The Silva Method Online Training

Silva Life System | Silva’s Methodology- 5 foundations

- Alpha and Theta level functioning
- Positive programming
- Creative visualization
- Desire-Belief-Expectancy (DBE)
- The Silva Lifestyle
Silva Life System | José Silva

- He started in the 40’s when he was young
- Took 20 years for the first actual class to take place
- He did hypnosis on his children
- Eventually he build his own machines
- José’s childhood experiences
- The Silva Method has been around for over 5 decades
- People were interested and gathered around him
- He then went on to publicizing the program

Silva Life System | Mirror Of The Mind

- Preconditioning
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- These 3 elements are need to find success in the Mirror Of the Mind
  - Desire
  - Belief
  - Expectancy
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- Exercise
  - 25 - 30 minute Mirror of the Mind Exercise
- Post-exercise
  - Step by Step explanation of how MOM can be used daily
  - Open eyed Mirror of the Mind
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Silva Life System | What We’ll Talk About

- Explain the the technique
  - What it is and how it works
  - The alpha sound
  - Positive programing
- The benefits Mirror of the Mind will have on your life
  - What you can get out of it

Silva Method Online Training
Silva Life System | Mirror Of The Mind Success Stories

• Burt Goldman

• Christie Marie

• Helen Flowers

• Reinhard Leopard

• Jack Canfield

Silva Life System | Modules and Benefits

Modules | Part 1

• 4 Step Formula that will change your life
  ○ What you’ll learn
    ■ How to manage stress
    ■ Use both sides of your brain to enhance
Modules | Part 2
- You have all the Answers
  - What you’ll learn
    - Dynamic meditation
    - Helps to maintain the health of our
    - Intro to manifestation
    - Long relax

Modules | Part 3
- Strengthening the power of your mind
  - What you’ll learn
    - Techniques /Exercises
      - Sleep control
    - Mental Clock Technique
    - Solving Problems through Dreams
Modules | Part 4
• Accelerating Healing
  ○ What you learn
    ■ Strengthen your natural abilities to heal
    ■ Techniques /Exercises
      ■ A Mental Exercise
      ■ The Headache control Technique
      ■ The Glove Anesthesia Technique
      ■ The Glass of Water Technique

Modules | Part 5
• Learning Techniques
  ○ What you learn
    ■ A Mental Exercise
    ■ The Mental Screen Technique
    ■ The Three Fingers Technique
Modules | Part 6
• Intuition
  ○ What you learn
    ▪ Everything is connected
    ▪ How to raise your level of intuition
    ▪ Techniques /Exercises
      ■ Advanced Three Fingers Technique
      ▪ The Five Fingers Technique

Modules | Part 7
• Successful Manifestations
  ○ What you’ll learn
    ▪ The ingredient to successful manifestation and what each one encompasses

Modules | Part 8
• Habit Control
  ○ What you learn
    ▪ How to replace negative habits with positive ones
    ▪ How the Mirror of the mind can eliminate bad habits

Modules | Part 9
• Using your spiritual senses
  ○ What you’ll learn
    ▪ How to boost your spiritual senses
    ▪ Techniques /Exercises
      ■ Microcosm to Macrocosm
**Modules | Part 10**

- Getting help from the other side
  - What you learn
    - How to create your counselors
    - They are used as a guiding voice
    - When you need further insight
  - How to project healing on to others
  - Techniques /Exercises
  - Special Closing Exercise

**Benefits of Silva Life System**

- Achieve monk-like levels of meditation
- Deal with stress effectively
- Tune into your natural intuitive sense
- Awaken your minds natural healing abilities
- Successfully absorb and retain new information
- Naturally overcome sleep disorders

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**Silva Life System | The Method is Proven**

- 50 years of research, experimenting and collaborating with scientists, researchers and personal growth leaders
- Research From
  - Duke University, North Carolina
  - Trinity University, Texas
  - University of Texas, Texas
  - Wayland Baptist University, Texas
  - C.W. Post Campus of Long Island University, New York
  - Canisius College, New York
- The method has been fine tuned over the years

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**Silva Life System | Tools & Techniques**

- Deep Relaxation
- Sleep Control
- Clock Technique
- Awake Control
- Dream Control
- Hand Levitation
- Headache Control
- Glove Anesthesia
- Glass of Water
- Mental Screen
- Memory Pegs

- Three Fingers
- Five Fingers Techniques
- Logical Levels
- Mirror of the Mind
- Habit Control Laboratory
- Everyday Case Working