to modify. You are in charge and the headache control technique allows you to take charge.

**Preparation to Headache Relief**

**Laura:** In the exercise that follows you enter on your own as before using the three to one method followed by a ten to one countdown. Only this time continue to deepen with a wave relaxation where you start by relaxing your eyelids and slowly allowing a wave of relaxation to flow downward throughout your body all the way down to your toes remember to breathe slowly deeply and rhythmically throughout the exercise bringing to mind your points of reference for physical and mental relaxation as you need them. I will then come in with the projection to your favorite place of relaxation. Enjoy

**Headache Relief Exercise**

**Laura:** Find a comfortable position, close your eyes and enter your level by yourself using the three to one method. Follow that with a ten to one countdown and wave relaxation. I will then come in after that. Take your time.

It is a wonderful feeling to be deeply relaxed a very healthy state of being. To help you enter a deeper healthier level of mind I am going to count to three and cause a sound with my fingers. At that moment you will project yourself mentally to your ideal place of relaxation. I will then stop talking to you and when you next hear my voice one hour will have passed at this level of mind. My
voice will not startle you. You will take a deep breath relax and go deeper.

One. Two. Three. Project yourself mentally to your ideal place of relaxation until you hear my voice again. Relax. [finger snap]. Relax. Take a deep breath and as you exhale you will go deeper. You will continue to listen to my voice. You will continue to follow my instructions at this level of the mind and any other level including the outer conscious level. This is for your benefit you desire it and is so.

Whenever you hear me mention the word relax all unnecessary movements and activities of your body, brain, and mind will cease immediately and you will become completely passive and relaxed physically and mentally. The difference between genius mentality and layman mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you occasionally repeat while at these levels of the mind. Repeat mentally after me “My increasing mental faculties are for serving humanity better. Every day in every way I am getting better, better and better. Positive thoughts bring me advantages and benefits I desire. I have full control and complete dominion over my sensing faculties at all levels of the mind including the outer conscious level and this is so.”

The following statements are for your better health. Keep in mind that from now on I will be occasionally be speaking in your place. “Every second, every minute, every hour, every day every cell, tissue, organ, and system of my body is revitalized, restored, and renewed. I
will always maintain a perfectly healthy body, mind, and immune system.” Impression of information for your benefit, programming of formula type technique called headache control. This is a formula type technique that you can use to practice stopping headaches.

Tension type headaches do one application, migraine type headaches do three applications five minutes apart. If you have a tension type headache enter level one with the three to one method. Once at level one mentally tell yourself. “I have a headache I fell a headache. I don’t want to have a headache. I don’t want to feel a headache. I want to feel fine. I am going to count from one to five and at the count of five I will open my eyes and be wide awake feeling fine and in perfect health I will then have no headache I will then feel no headache.” You will then count slowly. One. Two. Three. At the count of three you will remind yourself 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 in my head. I will then feel no discomfort in my head.”

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

If you have a migraine type headache enter level one with the three to one method once at level one go through the same procedure as with the tension type headache but use three applications five minutes apart. You will note that the first application will reduce the discomfort by a certain amount. Wait five minutes then apply the second application. The second application will take care of a
greater amount of the discomfort. Wait five more minutes and apply the third application with the third application all of the discomfort will have disappeared. From then on when symptoms appear one application takes care of a migraine problem. As you continue to take care of this problem in this manner the symptoms appear less frequently until the body forgets how to cause them bringing an end to the migraine problem without the use of drugs and this is so.

To correct health problems controls are applied under an appropriate healthcare takers supervision. Every time you function at these levels of the mind you will receive beneficial effects physically and mentally you may use these levels of the mind to help yourself to help your loved ones or to help any human being who needs help physically and mentally.

You will always use these levels of the mind in a constructive creative manner for all that is good honest pure clean and positive and this is so. You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move on we shall left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers, mothers, brothers, sisters, sons, or daughters you are a superior human being you have greater understanding compassion and patients with others.

In a moment I am going to count from one to five and cause a sound with my fingers, at that moment you will open your eyes feeling fine and in perfect health feeling better than before. Vision, eyesight, and hearing improve every time you function at these levels of the mind. One. Two. Coming out slowly now. Three. At the count of five you will open your eyes be wide awake feeling fine and in
perfect health feeling better than before. Feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing healthy sleep. Four. Five. [finger snap.] Eyes open wide awake feeling fine and in perfect health feeling better than before.

**Moving Forward with the Headache Relief Exercise**

**Kaileen:** Can you believe the power of your mind? If you can get rid of a headache imagine what else is possible. It is a good idea to do a few practice rounds on this one so you are ready at the faintest sign of a headache. All of the steps are in your manual and before you start your exercise remember to rank your headaches before and after so you can measure your progress and always expect excellence or better.

To guarantee success with your Silva techniques we recommend you take the Silva method life training. For more information of course schedules and locations log on to Silvamethod.com or call 1-800-545-6463 within the continental United States or 956-722-6391 and be sure to download Silva Meditation apps that may be compatible with your smartphone.
Chapter 7: Healing & Problem Solving (Intermediate)

*Introduction to Mirror of the Mind Part 1*

**Kaileen:** Welcome to the most advanced healing technique in this program. This is the only technique where we're going to use mental and physical energy to promote healing.

Now the concept of energy is talked about a lot when you research self-healing, but the energy we're talking about here is your physical energy. You know what it feels like to feel high energy or low energy, but that doesn't matter. It doesn't matter how you feel right now because you're going to combine your physical energy with the power of your mental intention to charge up water to heal your body.

This exercise is going to activate the power of your alpha state and is done from a lighter state of consciousness. Remember, the depth of your state is not an indicator of how powerful the exercise is, rather it's how well you focus during the process. You want to be using the alpha state throughout your day to access more of your mind power and connection to your body.

*Lesson on Mirror of the Mind Part 1*

**Laura:** We're now coming to what I feel is probably one of the most exciting techniques in the whole Silva Method Training. It works like magic. Years ago someone asked me in one of my classes "Do you always get what you program for?" And I said, "No, I don't." I said, "I usually get better." And that's what I want you to keep in mind. When you start to apply the Mirror of the Mind technique
and you're working towards reaching a goal or manifesting something you really desire or solving a problem always in the back of your mind say "I want this or better than this," because we don't always have the whole big picture.

Sometimes we're on the right track and we pretty well know where we want to go and how to get there more or less, so sometimes you need to be allowing of the universe to step in and give you better. So in the back of your mind always when you're working towards any goal you say "I want this," and you picture on your mental screen very clearly clear pictures, clear outcomes. Or, I want better than this.

But before beginning to program for anything there are certain components to consider that can help ensure success with your programming. They are desire, belief, expectancy, visualization, imagination, persistent action and congruency.

Let's start with desire. Desire is needed in order for your goals to manifest. Desire, longing, craving, wanting or wishing all describe a subjective energy that has the power to make things happen. The stronger the desire the stronger the motivating force and the stronger the attraction is to what you want. With a strong desire the goal itself and the idea of it being realized begins to reel you in towards it until it becomes a reality. Without desire nothing happens.

Your desire may be more intense with things you need like money to pay for your mortgage or pay your bills or put food on the table than for luxuries you want.

Desiring health or your marriage to work may be far greater than desiring to go on a vacation or buy another piece of jewelry. As you begin to manifest the things you
need you may find that the luxuries that make life even more enjoyable will also manifest.

How strong must your desire be? Only you can answer that question because desire is a subjective energy. It cannot be measured in size, weight or number nor can it be described accurately with physical words. You need to go back into your personal history to a time when you seem to have made something of value happen based on your strong desire alone and you knew you made it happen without a doubt. Remember how strong your desire was and lock it in. That is the amount of desire you need to make anything else happen.

You can always build your desire if you're lacking it as well. Think of a goal and make a list of all the reasons you have for desiring that goal. Project yourself into the future and imagine how manifesting that goal will change your life for the better. Notice how many other areas of your life and the lives of those closest to you will be impacted by reaching that goal.

Now think of a specific goal and answer these questions: How strong is your desire to manifest your goal? How important is it to you? Do you find yourself thinking about it all the time? Is it something you really need or just want? Is it easy for you to envision the goal? What purpose does it serve? Does it solve a problem? Does it make your life different and better?

Remember nothing is going to happen if you don't have the desire to do it. Desire is attached to the thought that precedes the physical manifestation of your goal. First you must think it before it can manifest. When the thought is charged with strong desire then the manifestation of the goal is more likely.
Although an intense desire alone seems to make dreams come true it also helps to believe it is possible. Believing in what you desire will give you the strength to hold on until it manifests. Belief comes with a deep feeling of knowing and it is expressed as a simple statement you make to yourself that gets stronger the more you repeat it. Statements such as "I know I will be healthy again. I know I will create financial security. I know this business venture will work" are just small examples of a belief expressed with conviction.

How strong must your belief be? Well, a desire only you can answer that question. Belief too is a subjective energy. It cannot be measured in size, weight or number nor can it be described accurately with physical words. You need to go back into your personal history to a time when you seem to have made something of great value happen based on your strong belief alone, and you knew you made it happen without a doubt. Remember how strong your belief was and lock it in because that is the amount of belief you need to make anything else happen.

Belief is a very important factor in the equation. Without belief you probably won't reach your goal or make anything of great value happen. You must first conceive it and then believe it so that you can achieve it. Make sure that whatever you desire to manifest is something you believe you can manifest. Don't set yourself up for failure or sabotage your outcome by setting impossible or unbelievable goals. Even the slightest amount of belief is better than no belief at all.

So think of a specific outcome you want to manifest and answer the following questions: Do you believe you deserve manifesting that goal? Do you believe you are capable of making it happen? Do you believe it's possible? Are you limiting the direction from where you
will get your end result? And, do you have any limiting beliefs get in your way?

A good way to find out where you have limiting beliefs about reaching your goals is to notice the kinds of excuses you make, excuses such as "If it wasn't for the economy I would find a better job," or "I would be in a relationship but all the good men are taken." Stop making excuses. Any time you point the finger at someone or something outside of yourself for causing your problems you're probably exposing one of your limiting beliefs. When you point that finger you have three fingers pointing right back at you.

Find out where you have limiting beliefs. Notice in what areas of your life you're making excuses for your lack in attracting success, happiness, love or health. Catch yourself every time you point that finger at someone or something outside of yourself for your failures or lacks: "I could be happier, but my husband is so negative," or "I could have been the success I dreamed of, but I had to drop out of school." Discover where you find yourself stuck in having to do things a certain way, be a certain way or have things stay a certain way, and to find out what you believe you deserve in life just look at how you live. Excuses are neither reasons nor are they facts. Stop being a victim. Be a conscious player instead.

Go beyond your self-imposed limiting beliefs and take ownership of your life. Beliefs will dictate your living experience and if the beliefs you hold dear are not bringing everything you desire then change them. It may be as easy as just changing the statements you make to yourself to say to yourself "There are no good jobs out there for me" is probably true for you, yet the person who says "I find great jobs anywhere I go" always does.
Determine what belief is keeping you from moving forward. Once you know what it is then create a better one and practice repeating that one over and over until you come to own it. Do this as an experiment. It may make a huge difference in your life. You deserve to have it all.

If how you think, believe or behave does not result in the life you want then change it. I'm reminded of an old comic strip story about a little boy named Dondi. The storyline was about a couple who owned a corner grocery store. The husband had always dreamed of becoming an accountant, but the little store presented itself and he bought it. Now he no longer had the time, money or energy to become an accountant. Well, one day the chance to make his dream come true presented itself when someone makes him a very good offer to buy his little store. This would allow the grocery store owner to have enough money to go back to school and support his family at the same time.

The grocery store owner considers the offer and then he turns it down. Dondi, being a little boy and observing what had just happened asked the grocery store owner "Why did you turn down the offer? I thought you always wanted to become an accountant. The grocery store owner replies "By the time I become an accountant I'll be 50 years old!" After hearing that Dondi then asked "Well, aren't you going to be 50 years old anyway?" What that the grocery store owner reconsiders and accepts the offer.

You see, beliefs will dictate your living experience. Make sure that they're working for you and not against you.

A third component is expectancy. With desiring something to manifest and believing it is possible you develop a sense of knowing that it is going to happen. It is
a feeling of expectancy. Expectancy keeps you on the alert and searching for what you desire. It must be present at all times. You need to expect your goal to become a reality without a shadow of a doubt. Having full conviction that your goal will manifest will boost the success of it happening. Expectancy is hope or certainty and it is a direct result of your belief.

Belief and expectancy have to go hand-in-hand. You cannot have one without the other. Expectancy is a belief with intense conviction. Having strong expectancy means walking the talk, being fully congruent.

The following story may make the point more effectively. Once upon a time, hundreds of people came together in a small town in order to pray for rain. They had been going through a terrible drought. They came together because they believed that when many people pray at the same time the likelihood of it happening was great. Yet only one person actually walked in with an umbrella. That's expectancy.

The fourth component is visualization, and visualization is a faculty of mind. It is a process of remembering something that has been impressed on the brain visually. You use visualization to identify your present situation, condition or problem. Visualizing your present situation helps you to mentally define where you are at the present time. It defines your starting point and what you desire to move away from.

Always project your images on your mental screen. This allows you to interact with your images and make changes as needed.

The fifth component is imagination. Imagination is used for creating solutions and outcomes. Whatever you
picture as a solution or outcome is also projected on your mental screen. Imagination involves a process that is more active and dynamic than that of visualization. It is highly creative and can lead to better problem-solving skills.

A person that is highly creative can think of many solutions to problems as well as create many desirable outcomes. When you imagine your goal make sure it is clear and believable as mentioned earlier, clear pictures, clear outcomes, fuzzy pictures, fuzzy outcomes. So be specific about what you are visualizing and/or imaging.

To imagine receiving a big check in the mail may get you just that, a check printed on some big piece of paper, but with a low monetary value. Or programming for money flowing through your hands may land you a job as a bank teller earning a minimum wage.

The sixth component is action. Now your actions and your behaviors must congruently support your efforts in reaching your goal. You must follow through with your improved behaviors, meditations, positive thinking, and new beliefs about you in relation to your goal, which brings me to the seventh component, which is congruency. Your actions and your behaviors go hand-in-hand. Your actions must be persistent, congruent internationally and externally, and supportive of what you are programming for.

Now the stage has been set for the Mirror of the Mind technique. This technique is amazing. It is so simple to use and so wonderful. What you're going to do with the beginner's level application of the Mirror of the Mind is that you're going to enter level using the 3-1 method, and once at Level 1 you visualize on your mental screen a full length mirror. This mirror will be known as the mirror of the mind.
Now the 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 a frame of a Mirror of the Mind can be mentally changed from blue to white. The blue frame denotes the existing situation or the problem, so you're going to be using visualization to go over the problem or the existing situation and all problems can be converted into projects. Remember that. A problem remains a problem as long as you don't do anything about it. The moment you start looking for a solution it becomes a project.

Now the white frame denotes the solution or goal. Now that means that you're going to be utilizing imagination to create the image of the solution of the goal. To solve a problem or to reach your goal with the Mirror of the Mind, once you're at Level 1 project the problem situation unto the blue frame Mirror of the Mind in order to make a good study of it. You don't have to spend too much time in the blue frame going over the problem, but do be honest with yourself, and don't be in denial either, and I'm not talking about the river in Egypt. You know what I'm talking about, so just be real clear about what the problem is, what caused it, or how you got into that situation because it's going to help define your starting point.

The blue framed Mirror of the Mind is going to be in the center of your mental screen. Once you make a good study of the problem you erase the problem image, you move the mirror towards the left and as you do it you change the frame's color to white and then you project a solution image or a goal image onto the white framed Mirror of the Mind. From then on any time you happen to think of the project visualize the solution image or the desired outcome that you have created farmed in white.
In most situations, you never go back to the blue frame. You only focus all of your energy and your time in following meditations on just the white frame and the solution. You keep your eyes on the goal. Obstacles only appear when you take your eyes off the goal.

Now the only time that you do go back to the blue frame, the Mirror of the Mind, is when you set a goal that is progressive in nature, such as reducing the size of a tumor, or cutting back smoking, or maybe losing a large amount of weight. It may be better to program incrementally. 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.

Preparation to Mirror of the Mind Exercise Part 1

Laura: You will enter this exercise on your own with the 3-1 method followed by the 10-1 countdown. You may deepen further as you wish. I will give you plenty of time to do that and then I will come with some positive statements and affirmations followed by the programming of the Mirror of the Mind Part 1.

As always, listen to the exercise with your eyes open before you do it with your eyes closed. That way there'll be no surprises. When you practice the Mirror of the Mind on your own you have a lot of flexibility on the duration of the meditation and the quality of depth you desire to experience. The longer you spend on the deepening part of the meditation the deeper you will go within.

Do remember that depth does not necessary equal effectiveness of programming. Depth in a meditation has
more to do with a personal like and/or need. To program for a goal or outcome using the Mirror of the Mind requires you to be actively engaged in the process and active engagement of your intelligence, mind, and mental senses requires for you to be at Alpha, and meditating at Alpha is a light type of meditation. Alpha is not associated with depth.

Deep meditations are more associated with passive meditation where the brain frequency is more than likely at Beta. Our goal for you is to practice your Silva techniques on your own in a very practical manner, and even if all you have is five minutes, and let me assure you five minutes is good enough for you to achieve positive outcomes.

In addition, you will be hearing a new sound in the background called Silent Witness. Enjoy.

3 Mirror of the Mind Exercise Part 1

Laura: Find a comfortable position, close your eyes and enter your level by yourself using the 3-1 method. Follow that with a 10-1 countdown and wave relaxation. I will then come in after that. Take your time.

Take a deep breath and as you exhale relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind and any other level including the outer conscious level. This is for your benefit. You desire it and it is so.

Whenever you hear me mention the word "relax" all unnecessary movements and activities of your body, brain and mind will cease immediately and you will become completely passive and relaxed physically and mentally.
The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind: Repeat mentally after me. "My increasing mental faculties are for serving humanity better. Every day in every way I am getting better, better and better. Positive thoughts bring me benefits and advantages I desire. I have full control and complete dominion over my sense and faculties at this level of the mind and any other level including the outer conscious level and this is so. I will always maintain a perfectly healthy body, mind and immune system."

We will now impress information for your benefit programming the Mirror of the Mind technique. You can use this technique for problem solving and goal attainment. 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 will denote the problem or the existing situation which can be converted into a project.

The white frame will denote the solution or goal. To solve a problem or to reach a goal with a Mirror of the Mind enter Level 1 with the 3-1 method, then project the image of the Mirror of the Mind with blue frame on your mental
screen. Create an image of the problem thing, person or scene and project it on your blue framed Mirror of the Mind in order to make a good study of the problem.

After making a good study of the problem erase the problem image, move the mirror towards your left, change the mirror's frame to white and create and project a solution image onto the white framed mirror. From then on any time you happen to think of the project visualize the solution image you have created framed in white, and this is so.

I will now allow time for you to work on problem case. Begin by applying your learned techniques. At the count of 3 project the image of the Mirror of the Mind with the blue frame on your mental screen. 1… 2… 3. Project the image of the blue framed Mirror of the Mind on your mental screen.

Now create an image of the problem thing, person or scene and project it on your blue framed Mirror of the Mind in order to make a good study of the problem.

Now erase the problem image, move the mirror towards your left, change the mirror's frame to white and create and project a solution image onto the white framed Mirror of the Mind.

From now on any time you happen to think of this project visualize the solution image you have created framed in white, and this is so.

Every time you function at these levels of the mind you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself physically and mentally. You may use these levels of the mind to help your loved ones physically and mentally.
You may use these levels of the mind to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean and positive, and this is so.

You will continue to strive to take part in constructive and creative activities to make this a better world to live in so that when you move on you shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion and patience with others.

In a moment I'm going to count from 1 to 5 and cause a sound with my fingers. At that moment you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. Vision, eye sight, and hearing improve every time you function at these levels of the mind. 1… 2… coming out slowly now, 3… at the count of 5 you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing healthy sleep. 4… 5. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

Moving Forward with Mirror of the Mind Part 1

Kaileen: If there is any Silva technique that can be used with accuracy and power this is it. Start practicing the Mirror of the Mind now because as we continue you are going to add layer upon layer of depth to this timeless and powerful problem solving and healing technique.
**Introduction to Mirror of the Mind Part 2**

**Kaileen:** Welcome to one of the most powerful and fun exercises in the Silva Method. It is a problem solving exercise, and also one of the most powerful for healing. Any challenge in our life that we feel powerless against, whether it is a person, a situation, or a health problem, usually comes from not being able to see a way out of the situation.

This single exercise, if mastered, can help you relieve the stress and worry that comes from unresolved issues. We are going to use the power of visualization, which is our ability to gather information from the past and the problem solving power of our imagination to gain new insights to life’s challenges. Laura is now going to go deeper into the principles of desire, belief, expectancy, persistent action and congruency. And you are going to use your new cool tools like the mental movie screen to access information and images in your mind.

**Lesson on Mirror of the Mind Part 2**

**Kaileen:** Now that you have had a chance to practice the Mirror of the Mind, it is probably becoming one of your favorite techniques. It incorporates everything we have talked about up to now, positive thinking, entering your alpha level, being consistent and congruent, using imagery, incorporating subjective energies and persistent action.

In Mirror of the Mind Part 2 we are going to kick the technique up a notch by focusing a little more attention on
the subjective energies of desire, belief and expectancy. They are three of the seven components for success that we talked about in the last chapter.

Desire is the fuel that gets the motor running. The first step whenever you are working on achieving a goal, a project, or any success is to take a look at how much you really desire it. Desire is another way of saying, “I want.” The energy of desire is really the driving force and a strong desire helps us to tolerate the challenges and things we need to do in order to reach our outcome. Desire helps us to build interest and pay more attention. It is a really deep seeded strong hunger that is a basis of most everything we do.

How can we fuel the fires of desire and increase this feeling of want? This driving force that seeks out and begins to draw in that which we want and need. We do it by mentally and frequently experiencing our outcomes fully and completely in our meditations, experiencing the benefits we will receive in so many areas of our lives because we have achieved our goal. Connect with our outcomes daily and you will attract them to you faster than you ever thought possible.

Now Believe is what keeps you on your path. Believe is like saying, “I can do it.” It is akin to having the courage to move forward. Believe is an inner resource of confidence that shapes and molds your living experience and behaviors. Even your body chemistry, hormones, and your health are impacted by your Believes. When we look at the work of Dr. Bruce Lipton in his book *The Biology of Belief* we begin to recognize that what scientists call placebos are actually the body’s chemistry matching the beliefs we hold to be true, and that we tend to attract into our lives that which we believe we can.
Now I am not suggesting that we attract everything we believe into our lives, but we do tend to attract those things we have an honest to goodness deep rooted confidence in. Those things that will help us handle life’s challenges and develop necessary resources to achieve our goal or desired outcome.

It helps to have inner resources, points of reference and moments of excellence that we can review and lean on, times in the past when we have had similar goals, similar interests, even similar challenges that we can draw upon, that we can look back to and say, “I have been through this before. I have had similar challenges and I have made it. I have done it before and I can do it again.”

If you look at the Silva Method training there is so many techniques that are really quite simple and yet, when we begin to have success with them they become points of reference. They give us evidence that we have special inner powers and resources that help us control our lives that help us to control and manifest the destiny we want. So the belief, I can do it, is an optimistic attitude, and attitude that does not give us so easy, that knows somehow, someway that if I really wanted and don’t know what to do now to get it, I can learn.

Now Expectancy is your insurance for the journey. It is that exciting inner sense of knowing that what you desire and believe in is about to happen. It is just a matter of time, yet, it will happen. You have set expectations for yourself about life, love, money, career and your future. Studies have shown that when you expect something from someone, or yourself, you are likely to get it.

Make yourself aware of your present expectations and search for where you can kick it up a notch. Wake up in the morning and say out loud, “Today I expect something
great to happen to me” then seek it out during the day. When you have the three energies working together in support of each other, the combination of the three energies is what constitutes faith.

Faith creates a strong pulling force somewhat like a magnet. I refer to this force as the DBE attractor. When anyone of the three energies that constitutes Faith is strong enough, then it can carry the others when working towards manifesting an outcome. When there is enough desire then there may be enough energy available to ensure success even if belief and expectancy are weak.

The three energies must be present to some degree; otherwise you do not have faith. What comes to mind to better explain this concept is the story of a man who wakes up one day with a strong pain on the side of his body. The pain is so strong that he thinks he is dying. He calls his doctor to make an appointment to go see him. The nurse says, “Well gee, Mr. Smith, the doctor is out of town and won’t be able to see you for a week.” And Mr. Smith exclaims, “A week! I will be dead in a week! I can’t wait a week, I am dying here!”

At that, she suggests that he go to an emergency room and that someone there will take care of him. Mr. Smith responds, “I am not going to the emergency room so some unknown doctor will take care of me. I want my doctor because I know that when I see my doctor he will make me well.” So the nurse says, “All right Mr. Smith, have it your way. We will see you in a week.”

Well sure enough Mr. Smith is hurting when he walks, and he hurts when he sits, but every time he thinks about the pain, he says to himself, “That okay, I have made an appointment, and I know that when I see my doctor he will make me well.” One day goes by, and he is thinking this
thought over and over again. Another day goes by, the third and fourth, and still the pain is ever present, but he continues to repeat, “When I see my doctor I know he will make me well.”

Well finally the day comes to go see his doctor, and he of course needs to wait in the waiting room for an hour or so. But regardless, he is thinking, “Well at least I have made it this far, and I know that when I see my doctor he will make me well.” The nurse finally calls out his name and he follows her into one of maybe five or six examination rooms.

He waits with great anticipation for the doctor to walk in. As he hears the doctor’s footsteps up and down the hallway thinking, “It is my turn. Not this time, but when I do see my doctor I know that he will make me well.” Finally, after another thirty minutes, the footsteps stop in front of his door, and he can actually see the shadow of the doctor’s feet at the bottom of the door.

He sees the door knob turn and the doctor walks right in and says, “Well Hello Mr. Smith, what seems to be the problem?” Well, Mr. Smith gets up to show him, and as he starts moving his body like a contortionist and in all kinds of different ways, he suddenly realizes, the pain is not all the bad, and says, “Well gee doctor, I feel kind of silly being here because I actually feel pretty good right now, but earlier I had a really really bad pain right here. I thought I was going to die.”

Well the doctor of course makes a full examination and gives him a prescription for what seems to be his problem and Mr. Smith walks out of the doctor’s office very happy and feeling very healthy without even taking a pill. Although what happened to Mr. Smith is not all that uncommon according to many medical doctors I have
interviewed, the question still begs to be asked, “What just happened?”

Some people might say that it was an instantaneous healing. We will never know. These kind of experiences are rarely documented. It does appear though that the state of mind of a patient going into a doctor’s office is very different than the state of mind of a patient coming out of a doctor’s office. What appears to have happened is that Mr. Smith unconsciously, yet successfully programmed for the desired outcome by thinking and/or saying repeatedly throughout the week, “I know that when I see my doctor he will make me well”, swelling the subjective energies of desire and belief and expectancy through repetition.

People program themselves naturally in this manner all the time. By repeating what you desire, believe and/or expect, over and over and over again you build those subjective energies, but that is not enough. One thing is to build the subjective energies and the other thing is to release those energies for a purpose. And the purpose Mr. Smith had in mind was to be well.

So what is the releasing mechanism? In order to release subjective energies, there needs to be the implementation of a physical sense, and that too has to be part of the programming. Without knowing it, Mr. Smith was doing a perfect program. When I see, and the operating word is see, he will make me well. His desire to be well made him wait a week. His belief in his doctor was obvious in the programming statement he was making to himself, “When I see my doctor, he will make me well.” His expectancy was included in the program because it was built in with the word see. And the outcome to be well was constantly present.
So when the doctor walks in and Mr. Smith sees him, the subjective energies of desire and belief and expectancy that had built up throughout the week are now released for the purpose of getting well, that is faith in action. You don’t need to be religious to note the similarities between the story I just shared and the Bible story of the woman who suffered an illness for so many years.

She kept thinking, “If I could only reach out and touch his robe, I will be made whole.” Well the story implies that she thought this over and over for quite some time before Jesus arrives at her village. More likely than not, out of her great desire to be healed, she probably had to fight the crowds in order to position herself to position herself within arm’s reach of Jesus in order to be close enough to touch his robe.

The story goes on to say, that upon her touching his robe, he felt the energy move from his body, and asked, “Who touched me?” When he was told it was her, he says to her, “Your faith has made thee whole.” He did not say, as the greatest healer we have ever known of, “I have healed you.” No! He said, “Your faith has made thee whole” because it takes faith, faith to make anything happen. That is your desire, belief and expectancy working together, congruently, for a specific outcome.

There always needs to be that physical sense that is going to allow the energy to move from the spiritual, subjective dimension into the physical, objective dimension and manifest in the way you want it to manifest. For Mr. Smith, it was the sense of sight, and for the woman, it was the sense of touch. This is important for you to know, because this is what it takes for successful manifestations to occur. You have got to have faith in everything you do.
In your heart, keep the faith strong. In your mind, a picture of you in perfect health, and in your being, a conviction that you will get there, and always maintain an attitude of this or better than this.

**Preparation to Mirror of the Mind Exercise Part 2**

**Kaileen:** You will enter this exercise with the 3 – 2 – 1 method followed by the 10 to 1 countdown. You may deepen further as you wish. I will give you plenty of time to do that, and then I will come in with some positive statements and affirmations followed by the Mirror of the Mind Part 2. As always, listen to the exercise with eyes open before open doing it with eyes closed. That way there will be no surprises, and never do the exercises while driving.

In the Mirror of the Mind Part 2 you will select a new goal to work on, and go through the same basic steps as with Mirror of the Mind Part 1. Only this time, we will add some very special elements.

As you create your outcome image in the white framed mirror, I will ask you to answer the following six questions. As you listen to the questions, think about your answers as to be better prepared for the exercise.

The first question is, what do you want to achieve? The second question, when do you want to achieve it? It could be, a time of year, an appointment, a specific event. The third question is, where will you be when it manifests? The fourth question, who is going to be there to give you feedback? The fifth, how is it going to make your life different and better? This means that in your imagination you need to project yourself into the future. And the sixth question is, why do you want this goal to manifest?
Once you create your outcome image, focus on the image and intensify your desire for it. As you intensify the energy of desire, imagine as if you are reeling the outcome image closer to you. Then you do the same with belief, concentrating on all the reasons why you believe you will manifest the desired outcome, and again, reel in the image closer still. Finally, you intensify the energy of expectation and reel in the image so close to you that you can literally step into the outcome and be one with it.

Once in the outcome image, experience it fully with all of your mental sense, as if you are actually there, and allow your body, brain and mind to memorize how it feels to have achieved. Imagine your achievement and when it feels just right, you should rethink this technique, and say to yourself mentally, “Whenever I have a need or desire to think this way, believe or behave this way, all I need to do is press my three fingers together and it will be so.”

The three fingers technique helps you lock in the feeling of achievement so whenever you feel even the slightest bit of doubt setting in, you can immediately do away with it by pressing your three fingers together and focusing on the feeling of achievement instead. Enjoy the exercise.

*Mirror of the Mind Exercise Part 2*

**Laura:** Relax. Take a deep breath and as you exhale, relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind and any other level including the outer conscious level. This is for your benefit, you desire it, and it is so.
Whenever you hear me mention the word relax, all unnecessary movements and activities of your body, brain and mind will cease immediately, and you will become completely passive and relaxed, physically and mentally.

The difference between genius mentality and lay mentality is that geniuses use more of their minds, and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner. The following are beneficial statements that you may occasionally repeat while at these levels of the mind.

Repeat mentally after me. My increasing mental faculties are for serving humanity better. Every day, in every way, I am getting better, and better, and better. Positive thoughts bring be benefits and advantages I desire. 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 level, and this is so. I will always maintain a purposefully healthy body, mind and immune system.

We will now impress information for your benefit, programming intermediate Mirror or the Mind Part 2. You can use this technique for problem solving and goal obtainment.

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 will denote the problem, or the existing situation, which can be
converted into a project. The white frame will denote the solution or goal.

To solve a problem or to reach a goal with a mirror of the mind, entire level one with the 3-2-1 method, then project the image of the mirror of the mind with blue frame on your mental screen. Create an image of the problem thing, person or scene, and project it on your blue framed mirror of the mind in order to make a good study of the problem.

After making a good study of the problem, erase the problem image, move the mirror towards your left, change the mirror’s frame to white, and create a project a solution image onto the white framed mirror. From then on, anytime you happen to think of the project, visualize the solution image you have created framed in white, and this is so.

I will now allow time for you to work one problem case. Begin by applying your learned techniques. At the count of three, project the image of the mirror of the mind, with the blue frame, on your mental screen. One, two, three. Project the image of the blue framed mirror of the mind on your mental screen. Now create an image of the problem thing, person or scene and project it on your blue framed mirror of the mind in order to make a good study of the problem.

Now erase the problem image. Move the mirror to your left. Change the mirrors frame to white, and create and project a solution image onto the white framed mirror of the mind. From now on, anytime you happen to think of this project, visualize the solution image you have created framed in white, and this is so.
Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself physically and mentally. You may use these levels of the mind to help your loved ones physically and mentally. You may use these levels of the mind to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean and positive, and this is so.

You will continue to strive to take part in constructive and creative activities to make this a better world to live in, so that when you move on, you should have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion and patience with others.

In a moment, I am going to count from one to five, and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. Vision, eyesight and hearing improve every time you function at these levels of the mind.

One, two, coming out slowly now, three. At the count of five, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep. Four, five. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.
Moving Forward with the Mirror of the Mind Exercise
Part 2

Laura: Here is where it is all coming together, all of the elements from the core beliefs, the road map to success, and the mental discipline, and the success you have experienced so far have all been put in place to bring you to this level of personal empowerment and healing. Don’t hold back on yourself, your dreams or your desires. Remember the progressive programming. Take it one believable step at a time. If you want to reduce your weight, take it two pounds at a time. If you want to be a millionaire, take it incrementally. Believe you can do it, and expect your results or better.

To guarantee success with your Silva Techniques, we recommend that you take the Silva Method Live trainings. For more information of our course schedules and locations, log on to www.silvamethod.com or call 1-800-545-6463 within the continental United States, or 956-722-6391 and be sure to download Silva Meditation Apps that may be compatible with your smart phone.
Chapter 8: Healing & Problem Solving (Advanced)

Introduction to Three Scenes

Kaileen: This chapter doesn’t need much of an introduction. It's powerful in and of itself and needs very little explanation. Now that you have the steps for the Mirror of The Mind exercise part one, Laura's going to share the power of faith and belief in healing. You're going to take your Mirror of The Mind practice to the next level. You're going to learn progressive programming and you are going to weave all the elements of successful healing, problem solving, and goal achievement into one.

Lesson on Three Scenes and Advanced Dream Control

Laura: We're now coming to the Special Glass of Water technique and Advanced Dream Control technique, step three. Let's start with the special glass of water technique.

This application is used for healing and incorporates a glass of water, being at alpha, visualization, imagination and your human energy field. This technique also incorporates a modified version of the Mirror of The Mind called the Three Scenes Technique. The Three Scenes Technique requires you to visualize the problem image on the first scene that is directly in front of you on your mental screen. In the first scene, you take a few moments to study the problem. Once you study the problem, you move your awareness slightly to the left of the first scene, about 15 degrees, and imagine the correction scene. Take a little longer on the second scene.
In the second scene, you are to imagine whatever steps you are taking to correct the problem, such as, energizing water for health. The third scene is slightly to the left of the second scene, about 15 degrees, and there you imagine your end result of health. There's no need to put frames around the scenes, but it's perfectly okay if you prefer to do so. In addition, we are going to utilize objective, physical energy meaning physical energy radiated by our human energy field. And, subjective spiritual energy radiated by our thoughts, images and intentions. This is the only technique that incorporates both energies in this way. Especially for this application, we recommend you use a clear glass, made of glass.

Glass is a more natural element that seems to have properties that respond best to our energy, both subjective and objective. With this technique, you get a glass of water; hold it with both your hands making sure that the fingers of one hand do not touch the fingers of the other hand. This is believed to help the energy go through the water, and not from hand to hand. Then you enter Alpha using the 321 Method. And if you wish to deepen further, you may follow that with a Ten to One Countdown. Once at Alpha, you raise the glass to the level of your forehead and visualize through the glass and onto your mental screen, the problem image directly in front of you, and slightly above the horizontal level of sight.

Study the health problem for a few moments. You then move your awareness about 15 degrees to the left of the first scene and energize the water by imagining that you are projecting energy, blue/white in color, from the right hand through the water and onto the left hand. At the same time, you imagine what you are doing in the second scene, which is the correction scene.
Not only do you imagine that you are energizing the water, but once energized you also imagine how you are going to apply the water. You may drink the entire glass of energized water, you may drink an ounce at a time, you may rub it on your skin, put it inside a bottle and use it as a nasal spray, or you may put it in an ear dropper and drop the energized water into your ear.

You may energize it for a loved one, your pets, and even your plants. However you energize the water, is how you are going to use it. Also in the second scene, you will imagine applying the water in the way it was programmed, and the outcome of health beginning to take effect.

As you can see, the second scene is a busy one. Once the water is energized, you then move your awareness to the third scene, about 15 degrees to the left of the second scene, and imagine the outcome of health. You then come out of your level and drink or apply the water as programmed. The ability to use objective and subjective energies to reach a successful outcome is what's so great about this technique. This technique works for many reasons. One is that we are at Alpha using our mind in a special manner. Two, we are mostly made up of water, are dependent on water and have an affinity with water. Three, researchers, such as Masaru Emoto, author of The Hidden Messages in Water, claimed that water is a good receptor of thoughts, intentions, and desires. And four, we can program the water with our body's energy field, and the power of our mind.

I love this technique. I have used it countless of times and used it creatively. When my youngest daughter, Saralee, was in the University, she called me and said that she was feeling under the weather. She was congested, weak, and felt yucky all over. That was upsetting for her because she had her final exam scheduled that afternoon. I asked her if
she had all the ingredients to make chicken soup and she said yes. I instructed her to make the soup and call me when the soup was ready to eat. When she called, I asked her to put the phone on speaker mode and I guided us both into a meditation.

At that point, I asked her to place her hands over the soup and to imagine that my hands were being superimposed over hers. I too was imagining the same. Once we both did that, we then visualized on our first scene, how she was feeling. We then imagined that brilliant energy was pouring out of our hands and penetrating the soup, and that the soup was being energized for the purpose of her regaining her health. We also pictured that in the second scene. Finally, we imagined on the third scene, her eating the soup and feeling healthy.

A few hours later, Saralee called sounding happy, chirpy and healthy. She excitedly commented on how well she had done on her final exam. This is a good example how you can creatively use the healing aspects of energizing water, where you engage both the subjective energy that incorporates visualization, imagination, and intention, and the objective energy that incorporates the human energy field towards realizing a desirable outcome.

Now, the second advanced application of the technique is Dream Control Step Three. In step three, we're looking to have a dream that contains information to solve a problem that we have in mind. Before entering sleep, you enter Alpha using the 321 Method. Once at Alpha, you say to yourself mentally I want to have a dream that contains information to solve the problem I have in mind. I will have such a dream, remember it, and understand it. State it affirmatively and sleep on it letting the thought incubate the whole night long.
By sleeping on it, we clear our minds, relieve ourselves of the urgency of making a decision and minimize stress. It's as if the more you think about something, the more your biases interfere with good decision making. Sleep also helps organize our memories. Process our experiences of the day. Solve problems of all kinds and come up with some pretty creative ideas.

The German chemist Frederick Kekulé claimed to have intuited the chemical structure of the benzene ring, after falling asleep in his chair and daydreaming of a serpent biting its own tail. He's certainly not the only person to have discovered a flash of insight after waking from a good sleep. In science alone, many breakthroughs were discovered after a good nights' sleep including Mendeleev's creation of the Periodic Table and Loewi's experiments on the transmission of nervous signals through chemical messengers.

Most of us have tried sleeping on a difficult problem. And some researchers have shown that this old technique really does have merit to it. It has been found that our brains are better at integrating disparate pieces of information after having gone through REM; Rapid Eye Movement sleep where most lucid dreams occur. It appears that REM sleep encourages a creative process by allowing the brain to form connections between unrelated ideas, and that it was not the quantity of sleep, but its quality that made all the difference in performance, and REM sleep was a necessary factor in successful problem solving.

Of course, having a cat nap in the day, does improve a wide range of mental abilities from alertness to memory. That alone is beneficial for problem solving. Yet, it appears that REM sleepers are more likely to get information in dreams and use it to their advantage.
Research also found that REM sleepers were better able to create associations between existing ideas, boosting their creative ability. Other research studied the link between slumber and creativity and showed that people are twice as likely to discover a novel solution to a mathematical problem after sleeping on it for a night.

Research suggests that sleep might improve cognitive flexibility. REM sleep seems to help us incorporate new information into existing experiences. That creates a richer network of links for us to draw upon in the future, and provides the fuel for flashes of insight. The ability to reason and understand all aspects of a decision depends on a good night sleep. So, when you're making an important decision, listen to Mom and Dad's advice, and sleep on it.

**Preparation to the Three Scenes Exercise**

**Laura:** You will enter this exercise on your own with the 321 Method, followed by the Ten to One Countdown. You may deepen further as you wish. I will give you plenty of time to do that. And then, I will come in with some positive statements and affirmations, followed by the programming of the true techniques; the Special Glass of Water technique, using the Three Scenes, and the Advanced Dream Control technique. As always, listen to the exercise with eyes open, before doing it with eyes closed. That way there will be no surprises and never do the exercise while driving.
Three Scenes Exercise

Laura: Find a comfortable position. Close your eyes and enter your level by yourself using the 321 Method, followed by a Ten to One Countdown. I will then come in after that with some positive statements and affirmations. Take your time.

Relax, take a deep breath, and as you exhale, relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind, or any other level including the outer conscious level. This is for your benefit. You desire it and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds, and use them in a special manner. You are now learning to use more of your mind, and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. My increasing mental faculties are for serving humanity better. Every day in every way, I am getting better, better, and better. Positive thoughts, suggestions, and images bring me benefits and advantages I desire. I have full control over my sensing faculties at all levels of the mind. I will always maintain a perfectly healthy body, mind, and immune system.

We will now impress information for your benefit, programming the Special Glass of Water technique. A formal type technique that utilizes the Three Scenes technique, and you can use for problem solving. And later, we will program the Advanced Dream Control Step Three.

Whenever you have a need for the Special Glass of Water technique, get a glass, fill it with water and hold the glass of water with both of your hands, making sure that the
fingers of one hand do not touch the fingers of the other hand. Enter Alpha using the 321 Method, and if you wish to deepen further, you may follow that with a Ten to One Countdown. Once at Alpha, you raise the glass to the level of your forehead, and visualize through the glass and onto your mental screen, the problem image directly in front of you and slightly above the horizontal level of sight. Study the health problem for a few moments.

You'll then move your awareness about 15 degrees to the left of the first scene, and energize the water by imagining that you are projecting energy blue/white in color, from the right hand through the water and onto the left hand. Imagine the glass and water glowing with this blue/white healing energy. At the same time imagine what you are doing in the second scene, which is the correction scene. Also in the second scene, imagine how you are going to apply the water.

For example, you may drink the entire glass of energized water, you may drink an ounce at a time, you may rub it on your skin, you may put it inside a bottle and use it as a nasal spray; you may put it in an ear dropper and drop the energized water into your ear. You may energize it for a loved one, your pets, and even your plants. However you energize the water, is how you are going to use it. Also in the second scene imagine that you are drinking, applying, or using the energized water and that the healing has begun to take effect.

You then move your awareness to the third scene that is for imagining the outcome achieved, and is approximately 15 degrees to the left of the second scene. Imagine that you are fine and healthy and enjoying the benefits that come with health. Once you have a clear image of the outcome, lower your arms and hands to a relaxed
position. Count yourself out of Alpha and drink or apply the water. Take a deep breath and relax.

We will now impress Advanced Dream Control Step Three. Once you have received successful results with Beginners Dream Control Step One and Intermediate Dream Control Step Two, you are ready to move onto Advanced Dream Control Step Three. Advanced Dream Control Step Three is to practice generating a dream that you can remember, understand, and use for problem solving. You will enter level one with the 321 Method.

Once at level one, 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 will then go to sleep from level one and allow your intention to incubate all night. With this programming you may awaken during the night with a vivid recollection of the desired dream. Or, you may awaken in the morning with a vivid recollection of such a dream. You will have this dream, remember it, and understand it.

Every time you function at these levels of the mind you will receive beneficial affects physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, or to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, and positive. And this is so. You will continue to take part in constructive and creative activities to make this a better world to live in. So that when we move on, we shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human
being. You have greater understanding, compassion, and patience with others.

In a moment, I'm going to count from one to five and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before; one, two, coming out slowly now. Three, at the count of five you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. Feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep. Four, five, eyes open, wide awake, feeling fine and healthy, feeling better than before.

**Moving Forward with the Three Scenes Exercise**

**Kaileen:** How cool is this? Who knew you had the power to energize, problem solve, and heal. Well, it's really not too far-fetched. Your body and mind have a natural ability to heal. The steps for this process are in your manual and you can reference them anytime. So, have some fun, start now, and enjoy the power of your energized water.

**Introduction to Healing the Past**

**Kaileen:** You know how you can get hung up on situations where you feel like you’ve been wronged? It’s those times when you can feel awkward or uncomfortable with someone or something that was done to you and you can get caught up in thinking about it again and again and again. That loop of thinking can be like an unhealed wound inside of your psyche. See what was done or said happened at another moment in time but it still lives on
inside of us and as long as it lingers there, it keeps us from being whole and complete. This technique is a process of healing the wounds that come from other people or ourselves through the power of forgiveness. Imagine what life would be like if you had peace with these feelings and could take control of these thoughts whenever they arise.

The next lesson will provide you with insightful questions and you’ll probably want to consider them carefully and have a pen and paper nearby. Then Laura’s going to take you through a powerful healing process and journey through the past

**Lesson on the Power of Forgiveness**

**Laura:** Forgiveness engages the universal law of allowance. It requires you to be conscious of the understanding that everyone including you has the right to be who and how he or she is at any given moment. Forgiveness is the ability to allow and deal with error and weakness in yourself and others. It is a way to give up resentment and work through offenses resourcefully, it has the power to heal every part of your being be it spirit, mind, body and emotions. It is often referred to as the surprise healer. I often hear people say that they can’t forgive because if they do it’s like saying that what happened is okay. That’s not what forgiveness is about.

Forgiveness does not mean you condone the wrongdoing nor does it mean that you are forgetting what has happened. In fact, you don’t even have to like the person you are forgiving and you don’t need to reconcile nor do you need to reestablish a relationship with them if it is not in your best interest. The reality is there is nothing you can do about changing the past physically. You can
although change it mentally, spiritually and emotionally. It is healthy for you in every way to make the decision to let go of the past and to release the negativity that is attached to it. Through the healing energy of forgiveness, your spirit finds compassion, your mind thinks more positively, your body can heal faster and your emotions are free to experience joy. Forgiveness has the potential of soothing uncomfortable feelings between people, reuniting broken relationships, creating new relationships and giving you the necessary strength to move forward in a healthy manner. It is the first step to healing any woe.

Forgiveness can be experienced as a warm feeling or energy that fills you with goodness. It comes with a sense of freedom releasing and finally letting go of old burdensome baggage. The act of forgiving is very empowering and something that comes out of your own free will. No one can force you to forgive anyone, not even yourself. Yet the energy involved in forgiving is the same energy involved in being forgiven. We often want forgiveness yet refuse to forgive others. If we cannot forgive others, then how can we expect others to forgive us?

Not forgiving is very costly and painful. Not forgiving feeds negative energies that lead to grudges, hatred, revenge and illness. It allows the hooks of those past actions to stay hooked deep within us holding us back from living fully and completely. You have nothing to lose and everything to gain by forgiving. Find the strength to rise above negative energies like anger, fear, resentment, hatred, vengeance, finger pointing, suspicion, bitterness and condemnation and remind yourself not to get caught up in the negativity and do not get even with the offender. Do not stoop to that level. You’re too great, strong, caring and loving for that. It may be helpful to consider the offender’s perspective and realize that people are doing
the best they know how according to the resources, tools and wisdom they have.

You may have reacted the same way in a similar circumstance. Separate the offense from the offender and in your heart and soul, release the offender and let him or her go. Accept the fact that the action is past and that chapter of your life is closed and for the sake of your future, you must let go of the past, become even wiser and move forward. Forgiveness is necessary if you ever plan to live fully and happily again. Forgiving offenses can be difficult to do yet we must for our own well being. Offenses are negative and any negative offenses or memory has the potential of weakening the immune system much the same way as just chronic stress and more so if the experience was traumatic.

On a more personal level, when we offend, we experience guilt. Guilt is often experienced when you have done something you should not have done or did not do something you should have done and now you are suffering or someone else is suffering because of that. The presence of guilt can break anyone’s spirit, mind and body through time and cause high levels of stress. The best cure for guilt is forgiveness. Repent and allow yourself to go through a change of heart and mind.

I had a friend who passed away recently from pancreatic cancer. From what I understand, pancreatic cancer is often related to when someone loses the sweetness of life. This concept certainly applied to my friend. You see, in his younger years, he was married to a lovely woman and had three children with her and then he made a terrible decision and cheated on her. She found out and could not tolerate what he had done and she left him. He was tormented by her decision and suffered great guilt the rest of his life. He most definitely loved her deeply and I
believe that when she left him, he truly lost the sweetness of life.

Holding on to resentment due to someone else’s offenses can also lead to similar negative effects on the body. The automatic release of unnecessary chemistry into your system every time you think of the offense can have a damaging affect on your health through time. Let go of the anger and resentment... In a somewhat related way, I remember a story my father told me about a doctor who had a severe case of psoriasis. Every time the doctor thought about the psoriasis, it made him feel so badly he had it all covered up.

He wore long sleeves and his shirts were buttoned all the way up to the top so his patients wouldn’t see how bad the psoriasis was. My father asked him if there was ever a time he could remember when he didn’t have psoriasis and he was happy in his life and the doctor, upon reflecting on the question said yes, I remember being so happy and healthy the day I got married. I had just received my doctor’s degree and I was so happy about that and I had married the woman of my dreams and my life was so complete. My health was very good too; I didn’t have the psoriasis at the time.

So my father asked him to reflect on that memory every time he saw or thought of the psoriasis. He instructed him to take off his wedding band and hold it in his hand and contemplate on those wonderful and happy memories of having received his medical degree and finding and marrying the woman of his dreams. Sure enough he did that and it wasn’t much long after he began to do that that the psoriasis began to clear up to the point that it completely went away.
In much the same way, every time we think of what causes guilt in our lives, it causes so much release of chemistry in our system that in many situations when we do have a health challenge, it only aggravates the health challenge instead of helping to correct it. And that is why it is so important to let go of the guilt, the anger and the resentment.

Another good friend of mine and senior silver instructor in the Philadelphia area reminds her students of the story of when Peter asked Jesus how many times should I forgive when my brother sins against me? Up to seven times? Jesus answered, I tell you not seven times but seventy times seven. So Jeannie actually instructs her students to write down forgiveness statements seventy times every day for seven days. She says that her students testify to the healing that results from that simple exercise. Remember it is the forgiver that is free in forgiving.

**Preparation to Healing the Past Exercise**

**Laura:** You will enter this exercise on your own with the three to one method followed by the ten to one countdown. You may deepen further as you wish. I will give you plenty of time to do that and then I will come in with some positive statements and affirmations followed by the programming of the forgiveness exercise.

In this exercise, you will go through the process of first forgiving yourself, then you will go through the process of forgiving a person, a situation or an organization that you need or want to forgive. There will be some new positive statements in this exercise. They go like this; I love and approve of myself. As you repeat that statement allow it to resonate deep within you and if there are any objections
to loving and approving of yourself, then imagine placing the objections on leaves. Lay them on a stream and watch them float away.

Another statement is everything is coming together for good in my life. With this statement, don’t just say it, imagine it. Imagine good things happening in your life.

The last new statement is I am a radiant being filled with light and love. Light and love from source energy. From where goodness comes and as always, it’s a good idea to listen to the exercise with eyes open before doing it with eyes closed. That way there will be no surprises and never do the exercises while driving.

**Healing the Past Exercise**

Laura: Relax, take a deep breath and as you exhale relax and go deeper. You will continue to listen to my voice. You will continue to follows the instructions at this level of the mind or any other level including the outer conscious level. This is for your benefit, you desire it and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me, my increasing mental faculties are for serving humanity better. Every day in every way I am getting better, better and better. I love and approve of myself. Everything is coming together for good in my life. I am a radiant being filled with light and love. I will always
maintain a perfectly healthy body, mind and immune system.

Now at this time you will begin the process of forgiving yourself and allowing increased peace and harmony. Feel how deeply comfortable you are. Now focus on your mental screen that is past your eyelids and a little higher than the horizontal level of sight. Keep in mind that forgiveness brings forth peace, love, joy and physical healing and we forgive by understanding that we make mistakes and then releasing them. Forgiveness is referred to as the surprise healer. Project an image of yourself on your mental screen of a time in your life that needs to be healed, needs to be forgiven. A time when you made a mistake or made a wrong choice or what you felt was a wrong choice. Allow that seed to start playing out in your mind’s eye. Let it play out, let it come now. Your mind protects you, so let it play. Your mind won’t let you bring out more than you can handle. Let that image, that memory play out now.

How do you feel as you experience this picture? Feelings are a beautiful process of healing, let them go. If you release tears, that’s a cleansing process, it’s okay. Embrace those feelings and now stop the picture where it is and for a moment look at the younger you and keep in mind that whatever you are now releasing and forgiving remember that while you may want that to be different that was the best that you knew how to do at the time.

Now, today, you may make a different choice but at that time, that’s what you knew how to do. With a great amount of compassion now step into this picture the way you are now and go over to the younger you and give yourself a big hug. Hold yourself and say I love you, I forgive you, I embrace you, I hold you. You are beloved in whom I am well pleased. I love you, I forgive you, I
embrace you, I hold you. You are beloved in whom I am well pleased.

Now for a moment, feel yourself as the younger person feel the embrace, the acceptance, the understanding. This is the truth. This is healing. Feel that now. Feel that peace. When you are ready, the current you can find yourself back in the chair looking at the younger you. Know that this forgiveness is occurring and once again say to the younger you I love you, I forgive you. Let all parts of you forgive yourself for any errors or mistakes that have occurred and say to yourself mentally I love and forgive myself for any errors or mistakes that have occurred. I look at myself with love and compassion. I let go, I forgive. I choose peace and joy, love and compassion. Once again, say to yourself mentally I love and forgive myself for any errors or mistakes that have occurred. I look at myself with love and compassion. I let go, I forgive. I choose peace and joy, love and compassion.

When you are ready, allow the scene of the younger you that is on your mental screen to begin to move away from you. Farther and farther away so that it’s becoming a little black dot off in the distance. And now imagine a big beautiful golden sun cooing up over the horizon. You’ve seen it before 100 times, it nourishes the earth, provides us with warmth and love, peace and growth. Allow that little black dot to fade into the sun now so that it’s gone, completely gone. And now all previous feelings are replaced with love, compassion, peace and healing and this is so.

Now take a deep breath and as you exhale relax. As you heal all life is healing and now this time, look at your mental screen and this time work on forgiving a person, a situation or an organization that you need or want to
forgive. Keep in mind that other people make the best decisions they know how to do also and that our job is to release these negative feelings so that we are free and whole and joyful.

Allow a scene to come up on your screen any scene you choose, of a person, an event or a situation that you now know is time to forgive and let go. Allow this scene to start playing out, let it play. How do you feel as you experience this picture? Feelings are a beautiful process of healing. Let them go. If you release tears, that’s a cleansing process, it’s okay. Embrace those feelings. Now step into the picture and go over to the person, situation or organization and sit with them and take some time to express your feelings. Let them know how you feel. It’s okay, go ahead. Release your thoughts and your feelings and let them go. During this time you may also ask for forgiveness from this person, situation or organization.

When you have finished that process, imagine yourself in your chair and look at this person, situation or organization and with everything you know about compassion and forgiveness look at them and say I love you and forgive you. I release pain and suffering. I choose peace. Please forgive me in any way if I have hurt you. All is well, all is peaceful. Once again, I love you and forgive you. I release pain and suffering. I choose peace. Please forgive me in any way if I have hurt you. All is well, all is peaceful.

When you are ready, allow the scene to begin to move away from you. Farther and farther away from you so that it’s becoming a little black dot way off in the distance. Now imagine a big beautiful golden sun coming up over the horizon. You’ve seen it before 100 times. It nourishes the earth, provides us with warmth, love, peace and growth. Allow that little black dot to fade into the sun now
so that it’s gone. And all previous feelings are now completely replaced with love, compassion, peace and healing. And this is so. You are a beloved being. Feel appreciation for choosing peace.

Now take a deep breath and as you exhale, relax. Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones or to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest and positive. And this is so. You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move on we shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion and patience with others.

In a moment I’m going to count from one to five. Pause the sound with my fingers. At the moment, you will open your eyes, be wide awake feeling fine and in perfect health. Feeling better than before. One, two, coming out slowly now. Three, at the count of five you will open your eyes, be wide awake, feeling fine and in perfect health. Feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep. Four, five. Eyes open, wide awake, feeling fine and healthy. Feeling better than before.
Moving Forward with the Power of Forgiveness

Kaileen: This may be an exercise that you will want to listen to again. When doing so, feel free to pause the track as you go along and have your manual or journal nearby to jot down answers.

With a sincere desire to forgive and heal, you will bring resolution to your life and the results can be astounding.

Laura: To guarantee success with your Silva techniques, we recommend that you take the Silva method live trainings. For more information or for course schedules and locations, log onto silvamethod.com or call 1 (800) 545-6463 within the Continental United State or (956) 722-6391 and be sure to download Silva meditation apps that may be compatible with your smart phone.
Chapter 9: Activating Intuition (Beginner)

Introduction to Mental Attunement

Kaileen: Welcome to the intuition path of this program. We’re now going to take our ability to access and receive intuitive information to the next level. In this next segment we’re going to learn how to attune our minds to all different types of information.

Now I know that may sound strange but before you jump to conclusions, consider what it means to attune to something – attune by definitions means to bring into harmony or to make responsive. So if your mind is coming into harmony with information or becoming more responsive to information, then you are gaining greater access to it.

Imagine for a moment that you become more responsive to different types of information like people, things, places, or dimensions. Imagine what types of information you will gain access too with this type of harmony. Laura is going to explain how gaining this type of information creates the platform of the next level of intuitive skills which is to distinguish the messages and information you receive.

It’s an important first step to realize that you have an amazing collection of information already inside of you and you have unlimited access to all different types of information. Through attunement you are tapping into the power of infinite wisdom and using your mind in a special way to learn.
Lesson on Mental Attunement

Laura: Up to now we enter level using the three to one method and then follow that with an option ten to one countdown for deepening. We are now going to introduce a special ten to one countdown that is used for attuning yourself to a specific person, time, place, dimension, or anything you want to attune to.

Throughout our lives, attunement helps us build and maintain our relationships, make deep connections with others, and tap into information that can broaden our perspective and solve more problems. The concept of attunement has many applications. You can attune to others such as your loved ones, coworkers, boss, people you have a job interview with or want to sell services to. So as to make deep connections with them and understand how they think their world view and build repore. You can also attune to specific mental dimensions, where you can have access to information, ideas, and your higher self.

Let’s start with attuning to others. Every day and in a multitude of ways we interact and connect with others through our words, facial, gestures, loving touch, and intentions. Yet there can be no connection made if the words are not heard, the gestures are not seen, the loving touch is not felt, and the intentions go unnoticed by those we wish to connect with the most. The woos, challenges, and dealings of everyday life often leave those we want to connect with unable to hear, sees or feel our deepest intentions or leave us unable to experience the connections others want to make with us. In order to connect with others, you must learn to attune and when connections are not made, then you must learn to attune to them in special ways.
Attunement is being aware of and responsive to another. But how do you connect with those you care for when they won’t talk to you or are unable to because they’re too young to talk or too sick to communicate? How do you connect to what you’re boss thinks of your work and you when she’s so hard to read? How do you connect with what your lover feels for you when he or she has a hard time expressing his or her emotions?

In short, connections depend upon how receptive the other is and how well you sense information and part of receptivity depends on an understanding of how people communicate without words and sensing information can happen in the outer levels as well as the inner levels. It stands to reason that we not only need to attune though we also need to be receptive to the information that is available to use at both the objective and subjective dimensions.

Attunement also requires us to sense nonverbal communication. In fact research shows, that the majority of our communication with others is nonverbal and a huge percentage of what our brains perceive in communication from others is focused even without our being aware on nonverbal signals such as eye movements, facial gestures, tone of voice, the move of a hand or tip of the head, and a great part of what is being communicated is subjective. It takes both sets of senses to be better at receiving information. Your physical sense that help you maneuver in the physical world and your spiritual subjective senses that have no boundaries of time or space and help you maneuver in the spiritual subjective world.

As is evident, this type of receptivity not only exist at the physical level, it also exists at the spiritual level and to attune at the spiritual level, all you need to do is enter
Alpha in a meditation, bring forth the intention to want to connect with a specific person and say to yourself mentally, “I’m going to count from ten to one and at the count of one I will have made contact with and name the person.” This is a special ten to one countdown for attunement.

At that time and with your imagination feel that person, sense that person in any way you can imagine. Bring forth of a sense of know that it is that person. In fact, take it for granted that you have made contact with that person. At that time, begin to carry on a conversation with that person.

If it is a loved one that you’re concerned over, then express your feelings or concerns. You can give advice, show them images of how their life could be different and better if they improved their behavior or managed a destructive habit. If it is someone that you are in love with, then express your deep love, acceptance and support for that person and imagine them reciprocating the love, acceptance and support. If it is someone who is too young to speak or is unable to speak because they are ill or in a coma, then you can basically due the same talking to them, mind to mind, spirit to spirit, and then shift your mental antennas to receive their thoughts, needs and requests instead of transmitting your thoughts, needs and requests. If it is a job interview you are preparing for, then attune to the person who is going to conduct the interview and go through the interview at level imagining that all is going exceptionally well and you’re able to establish great rapport with the interviewer. You can also imagine that you have been given the job and are already working there.

If you want to get information from an expert on how to do something specific or solve a particular problem than
simply attune to them and ask for the information and then again, shift your antennas to receive.

Remember one thing is to transmit information and the other is to receive. Use your imagination and be creative when you use the special ten to one countdown for attuning to someone. You can also use the countdown to attune to a specific dimension in order to access specific information such as the creative dimension, or you can create ideas or solutions; the dimension where you can attune to the information of a business nature, financial nature, or to connect to your pet or your plants.

For example, if you wanted to attune to solving problems of a business nature, you would enter your level using the three to one method followed by a ten to one countdown for deepening. And once at level, you would say, “I will now count from ten to one to attune myself to the dimension of mind where I’m going to be accurate and correct on solving problems of a business nature.” Then you would begin to count ten, nine, eight, seven, and so on until you reach the count of one. As you are counting on a descending scale, seal yourself or experience yourself attuning to zeroing or honing in on a dimension within you that has information that will help you to solve problems of a business nature.

You can literally attune to anyone or anything with this technique. You can do the very same thing if you want to attune yourself to a specific artist and his or her style of painting, a famous dancer’s technique or the dimension to create a great recipe or pick the right stocks.

Anytime you want to attune yourself to anything of importance to you, you can use this special ten to one countdown for attunement. And the best part is, that as you practice attunement you will be better able to tune in
to others and be sensitive to the needs of your loved ones, coworkers, pets, plants and your environment and your intuition will become sharper. Imagine the benefits.

**Preparation to Mental Attunement Exercise**

**Laura:** By now you are a true expert at entering your meditations on your own. As you may have guessed, you will enter this exercise on your own with a three to one method followed by a ten to one countdown. You may deepen further as you wish. I will give you plenty of time to do that and then I will come in with some positive statement and affirmations following by the programing of the attunement exercise.

During the exercise we are going to attune to someone specific and then after that to a dimension of mind where you can sense information of a specific nature. Think now of who and what dimension of mind you will like to attune to and for what reason. We will use this as the purpose of the exercise. As always listen to the exercise with eyes open before doing it with eyes closed. That way there will be no surprises. And never do the exercise while driving. Enjoy the exercise.

**Mental Attunement Exercise**

**Laura:** Find a comfortable position. Close your eyes and enter your level by yourself using the three to one method followed by a ten to one countdown. I will then come in after that with some positive statement and affirmations. Take your time.
Relax, take a deep breath and as you exhale relax and go deeper. You will continue to listen to my voice; you will continue to follow the instructions at this level of the mind or any other level including the outer conscience level. This is for your benefit. You desire it and it is so. The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me: My increasing mental faculties are preserving humanity better. Every day in every way I am getting better, better, and better. Positive thoughts suggestions and images bring me benefits and advantages I desire. I have full control and complete dominion over my sensing faculties at all levels of the mind. I will always maintain a perfectly healthy body, mind, and immune system.

Take a deep breath, relax, and go deeper. Continue to breathe deeply slowly and rhythmically throughout the entire exercise. At this time, think of a person you would like to attune to and for what reason. I'm going to count from ten to one to allow your mind to attune to and make contact with this person. As I am counting on a descending scale, see yourself or experience yourself attuning to zeroing or honing in on this person.

Ten, nine, eight, seven, six, five, four, three, two, one. Your mind is now attuned to and made contact with this person. With your imagination feel this person. Sense this person in any way you can imagine. Bring forth a sense of knowing that it is this person. In fact, take it for granted that you have made contact with this person.
Imagine this person to be standing in front of you and begin your conversation with him or her. You can express whatever you desire to express. You can ask questions and/or you can show them whatever you wish to show them on your mental screen. Take some time to transmit your thoughts, feelings and intentions mind to mind and spirit to spirit. Do that now.

Now take time to receive their thoughts, feelings and intentions. Now you may close this session with them with a positive, kind and or loving farewell knowing that you can always attune to them in the future. Take a deep breath and relax.

At this time, I will count from ten to one so that you can attune yourself to a specific dimension of mind where you can sense information of a specific nature as I'm counting on a descending scale feel yourself or experience yourself attuning to zeroing or honing on a dimension within you that has the information you are seeking being of a creative, personal, business or financial nature. Ten, nine, eight, seven, six, five, four, three, two, one.

Your mind has now attuned to a specific dimension where you can sense information of a specific nature. Pose the question intention or need you have in mind and allow your mind to be receptive to all and any information. Take your time. Take a deep breath and relax.

Remember that as you practice attunement you will be better able to tune in to others and be sensitive to the needs to your loved ones, coworkers, pets, plants and your environment and your intuition will become sharper. Every time you function at these levels of the mind, you will receive beneficial effect physically and mentally. You may use these levels of the mind to help yourself, to help
your loved ones or to help any human being that needs help physically and mentally.

You will always use these levels of the mind in a constructive and creative manner for all that is good, honest and positive and this is so. You will continue to take part in constructive and creative activities to make this a better world to live in so that when we move one, we shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding compassion and patience with others.

In a moment I'm going to count from one to five and cause a sound with my fingers. At that moment you will open your eyes, be wide awake feeling fine and in perfect health. Feeling better than before. One, two, coming out slowly now, three, at the count of five you will open your eyes, feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing healthy sleep, four, five. Eyes open wide awake, feeling fine and healthy. Feeling better than before.

**Moving Forward with Mental Attunement**

**Kaileen:** Now is a great time to start using this technique. You can begin by attuning to someone you admire, like a mentor or a role model and taking the time to practice this now will make it easier to use this technique when you’re looking to adapt a new behavior or when relating to someone. It’s also helpful if you’re having conflict with someone in your life. You can gain great insight by using
the power of your mental screen and this technique. Be sure to reference your manual and have fun while using your new found skills.

**Introduction to Learning About Points of Reference**

**Kaileen:** There are many tools that build up to your accessing and using your natural intuitive abilities. The three fingers technique is the most fundamental technique to beginning your intuitive journey. And many people question if they even can be intuitive. Hopefully by now in the program you are already getting more tuned into your inner sense of knowing.

This next segment is designed to help you create more points of reference for different types of information. If you think about it, accessing intuitive information is merely the ability to access more information than what you originally perceived. You know how you can gain great insight if you have a different perspective of point of reference? For example, when you see a friend having a problem, it’s so much easier to see their problem for what it is and of course have all the answers then when say the problem is happening to you. It’s because you have a different perspective on their situation and you probably have points of reference for what to do.

So now, Laura’s going to guide you on a journey from the outer world all the way to the inner world that will help you create powerful points of reference. This skill is going to help you distinguish all the information you’re already receiving intuitively.
Lesson on Points of Reference

Laura: By now you have learned a lot of subjective tools and the neat thing is that you carry that toolbox with you all the time. Have you noticed that you’re becoming a little more intuitive? That’s a natural byproduct. Have you noticed that you’re experiencing more coincidences? That too is a natural byproduct of working in the subjective dimension of touching base with more of who you are as a spirit being having a human experience.

Have you noticed how more conscious you are of your living experience? All these are factors that allow you to solve problems more effectively and to live a life of your own design. Solving problems with subjective tools sometimes works a little differently than solving problems with your objective tools. Such is the case of the story of a man who died leaving behind 11 cows. In his will he left instructions on how the cows were to be divided amongst his 3 sons.

The eldest son was to receive half of the cows, his second son 1/4 of the cows and the youngest son 1/6 of the cows. The will had a strict condition that no cow was to be slaughtered. Unfortunately, the division of the cows would result in 5-1/2 cows for the eldest, 2-3/4 cows for the second son and 1/56 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 3 sons he was going to solve the problem by borrowing an imaginary cow from the spiritual dimension and added to the 11 cows, increasing the number of cows to 12. Then he divided the 12 cows according to the will. By doing this, the eldest son ended up inheriting 6 cows instead of 5-1/2. The second son 3 cows instead of 2-3/4 and the youngest son 2 cows instead of 1-5/6, totaling 11 cows. The sons all received more by doing this and no
cow was harmed. And once the problem was solved, the imaginary cow was returned from where it came.

As in this dilemma of the cows, your mind once it’s equipped with tools such the ones you’ve already learned and it also utilizes the points of reference that you’ve established along the way, 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. You have already by this time established a lot of subjective points of reference with your mental functioning. You’ve been able to figure out how you sense information that leads to solving problems.

By now you’ve probably had the experience of sensing information that when you applied it didn’t solve a problem and you sense information that you applied and did solve a problem. There’s a certain feeling behind each one of those. What you need to do is to make a very clear distinction between the feeling that comes when you get information that is not usable vs. the feeling that comes when you get information that helps you to solve a problem. Because once you make distinctions between the 2 feelings, then you can just ignore the one that doesn’t work for you and hold on and listen to and follow through with the information that has attached to it the right feeling.

It’s important to clear up the mixed signals. Maybe you sense information and you’re not sure whether to follow through on it and then you don’t only to find out that you should have. So how do you clear up those mixed signals? You follow through every time you perceive information if for whatever reason you get a thought, call home, call the children, then you call home and call the children.
Maybe that thought really had no value but you still follow through because this is how you build on your points of reference and you develop a heightened intuition. So even when you are walking out the door and you pass your umbrella and you have a feeling that you should take it, take it, it’s probably going to rain. Or you’re standing in front of elevators and there are 5 of them in front of you and you guess which one will open and it does, great.

Make that a point of reference and also lock it in like a success. If you get a thought, turn here, well then you turn there because that may save you from an accident down the road. Whatever it is, whenever you sense any kind of information that can potentially solve a problem, then you follow through and those are points of reference. The more points of reference you establish the better for your mental functioning and for your problem solving abilities.

We’re going to add a new phrase into the exercise. The phrase goes like this, whatever you perceive with your imagination at this dimension you can use as points of reference in the future. It is now a fact that subjective points of reference have been established at different levels and depths. To function at these levels and to use these points of reference, all you need is a sincere desire to solve problems. Your mind will automatically seek out these points of reference where you will perceive and become aware of information you can use to solve problems. And this is so. It’s a great statement and one that is good to meditate on.

What I like most about this statement is the part that says to function at these levels and use these points of reference; all you need is a sincere desire to solve problems. When you really have a sincere desire to solve problems, you will. That’s just the bottom line. Seek and
you shall find. You’ll get the information that you need to solve whatever problem you have. You need to have that sincere desire to solve the problem.

Your mind will automatically seek out the points of reference that you’ve already experienced throughout your entire life and not only because of this training; you have established so many points of reference that you have an abundance. You are a receptor of information. Whenever you want to receive it, you will and whenever you want to transmit it, you will. You just need to shift your antennas from receiving mode to transmitting mode and you will be able to not only sense or receive information but also to transmit information. And that in itself can help you solve problems.

Now intuition and clairvoyance are a product of the number of points of reference you have established with your mental senses. Clairvoyance refers to psychic sensing in general but there are various forms of sensing. Clairvoyance means clear vision, Clairsentient means clear feeling, and Clairaudience means clear hearing. If possible it’s best to use all 3 modes of sensing information both in the objective dimension as in the subjective dimension. This will give you a more complete and accurate experience and the ability to establish more points of reference as you go.

A person buying a used car who is mostly visual will use eyesight to detect car problems, will check the paint, and will look for dents. If all appears well, the visual person will say this is a great car, I think I’ll buy it. The auditory person will listen to how smoothly the engine runs. If the car sounds good, they honk the horn, they kick the tire to hear how it sounds. The auditory person will evaluate the car as well and say gee, what a great car, I think I’ll buy it. And 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 all these things feel good, then the kinesthetic person will say this is a great car, I think I’ll buy it. Such will be your experience when you’re operating in the spiritual dimension.

It’s also interesting to notice how when we were little, even before birth, we are already registering points of reference with our sensing mechanism. In utero, the fetus is already registering information like temperature, maybe light or shades of light, sounds, the heartbeat, blood flowing and after being born the child continues to establish thousands if not millions of points of reference with what they see, hear, taste, touch and smell. The more points of reference you establish with your physical senses, the farther out you go into your physical environment and then you can come back home safely.

The same is true about your mental subjective senses. The more points of reference you establish with your mental senses, the better you’re able to get around in this mental environment, gather information, bring it back and apply it toward solving problems.

And this is what we call subjective education. It’s interesting that although we’re spiritual beings having a human experience, we were never taught how to evolve our subjective spiritual senses. How to understand and discern what we were sensing with our subjective senses and that’s our true nature. We took the path of least resistance instead and we focused on what was more concrete, what I could see, hear, taste, touch and smell with my physical senses and we limited ourselves tremendously in how we can go out and get information to be applied to solving problems. But now you know better.
Now you know how to educate yourself and be able to discern that information with your subjective senses that have no boundaries of time or dimensions. Charles de Gaulle once said, we may well go to the moon but that’s not far, the greatest distance we have to cover still lies within us.

**Preparation to Points of Reference Exercise**

**Laura:** We will now experience an exercise that will allow you to move freely through dimensions. You’ll go from the microcosm to the macrocosm and back. I will ask you to focus on one of your hands as you zoom into it and get closer and closer. As you do, imagine your hand getting bigger and bigger and notice the changes in what you are perceiving as you shift your awareness. You will travel with your mind all the way into the sub-atomic dimension before you make your journey back and then you will project your mental senses out into space and the universe at large.

You will able to experience freedom of movement in this subjective dimension and establish subjective points of reference along the way. This will not only enhance your creativity, but will also allow you to observe matter from a different perspective from a subjective perspective. So open up those subjective doorways and allow yourself to experience this exercise fully and completely and remember to use your mental senses and establish points of reference along the way. You’ll be entering the exercise on your own as you’ve done so many times before. Oh, by the way, you’ll be listening to a special alpha sound called tranquility.
Fantastic Voyage & Learning Points of Reference Exercise

Laura: Find a comfortable position. Close your eyes and enter your level by yourself using the 3 to 1 method followed by a 10 to 1 countdown. I will then come in after that with some positive statements and affirmations. Take your time.

Relax. Take a deep breath and as you exhale relax and go deeper. You will continue to listen to my voice. You will continue to follow the instructions at this level of the mind or any other level including the outer conscious level. This is for your benefit. You desire it and it is so.

The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner. You are now learning to use more of your mind and to use it in a special manner.

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. My increasing mental faculties are for serving humanity better. Every day in every way I am getting better, better and better. Positive thoughts, suggestions and images bring me benefits and advantages I desire. I have full control and complete dominion over my sensing faculties at all levels of the mind. I will always maintain a perfectly healthy body, mind and immune system.

Take a deep breath, relax and go deeper and continue to breathe deeply, slowly and rhythmically throughout the entire exercise.
Now mentally focus on one of your hands as your palms rest on your lap. Move your awareness closer and closer to your hand and imagine the hand getting larger and larger as you move closer. Observe the skin covering your hand from close up. Imagine the tiny hairs growing out from that part of your hand. Get closer and closer and focus your attention on one cell of your hand and imagine what shape does it have? Move closer and closer and enter the cell itself. What do you imagine inside the cell of your hand? Hold the nucleus in your hands. What do you sense? Make the nucleus larger and go within the nucleus. Whatever you sense with your imagination you can use as a point of reference in the future.

Now imagine the strands of chromosomes of that cell within the nucleus. Continue to go closer and closer to the DNA molecules that make up this very tiny expression of you. Closer and deeper you can see that the molecule is comprised of atoms. Moving closer to an atom notice the electrons that are encircling the nucleus of the atom, and as you move closer notice the sub-atomic particles of the atom, now notice the energy that makes up the atom begins to expand around you becoming larger and larger so that you find yourself in a seemingly infinite space.

At this dimension you exist as a part of a vast and complex system. It is a part of you and you a part of it. Now begin to come back sensing the electrons, the atoms, now the atoms forming together to make molecules. Moving back to the molecules forming the chromosomes of the nucleus. Now with your imagination, move away from the nucleus, farther and farther out and now observe the cell once again. Continue to move farther and farther out and observe the tiny hairs on your hand. And now your entire hand.
Continue moving farther and farther out and observe yourself from above. Farther and farther out and observe the entire room. Move your awareness farther out to observe the building you are in. Continue going farther and farther out and now observe the city you live in. Trees, nearby buildings and roads, highways. Are there any landmarks or special features? Continue moving farther and farther out and observe the state you live in and now the country and now the continent.

You can observe the curvature of the planet. Continue moving farther out and observe your planet completely. Continue moving farther out and now observe your solar system completely.

Imagine the solar system getting smaller and smaller until you can see our star, the sun as one of hundreds of billions of stars in our galaxy. As the stars were the atoms that make larger molecules, the billions of galaxies as if perhaps our own solar system is a tiny sub-atomic particle in the body of the universe.

As you hold in your consciousness all of these different levels, it can be useful to remember that we do exist on all these levels. From this perspective, notice how you are one with everything that is and there is greatness in your existence.

Now slowly begin your journey back. You can observe our solar system from a distance. The planets, closer and closer now, you can observe our beautiful planet Earth. Move closer and closer and notice the continent you live in, the country you live in, the state, the city, the building you are in, the room you are in and now be one with yourself once again.
Whatever you perceive with your imagination at this dimension, you can use as points of reference in the future. It is now a fact that subjective points of reference have been established. To function at these levels and to use these points of reference, all you need is a sincere desire to solve problems. Your mind will automatically seek out these points of reference where you will perceive and become aware of information you can use to solve such problems. And this is so.

Think back on your experience going from the microcosm to the macrocosm and think of where you are in the whole scheme of things. As you grow, and are challenged with life’s ups and downs, know that there are answers to all your problems in the universe. All you need to do is seek them.

Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself physically and mentally. You may use these levels of the mind to help your loved ones physically and mentally. You may use these levels of the mind to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean and positive. And this is so.

You will continue to strive to take part in constructive and creative activities to make this a better world to live in so that when you move on, you shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion and patience with others.
In a moment, I’m going to count from one to five and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. Vision, eyesight and hearing improve every time you function at these levels of the mind.

One, two, coming out slowly now. Three, at the count of five you will open your eyes, be wide awake feeling fine and in perfect health, feeling better than before. Feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep. Four, five. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

Moving Forward with Points of Reference

**Kaileen:** Did you enjoy the ride? Now when you want to access information, you know how to explore a different levels of consciousness and different levels of information. Practicing this type of attunement to objects, people, places and everything down to your cells is what will condition your intuitive points of reference for success and knowing.

**Laura:** To guarantee success with your Silva techniques, we recommend that you take the Silva method live trainings. For more information or for course schedules and locations, log onto Silvamethod.com or call 1 (800) 545-6463 within the Continental United States or (956)722-6391 and be sure to download Silva Meditation Apps that may be compatible with your smart phone.
Chapter 10: Activating Intuition (Intermediate)

Introduction to Mental Laboratory

Kaileen: When you were a child, did you have a special fort or an imaginary palace or perhaps a safe place in your mind where anything was possible? Well we are going to activate the power of your mind through the use of your very own private and personal mental laboratory. This is a special place where you can heal, solve, understand, learn, grow, and feel safe. It’s one of the most fun techniques because you’ll be utilizing the full power of your imagination to create a wonderful expression of your creativity in your mind.

Lesson on the Mental Laboratory

Laura: We are now going to create an environment that is going to help facilitate the flow of information. We call that the laboratory. This is an imaginary place that you’re going to attune yourself too that will have everything you need to solve problems. The laboratory is special because it resides in the creative dimension and we’re going to get to the creative dimension with the special ten to one countdown.

We’re going to use this ten to one countdown for attuning ourselves to the creative dimension where we’re going to create our laboratory. Every time you enter your laboratory level, you will be entering the creative dimension.

Now the laboratory is going to be equipped with a desk, a comfortable chair with armrest, a clock, a perpetual
calendar, an information system such as a computer, tools, instruments, equipment, chemicals and medications that existed in the past, exist now and may exist in the future. All these objects and items are meant to facilitate the flow information so that you have no excuse whatsoever to solve your problems. The laboratory is that kind of environment that is ideal for that.

It’s as if we go into our kitchen to cook or we go into our office to work or we go into our bedroom to go to sleep at night. The laboratory will be that kind of environment that encourages problem solving.

Now notice I said a perpetual calendar which means that if you need to go into the past, you may. If you need to go into the future, you may. This way you have a way of measuring your time if you need using a perpetual calendar. Another way to be able to work with time in this dimension is to use a time mechanism device.

How you use a time mechanism devise is very simple. If you’re right handed, you raise the palm of your left hand towards your right hand and pointing the fingers of your right hand to the palm of your hand, you move your fingers in either a counterclockwise manner to go into the past or a clockwise manner to go into the future. Now you assign the value to every rotation. If you want to go back one day, well then that’s what it is. But you can go back a week, a month, a year, as far back as you want or go into the future doing basically the same thing putting it clockwise rotation. So you have your calendar or you have your time mechanism device that can help you to move through time.

We also mention that you have tools, instruments, equipment, chemical and medications of all kinds that exist in the past, present or future. Whatever you need is
there in your laboratory. Your laboratory can be as fantastic as you want it to be or as conservative as you want it to be. And you can always go back into your laboratory and remodel whenever you want.

I’ve had my laboratory since I was 12 years old and that’s a long time ago and I basically have the same laboratory. The colors have changed a little bit and the information system has changed as well. Back when I was 12, going back to about 1966 we had filing cabinets: a filing cabinet that contained information of a masculine nature and then another filing cabinet that contained information of a feminine nature. Well, things certainly have changed throughout the years. Now I have a little tiny computerized system that automatically gives me information of any nature.

Some students have holograms or they have crystals like in the movie Superman that provide information. Others insert imaginary computerized chips into their brain and they don’t need any computer. You can do anything here. This is a creative dimension. Allow yourself to be like children and create the most fantastic laboratory you want. You can position your laboratory anywhere and it can be as big or small as you want it to be.

When I would teach the children’s classes, I loved to get to this part because they had the most vivid imagination. Some children would position their laboratory on the ocean floor and they could only get there if they went in there with a submarine and the shape of the laboratory was clear class dome that they could see through and the fish would go swimming by and there’d be an occasional octopus and you get the idea right.

The way they would come out of their laboratory was in a bubble machine. And they would get into this machine; it
would form a bubble and shoot them back up to the service. I thought that was fantastic. It’s just such a great way to express creativity. So during the exercise you let yourself go, be like a little child and have fun.

**Preparation to Creation of Mental Laboratory Exercise**

Laura: This is a great time to think about how you want your laboratory to look. The location, shape of room, colors, style of furniture well everything. And don’t be too concerned since you can always go back and remodel or change any aspect of your laboratory. In this exercise you will enter your level on your own as always using the three to one method followed by a ten to one countdown for deepening. You can always deepen further if you wish by relaxing your eyelids and allowing that feeling of relaxation to flow slowly downward throughout your body.

Also in this exercise you will beginning to exit on your own by counting slowly from one to five and at the count of five you can snap your fingers slightly, open your eyes, and say wide awake, feeling fine and healthy, feeling better than before. I will guide you along the way. The sound in the background will have a faded tick to help you deepen and stir up your creativity. This exercise is a great exercise for enhancing your imagination and as Einstein said, “Imagination is more powerful than knowledge.”

**Creation of Mental Laboratory Exercise**

Laura: Find a comfortable position. Close your eyes and enter your level by yourself using the three to one method followed by ten to one countdown. I will then come in after
that with some positive statements and affirmations. Take your time.

It is a wonderful feeling to be deeply relaxed – a very healthy state of being. We will now program effective sensory projection for your success and program information with the use of mental projection for your benefit. We will establish subjective points of reference at the creative dimension, establishing points of reference at different levels and different depths. Our present project is the creation of your laboratory. In a moment I’m going to count from ten to one, when we reach the count of one, we will have reached a deeper dimension – another dimension of mind, a very special depth; the creative dimension where we can create. Ten, nine, eight, seven, six, five, four, three, two, one.

You are now at a deeper level of mind, the creative dimension. I’m going to count slowly from one to three and at the count of three I will cause the sounds of my fingers by that time you will have created a room that will house your laboratory. One - begin creating the room by deciding the size and shape you want. The ceiling height, walls, flooring, leave your south wall blank. Two - select colors of your choice. Three - it is now an accomplished fact that you have created a room at this dimension. This room will be known as your laboratory.

In a moment I will count from one to three. At the count of three you will have created a chair with armrest for your use in your laboratory. One - create a chair with armrest. You may choose any size, color and type of chair. Two - select the upholstery of your choice. Three - it is now an accomplished fact that you have created a chair you will use when working in your laboratory.
I will count from one to three. By that time you will have created a desk. One - create a desk, the size, width, and color of your choice. Two - place your desk wherever you wish within your laboratory. Three - it is now an accomplished fact that you have created a desk to be used in your laboratory.

I will now count from one to three. By that time you will have created a clock. One - create a clock the size and shape of your choice. Two - place it wherever you wish in your laboratory. Three - it is now an accomplished fact that you have created a clock.

I will now count from one to three. By that time you will have created a perpetual calendar. One - create a calendar that will indicate the year, the month, the day and the date. Two - a calendar that can indicate any date in the past, present, or future. Place it wherever you wish in your laboratory. Three - it is now an accomplished fact that you have created a perpetual calendar that indicates the past, present, and future.

I will now count from one to three. By that time you will have created an information system that contains information of all kinds. One - create an information system, its height, width, depth, and color are your choice. Place it wherever you wish within your laboratory. Two - this information system contains information that can be used to solve problems of all kinds. Problems that existed in the past, exist in the present, and may exist in the future. Three - it is now an accomplished fact that you have created an information system that contains information for solving problems of all kinds.

Problems that existed in the past exist in the present and may exist in the future. By that time you will have created tools, instruments, equipment, chemicals and medications
of all kinds and you will place them where you wish within your laboratory. One - create tools, instruments, and equipment, chemical and medications of all kinds. Two - tools, instruments and equipment, chemicals and medications that existed in the past, exist in the present and may exist in the future. Three - it is now an accomplished fact that you have created tools, instruments, equipment, chemicals and medications of all kinds that have existed in the past, exist in the present and may exist in the future.

Whatever you perceive with your imagination at this dimension you can use at points of reference in the future. It is now an accomplished fact that you have created a laboratory and that subjective points of reference have been established at different levels and different depths of the creative dimension.

To function at these levels and to use these points of reference all you need is to have a sincere desire to solve problems. Your mind will automatically seek out these points of reference where you will perceive and become aware of information that you can use to solve such problems and this is so. Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally.

You may use these levels of the mind to help yourself physically and mentally. You may use these levels of the mind to help your loved ones physically and mentally. You may use these levels of the mind to help any human being who needs help physically and mentally. You will always use these levels of the mind in a constructive creative manner for all that is good, honest, pure, clean and positive and this is so.
You will continue to strive to take part in constructive and creative activities to make this a better world to live in so that when you move on you shall have left behind a better world for those who follow. You will consider the whole of humanity depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.

In a moment, I’m going to count from one to three and cause the sound with my fingers. At that moment you will continue to exit this exercise on your own by counting slowing from one to five and at the count of five you will snap your fingers slightly, open your eyes and say, “Wide awake, feeling fine and healthy, feeling better than before.” I will now count. One, two, three.

Continue to exit this exercise on your own by counting slowly from one to five and then at the count of five you will snap your fingers slightly, open your eyes and say, “Wide awake, feeling fine and healthy, feeling better than before.” Take your time.

**Moving Forward with Mental Laboratory**

**Kaileen:** What does your laboratory look like? What did you create? Now is a great time to journal about your experience. Be proud of your creation and solidify this place in your mind. This won’t be the last time you see it.
Chapter 11: Activating Intuition (Advanced)

*Introduction to Imaginary Counselors*

**Kaileen:** You don’t have to be spiritual in order to get the full benefits of this next segment, but this segment is known to be one of the most spiritual experiences for most. This is the part of the program where you will learn to communicate with the healthy and spiritual energy of the mind. Whether you believe in angels, guides, helpers, or simply a new perspective, you will enjoy this segment. Laura and Father Justin Belitz are going to walk you through the process of meeting your imaginary counselors.

**Lesson on Counselors and Getting Intuitive Information**

**Laura:** We’re now moving into an exciting segment because it’s here where we introduce the counselors. You’re going to be creating, out of your imagination, one male counselor and one female counselor. The use of counselors has been an effective problem solving practice by people of all walks of life.

Dale Carnegie credited many of his successful decisions to a similar technique where he imagined certain of the world’s greatest minds, sitting at a meeting of his own personal board of directors. Every time he had a problem, he would imagine going to his board of directors to seek the advice of those great minds. The answers he got from them proved quite valuable to him.

Your counselors represent your own consciousness. Even more, they are your link to all that is. They guide you in
making decisions, in developing creative solutions. They too are another tool in your laboratory that helps to facilitate the flow of information making it easier for you to solve problems of all kinds.

Laura: Remember, you are at the creative dimension not only when you create the counselors but every time you work with them. However you create them to be is how they will be. Not only that, but you take on the qualities you assign to your counselors. If you believe them to be geniuses, then you’ll function as a genius in this objective dimension. Your counselors are there to assist you in learning and evolving.

At this time I would like to introduce my dear friend and senior Silva instructor Father Justin Belitz. He’ll give you an in depth explanation of the counselors and a better understanding of their value.

Father Justin: Thank you, Laura. I want to share just a little bit about the counselors. The counselors, for example, are images of ourselves which we use to get in touch with that part of us which is masculine and that part of us that is feminine. Remember all beings have feminine and masculine sides.

The male counselor is an image that you can use to tap into the unlimited resources of your inner male dimension, just as the female counselor is an image that you can use to tap into the unlimited resources of your inner female dimension. Of course, these images are figments of the imagination and do not necessarily relate to persons in the external world although you can use images of real people if you so choose.
It is not important what the image is just as long as you are comfortable with the image. As a Roman Catholic Priest and a Franciscan Friar, I want to point out that all these images of the laboratory are valuable; for example, the desk, the clock, the calendar, the filing cabinets, as well as the counselors. For many years, I have heard criticism of the counselors from some individuals, especially those of fundamentalist persuasion.

Their belief is that these images are dangerous. I want to say categorically that such criticism has no foundation in fact. When you are at level, you are in a meditative state which means that you are consciously aware of the God presence within you. When you are in the presence of this unlimited energy source, you cannot be in touch with anything that is negative or evil.

God is pure love, infinite kindness, and unlimited truth. We use these kinds of images all the time. Suppose any of us misplaces a set of keys. We naturally turn our eyes upward praying, “God please help me find my keys.” These are the tools we use to tap into the divine power within each of us. The image and the prayer cause us to tap into universal intelligence that as we move around the house or yard or office, we are subconsciously looking for the keys.

The fact is our subconscious already knows where the keys are and, the subconscious will lead us to that place. Without thinking, we can pick up a pillow or a pile of papers or put a hand in a pocket and find the keys. If you use the above description of how prayer works, the theology is simple. Images of counselors in the laboratory are use in the same way. They are a switch we can use to tap into universal intelligence which is present with each of us all the time.
I had an elderly student who couldn’t fall asleep. Lying in bed, she went to the laboratory level and told her counselor she needed to get to sleep. The counselor told her that there were sleeping pills in the lab that would work. She asked the counselor to get the pills. She described taking a small, yellow pill from her counselor and asked how many she needed to take. The counselor said, “Only one.” She put the pill into her mouth. The counselor handed her a glass of water, and the next thing she knew it was morning.

She woke up completely revitalized and ready to begin a new day. In this case, the images of the counselor, the conversation, the pill, and the glass of water were the means by which she was able to program the subconscious so that she could get the results she wanted. Make no mistake about it; the images in the laboratory, including the images of the male and female counselors are valuable tools for anyone to tap into universal intelligence.

In fact, we can say that using these images is another way of using meditative prayer. To activate what we need, and or, to help others achieve what they need. These images in the laboratory are a great gift. Use them every day.

Laura: Thanks, Justin. My father first came up with the ideas of the counselor’s way back when my sister Isabel was just a young girl as a result of the need to make her feel more protected and comfortable while she was working in the subjective level. During one of the sessions between my father and Isabel, she became frightened, because she felt that she was alone. Let me let Isabel tell you the story.
It was during one of the sessions with dad that I found out myself in totally darkness as a child that I was. I was very apprehensive being in the dark, and I let Dad know. He reassured me, “But you’re not alone” I’m here right with you. Initially, I thought maybe he is and suddenly realizing, no, I am here in the dark alone, and you’re up there.

Realizing the situation, he brings me to the present time and then started working on this. How could he reassure a child that I was finding myself in total darkness and still be comfortable. He came about the all-knowing companion, a companion of my choosing. An adult male, he asked me to give this adult male a name. I called him Tom.

Tom was to be with me at all times making me feel safe and secure. I could ask Tom anything I wanted. And Tom would give me the correct answers. It was at this time that Dad thought about working cases, people who were sick and probably helping them in such a way to better their lives.

One of the people that I was supposed to in my mind, or physically visualize as to their ailment, happened to be a woman. Dad asked me, “Have Tom help you look at this woman, and help me to find out what her physical problem was.”

I was embarrassed. As a child, how could a man look at a woman’s body? That, in my mind, was not appropriate. That was also the time then that Dad decided to give me a female partner to Tom. I could ask Mary about a female person and her body and physical ailments without feeling embarrassed.

Without my knowledge, these counselors that Dad had helped me create having all information available to me simply by asking them made me feel secure that what I
was saying was correct. Realizing this early in life has truly helped me in every single aspect of my life, through marriage, children rearing, and career. And Tom and Mary continue to be with me at all times over 50 years. I've enjoyed their company.

As you can see, your counselors are very personal to you. Some people chose their counselors consciously, selecting people whose qualities they admire. Other people allow their subconscious to create them while they're level, so take a few moments to think of who you would like to have in your laboratory level represent your counselors. They can be real or it can be imaginary.

If you think your postman is just the nicest man in the world, then you may want to bring him into your laboratory and have an image of him be your male counselor. It really doesn't matter, because he still will have the qualities of being a genius in every field and be able to provide you with information to solve problems.

Should you ever change your counselors, my father used to always say no. He would always say that all counselors give you the same information. They're like telephones. They come in all shapes and colors and sizes, but they all give you the same information. I've had students that in the Silva method training that when we get to this part that after having created the counselors will say, “My counselor doesn’t want to talk to me,” or they'll say, “I don’t like my counselors. I’m just going to go ahead and change him.” And then, later on they'll say, “I changed him again and again.”

I’m thinking, who’s in charge here? Whose mind is this and who created the laboratory and counselors anyway, because if your counselor doesn’t want to talk to you, then
is that because you don’t want to listen, or who’s not talking to whom?

So, you need to just question what is that telling me? Is it giving me a deeper message that I’m ignoring or choosing not to look into? If you’re changing your counselors over and over again, is that your pattern of operating through life? I don’t like it. Next, next, and switch people over or switch relationships over? So, looking to the experience you’re having with your counselor, because it can be very, very revealing.

I remember when I was a young teenager that my counselors suddenly lost their face. They simply had a gray oval in place of the face. And, I struggled for about a year to put the eyes back in place and to put the nose back in place and to put the mouth back in place and give the character of the face back to the counselors.

And, once I did that I noticed that I myself had been going through an identity crisis so to speak. I was a young teenager. I was searching for my own identity and wanting to define who am I and where am I going and how to I view life and love and school and relationships and so on. I realized that once I did place a face back on the counselor’s oval gray space that I felt more like I have more of my own identity, and I realized that the counselors were, in fact, helping me to find myself.

With your laboratory counselors you function in a very powerful manner. You can do anything you want to help current problems. Even seemingly illogical solutions wouldn’t apply at the subjective level solve problems. A remember, you cannot hurt anyone physically from this dimension. You could imagine, if we could potentially hurt anyone with our thoughts, then most of the people we dislike would be zapped out of existence. All the terrorists
would be gone; all of the criminals would be gone. We would be living in a perfect and idea world, so do remember that only positive thoughts can influence at this dimension. Your counselors are your creations. They bridge the gap between the subjective and the objective realms.

**Preparation to Counselors Exercise**

Laura: In this exercise, in addition to the counselors, we’re also going to add on to our laboratory tools. We’re going to enter our laboratory level in the same manner with a special ten to one countdown for attunement to attune to the creative dimension where our laboratory exists. Once we are in our laboratory, we will review our creation – the chair, the desk, the calendar, the clock, and so on. I will then say to continue. I will now count from one to three, and by that time, you will have created a screen for mental projection for projecting into the past, present, or future.

Now, while you’re at your laboratory level, this mental screen will take the place of the mental screen you’ve been using before. And, you will position this mental screen anywhere you wish in your laboratory. After you create the mental screen, and place it on the laboratories wall, you will continue with creating a chamber like compartment with a door that slides down into the ground. The compartment door will go down very slowly from top to bottom, revealing your male counselor first and then later your female counselor.

The compartment controls will be installed into the arm rests of your chair. I will guide you in bringing down the compartment door very, very slowly, first only to reveal the
hair of your counselor. At that point, you study the hair. The color and how it’s combed. You also get a very good idea as to how tall your counselor is. You move the compartment door slowly still a little bit more just to reveal the forehead. And at that point in time, you’re able to tell the color of the skin.

Little by little, the compartment door goes down further to reveal the entire head, and now you study the facial features. The eyes, the nose, the ears, the mouth, the character of the face, eyebrows, and you study your counselors face from several angles. You then lower the door. Lower still until it goes all the way down to the ground, revealing a part of your counselor’s body as you go.

When the door reaches the floor level, your counselor becomes dynamic and fully alive and steps out of the compartment door into your laboratory. At that point, you can introduce yourself to him. The idea here is that you use your visual, auditory, kinesthetic modalities in order to make this experience as real as possible. You might want to reach out your arm and hand and shake your counselor’s hand or embrace your counselor with a warm embrace.

Ask your counselor for their name and hear your counselor’s voice and the quality of the voice. Ask your counselor where they’re from. You might be surprised as to their nationality or whatever else they have to say to you. They are your creation. Remember that. They are images of people who are here to help you in solving problems. They are a personification of your intelligence; the yin, the yang, the positive, the negative, the male, the female. They are here to facilitate the flow of information.
Once your male counselor becomes fully dynamic, he will position himself behind your stronger side, and then he will assist you introducing the female counselor. So by that I mean, the compartment door goes up again, and we’re ready to lower the door all the way down onto the ground slowly, revealing part of your female counselor at a time.

Once your female counselor comes out, we do the same thing. You introduce yourself, you embrace, handshake, whatever you wish to do. Ask her for her name, nationality, age, whatever you want. Get a dialog going. Feel her by the handshake or the embrace, and use your sense of modality to make this experience as real as possible. From then on, every time you enter your laboratory, both counselors will be there waiting for you.

The routine cycle for entering the laboratory level would be as follows: You close your eyes, relax your boy, and use the three to one method to enter and then a ten to one countdown to reach your laboratory level – the creative dimension. You may at any time do a ten to one countdown for deeper meaning. Once you’re at your laboratory level, you will meet your counselors and the three of you will say the welcome, greeting, or prayer or words of gratitude.

At this time, you are ready to function at your laboratory level and as a physic who perceives information and uses that information for solving problems. After working at your laboratory level, you simply thank you counselors, say a farewell or say a prayer with them, whatever you feel comfortable doing, and come out of laboratory level using the inverse of what we used to enter. In other words, you count from one to ten, that’s the basic plain level and then one to three. At that time, you open your eyes, snap your fingers lightly, and mentally stay wide awake feeling fine and in perfect health.
In your doing this meditation at night before going to sleep then after work at your laboratory level, simply thank your counselors and say the farewell and go to sleep from there. Now you have a fully equipped laboratory. You have a chair, a desk, a clock, a calendar, you have a mental screen for mental projection into the past, present, or future, you have chemicals, medications, tools, instruments, equipment of all kinds, and you have a special compartment that you can use for problem solving together with your counselors. The things that you can do, and the problems that you can solve are left up to your imagination.

**Getting to Know Your Counselors Exercise**

**Laura:** Find a comfortable position. Close your eyes and enter your level by yourself, using the three to one method, followed by ten to one countdown. I will then come in after that with some positive statements and affirmations. Take your time.

We will now establish objective points of reference in a creative dimension. Our pressing projects are the creation of a screen from a mental projection, the creation of a compartment for transferring the counselors into your laboratory level, and the introduction of the counselors into your laboratory.

I will now count from ten to one to enter the laboratory level, the creative dimension. Ten, nine, eight, seven, six, five, four, three two, one. You are now in your laboratory. At this time, let us review the creation of the room. The chair, the desk, the clock, the calendar, the information
system, the tools, instruments and equipment, chemicals and medications.

To continue with our creation, I will now count from one to three. By that time, you will have created a screen for mental projection. One. Create a screen for mental projection for projecting into the past, present, or future. Two. Place this screen on your laboratory wall. Three. It is now an accomplished fact that you have created a screen for mental projection or projecting into the past, present, or future.

I will now count from one to three. By that time, you will have created a chamber like compartment similar to an elevator. One, create this compartment. Two, install a door that slides down into the floor, and install the door controls on the arm rest of your chair. Three, it is now an accomplished fact that you have created a compartment with a door that slides down into the floor. The door controls are on the armrest of your chair. We will use this compartment to transfer your counselors into your laboratory dimension.

It is now a time to transfer your male counselor into your laboratory dimension. The door of the compartment is closed, and you are in your chair, ready to operate the controls so that the door moves downward very slowly, only a few inches at a time. From here on, use your imagination, your knowing, your creative ability, your direct or indirect visualization, your sensing, or your making believe concept, but do visualize sense or imagine an image even if you have to create one.

I will now count from one to three by that time; you will have opened the compartment door completely, revealing your male counselor. One, open the door just enough to reveal his hair. Study the hair, its color, and how it is
combed. If nothing appears on its own, create it. Open the door a little further, and reveal his forehead. Study the color of the skin, continue opening the door very slowly, and stop at the shoulder level. Now study your male counselor’s face completely. The nose, lips, ears. Study his face from different angles.

Two. Continue opening the door slowly and reaches the floor level, revealing a part of your male counselor’s body at a time and studying it as you go. The door's about to reach the floor level. By now the body of your male counselor is almost totally revealed. You can, by this time, get a feeling about the age, height, weight, and nationality of your counselor.

Three, the door is now fully open. Your male counselor becomes dynamic and fully alive and wants out of the compartment into your laboratory. You can ask him his name, age, and nationality. Greet your male counselor, hear his voice, feel his skin. He is a genius in every field. He is here to help you by directing you at solving problems. From now on, every time you enter your laboratory, your male counselor will be waiting for you.

Now with the help of your counselor, close the door to compartment, so we can introduce the female counselor. I will count from one to three. At that time, you will open the compartment door completely, revealing your female counselor.

One. Open the door just enough to reveal her hair. Study the hair, its color, and how it’s combed. If nothing appears on its own, create it. Open the door a little further and reveal her forehead. Study the color of the skin. Continue opening the door very slowly and stop at the shoulder level. Now, study your female counselor’s face completely, her nose, lips, ears. Study her face from different angles.
Two. Continue opening the door slowly until it reaches its lower level, revealing a part of your female counselor’s body at a time, and studying it as you go. The door’s about to reach the floor level. By now, the body of your female counselor is almost totally revealed. You can, by this time, get a feeling about the age, height, weight, and nationality of your female counselor.

Three, the door is now fully open. Your female counselor becomes dynamic and fully alive and walks out of the compartment into your laboratory. You can ask her name, age, and nationality. Greet your counselor. Hear her voice. Feel her skin. She is a genius in every field. She is here to help you by directing you and solving problems. From now on, every time you enter your laboratory, your counselors will be waiting for you.

The routine cycle for entering your laboratory level will be as follows: close your eyes, relax your body, and use the three, two, one method to enter your basic plain level and attend to one method to reach the laboratory level. Once at you’re at laboratory level, you will meet your counselors, and the three of you will say a welcome greeting or prayer. At this time, you are ready to function at your laboratory level and as a psychic.

After working in your laboratory level, you thank your counselors, say a farewell or a prayer with them, and come out of your laboratory level, using the inverse of the math that you used to enter. One to ten and then one to three. At that time, you open your eyes, snap your fingers lightly and mentally say, “Wide awake, feeling fine, and in perfect health.” If you are doing this meditation at night, before going to sleep, then at your laboratory level, simply thank your counselors, say a farewell with them, and enter sleep from your laboratory level.
Whatever you perceive with your imagination at this dimension you can use as points of reference in the future. It is now an accomplished fact that you have established subjective points of reference, in the creative dimension at different levels and different depths. To function at these levels and to use these points of reference, all you need is a sincere desire to solve problems. Your mind will automatically seek out these points of reference where you will perceive and become aware of information you can use to solve such problems, and this is all.

Every time you function at these levels of the mind, and these points of reference, you will receive beneficial affects physically and mentally. You may use these levels of the mind and these points of reference to help yourself, to help your loved ones, and to help any human being who needs help, physically and mentally. You will always use these levels of the mind, and these points of reference, in a constructive, creative manner for all that is good, honest, pure, clean, and positive.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when you move on, you should have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.

In a moment, I am going to count from one to three and cause a sound with my fingers. At that moment, you will continue by yourself to complete the routine for coming out. You will thank your counselors, say a farewell or prayer, and come out counting one to ten and then one to
three. You will then snap your fingers lightly when opening your eyes and mentally say, “Wide awake, feeling fine, and in perfect health.”

I will now count, one, two, three. Continue with the coming out ritual. Thank your counselors, say a farewell with them, and come out by counting from one to ten, then one to three. Take your time.

**Moving Forward with Your Counselors**

**Kaileen**: Now is the perfect time to express gratitude. Take some time for yourself. Journal, talk to a friend, or quietly sit and express gratitude for all the help, insights, and information you have and expect to have in your imaginary counselors. This is also a great time to express gratitude for all the wonderful things life has to offer. No matter what is going on in your life right now, find the Silva lining, and feel the joy that thanks has to offer.
Chapter 12: Manifesting (Intermediate)

Introduction to Taking Beliefs to the Next Level

Kaileen: You are now entering the manifesting stage of this program. This is usually seen as a really exciting time. Finally you will learn to manifest - but you have already been manifesting all along.

Every time you have set a goal and achieved it, you've manifested. Every time you've measured your progress and adjusted to the feedback, you're manifesting. No matter how large or small, you are manifesting all the time.

Now is the time to bring more intention, clarity, and purpose to your manifestations. Beliefs are the essential element in being an intentional manifester. That's why Laura is going to guide you into an advanced belief change exercise in this next segment.

Grab your journal or your manual, because you're going to want to take some notes or possibly stop the track, if need be. Laura will be asking you some revealing questions.

Lesson on Creating New Beliefs

Laura: Poet and author Laura Ridings said, “I believe that misconceptions about oneself, that one does not correct where possible, act as a bad magic.”

I say misconceptions about one's past experiences that one does not correct become your limiting beliefs. Not all, but many of your limiting beliefs are rooted in your childhood – usually before the age of seven.
A child of that age is absorbing information and going through a multitude of experiences with little capacity to deduce the logical reasons as to why information is being perceived in a particular way, or be able to understand the actions of others and experiences they undergo. Deductive thinking and reasoning, which requires alpha brain frequencies to operate, is not yet accessible at those younger ages.

Deductive thinking does not solidly set in until the brain is emitting predominantly alpha frequencies, which is when the child is past the age of seven and up to about the age of 14.

A meaning given to an experience by a child under the age of seven, who has no way to deal, understand, or reason with the existing situations of that time, will result in a flawed belief. This means that many of the experiences you have assigned meaning to, and led to limiting beliefs, were those experiences with mostly your parents or respected elders.

Let's say you have issues with money, and you seem to struggle with money more often than you'd like to; and you frequently find yourself thinking and saying, “I can't seem to get a grip on money. I struggle with money all the time.” It can be very revealing to think of your lack and ask, while in a deep meditation, “Who in my long-ago past, such as my father, mother, or respected elder, would be upset if I really had money?”

To discover the answer to that question, state what you desire; for example, mentally state several times to yourself, over and over, “Money is for me to have and enjoy in abundance. Money is for me to have and enjoy in
abundance. Money is for me to have and enjoy in abundance.”

Without judging, and simply paying attention, become deeply mindful to the feelings you are experiencing as you think of what you lack; and continue saying the phrase, “Money is for me to have and enjoy in abundance.” Notice the memories, pictures, and thoughts that come into your mind.

You may begin to hear voices of your past of someone who didn't know better and would constantly say to you something like, “Who do you think you are? You're a nobody and you'll never amount to anything. You are going to be poor all your life.”

Let's face it; if you father or mother told you that repeatedly when young, of course you're going to buy into it - mostly because these are the people you love and depend on the most. At that age, your father and mother are your heroes and can do no wrong, and so you soak it in and then grow up living and abiding by somebody else's limiting beliefs. Through time, you come to own those limiting beliefs yourself.

So, who in your long-ago past, such as a father, mother, or respected elder, would be upset if you really had money? A lot of money? The positive side of asking a question of this nature is that once you reveal who the voice belongs to and what was said, you can go back mentally to that time in your past and give those remarks a new and different meaning that is of your own choosing.

By doing this, you take responsibility for creating not only the meaning, but also the belief. You also gain by exposing the limiting belief and exposing a limiting belief always helps to weaken it.
By asking this question while in deep meditation, you will begin to expose deep-rooted memories that are more accessible when you are in those slower frequencies related to deep meditation, and expose the path that takes you directly to when you had the experience that resulted in a limiting belief.

We also want to add a lot more conscious connections to your limiting beliefs because they have been operating at a subconscious level for so long and have until now been out of your reach. As you ask the question and begin to recall memories, notice how those memories make you feel. Connect with the unease or discomfort and evaluate the intensity of unease or discomfort by using a scale from one to ten – ten being the most intense.

Then, dig deeper and think of your current living experience; and spend more time answering the questions we touched upon in Chapter 3. The first question is: Is the meaning I gave those experiences really true in every situation? This question will connect you with the reality of your experience so that you can consciously observe several things:

One: That the belief is not true 100% of the time.

Two: The effect this belief has had on your life is strongly related to your perception of the belief and not the belief itself.

Three: How you contribute to its effect by repeating statement over and over, reinforcing it even when it's not true all the time.

When you ask the next question, “Do I know without a shadow of a doubt that it is true?” the inevitable answer
has to be a resounding “NO.” This question also helps to weaken the belief. Then you answer the question, “What has been the cost of believing this thought?”

Here, you open yourself to become aware of the many missed opportunities that have resulted from this limiting belief. Notice what this belief has kept you from doing, how it has restricted you; make sure your answer is detailed in every way, so that you can build a strong desire to eliminate this belief at all costs. Then you take your time to imagine who you would have been without this thought or belief, so that you can begin to form your future without this limitation.

Now keeping these revelations in mind, you do a bit of time traveling by going back to the child or younger you, to a time when you were having those experiences, and then resourcefully provide the knowledge and understanding needed in order for the child or younger you to assign a more reasonable meaning to any given experience. Stand by that child you and feel a deep connection with that you; and tell the child that you are there as a source of love and support.

As you lovingly stand by the child you, going through those experiences that resulted in the negative message and limiting belief, whisper into the ear of the child a better understanding of the experience based on evidence and facts you now know as an adult but couldn’t have possibly known as a child.

Then you offer the child you at least three other meanings that could have just as easily applied. Then you assure the child you that he or she has the power to choose a different meaning, and so create a more resourceful belief.
You continue by asking the child you to select a better meaning that resonates with him or her more fully. Then look into the eyes of the child you and with genuine emotion tell the child you that you love him or her fully and completely, exactly as he or she is, and you will always love him or her unconditionally.

Embrace the child you lovingly and as you do, imagine bringing the child into you to become one with you carrying a new understanding of the past, new meaning to past experiences, and new beliefs that will open many doors of opportunities.

You then imagine the child you within growing through the younger years, the teenage years, young adulthood, and into the you of today, filling his or her rightful space within you for the rest of your life.

The child or younger you must be allowed to grow up and catch up with the current you, and you take for granted that the child is growing up with new, more resourceful beliefs in place of the old limiting ones.

If the child you is deprived of the opportunity to grow, then the child will pop up under stressful conditions when fear, anger, helplessness, hopelessness, abandonment, rejection, and lack of control are triggered.

Once the child you has taken its rightful place within you, it is time to move your sense of being, your awareness, into the future and experience yourself as whole and complete, and owning new and resourceful beliefs.

Experience what this new belief means to your life and your future. Experience it in as many ways as you can. Then, you lock in the new experience that results from having a new belief with your Three-fingers Technique.
To make sure that a genuine shift has occurred, you once again repeat the phrase, “Money is for me to have and enjoy in abundance.” And again, from one to ten, rate your feelings. Instead of unease and discomfort, expect your feelings to be hopeful and confident.

Ultimately, we want to come to live with all the self-love, money, intelligence, confidence, skills, talents; come to live with your soul-mate, with success, personality, popularity, freedom, health, and whatever else you have ever dreamed or desired. In other words, ultimately you want to come to have it all.

Clinical psychologist Michael Hall said, “Beliefs arise from experiences. By generating new experiences, we can create opposing new beliefs.” And the opposite of any lack you may be experiencing in your life is abundance.

**Preparation to New Beliefs Exercise**

**Laura:** In the Creating New Beliefs exercise, you will enter and exit the exercise on your own. In this exercise, you will work on a limiting belief. If you're not sure of whether or not you have a limiting belief, then think of what area in your life you are experiencing lack. In doing so, you may be uncovering a limiting belief.

Although I use the example of lack of money in the explanation, and I will use the statement, “I deserve to have it all,” in the exercise, you may work on any lack or limiting belief that you desire. You may use the same process laid out in the exercise for other areas of lack or limiting beliefs.
Also in this exercise, I will be sharing a few new statements for you to ponder on and repeat after me. As I say the statements, think about what they mean to you.

They go like this: “My life is an expression of the statements I say to myself that I hold to be true.” “I am the creator of those statements and therefore, my beliefs.” “I, and only I, can and have given meaning to my experiences that have resulted in the life I live.” “Every experience can have many meanings. The only true meaning of any experience is the one I give it.” “I can create new meaning to past experiences.” “I am mindful of negative thoughts, messages, and emotions that are in the way of me loving myself and having it all for they guide me on where to focus my attention.” “Resourceful beliefs help me create the life I desire.” “My life is an unfolding expression of new and resourceful beliefs.”

I'm also going to guide you through a special countdown from ten to one, to allow your body, brain, and mind to intuitively attune to the right internal state for positive change to occur. At the count of one, take it for granted that you have connected to the right internal state for positive change to occur.

To make the most of the exercise, we recommend that you first listen to it with your eyes open before doing it with your eyes closed. This will help you know exactly what the process is and be better prepared, so as to have a more successful outcome; and never do the exercise while driving. So get ready to free yourself from the past and for amazing change to occur. Enjoy the exercise.
Creating New Beliefs Exercise

Laura: Find a comfortable position. Close your eyes and enter your level by yourself using the 3-to-1 Method. Follow that with a 10-to-1 Countdown and if you wish, a Wave Relaxation by relaxing your eyes and allowing that feeling of relaxation to flow slowly downward throughout your body all the way down to your toes. I will then come in after that. Take your time.

It’s a wonderful feeling to be deeply relaxed; a very healthy state of being. Continue breathing slowly, deeply, and rhythmically throughout the entire exercise. The following are basic truths. Repeat mentally after me:

“My life is an expression of the statements I say to myself that I hold to be true.”

“I am the creator of those statements and therefore my beliefs.”

“I and only I can and have given meaning to my experiences that have resulted in the life I live.”

“Every experience can have many meanings.”

“The only true meaning of any experience is the one I give it.”

“I can create new meaning to past experiences.”

“I am mindful of negative thoughts, messages and emotions that are in the way of me loving myself and having it all for they guide me on where to focus my attention.”

“Resourceful beliefs help me create the life I desire.”
“My life is an unfolding expression of new and resourceful beliefs.”

“Every day, and in every way, I allow myself to be free to engage in positive thoughts, beliefs, and behaviors.”

“My life gets better and better every day and in every way.”

Take a deep breath, relax, and go deeper. In this exercise, you will be examining the creation of your beliefs. Many negative, unwanted, disruptive conditions in life are caused by beliefs.

By having a better understanding of the experiences that resulted in limiting beliefs, and giving new meaning to those experiences, you can begin to live the life of your design. An understanding of your beliefs and/or power is of fundamental importance in taking control and responsibility of your life.

Your personal beliefs are the most important aspect of how you have lived and how you will spend the rest of your life. You are about to set in motion the conditions that enable you to improve and maintain beliefs that determine the way you live. You are using the power of your inner energetic self to create new meaning to past experiences resulting in new beliefs. Remember, you have access to all information; past, present, and future.

I am now going to count from ten to one to allow your brain, mind, and intelligence to intuitively attune to the right internal state for positive change to occur. Ten, nine, eight, seven, six, five, four, three, two, one.
You have now attuned to the right internal state for positive change to occur. Take a deep breath, relax, and go deeper. To recognize a limiting belief, think of what is lacking in your life, such as self-love, money, intelligence, confidence, a skill or talent, your soul-mate, success, personality, popularity, freedom, health, or some other lack. What is lacking in your life?

Now as you think of what you lack, mentally state several times to yourself, “I deserve to have it all.” “I deserve to have it all.” Keep repeating that statement. Now without judging, and simply paying attention, become deeply mindful to the feelings you are experiencing as you think of what you lack, and mentally say, “I deserve to have it all.”

What memories come to mind? What pictures and thoughts come to mind? Who in your long-ago past, such as a father, mother, or respected elder, would be upset if you really had it all – love, health, happiness, money, time, everything? Who would be upset?

From one to ten, ten being the most intense, how would you rate your feelings? As you think of what is lacking in your life, what is the message you perceive from those past experiences with your father, mother, or elders? What message did you perceive? State the message that pops into your mind. What is the meaning you gave those experiences? What is the belief that resulted?

As you think of your current living experience, is the meaning you gave those experiences really true in every situation? And do you know, without a shadow of a doubt, that it is true? What has been the cost of believing this thought?
Open yourself to become aware of the many missed opportunities that have resulted from this limiting belief. Show yourself what this belief has kept you from doing. Recognize how this belief, this old thought, has restricted you; do it now. Now take your time to imagine who you would have been without this thought or belief.

Now keeping these revelations in mind, and in your adult form, go back to the child you who is having those experiences. Imagine standing by that child you and feel a deep connection with the child, and tell the child you that you are there as a source of love and support.

As you lovingly stand by the child you going through those experiences that resulted in a negative message and limiting belief, whisper into the ear of the child you a better understanding of the experience based on evidence and facts you know as an adult but couldn't have possibly known as a child. Take your time. You can slow down or speed up the memory as you wish, go ahead.

Now, offer the child you at least three other meanings that could just as easily applied. Take your time. Tell the child you that he or she has the power to choose a different meaning, and so create a more resourceful belief.

Now that the child you has a better understanding of the experience, ask the child you to select a better meaning that resonates with him or her fully. What is the new meaning the child you has selected?

Look straight into the child's eyes and with genuine emotion, tell the child you that you love him or her fully and completely, exactly as he or she is, and you will always love him or her unconditionally. Embrace the child you lovingly; and as you do, imagine bringing the child you into you to become one with you with a new
understanding of the past, new meaning to past experiences, and new beliefs that will open many doors of opportunities.

As the child becomes one with you, take a deep breath and exhale slowly. You and the child you are now one. Now take your time to imagine the child you within growing through the younger years, teenage years, young adulthood, and into the you today, filling his or her rightful space within you for the rest of your life's journey.

Being fully engaged in the experience, move your sense of being into the future, experiencing yourself whole and complete, and owning new and resourceful beliefs. Mentally, imagine and experience the positive effects this new belief you created attracts.

Imagine what this new belief means to your living experience. Experience this new belief in as many ways as you can. Take time to subjectively enjoy and experience this creation knowing you have already started it happening. Be aware that you are controlling the experience and causing something to happen as you desire it.

Imagine creating and living with all the self-love, money, intelligence, confidence, skill or talent, your soul-mate, success, personality, popularity, freedom, health, and whatever else you dreamed or desired. Imagine you having it all.

Press your three fingers together and say to yourself mentally, “Whenever I have a need or desire to think this way, believe or behave this way, all I need to do is press my three fingers together and it will be so.” “Whenever I have a need or desire to think this way, believe or behave
this way, all I need to do is press my three fingers together and it will be so.”

Take a deep breath, relax, and go deeper. Now once again, repeat the statement, “I deserve to have it all. I deserve to have it all.” And again from one to ten, rate your feelings. Now feelings of hope and confidence have taken over.

Every time you use these levels of the mind, your ability to control your thoughts, beliefs, and your life increase. You find you are more confident and dynamic. You become increasingly aware of the potential in using your mind to help you in the enjoyment of living. You increasingly realize that you are responsible for the control of, and the richness and joy, of your own life.

In a few moments I will count from one to three and cause a sound in my fingers. At that time you will come out of the exercise on your own from counting from one to five. You will then snap your fingers lightly, open your eyes, and say, “Wide awake, feeling fine and healthy, feeling better than before.”

I will now count. One, two, three. Continue with the exit by counting from one to five, and at the count of five you will snap your fingers lightly, open your eyes, and say, “Wide awake, feeling fine and healthy, feeling better than before.”

**Moving Forward with New Beliefs**

**Kaileen:** After completing this exercise, take time to settle into your changed perspective. Claim your results and
expect, and know, that moving forward you will be changed; and your manifestations in life will follow in suit.
Chapter 13: Manifesting (Advanced)

Introduction to Mirror of the Mind Advanced

Kaileen: Now that you have moved through all the foundations of the Silva method, it is time to add the secret ingredient to your manifestations, emotions. You will use all the steps you learned Mirror of the Mind part one and Mirror of the Mind part two. But then, Laura’s going to take the experience to a whole new level by bringing you into the future and adding special emotions to the whole thing.

For this exercise, you’re going to want to be crystal clear on what you want, so you can always go into the workbook and reference the road map section where you mapped out all your goals. Either way, you’re going to want to take a moment to think about what issue or problem you want to solve, and get ready to become a conscious creator.

Lesson on Mirror of the Mind Advanced

Laura: As you have probably already discovered, the Mirror of the Mind is an extremely effective technique for manifesting. It incorporates a formula, the ingredients for successful manifestation, and the four areas of success. Whether you are aware of that fact or not, the technique still works. Yet, it is always more beneficial to know what’s at play, in order to be more effective in manifesting.

The Mirror of the Mind technique is just that a technique. It is formed by a series of steps that were programmed at alpha, a very receptive state of mind and for that reason works best when practiced exactly as it was programmed.
That is the reason we call it a formula type technique. You must follow the formula to get the results the same way you follow a recipe to get chocolate cake. Yet, in all actuality, you don’t need a technique.

What you need is an understanding of how and why the technique works. The formula, or technique, is there as a guideline. And, as an experienced practitioner of the Silva method, you have acquired many successes using the Mirror of the Mind Techniques steps one and two. You have established countless points of reference that have helped you to create deep physical and mental relaxation, access to the ideal state of mind, the right quality of imagery, and enhanced subjective energies.

Now, in the Mirror of the Mind step three, you will deepen your programming experience by focusing on several new elements, future pacing, using the right language for programming, and coherent emotions.

Allow me to recap the steps for the Mirror of the Mind. First, you enter your alpha level and project onto your mental screen a blue framed mirror that represents the problem and/or present situation. Using visualization, you then project the image of the problem or present situation into the blue framed mirror in order to study it briefly. Then you erase the image, move the frame to the left, change the color of the frame to white, and project a solution image onto the white framed mirror.

Answer the six questions. One, what do I want, two, when will it happen, three, where will I be when it happens, four who is going to be there when I get it, five, why is this important to me, and six, how will it make my life different and better? Answering the how question compels your body, brain, and mind to imagine future scenarios of
various areas of your life getting better and better through time.

This is what is called future pacing. And the focus needs to be on future benefits, gains, and advantages. Once the outcome image is clear, you then enhance and project out onto the outcome image intense desire, believe, and expectancy in order to reel it closer and closer to you. Then you step into the outcome image and become one with it.

With your mind, you experience the outcome image and the benefits gained in as many ways as possible. Use all of your mental senses and experience it a holographic manner as if you are actually there. It is at this point of the Mirror of the Mind step three that you add to the programmed experience, a very powerful piece. More powerful than what you’ve done before.

While in the experience, you are to project out from the area of your heart, the coherent emotions of gratitude, appreciation, and love. Gratitude for having already achieved the outcome, appreciation for your abilities, talents, and skills, and love for God or self and life.

In Mirror of the Mind step three, there are two types of spiritual energies used for reaching your outcome. One such energy engages desire, belief and expectancy, and the other is more emotional in nature and that involves a means of gratitude, appreciation, and love. Whereas the energies of desires, belief, and expectancy are enhanced and projected outward towards the outcome image that you have on your mental screen. The emotional energies of gratitude, appreciation, and love are radiated outward from the area of your heart after having stepped into the image.
According to the Institute of HeartMath, an organization that was formed specifically for exploring the power that human feelings have over the body and our world, emotions appear to originate from our heart. They went on to discover a doughnut shaped electromagnetic field of energy that surrounds the heart and extends beyond the body. This field is between five and eight feet in diameter. Now, because the electromagnetic field can be measured, it means that it is a physical, objective field of energy.

Yet, gratitude, appreciation, and love are subjective in nature and cannot be measured with physical instrumentation. The interesting discovery is that these emotions when experienced coherently influence the electromagnetic field, created by the heart and forms a key to tapping into the field that connects everything. And according to experiments done at the Institute of HeartMath, could also influence DNA molecules within the field. Coherent emotions are created by entering a meditation, quiet in your mind, and shifting your awareness to the heart area then focusing on the positive emotions such as gratitude, appreciation, love, compassion, and forgiveness.

By focusing on these positive emotions, you build or enhance them, and then you push them out into the electromagnetic field, created by your heart. So now, you not only move the field objectively or physically, influencing the energy of the world about you, but you influence the field subjectively or spiritually moving the energy of the world from where all things come. This is what I refer to as the power push.

The goal with Mirror of the Mind step three being to influence both the physical and spiritual fields, and then at that point, you lock it in as always for later use with the three fingers technique. So, as you can see, the Mirror of
the Mind step three is quiet inclusive of everything we teach in the Silva Method.

What is equally important for us to understand is that we are functioning in the spiritual realm often referred to as a field. From where all things come and while there we need to communicate our needs or desires clearly. This means that we must communicate with the appropriate language just as we use words when communicating with others.

It is an accepted fact that visual words work best with visual people. Kinesthetic words with kinesthetic people and auditory words with auditory people. In addition, we use sign language with deaf people and tactical sign language with deaf and blind people. In other words, the language used is important when communicating, and the same is true in the subjective dimension, so the right language at the right time must be used for effective communication and the language and the spiritual domain of realm is a language you already know. It has no words although you can complement it with words. It doesn’t use body language or hand gestures although you can engage your body.

As Greg Braden author of the Divine Matrix: Bridging Time, Space, Miracles, and Belief writes, “It comes in a form so simple that we all already know how to speak it fluently. In fact, we use it every day of our lives. It is the language of human emotion. Not only is a language a language of emotions, but it is coherent emotions and allowing your body, brain, and mind to experience your desired outcomes. It’s what will get the job done.”
Preparation to Mirror of the Mind Advanced Exercise

Laura: Once again, and for the last time in this home study, you will go into the exercise on your own and exit on your own as well. Select a new goal you would like to work on for this exercise, and give it all you’ve got. Also, there will be no sound in this exercise. You’re on your own baby, and you can make it happen. Enjoy.

Mirror of the Mind Advanced Exercise

Laura: Find a comfortable position, close your eyes, and enter your level by yourself, using the three to one method. Follow that with a ten to one countdown and wave relaxation. I will then come in after that. Take your time. It is a wonderful feeling to be deeply relaxed, a very healthy state of being. Continue breathing slowly, deeply, and rhythmically throughout the entire exercise.

We will now impress Mirror of the Mind step three for your benefit. To use Mirror of the Mind, create and project on your mental screen a full length mirror. This mirror is known as the mirror of the mind. The 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 frame of the Mirror of the Mind can be mentally changed from blue to white. The blue frame will denote the problem or the existing situation which can be converted into a project. The white frame will denote the solution or goal.

To solve a problem or reach an outcome with the mirror of the mind, enter your level with the three to one method.
Then project the Mirror of the Mind with a blue frame onto your mental screen. Create an image of the problem situation, person, or scene and project it onto your blue framed Mirror of the Mind, in order to make a good study of the situation.

After making a good study of the problem situation, erase the problem image, move the mirror towards your left, change the mirrors frame to white, and project the solution image you desire onto the white framed mirror of the mind. From then on, anytime you think of the project, visualize the solution image you have created framed in white, and this is so.

It is now time for you to work on a problem case. Begin by applying your learned techniques at first projecting the problem situation onto the blue framed Mirror of the Mind. Make a thorough study of the situation or current reality as to the factors involved. Now erase the problem image. Move this mirror towards your left, change the frame of the mirror to white, and create and project the solution you desire onto the white framed Mirror of the Mind.

Answer the questions, what do you want to achieve, when do you want to achieve it, where will you be when it manifests, who is going to be there to give you feedback, why is this goal important to you, why do you want it to manifest, and how is it going to make your life different and better?

Now place all your focus on your outcome image and intensify the energy of desire. As you do, image as if you are reeling the outcome image closer to you. Now do the same with belief, concentrating on all the reasons why you believe you will manifest the desired outcome and reel it in closer still. Finally, intensify the energy of expectancy,
and reel in the image so close to you that you can literally step into the outcome and be one with it.

And now, step into that you and the outcome image. The you that has already achieved that outcome and become one with that you. Experience the outcome fully and completely as if you are actually there, and it has already happened. Experience it in a past tense sense. Now while in this wonderful image of the outcome, push outward from the area of your heart, the coherent emotions of gratitude, appreciation, and love. Feel the coherent emotions intensely, and fill that internal space with these wonderful coherent emotions. Bask in these wonderful emotions. Feel them full and completely and allow them to fill you and the space around you.

Imagine how your life is different and better. Imagine how your life continues to evolve, getting better and better, every day, and in every way. It is a wonderful feeling to have achieved, to have arrived. Now press your three fingers together, and say to yourself mentally, whenever I have a need or desire to feel this way, think, believe, or behave this way, all I’m to do is press my three fingers together and it will be so. From this point on, only visualize the desired images in the white framed Mirror of the Mind. This is for your benefit. You desire it, and it is so.

Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, and to help any human being who needs help physically or mentally. You will always use these levels of the mind in a constructive, creative manner for all that is beneficial and positive.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when
you move on, you will have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.

In a moment I will count from one to three and cause a sound with my fingers. At that time, you will come out of the exercise by counting from one to five. You will then snap your fingers lightly, open your eyes and say, “Wide awake, feeling fine and healthy, feeling better than before.

Moving Forward with Mirror of the Mind Advanced

Laura: Congratulations on completing the first major milestone in your Silva journey. Silva has been a fundamental part of daily living for over 50 years, and now you have the tools to take these skills, techniques, and wisdom and integrate them into your life. I hope that you've learned how these techniques work and enjoyed using them in your life.

This is just the beginning. Now that you are empowered to have the mental disciple, inspiration, motivation, and skills of a Silva student, you are a student for life. You cannot unlearn what you have learned. You will bring it forward and use it as often as you need or want in your life. So like all creations, we hope you enjoy your life better and better.
**Thank You’s**

**Laura:** I’ve done many home study programs throughout the years, and when I come to the record the last CD, a bittersweet emotion fills me. Although I can’t see you, I can imagine who you are, and I feel we have become close friends. After all, I’ve been working on creating this program for nearly a year, hoping that it will satisfy what you need to learn for positive change to happen in your life.

I want to take the time to say thank you to our Silva friends and practitioners for the feedback they have contributed that lead to how this program is designed for you. I want to thank Rick Leles from Fitness Studios in Austin, Texas for being a great, caring, and creative person to work with. I want to thank my son Aliancas Oliver for taking time to create the music you hear. And I especially want to thank Mind Valley for the wonderful work they do. Last, but foremost in my heart, is my beloved husband Mel. I couldn’t do any of this work without his support. I wish you all could meet him. You would love him maybe as much as I do. So, put your heart and soul into all you’ve learned, practice it on a daily basis, and make great change happen in your life. You can have it all.
Bonuses

Bonus 1: Laura’s Story

Kaileen: Laura Silva Quesada is one of the premier teachers and facilitators of meditation, intuition, healing, and manifesting. She is the president of Silva International and has been teaching the Silva Method for over 30 years. She leads an international network of trainers and Silva fans and has taught and coached thousands of people around the globe.

I have personally had the honor of spending time with Laura not only to create this product but also just to have fun. I can honestly say that I have never met a woman so sound in her values as a person, a mother, a business owner, and a friend. She is the teacher who truly walks her talk and desires to bring the tools that transformed her life to the lives of others. Here is a brief segment from Laura on how the method truly changed the trajectory of her life.

Laura: I was born one of ten children, number eight to be exact. When I was born in 1954, my father was well into his research in hypnosis, mind development, dynamic or alpha meditation, enhancing ESP, and mind and body management. And my mom, she had her hands full with the children, house, chores, and you name it. We were a large family and unfortunately many unpleasant things can happen to young children that go unaddressed for one reason or another. Mostly out of a child’s fear of being punished, those negative experiences have their consequences in a person’s life, and I happened to be one of those children and feel that because of those experiences, I went through most of my young adult life with the belief I wasn’t good enough. And so, I bid behind a carefree style.
On a more positive note, I have many great memories of when I was a young child, observing my father hypnotizing family members, friends, and curious participants weekend afternoons and weekday evenings. Just about every day, some kind of special focus was given to the research sessions.

Soon enough I too was able to participate in my father’s research. I have to say it was quite entertaining and somewhat exciting to be one of a group of people who were part of an experiment in hypnosis. My father would program some to experience positive hallucinations; others negative hallucinations, some age regressions, and others still age progressions. It was a lot of fun and always very engaging. The interesting thing was that I thought everyone was doing the same in their homes. I had no idea that what we were doing was quite unique, and it wasn’t until I was around nine or ten that I realized we were special.

Even the priest at the church we attended every Sunday morning would point to my father and say out loud, “Do not go to that man’s house for he is working with the devil.” Oddly enough, it never deterred my father from attending church services with this entire family and making donations. Funny thing, every time the priest made his proclamation, I snuggled closer to my father who didn’t even wince, thinking the priest was pointing at some other man sitting somewhere behind us but never my father.

My father wore his passion on his sleeve and talked about his discoveries to anyone who would lend an ear. Some listened, even participated, and supported him in many ways while others thought he was a pyscho ceramic or crackpot.
My father researched and studied constantly. Then in 1966, he got his first big break while making a presentation on what he had discovered at Wayland Baptist University. A group of art students who wanted to boost their creativity were in the audience listening attentively and were sold on my father’s findings. Plus, through their insistence the Silva Mind Control Method as it was originally called was born, and it took off like wildfire.

In fact, it was in 1966 at the age of 12 when I took my first Silva Mind Control class. Prior to that, we would gather at a place called the Carpenter’s Hall just a few blocks away from our home every Friday night, practicing what came to be the Silva Method. Where before, my father’s time went largely on his research, the greater part of his time was now going on traveling from city to city, day in and day out, teaching the Silva Method.

My mother bore the greater responsibility of raising the children and tending to their needs. She was truly the woman behind the man and the method. There were so many children and a 20 year difference between the oldest and the youngest. By the time I was a teenager, some of my siblings were in the armed services and others in college.

My father’s travels were picking up speed. Now, he was traveling all over the U.S. and to many countries throughout the world. We didn’t see much of him, and mom did the best she could. Those were some pretty fun times for me. I had a lot of liberty, money, and the niceties of life – the very things that can get a young teenage girl with a low self-esteem into trouble. I hung out with a fast, fun loving crowd. I partied too much and pushed the envelope quite a bit.
After I graduated from high school, meditation was not a part of my life. In fact, I was using very little of what I had learned growing up. And I ended up in one bad relationship after another, one bad decision after another until I found myself in a very dark and gloomy space. I was financially broke and broken in spirit, mind, body, and emotions. My life was on a downward spiral. I was sick a lot and even ended up in the hospital a couple of times. I had just come out of a long and messy relationship, and I was devastated. I felt worse than ever. I know my father, mother, and siblings were all programming and praying for me to snap out of my craze, but I refused any help from anyone.

I had free will, and I rejected goodness, because all I wanted was to wallow in my misery and feel sorry for myself. It was at that moment in my life when my brother Tony who was a Silva instructor said he would be happy to share his class profits with anyone who would help him to set up the classroom, fix the coffee, sign up students, and clean up at the end of the day. Upon hearing that I quickly jumped at the opportunity.

Tony, knowing my history, hesitantly agreed so long as I was always in the classroom. I fought the idea of having to be stuck in the classroom, but he won. And, there I was listening to the discussions and doing the meditations from beginning to end. I have to say I truly began to feel better, more positive, and hopeful.

When we got to the Mirror of the Mind, I immediately thought yes! This is the technique I will use to get my ex-boyfriend back. Well, needless to say, the more I programmed for that to happen, the worse our relationship got, and the hopes of us ever getting back together were nil. The universe certainly works in mysterious and wonderful ways. It was through reuniting with the
techniques I was raised with that brought me to the path of helping others. Slowly, one step at a time, I worked with a business on almost every imaginable level.

As I kept working with Tony, I took on more and more duties and responsibilities. I started to participate in the lectures, rhythmenthal exercises, and step by step it advanced my life to the place I am now. Today, I have it all. A wonderful loving, and supportive husband, amazing children, abundance of all kinds, health, happiness, and a career I love. I love what I do, and I do what I love. We’re reaching more and more people than ever and helping more lives than ever. I’m grateful and feel truly blessed.

**Bonus 2: Target Image Exercise**

*Laura:* We will begin this exercise with the three to one method. Find a comfortable position, close your eyes, take a deep breath, and while exhaling mentally repeat and visualize the number three, three times. To help you relax physically at level three, I’m going to direct your attention to different parts of your body.

This is your physical relaxation level three. When you mentally repeat and visualize the number three your body will relax as completely as you are now. And the more so, every time you practice. To enter mental relaxation level two, take a deep breath and while exhaling mentally repeat and visual the number two, three times. Level two is for mental relaxation where noises will not distract you, instead noises will help you to relax mentally more and more. To improve mental relaxation at level two, visualize tranquil and passive scenes in holographic, three dimensional manner, engaging all of your senses. Do that now.

Take another deep breath, and while exhaling, mentally repeat and visualize number one, three times. You are now at level one, a deeper healthier level of mind where you can function from your center. To help you enter a deeper healthier level of mind, I’m going to count from ten to one. On each descending number, you will feel yourself going deeper, and you will enter a deeper healthier level of mind. Ten, nine, feel going deeper. Eight, seven, six, deeper and deeper. Five, four, three, deeper and deeper. Two, one. You are now at a deeper, healthier level of mind. Deeper than before.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being. This is an ideal time to create a target image of your goal. Bring to mind any goal that you would love to manifest. Think of your intention for desiring that goal. Make it clear and honorable as it relates to others. There is so much abundance in our world that life can truly be a win, win, win place to live. As we create your target image, allow your thoughts to be harmonious, your emotions to be congruent and both these vital ingredients to be in agreement with what you desire to manifest.
To begin creating your target image, answer the following questions: What is it that you desire to manifest? When do you imagine, feel, or sense it will manifest? Where will you be when it does manifest? Who will be there when your outcome manifests? If there are others in the picture than make sure you bring them to mind. Imagine how to make your life different and better. Why is manifesting this outcome so important to you? And lastly, what is your true intention?

As you craft this image, improve, change, or modify any element that you sense needs to be changed. Take your time. What are you experiencing, picturing, feeling, and hearing? When the target image of your goal is exactly as you desire to be, project intense desire, belief and expectancy onto the image by thinking of those objective energies and how they pertain to the goal. Now, step into the image and become one with it. You are now one with the image. Experience it fully and completely. Engage in all of your mental senses along with coherent emotions, thoughts, and beliefs.

Push outward from the area of your heart intense gratitude, appreciation, and love for having achieved this outcome. Imagine moving forward into the future, experiencing your goal already achieved and in a past tense sense from the perspective of whole and complete. Enjoy the benefits that come with already reaching that goal. Allow your body, brain, and mind to memorize this experience.

Now using your three fingers technique, say to yourself mentally, whenever I have a need or desire to feel this way, think this way, believe or behave this way, all I need to do is put my three fingers together and it will be so. Now, step out of the goal image, and position it slightly above your mental screen about 45 degrees above your
horizontal level of sight. Now imagine a normal day in your future. Imagine thinking of your goal. Imagine your target image.

Now put your three fingers together and bring back the thoughts, congruent emotions, and feelings of already having achieved that goal. In other words, zap your target image with all that is positive. Now imagine another moment when you think of your goal and do the same. Imagine your day flowing and once again the goal comes to mind and you find yourself zapping it once again. In fact, every time you think of your goal, you target image comes to mind is above your mental screen and you zap it with all that is positive.

You may do this with eyes open and with focused vision, and you may do this with your eyes closed. You may do this with any goal you desire. Every time you function at these levels of the mind, you will receive beneficial effects, physically and mentally. You may use these levels of the mind to help yourself, to help your loved ones, and to help any human being who needs help physically and mentally. You will always use these levels of the mind, in a constructive, creative manner for all that is good, honest, pure, clean, and positive and this is so.

You will continue to take part in constructive and creative activities to make this a better world to live in so that when you move on, you shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being. You have greater understanding, compassion, and patience with others.

In a moment, I’m going to count from one to five and cause a sound with my fingers. At that moment, you will
open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. One, two coming out slowly now. Three. At the count of five, you will open your eyes, be wide awake, feeling fine and in perfect health. Feeling better than before. Feeling the way you feel when you’ve slept the right amount of revitalizing, refreshing, relaxing, healthy, wonderful sleep. Four, five, eyes open wide awake feeling fine and in perfect health, feeling better than before.

For more information, visit us online at http://www.silvalifesystem.com/ or if you have any questions, don’t hesitate to email Mindvalley’s Epic Customer Support at support@silvalifesystem.com. Thank you and may your day shine on!