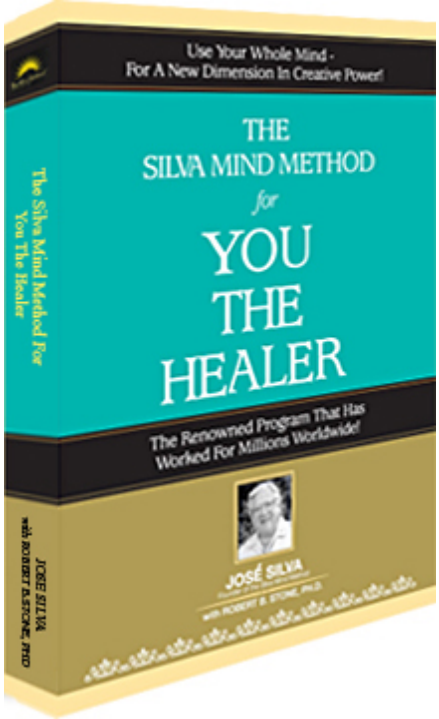

The Silva Mind Method for You The Healer

Deprogramming negativity to facilitate wellness is the underlying principle of the Silva Method. In other words, by changing your mind, you can change your health. Learn how to use your mind to heal your body. There are thousands of inspiring, success stories that serve as testimony to the effectiveness of the Silva Method to overcome health problems and to gain the good health that is so vital to a happy life.

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Introduction

A man sits in a comfortable chair, closes his eyes, and takes three deep breaths. The observer does not know that on the first exhalation the man has pictured the number three three times; on the second exhalation, the number two three times; and on the third exhalation, the number one three times. Nor does the observer know that this man has also counted backward from ten to one and has then visualized a profoundly curative scene.

An observer who could peek inside this man's mind would see that the man is picturing himself rubbing an imaginary salve on his right arm in the area of the elbow, where he has been experiencing pain. He is picturing his arm perfect. In a few seconds the man will have ended his mental work and opened his eyes. In a few hours he will be on the tennis court in an energetic singles game with no "back talk" from the elbow.

This man is a Silva Method graduate. He has been trained to enter a level of consciousness where he can control his mind to affect his body.

N.L. had arthritis in his finger joints, which was interfering with his job as an architectural draftsman. Periodically, he relaxed and visualized the lumps on his fingers. He then pictured himself vacuuming his fingers. He pictured the arthritis as a powder being sucked up by the vacuum cleaner. Then he imagined his fingers free of lumps and saw himself working again at his job painlessly.

N.L. did this each day, spending three minutes visualizing the problem being corrected and himself in perfect health.

Within a week, his daily three-minute investment began to pay off: the swelling and lumps on his fingers were materially reduced. Within three weeks he was free of the arthritis problem.

R.S. had chest pains. His doctor diagnosed them as angina pectoris. He explained that this was the result of hardening of the arteries. A crust called plaque was forming in his arteries, and those that fed blood to his heart were partially blocked. The doctor recommended a low-cholesterol, low-fat, high-fiber diet and a program of mild exercise, such as walking and swimming. R.S. followed the instructions for diet and exercise but added one more step: programming. He relaxed and visualized the partially blocked arteries to his heart. He then imagined that he was rooting them out with a pipe cleaner. His final mental picture was one of these arteries free of plaque. He did these visualizations daily, and within one month the chest pains had become noticeably less frequent. Within two months the chest pains had disappeared completely and years later had still not returned.

For much of her adult life, M.W. had regularly experienced severe menstrual distress. She began a program of "talking" to her body and picturing herself without menstrual pain for two minutes a day beginning one week prior to the expected start of her period. When her period arrived following these sessions, she estimated that her usual pain was reduced by 50 percent. Through practice, she has reduced it even further.

There Is a Way

If you had a way of using your mind to get rid of aches and pains, would you do so?

If you had a way of using your mind to fall asleep, would you pass up sleeping pills?

If you had a way to help yourself and your friends to overcome most of your nagging health problems, would you use it?

At long last, even the medical profession is beginning to see how the mind is involved in making us sick and how the mind can be trained to reverse that process and make us well. The Silva Method has been utilizing this insight successfully for decades.

Carl Simonton, M.D., an oncologist at Travis Air Force Base in California, adapted part of the Silva Method in treating his cancer patients and thereby increased the number of remissions markedly. Dr. Simonton took the Silva Method course under the name of Mind Dynamics. Later, he took advanced work in the Silva Method. He now calls his method the Simonton Method. Independently, Dean Ornish, M.D., while a Clinical Fellow in Medicine at Harvard Medical School, devised relaxation and visualization methods for heart patients and, by combining them with diet and exercise, successfully tested them in a controlled scientific study. He found that most of the participants reported a marked reduction in chest pain caused by heart disease and that many became virtually pain free.

It is increasingly common for health practitioners who work with the terminally ill to make use of relaxation and mental imagery because of their positive effects. In 1983, a cover story in Time magazine referring to the Simonton Method quoted Boston University psychiatrist Sanford Cohen: "Bizarre as it seems, the technique has helped 'significant numbers of terminal patients survive beyond all expectations.' " Since Dr. Simonton's exposure to the Silva Method, and his integration of it into his world-famous training program, hundreds of physicians and thousands of nurses have taken the training.

In 1973, astronaut Edgar Mitchell founded the Institute of Noetic Sciences, devoted to "broadening knowledge of the nature and potentials of mind and consciousness and to applying that knowledge to the enhancement of human well-being and the quality of life on the planet."

Previously, support for Simonton was generally assumed to come solely from off-beat, even odd sources. Now, the Noetics Institute reports that the following formerly "far-out" concepts are commonly accepted in mainstream medical circles:

1. An individual is inherently capable of controlling his or her own physiological processes to a greater degree than ever before thought possible.
2. Healing always involves both mind and body as well as what many call the spirit.
3. Negative emotions can have adverse psychophysiological effects.
4. Positive emotions can have positive psychophysiological effects.
5. The mind has many avenues of contact with bodily processes, some of which can "tip the scales" toward healing.

This change in climate has occurred since I first "went public" with the Silva Method in the late 1960s, and it is cause for rejoicing. The strict allopathic approach characteristic of medical treatment until then has given way to acceptance that mental imagery can attain real and useful results.

Athletes are now training themselves for greater skill and endurance by picturing themselves playing the perfect game, running the perfect race. When amateurs tee up on the golf course and take furtive looks at the water hazard to the left, then at the wooded rough to the right, they are programming themselves for a poorly aimed drive. Professionals, by seeing only the flag at the hole, program themselves for the straight drive.

Pictures we hold in our minds have demonstrable effects on our bodies. Positive

pictures produce desirable effects. Negative pictures produce undesirable effects.

That the mind can make us sick and that it also can make us well is one of the most important discoveries of the twentieth century.

More and more people are beginning to understand that when you change your mental climate, your body follows suit. If you know how, you can use your mind to keep yourself looking radiantly healthy, your immune system working efficiently, and your energy levels high.

You can use your mind to quickly get rid of pesky health problems such as colds, headaches, and chronic aches and pains. If you know how, you can even use it to help your health-care specialist rid you of such serious ailments as cancer.

And you can use your mind to help others enjoy these same benefits — at a distance and without their even knowing about it.

Sounds incredible? These are scientific facts! Science now acknowledges that your mind can project through fields of intelligence and affect matter. Recently, at a Texas laboratory, subjects were able to intentionally increase or decrease the electrical activity of the skin of other people twenty meters away in another room. And these weren't experts, either—just ordinary people from different walks of life.

In another laboratory—the Backster Foundation in San Diego, California—researchers were able to demonstrate (in the presence of author Robert Stone) that human thought can affect human body cells across a room.

Such experiments demonstrate that you and your friends can live longer, happier, healthier lives if you know how to control your own minds.

This book teaches you to do just that. Millions of Silva Method graduates in more than seventy countries are able to use their minds not only for maintaining better health but for controlling intuition, increasing creativity, raising I.Q. levels, and enhancing problem-solving ability. In this book you will learn all you need to know to use this method for getting well, staying well, and helping your family and friends to do the same.

Your Mental Computer Runs Your Body

The Silva Method shows you how to harness the cybernetic, or computerlike, powers of your brain to gain greater health and enhanced mental functioning. After reading this book, you will know how to keep your mind from making you sick. You will know how to insulate yourself from stress. You will know how to correct health problems and how to help your doctor to help you.

We learn how to get sick at a very young age. We are actually programmed for it with such messages as, "If you get your feet wet, you'll catch cold." The brain neurons accept such programming as instruction, an order to be obeyed. And so such a message becomes a self-fulfilling prophecy.

We watch others get sick. We picture it happening to us. That's called worry. Worry, too, is programming. The pictures we hold in our minds also act as orders to be obeyed. Our thoughts and words become programming. Negative thoughts and expressions of feeling become negative or unwanted programming. Positive thoughts and expressions of feeling become positive or wanted programming. Negative programming produces unhappiness, failure, and ill health. Positive programming spells happiness, success, and good health.

If you are programmed to think negatively, you are trapped in a negative pattern. If you don't change your programming, you will remain the same. That is why people who want to be healthy are still filling our hospitals. They need to reprogram themselves.

Overcoming your programming is an uphill battle. You can change temporarily, but, unless you alter the program, eventually you must revert to your programmed behavior. It takes reprogramming to change. For example, you can change your programmed eating habits by going on some new regimen. We call that "going on a diet." But few people can stay on a diet permanently. When they go off their diet and back to their former programmed ways of eating, they usually gain back all the weight they lost on the diets. They need to reprogram their eating habits. Negative programming that produces illness can be stopped dead in its tracks with new, positive programming.

The Silva Method Formula-Type Techniques

Reprogramming yourself for better health with the Silva Method is done through mental imagery at a mental state or consciousness level called the alpha level.

Alpha is a level at which brain waves slow to about half their normal frequency during wakefulness. We put out fourteen to twenty-one brain-energy pulsations per second when we are actively awake. Researchers call that normal wakefulness the beta level. When you go to bed at night and fall asleep, these brain pulsations slow down.

An electroencephalograph, a machine that measures these pulsations, would show that as you relaxed in bed with your eyes closed, your brain pulsations were decreasing by half. Seven to fourteen pulsations per second has been designated by the researchers to be the alpha level, a relaxed level of sleepy wakefulness. As you enter sleep, your brain waves slow even more. Light sleep, between four and seven pulsations per second, is called theta level. Deepest sleep, anything below four pulsations per second, is called delta level.

Figure 1 illustrates these four levels. Note that deep alpha is called the basic plane. This is the lowest frequency of alpha used in most Silva techniques. It is this natural, comfortable, peaceful, relaxed state that we pass through on our way to sleep at night and on awakening in the morning. In this book, you will learn to stay in this level and use it to heal yourself and others and reprogram yourself.

What has the alpha level to do with the health benefits described here? Researchers working with biofeedback equipment have come to realize that good things are happening to the body when the brain is at the alpha level. Stressed organs and systems are recuperating and becoming revitalized. Blood pressure is becoming normalized. Pulse rate is stabilizing. In Laredo, Texas, while researching how to put more of our minds to work for us, researchers found that at the alpha level subjects gained control of formerly uncontrollable functions. Faculties considered to be subconscious or unconscious became more conscious. Habits came under more conscious control. Automatic bodily functions also became more controllable. Geniuslike faculties of the human mind that only occasionally give us flashes of insight can now be triggered on command at the alpha level to solve problems as in kind of a supermind.

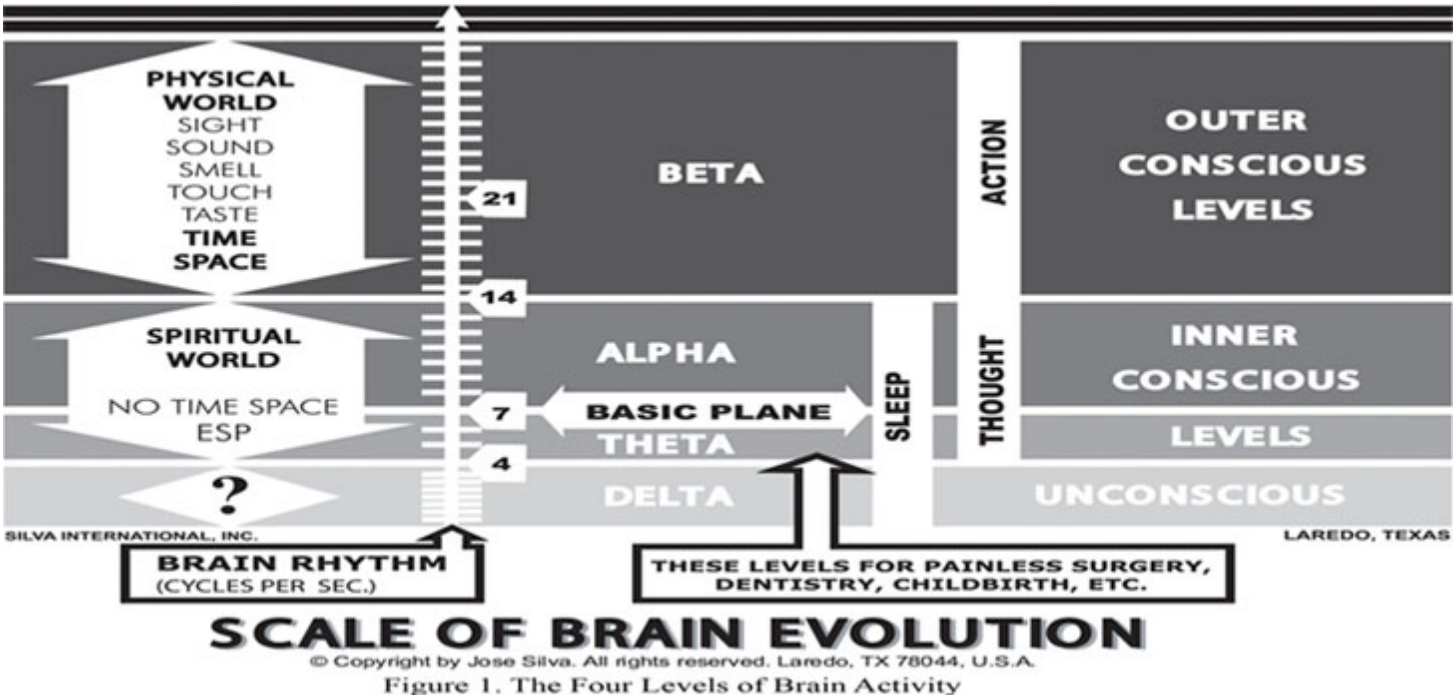

Figure 1. The Four Levels of Brain Activity

An Overview of the Silva Training

You have already programmed your brain to take over much of your life. You get up in the morning, put on your clothes, tie your shoes, brush your teeth, drive your car – all without giving these activities a second thought. With the Silva Method you will learn to use your mind to gain more conscious control of your life. You will learn ways to use your mind to

- fall asleep at will;
- wake up any time without an alarm clock;
- stay awake when drowsy;
- get rid of a headache;
- solve problems by means of a dream;
- stop smoking;
- lose weight;
- remember long lists easily;
- study with greater concentration and recall;
- answer difficult problems;
- reach goals;
- get rid of pain anywhere in your body;
- correct abnormalities in your body;
- trigger both brain hemispheres to work for you;
- become more creative and perceptive;
- correct health problems in others.

You will acquire these sixteen benefits through what I call formula-type techniques. By formula I mean "First do this, then do this, then do this"—simple mental steps, performed mostly at the alpha level.

More than eight million graduates in some seventy countries have taken a minimum of thirty-two hours of instruction in the Silva Method. The course takes its participants through ten hours of controlled relaxation to correct such problems as fatigue, insomnia, tension-type headaches, and migraine headaches. It is during this initial segment of the training that participants learn to go to the alpha level quickly and easily and to use that alpha level both to control the body's vitality and energy and to solve problems without strain or stress.

In the succeeding segment of the training, participants learn greater control of psychological and physiological functions traditionally considered to be subconscious and not consciously controllable. They learn keys to improving memory and concentration, first aid for eliminating chronic or sudden pain, means of controlling or eliminating unwanted habits, and ways of using more of the mind for problem solving.

In the third and fourth segments of the training, a sequence of imagining exercises set up points of reference that enable trainees to control subjective functioning. The left hemisphere of the brain is oriented to the physical world, while the right hemisphere is oriented to the nonphysical—or, you might say, the spiritual—realm, which is creative. In effect, the new reference points imbue the right hemisphere of the brain with the benefits of the left hemisphere, allowing it to function under conscious control for increased awareness, enhanced creativity, and control of health. This phase of the training enables graduates to visualize their bodies, imagine corrections taking place, and then experience the improvement. In the final hours of the training, participants get unquestionable verification of their ability to "sense" other people unknown to them, identify their health problems, and make corrections.

How to Use This Book

To acquire from a book the benefits available through the thirty-two-hour training sessions, you will need to devote more than thirty-two hours to the effort. The extra time will go toward reading about the steps as well as practicing them.

If you faithfully follow the instructions in Part One, most of the health advantages of the live training can be yours. You can begin to acquire these advantages by tomorrow morning, and they can be well under your control within six weeks.

To achieve these benefits, you will need to practice for a few minutes every morning when you awaken. This is a time when you will already be relaxed and when the practice will yield the best results. Through this practice you will be training yourself to relax even further and thus attain the alpha level. Relaxation itself is therapeutic, and from the moment you begin the practice of relaxation, your body will thrive on it.

Later, as you come to relax more quicky and deeply, you will be able to use the alpha state to program your brain, just as you would a computer, to change unwanted physical symptoms and to correct any troublesome physical conditions.

Read the book entirely through to the end if you wish, but then go back and do the forty sessions, one each day for forty days. At the end of this period, you will be able to perform deep healing work on yourself and others.

Training in the class goes somewhat faster than self-training with the book, because a skilled person is present to help you relax and to read aloud long passages that lead you through the step-by-step procedures that help you achieve deep relaxation. In using the book, you must open your eyes to read these passages, thus interfering with your relaxation. Nevertheless, you will be able to train yourself in forty morning sessions to achieve the requisite relaxation depth. Then you can begin the positive programming that will help eliminate illness.

Session 1 - Relaxation, the Key

In April 1975, M.B., age thirty-four, found himself in a Philadelphia hospital being prepared for surgery. His doctors had discovered that a spinal cord tumor in his neck was causing the progressive paralysis he had been experiencing in his

arms and legs for the preceding two months. When the operation was over, the doctors gave him the bad news.They had not been able to remove the tumor because of its involvement with the spinal cord. It was malignant. He had but a year or two to live.

One year later, on the first anniversary of the operation, M.B. was due for an examination. The doctor found nothing. There was no evidence of a tumor. The same doctor who had told M.B. a year ago that he was terminally ill was now saying that he, the physician, must have made a mistake.

What had M.B. done in the interim? He had used the Silva Method.

It was about ten months after the operation that M.B. heard about the Silva Method and took the training. He had practiced what he learned there for only two months prior to his anniversary examination.

For about fifteen minutes, three times a day—upon arising, after lunch, and before retiring—M.B. relaxed deeply. He used a progressive relaxation technique, relaxing first his head, next his neck, then his shoulders, and in progression all of the rest of his body all the way down to his toes. Once relaxed, he pictured his body and the tumor. He imagined the tumor getting smaller. During each of these relaxation sessions he pictured the tumor a bit smaller than the last time. He also imagined that he could see his immune system—the white blood system—going after, dispersing, and eliminating the cancer cells. He told himself that these cancer cells were being passed out of his body every time he went to the bathroom. M.B. also gave himself positive instructions, repeating over and over in this relaxed, meditative state, "Every day, in every way, I'm getting better, better, and better."

When M.B. began to tell his doctor about these mental exercises, his doctor walked out of the room. The process was completely foreign to him. Physicians are rarely able to accept our ability to direct our minds to correct our bodies. These interactions are not taught in medical school—not yet.

It is in order to protect Silva graduates from being embarrassed by skeptics in their home towns that initials are used in many of the examples of healing cited in this book. Still, we occasionally receive a written report from a graduate who is so eager to share his or her success with others that permission is granted to use the full name. In many cases, these reports are even witnessed and notarized. Where that is the case, I have happily included the names in the case descriptions.

Activating More of Your Mind

By now, you have realized that the key to the Silva Method is relaxation. But the relaxation taught here is not passive. You will learn to relax actively. Both achieving and using this state of relaxation is an active process. By using our minds to relax and then to picture positive images, we are activating the creative role of our brain—a function of the right hemisphere that is seldom fully involved in our thinking.

Simply stated, the Silva Method places us in conscious control of deep levels of our mind. It enables us to employ relatively slow brain waves (alpha) to expand our awareness and our problem-solving abilities. Health problems are the easiest to solve, because we are in control of the very source of these problems.

Programming Our Behavior With Words and Pictures

Our bodies are equipped for self-healing. We interfere with this natural process by reacting to events with worry and stress. We can withdraw this interference by

responding to external events with relaxed reactions.

We can also harness a healing energy by conceiving positive mental pictures and positive mentally verbalized instructions.

The Silva Method for better health is based on the use of positive mental instructions during relaxation. The method is simple and easy and becomes more effective with practice. Even though you are a beginner, expect a miracle. Your belief and expectations are a "green light" that tells your brain neurons to change your body's condition for the better.

The moment of decision has come. Do you want to gain more control over your life? If your answer is yes, you will profit not only with respect to your health but also in regard to every other facet of your life, as brain neurons that have either been loafing on the job or working against you are suddenly made to work for your betterment.

Because you cannot read this book and relax simultaneously, use this strategy. Read the instructions first; then put the book down, close your eyes, and follow the instructions. Here is your first set of instructions:

1. Sit comfortably in a chair and close your eyes.
2. Take a deep breath, and as you exhale, relax your body.
3. Count slowly backward from 100 to 1.
4. Daydream about some peaceful place you know.
5. Say to yourself mentally, "I will always maintain a perfectly healthy body and mind."
6. Tell yourself mentally that when you open your eyes at the count of 5, you will feel wide awake and better than before. When you reach the count of 3, repeat this. When you open your eyes affirm it again ("I am wide awake and feeling better than before").

Read the instructions once more. Now put the book down and follow them.

You have just experienced programming.

Your ability to program will get better with practice. You will gradually relax more quickly and deeply. You will visualize more realistically and your expectation and belief will heighten, thus creating bigger and better results.

I will take you every step of the way. As you approach the end of this book, you will be able to help yourself to good health and use your mind's energy to program others at a distance for better health.