

JOSÉ SILVA

REFLECTIONS

Personal Evaluation
by The Founder of



The Silva Mind Control Method is A Simon and Schuster's
Bestseller Whose Spanish Version Won A Golden Diana (an Oscar).

1Reflections

Personal Evaluation

by Jose Silva

Founder of

The Silva Mind Control Method

and author of the Simon and Schuster Bestseller of the same name, whose Spanish version won a Golden Diana (an Oscar).

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Jose Silva Jr., Trustee of Jose Silva's Estate

Introduction

“Coincidence is the pseudonym of God when He does not wish to sign”
Antole France

Jose lost his father at the age of four. Since he was the eldest male child he dedicated himself to the support of the family. When he was six years old he used to work as a shoe shine boy, and also at selling newspapers and running errands. He never went to school and it was his brothers and sisters, to whom he gave the opportunity of getting an education, who taught him how to read and write.

During the time of the depression years, in 1929, at the age of fifteen, he already had organized a sales team, composed of children between the ages of nine and twelve. In the afternoons when school was out this extraordinary group would move around through some of the streets of the city of Laredo, knocking on doors to sell combs, needles, buttons, razor blades, shoe laces and aspirins. Ever since then it became clear that Jose had a great talent for being “Lucky.” He and his exemplary team would earn more in one day than many adults did in one whole week.

One day while Jose was waiting his turn at the barbershop, he began to read a correspondence course for electronics and radio repair. Jose asked if the lesson could be lent to him, but they only offered to rent it to him on the condition that he would fill out the exams under the name of the barber. Soon, after several weeks of paying the rent fees, and of having read the lessons and finishing the exams, one could see a very beautiful diploma hanging at the barbershop. The barber kept on attending to his habitual clientele, and Jose, at the other side of town, dedicated himself to radio repair.

Jose Silva got married when he was twenty-six years old. Paula, his wife, had been his neighbor and was his first childhood love and girlfriend since the age of twelve. They subsequently had ten children. Besides being dedicated to his family and his work, Jose always had and developed a special taste for music. During his free hours he studied voice with the desire of becoming a professional tenor; his talent was outstanding, and because of it, he was granted a scholarship to famous school, in Milano Italy, the home of La Scala to complete his training.

However, because of other commitments, which probably were also for him incomprehensible at the time, his curiosity had already penetrated into the field of research concerning the human brain and its possibilities. Therefore, he rejected the extraordinary scholarship that had been granted to him, in order to initiate his even more extraordinary voyage that would culminate in the Silva Method of Mind Control.

Many coincidences were responsible for introducing Jose to in depth research of **the human** mind, and, as a Christian, of the significance of the works of Jesus.

During the war, while he was doing his military service, a small print that had on one of its sides an image of Christ and on the other a prayer under the name of “One Solitary Life,” was given to him. For some strange reason the gift caused him great emotion, so great an emotion that even today, almost forty years later, he still carries it with him in his wallet.

Curiously, it was during his military service that he began his research concerning brainwave frequencies and their relation to electrical potential, which can be utilized consciously and under the control of man himself.

After several years of searching and after undertaking studies of psychology and hypnosis, Jose felt himself disheartened as he found no support of any kind, not even from his family; on the contrary, what he had received, most of all, was reproach because his belief in the un-actualized capacity of human beings was misunderstood as tampering with the unknown and was seen as a threat to the established order by pillars of that order.

One day, in the year 1949, he decided to abandon his work by putting away his books in the most obscure corner of an attic. That same night Jose dreamt of a brilliant light, and two sets of numbers. As he did this, he recalled the “One Solitary Life” of Christ. Surprised because of the clarity of his dreams, he related his experience to an old friend, who excited because of old traditions, convinced Jose to buy a lottery ticket in Nuevo Laredo on the other side of the river from Laredo. What a coincidence that part of the number that had appeared in the dream was on sale in that city, from all the cities in Mexico! What a coincidence that Jose would win ten thousand dollars with that particular lottery ticket! Immediately Jose started to dust off his books and continued ahead with his work.

Research was very costly and after a few years, pressure started to manifest again, worsened by the inquisitive judgment of authorities who would point to Jose as a fraudulent sorcerer.

Books and documents returned to the attic; “When, one morning in 1952,” Jose tells us, “it rained, it rained without a pause; the streets around us without pavement had turned into flooded ditches. While the children were playing in the water, all of a sudden one of them, Ricardo, who was nine years old, ran into the house; he found a piece of paper that looked like rolled up fine cardboard. The water current in the street had been dragging it along together with wood sticks and empty cans. I had no time to say anything because as soon as he handed me his discovery he ran out to play with his brothers and sisters once more. It was not until I heard the slamming of the door behind him, that I realized that whatever it was that I held in my hand was completely dry. Intrigued by that fact I immediately unrolled the smooth cardboard. I found on it the print of a painting of Christ. After looking at it carefully I returned to my books and documents in order to continue along my pathway.

“That painting has remained in my office ever since. Its reproduction is the one that is included in this book. Many people, experts in art as well as authorities on religious paintings, have seen it, without being able to explain to me who could have been its author and how it ever reached Laredo. Maybe now that its reproduction, through this book, will be widespread, someone will be able to identify it and give an answer to my restless inquiry. I must add that ever since that fortunate day my research has never again gotten dusty.”

Jose Silva, an incessant traveler, keeps on participating actively in the growth and lecturing of the Mind Control courses. His research has not concluded and his struggle represents for the instructors and graduates of the Silva Method, as well as for the whole world, an example of faith, dedication and humility. His work signifies and has become one of the first steps taken toward the second phase of human evolution on this planet.

Jose Silva lived for 50 years in the same house that he bought in 1943. What a coincidence that that particular site had been, according to the old legends of Laredo, a place of provisioning for travelers, back a hundred and some odd years ago, who would stop over, trying to find rest, water, and food during their long and difficult journeys throughout the Texas territory.

The 1110 number of Cedar Avenue remained as a place of provisioning for millions of human beings, who try to find inner peace and the revitalization of energies, for this long journey that has as its foundations, faith in God and hope in the dignity of mankind.

May I invite you, as readers of this work, to participate in the profound feelings that moved that man, who also because of my having met him, has given me one of the greatest privileges of my Life.

Dra. Rosa Argentina Rivas Mexico City, D.F.

Jose's Personal Opinion

As founder of The Silva Method of Mind Control, I express in this book my own mental reflections, projecting a retrospective and meditative look to the year 1944, when I began my research concerning the human mind.

Through this meditation I have considered that the most extraordinary discovery of our era is the one realized more than nineteen centuries ago by Jesus, known as the Christ.

This consideration invited me to formulate some questions: What could be the meaning of the return of Christ to earth? Has there been any manifestation of His return to this world? To these questions I have answered in the affirmative, believing that His return signifies and consists of recalling His revelations and practicing them in order to achieve practical solutions for problem solving.

Because of this I consider that the reading of this book will help the reader employ profitably the revelations of Christ, and through the actual practice of them he will be able to find the solution to his daily problems.

Note to the reader:

The Silva Method of Mind Control is an educational system based on scientific research and without any religious affiliation. This book projects and exposes, exclusively, my own personal concepts and convictions as a researcher and as a Christian.

I wish to thank the following persons, who made possible and encouraged the publication of this book, for their enthusiasm and dedication that has helped the growth of the Silva Mind Control Method.

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Jose Silva

REFLECTIONS

By Jose Silva

Welcome to the Silva Dynamic Meditation System “Mind Control,” which was pioneered and developed by Jose Silva. The Silva Mind Control Method is a system of mental training that has been scientifically developed to help a person become healthier, more productive and a better problem solving agent on the planet, changing a person’s life for the better.

The main factor of the Silva Method that produces most of the good results is learning to use the subconscious (the right brain hemisphere) consciously. The Silva Method of mental training helps a person to think and analyze problems at a lower brain frequency. Normally persons think and analyze problems at a higher brain frequency.

SENSES OF THE MIND

Our research indicates that when we do our thinking and analyzing of problems at a lower brain frequency, we start using the right brain hemisphere and extra senses appear to come into action, senses that appear not to be activated at higher (using the left brain hemisphere) brain frequencies. These senses are senses of the mind, and since the mind is also known as the psyche, these senses are then called Psychic Senses.

This means that when a person is thinking and analyzing problems at a lower brain frequency the person is receiving information psychically. That is, he or she is perceiving information with the senses of the mind, the

psychic senses. A person who becomes proficient in the use of the psychic senses is known as a psychic or clairvoyant.

USE THE SUBCONSCIOUS CONSCIOUSLY

Our tests indicate that the frequency we refer to as the lower frequency is 10 cycles per second. The 10 cycles per second frequency had historically been thought to exist in the subconscious region of human awareness. This means that the Silva Method of mental training helps a person to function with full awareness within the subconscious dimension. Being able to learn to function consciously within the subconscious dimension is considered to be an expansion of awareness and appears to be the crossover point to start learning to use the right brain hemisphere.

The perception of information with the senses of the mind is also called intuition, so we say that the Silva Method helps a person to enhance the intuitive factor. Intuition is a function of the right brain hemisphere and considered to be a survival mechanism that keeps us out of trouble and helps to bring about what we call good luck because we intuitively happen to do the right thing at the right time.

We should keep in mind that in order to solve problems we must have information. More success or less success in persons' lives is directly proportional to their ability to solve problems. The perception of more information makes it possible to solve more problems and to achieve greater success.

Our research indicates that the majority of people when awake function at approximately 20 cycles per second brain wave frequency and use only the left brain hemisphere. By majority we mean approximately 90 per cent. That means that 10 per cent of humanity has learned to function at 10 cycles per second through natural means without mental training.

When we say persons function at 10 or 20 cycles per second we refer to problem-solving times when persons' brains are emitting 10 or 20 cycles per second, at the time when they are thinking while analyzing problems. When we say that persons function at 10 cycles per second we mean that these persons are thinking and analyzing their problems when their brain is functioning at 10 cycles per second.

What all of this means is that people who function at 20 cycles brain frequency do their thinking when the brain is functioning at 20 cycles and they do their acting at the same 20 cycles brain frequency. People who function at 10 cycles brain frequency do their thinking at 10 cycles and do their acting on 20 cycles.

Our research indicates that only 10 per cent of humanity thinks at 10 cycles and the rest - 90 per cent - thinks on a 20 cycles brain frequency. The difference is not where humanity acts; the difference is where humanity thinks. Intuition appears to function better at 10 cycles brain frequency than it does at 20 cycles brain frequency.

ENJOY BETTER HEALTH AND VITALITY

Besides being able to solve more problems intuitively while using the right brain hemisphere, and becoming more successful in life, another benefit obtained by being able to function at 10 cycles brain frequency is the acquisition of better health. This is possible because it is believed that when persons are functioning with awareness at 10 cycles brain frequency, the detrimental influence known as the psychosomatic factor is at a minimum. When a person thinks at 20 cycles the psychosomatic influence appears to interfere with the natural healing processes of the body.

Psychosomatic influence refers to the Psyche (Mind) over the Soma (Body). When the brain is functioning at 10 cycles, the body appears to speed up its healing process. This indicates that a person, by learning to function at 10 cycles, can prevent, eliminate or minimize the psychosomatic influence.

Some medical researchers have been known to say that at least 90 per cent of all health problems are caused by the psychosomatic effect. Dermatologists have been known to say that in their specialty, allergies and other skin diseases, the psychosomatic effect is as high as 95 to 98 per cent. It becomes apparent that persons by learning to function with full awareness at 10 cycles brain frequency can prevent or eliminate from 90 to 98 per cent of their health problems.

Up to this point we observe that the benefits that a person can obtain by learning to function at 10 cycles include: greater success in life due to the enhanced ability to solve problems because of the enhancement of

intuition using the right brain hemisphere, while at the same time becoming healthier because of functioning at 10 cycles where the psychosomatic effect is at a minimum. Functioning at 10 cycles allows the acceleration of the body's natural healing processes to take place.

It appears that the brain prefers to function at 5 - 10 and 20 cycles per second more than at any other frequency. We have said that 90 per cent of humanity does its thinking and acting at 20 cycles. That means that 90 per cent of humanity has done all its learning at 20 cycles brain frequency.

Of the 5 - 10 - 20 cycles that the brain favors functioning on, the 20 cycles brain frequency where 90 per cent of humanity has done all its learning, is, on the average, the least energetic brain frequency of the three. In addition, it appears to be the most desynchronized. On the other hand, the 10 cycles brain frequency is the frequency where we can start to use the right brain hemisphere and happens to be, on the average, the most energetic and synchronized frequency of the three. To think that only 10 per cent of humanity has learned to function by natural means on 10 cycles brain frequency and developed the use of the right brain hemisphere.

FACTORS OF SUCCESS

Outstanding, highly successful people are known to manifest some or all of the known factors that usually accompany genius and greatness. Some of those factors are:

- 1) good health;
- 2) few accidents;
- 3) good luck;
- 4) fast learning because of a good memory;
- 5) good sleep patterns;
- 6) natural healing powers;
- 7) ease of adjustment to any environment or circumstance;
- 8) ease in awakening when asleep;
- 9) correct decision making the majority of the time;
- 10) good guessers because of naturally enhanced intuition.

These are some of the factors known to usually accompany genius and greatness.

Highly successful individuals who have manifested some of these factors have been tested and found to be among the 10 per cent who have learned naturally to do their thinking at 10 cycles brain frequency, the brain frequency that on the average is the most energetic and most synchronized frequency of the brain besides being the frequency where one can use the right brain hemisphere.

Let us now analyze and list some of the factors mentioned that accompany these highly successful individuals.

Factor No. 1:

Health, good health, hardly ever get sick. We can readily see why this could be and it is because of the neutralizing of the psychosomatic effect when functioning at 10 cycles brain frequency.

Factor No. 2:

Rarely involved in accidents and,

Factor No. 3:

Good luck, we believe are attributed to naturally enhanced intuition.

Factor No. 4:

Fast learner because of good memory. This, we think, is because 10 cycles, being the most energetic frequency of the brain helps persons to impress information strongly on brain cells, and strongly impressed information is easily recalled.

Factor No. 5:

Never have trouble sleeping. Ease in sleeping occurs because we are closer to the sleep dimension when we function at 10 cycles than when we function at 20 cycles, so going to sleep from 10 cycles is relatively easy.

Factor No. 6:

Have natural healing powers. This is because the 10 cycles brain frequency appears to be a universal health producing frequency. Scientists

have found that the space between the earth and the ionosphere is pulsing at 10 cycles per second, and as yet, no one knows where the generator or the point of origin is in relation to the universe and our solar system. There appears to be a correlation between the 10 cycles pulsing and the interaction of magnetic, electrical and chemical energies.

Healers, when tested while healing, are found to be operating at the 10 cycles brain frequency. This means that the healer's brain, the generator, is discharging or pulsing at the 10 cycles frequency radiating human energy called the aura to the patient. The aura energy penetrates live matter, the patient, causing an interaction or stimulation between the magnetic, electrical and chemical energies within the patient. When the stimulation is stopped and while the excitation of matter is gradually decreasing, it appears that natural laws attract the resettlement of energy in matter to conform to the original natural healthier life-form.

This indicates that the complete process is therapeutic.

Factor No. 7:

Ease of adjustment to any environment or circumstance is related to the ability of a person who functions on the 10 cycles frequency to adjust to any environment or circumstance, and this is believed to be because when a person is operating at 10 cycles the person is in a positive programming position. By programming we mean that the person can alter the state of matter, either by programming matter of his own body or by programming matter of the environment.

From here on, when we mention the programming faculty of the human being, we mean the ability of a person to alter that state of matter. Matter is altered through the interaction of the magnetic, electrical and chemical energies stimulated by the radiation of human energy, the "aura," and the projection of thought.

It is in the programming faculty of human beings and in the knowing that, of the inhabitants of this planet, only human beings have a programming faculty that we are assured of having been created in the image of our Creator. It is in this programming faculty that we most resemble our Creator. Our Creator has the faculty of creating throughout the whole universe. We, created in the image of our Creator, have the faculty of creating throughout the planet earth.

Our understanding now is that inanimate matter has no programming faculty; it cannot program itself nor the environment. We can then say that inanimate matter is helpless against environmental influence.

We can also say that plant life has no programming faculty and that it cannot program itself nor program the environment. Plant cell life is also helpless against the environmental influence.

Animal cell life has no programming faculty and cannot program itself nor can it program the environment. Animal cell life is also helpless against the environmental influence. Since the body of a human being is made up of animal life, it too, is helpless against the environmental influence. Cell life is considered to be biological intelligence.

Now, from a different point of view and since all humans are different in appearance, the bodily appearance is eliminated as meaning being created in the image of the Creator.

We believe that what has been created in the image of the Creator is our human intelligence. It is our human intelligence that has the programming faculty with which we can program anything on this planet. We can program on this planet what the Creator can program in the universe. It is in the programming faculty that we have been created in the image our Creator.

Through our desire, belief, and expectancy and through the use of visualization and imagination when functioning at 10 cycles brain frequency we can alter conditions in matter near and far. This is what we in Mind Control call programming. Having the programming faculty is what makes the adjusting to any environment or circumstance possible for human beings.

Factor No. 8:

Ease and quickness to awaken comes naturally to a person who has developed the ability to function at 10 cycles brain frequency. Developing the ability to function at 10 cycles means developing the use of the senses of the mind, the psychic senses. When we develop the use of the psychic senses, we are using more sensing mechanisms and become more sensitive to the call to awaken. In many instances a developed person awakens to the thought of a person who intends to do the awakening or awakens automatically when danger approaches.

When we mention “developed” referring to a person, we mean a person who has learned to function with awareness at the 10 cycles brain frequency. When we say that a person is “centered” we mean that a person is functioning with awareness at the center of the normal brain frequency range and able to use either brain hemisphere. Humans when awake normally function on 20 cycles brain frequency.

Factor No. 9:

Correct decision making the majority of the time and,

Factor No. 10:

Good guessers are also attributed to naturally enhanced intuition. When a person learns to function on 10 cycles the person is centered, can use the right brain hemisphere and becomes more intuitive and a good guesser.

ALPHA BRAINWAVE RESEARCH

Our interest to research the Silva Method of Mind Control began in 1944 when I was inducted into the United States Army. A conversation with an army Psychiatrist made a strong impression on me. That talk is what got me to take up the study of psychology.

During the study of psychology I became interested in the study of hypnosis, hypotherapy and hypnoanalysis. Later I became aware of parapsychology and became interested in the study of so called extra sensory perception. Still later I became interested in the study of electroencephalography which means the use of electronic equipment for detecting and measuring the amplitude and frequency of brain waves. By amplitude is meant the strength of brain waves and by frequency is meant the number of cycles or pulsations per second.

It was during the study of brain waves and their strength that we became aware that the 10 cycles brain frequency is the strongest. At that time the question became “if we impress information on brain cells when the brain is functioning in a more energetic and more synchronized manner, will we be able to memorize and recall information better? We figured that

if this was so that we would then be able to increase the intelligence quotient, the so called I.Q. factor, although at that time psychology

Our first project was to test our theory of enhancing the I.Q. factor by impressing information on brain cells when the brain is more energetic and synchronized. When I use the word “we” I am referring to whom I call High Intelligence and members of my family such as my wife, our children, my brothers and sisters and later friends and associates who also helped me in the research.

The first step in research was to find a way of slowing the brain activity and maintaining awareness. Upon investigating other methods, such as yoga, Zen, transcendental meditation and hypnosis, we found that all methods require the students to train and practice with their eyes closed. Later our research indicated that the reason for the closing of the eyes was not only to prevent distractions, but that focusing on seeing is a 20 cycles brain function which keeps the brain from slowing down to a lower brain frequency. Achieving a lower brain frequency was our goal.

At first we thought we could use hypnosis as our major tool to reach our goal, but later research indicated to us that hypnosis was not giving us the end results we wanted. What we were looking for was a way to train a person to function normally at 10 cycles brain frequency with as much awareness and consciousness as when a person normally functions at 20 cycles brain frequency. We found that the brain activity of a person active mentally and physically while under hypnosis was 20 cycles per second. We were looking for the person to be active mentally and physically but with a brain activity of 10 cycles not 20 cycles.

Another item we observed was that a person under deep hypnosis never asks questions; a hypnotized subject only answers questions. We also found that a person who is hypnotized has a very strong tendency to forget what transpired while in that state. We were looking for a method that would produce results that would help a person to function at 10 cycles brain frequency (because at 10 cycles the person can use either hemisphere and it is here that those that have not used and developed the right hemisphere, start using it) as normally as nature teaches humans to function on 20 cycles brain frequency.

What we needed was a mental training system similar to existing ones but still different so as to obtain our own objective that is different. By

“similar to existing ones” we mean exercises such as the ones used in yoga or hypnosis training, but still different.

We became aware at that time that all mental training methods in existence led the student in the same direction, into a state of mind-body relaxation. What became apparent to us was that all disciplines for training the human mind were directed to find an ideal level of mind-brain functioning, a level that a person could use to obtain goals that are normally difficult to obtain. We also found that the name given the system whether yoga, Zen, transcendental meditation or hypnosis was a name given to the step by step procedure used to find the ideal level of mind-brain function.

After studying these various disciplines we found that the ideal level of mind-brain function is the same one for everybody and that ultimately all disciplines help to find the same ideal mind-brain function level regardless of the name given to the method used.

We became aware that all known methods of mental training were designed to discipline the mind through thought control, in other words mind control, but the practitioners of those methods chose to call it something else. We in Mind Control also help to discipline the mind using thought control and since thought control is, in other word, Mind Control, we called it just what it is, Mind Control. When I say “we” remember, I mean myself, my family, associates, and High Intelligence, “God.”

CREATING THE SILVA METHOD

What went into the formation of the “Silva Method” of mental training?

There are seven subjects that should be given credit for helping us devise the Silva Method of Mind Control:

- 1) The study of the Holy Bible;
- 2) The study of the beginning of all religions and the creation of churches and their buildings: when, by whom, and under what conditions;
- 3) The study of the wise sayings and instructions given by a Jewish Rabbi named Jesus called Christ. He was the Jewish Rabbi who founded the

Christian Church;

4) The study of the greats in mind science and research, such as the magnetizers, mesmerizers, and hypnotists from the past to the psychologists, psychiatrists, and hypnoanalysts of the present;

5) The study of psychology, hypnosis, parapsychology, electroencephalography and electronics;

6) The study of so-called “Unorthodox Medicine” such as faith, psychic and spiritual healing;

7) The study of Ontology.

SUBJECT NO. 1

Every time we came across something in research that appeared to be beneficial to a human being and we thought that it should be added and made a part of the Silva Method, before adding it to the method we made sure that it did not conflict with the Bible’s Old and New Testaments.

SUBJECT NO. 2

How did study of subject number two, the study of the beginning of all churches and their buildings, when, by whom and under what conditions, help the Silva Method?

As to the study of the beginning of all religions, at one time in my life I became concerned that I was a Catholic because I was conceived by Catholic parents. My next concern was what if my ancestors had become Catholic by mistake - am I to propagate their mistake? Because of that concern I took it upon myself to research and study the beginning of religions and churches, when, by whom, and under what conditions, and later, because of research in psychometry I took an interest in studying psychometry and church buildings.

What I found was that all religions and churches are good; they are all trying to enhance the spiritual factor within humankind. The spiritual factor is what determines the difference between a common animal and a human being. So-called human beings with a low spiritual factor function as beasts.

Churches also endeavor to make us aware of our Creator and of our obligations towards our Creator and towards Creation. So I concluded that all religions and churches are good. What I found is that the one thing we need to do is to watch out for the churches' representatives (remember Jonestown).

This research into religion helped me personally and because of it, I felt very confident at a meeting called by three high officials of the Roman Catholic Church, my church, to decide whether or not I should be excommunicated. They were saying, because of my research, that I was working for the devil.

At the meeting, what I think impressed the three monsignors on that board of judges the most was my saying that I believed that religion was for human intelligence, for the mind and for the spirit. I also remarked I had my reasons for staying in the church that I was born in, the Catholic Church. I told them that it didn't matter to me what they, the monsignors, the bishop or the pope would decide, knowing that religion was for human intelligence, for the mind and for the spirit, since I had it in my intelligence, my mind and in my spirit to remain in the religion I was born in, a Catholic. "You monsignors," I said. "Do whatever you need to do, I am going to continue as a Catholic whether you like it or not." The monsignors realized they had not understood my field of research or what I was doing. They saw that they did not have any grounds to excommunicate me, I am still an active member of the Catholic church.

Now to complete the answer to question number two about the church buildings and psychometry, we need to consider the human body's radiation, the human energy field known as the "human aura."

We are considering the human aura to have values beyond the value of aura reading. We believe that when information enters our brain, whether we are aware of it or not that information at the same time alters conditions in many spiritual and physical dimensions. We believe that the human brain with its nervous systems exists in all dimensions and has connections to all dimensions.

By existing at all dimensions we mean at the spiritual, subatomic, atomic, molecular and cellular dimensions. The brain and nervous system within that particular dimension has its own energy field or aura.

When we talk about the human aura we mean a blending or mixing of energy fields such as the spiritual, sub-atomic, atomic, molecular and

cellular energy fields all blending with one another to form the human aura. Information entering our brain and the brain and nervous system functioning as a transducer transfers the information in a form of energy to all dimensions and impresses the information on the spiritual, sub-atomic, atomic, molecular and cellular planes or dimensions.

To give you an idea how this functions, let us suppose I am studying something with my sense of sight with full awareness. That means that my human intelligence is attuning its mind to 20 cycles brain frequency making use of the sense of sight directly while perceiving with all the other senses indirectly. When this is happening my brain may be functioning at 20 cycles at that time, but the brain with its nervous system is transferring and converting the 20 cycles brain frequency into trillions of cycles. A part of this falls within the infrared frequency band.

The body's infrared component of the aura's heat radiation can be felt within short distances, at least 25 feet, and more depending on the type and sensitivity of the infrared detection equipment. It is believed that an energy field or a combination of several energy fields such as the aura is responsible for impressing information on matter.

Once information is impressed, it can be recovered through the use of psychometry. The human being walks around surrounded by a globe of energy that reaches out in all directions to a distance of no less than 25 feet. Anything that this human energy field touches is programmed automatically. Programmed means altered at some depth the state of matter in relation to our thoughts and experiences.

That means that the walls of the kitchen are impregnated with thoughts of recipes, breads and cookies because that's all we think about in that environment while our aura is in contact with the kitchen walls.

If we had to prepare a new recipe we could do much better if we did our thinking in the kitchen and there develop a desire to want to know. When we enter our level, and there do our thinking, such as maintaining a desire to find a recipe, that appears to stimulate the information impressed on matter and we become aware of such or similar information. Chances are that when looking for a new recipe we would do better at finding it if we do our thinking in a kitchen than if we did our thinking in an auto repair shop. The auto repair shop walls are saturated with a different kind of information.

Detection of information through a desire when we function at our level is called psychometry. When we have a need or strong desire to communicate with our Creator the only building whose walls are saturated with information that can help us establish that communication is a church building into which thousands upon thousands of people have entered with the same thought in mind.

You may or not believe in the Rabbis, Priests, or Ministers who come and go, but the building stays to continue receiving thousands upon thousands of more people who radiate and continue to program every bit of mortar, wood or steel with the desire to communicate with our Creator making it easier for those who follow to find the channel for communicating with their Creator.

SUBJECT NO. 3

Concerns the Jewish Rabbi named Jesus and called Christ, the one human being who has been given credit for founding the Christian Church.

In studying Christ's sayings and comparing them with our research findings we find very close similarities: Christ talked about a heavenly kingdom that was within us which he called a "Kingdom of Heaven." In relation to this we find that we can consider the subconscious dimension that is within us to be that kingdom; it so happens that we also find the kingdom within us to be related to the 10 cycles brain frequency.

Christ's recommendation to first seek the kingdom and that everything else will come unto you is similar to saying first find the 10 cycles brain frequency to operate from, and once there, everything becomes easier to obtain, even the use of the right brain hemisphere.

Christ said that there was nothing concealed or hidden that would not be disclosed; our findings indicate that when we function at the 10 cycles brain frequency, our inner kingdom, we become more intuitive and more sensitive which makes it difficult or impossible for anyone to hide anything from our psychic senses, the senses of the mind.

Christ said, "I send you prophets and wise men," and we find that prophetic information is perceived intuitively. Since we can know more when we function at the 10 cycles brain frequency, we function as wise men.

Christ's saying, "He who believes in me the works that I do he also shall do," to us means that a Christian is not a person who just talks about Christ, but a person who does what Christ did.

When Christ said, “Go preach the message that The Kingdom of Heaven is at hand, cure the sick, raise the dead, cleanse the lepers, cast out devils,” we believe that we are already teaching a method that helps people find the inner Kingdom of Heaven and that it is once again within our reach, “is at hand,” so to speak.

What did Christ say we could do once in the inner kingdom? Christ directed us to solve problems by saying, “Cure the sick, raise the dead, cleanse the lepers, and cast our devils.”

When operating from the inner kingdom, a heavenly, 10 cycles brain frequency kingdom, functioning with full awareness and using both brain hemispheres, we are doing exactly what Christ said we could do. We are healing the sick, even the so-called chronically ill and incurable who are considered to be as good as dead, and we are also helping people to cast out their devilish destructive thoughts that are against creation and against the Creator.

We believe that Jesus, the Jewish Rabbi who is called Christ did discover a method that human beings can use to enter into, with full awareness, a kingdom that is within themselves and develop their full human potential to acquire the knowledge required to eradicate ignorance and to free all humanity from suffering.

The Silva Method first of all stands to do all within its power to bring Christ’s discovery back into practical use and to prove scientifically once and for all that the Jewish Rabbi Jesus called Christ was correct in saying that his discovery can save the world by helping human beings become healthier, more intuitive, productive and successful problem solving agents on this planet. That is exactly what the Silva Method is now accomplishing.

SUBJECT NO. 4

Now about the 4th subject, the study of the greats in mind research.

The one who impressed me the most as a researcher in the field of the mind was not one of the best known so called greats, but he was one that if compared to the others would perhaps be lost. The name of the researcher I have in mind was Phineas Parkhurst Quimby who was born in the year 1802 and who made his transition in the year 1866. Here was a man who became attuned to the same message of passing on to humanity Christ’s discovery that human beings can and should function on more than one plane (the use of both hemispheres) with full awareness.

Dr. Quimby appears to have gone through everything we have experienced in our research with only minor differences. These minor differences from another point of view do make a great difference. For example, the coincidence of Quimby finding a naturally developed subject such as Lucius Burkmar. Observing what Lucius could do with his mind must have been the most important stimulating factor that caused Quimby to continue with his research.

There is quite a difference between using a subject who has a naturally developed faculty of clairvoyance (one who is using both brain hemispheres) and using a subject whose faculty of clairvoyance we had to develop by learning to use the right brain hemisphere. It took us nine years to develop the first, what we called “trained clairvoyant.”

It appears that Quimby’s objective was to become a healer using Lucius for the detection of problems in patients and for recommending a medication. It also appears that later Quimby himself in an unknown way became a clairvoyant and healed people with what he called “the silent method.” It is apparent that Quimby valued very highly the faculty of clairvoyance in Lucius.

We believe that it is one thing to apply healing on a person whose health problem you become aware of beforehand through the use of the physical senses, and another thing to apply healing on a person whose health problem you become aware of through the use of the psychic senses or, in other words, through clairvoyance. We believe that the best thing is to detect the problem clairvoyantly, and to use that same level as the ideal level from which to apply psychic healing through clairvoyance.

Quimby found that Lucius could do with his mind what we have found highly developed clairvoyants able to do with their minds. Quimby then brought to our attention the value of clairvoyance. Now if clairvoyance is so valuable, how much value can we assign to the method that the Jewish Rabbi called Christ discovered on how to train or develop clairvoyants? The method he used when he said, “Behold therefore, I send you prophets and wisemen.”

Considering the objectives of the Silva Method, the Silva Method is more like Christ’s than it is like Quimby’s. The Silva Method trains and develops clairvoyants to function like Lucius and like Quimby so that people can use their clairvoyance to become healthier, more intuitive and productive, and more successful problem solving agents on this planet.

Before leaving the subject of Quimby, during our Quimby research project we found one of Quimby's patients and students with the familiar name of Mary Baker Eddy who was the founder of The Christian Science Church. We found a few other names in reference to her such as Mary M. Patterson, Mary Baker Glover, Mary Baker, G. Eddy and finally Mary Baker Eddy. We also found some names in relation to the Christian Science work such as Science of Man, Mental Science, Science of Health and finally Christian Science.

Members of the Christian Science Church and followers of Mary Baker Eddy may or may not agree with us in what we are doing but regardless of opinion and as to judging who does what and how, if the Christian Science movement is helping humanity, somehow, may God bless it. What we like to believe is that anything that solves problems has to be good.

In the Silva Method we consider the real reality and the truthful truth to be only that which, when applied, solves problems for humanity.

In the past one hundred years the Christian Science movement has developed into a massive operation. This growth indicates that people like what's there, so Mary Baker Eddy must have done the right thing at the right time. Better still, Mary Baker Eddy was a good student and must have learned her lesson well and applied it well. It appears that she may have been Quimby's star pupil to have been the only one to do what she did with Quimby's research finding.

The Silva Method confirms that Quimby was right on his discovery of a scientific method of what we now call scientific prayer healing. The healer using this method of prayer healing usually does better when the healer is told what the health problem is beforehand.

We believe that the Silva Method is going to do much more towards helping humanity in a one hundred year period. One reason for this is a comparison of how much we have done in a fifteen year period, and another is that we are teaching people how to develop clairvoyance. Our students don't need to be told what the health problem is, they learn to detect health problems clairvoyantly even at a distance. This is what Quimby apparently learned to do for his own use and used it until his transition. The Silva Method challenges all known systems to prove that they help humankind more than the Silva Method does.

SUBJECT NO. 5

About the fifth subject, the study of psychology, psychology helped us to understand the human being better. The study of hypnosis helped us to become better acquainted with the power of our phenomenal minds, and the study of parapsychology helped us to know what others had done in that field and how they did it.

The study of electroencephalography helped us to distinguish the difference between the brain, the mind and human intelligence. We have come to accept human intelligence to be what religions call soul or spirit and different from animal intelligence. Animal intelligence is also known as cell or biological intelligence.

We also have come to accept the human brain as biological intelligence. Functioning as a biological computer that can be programmed by human intelligence to function automatically, to function semi-automatically or to function manually (directly) through programming.

As for the human mind, we consider it to be not a thing but a faculty of human intelligence existing in what we consider a non-physical dimension attuning itself to a certain region of the brain that exists in the physical dimension. The region of the brain where human intelligence has attuned its mind is where brain develops a rhythm that can be detected and measured with the electroencephalograph.

The different brain rhythms have been named the Delta, one-half to 4 cycles per second; the Theta, between 4 and 7 cycles per second and the Alpha between 7 and 14 cycles per second. Anything over 14 cycles is called Beta. We now know that when human intelligence projects its mind to a region of the brain, that region develops a rhythm of brain activity that can be detected and measured on the electroencephalograph.

On the subject of electronics we can readily see why the study of electronics was beneficial. Since everything that we are and do has to do with electro-chemical-magnetic energy interaction we could not get away from the study of electronics. The study of electronics helped us especially in enabling us to invent electronic equipment designed to help our students with their personal development.

To know something about electronics along with the knowledge of how to use our level, is good for discoveries and inventions. We now have four patented inventions on electronic equipment that help human beings solve more problems.

The most popular invention for which there is the greatest demand is our patented Silva Mind Trainer. This mind trainer is the only pulsing audio galvanic skin response instrument on the market. This electronic biofeedback instrument was invented to help the student achieve deeper levels of mind-body relaxation. Not only will the mind trainer help the student find deeper levels of awareness, but it indicates to the student whether the student is at the outer level, deepest level or at a level in between. The mind trainer also removes the student's doubt as to whether the student is entering or not entering the level. You set the mind trainer only once; everything else takes place automatically.

We believe that the most valuable invention in electronics and in biofeedback is our The Silva Educator, an electronic instrument that responds to the intensity of one's concentration. When one reaches a preselected level, The Silva Educator automatically turns on an educational program for one to listen to for as long as one remains at that level of concentration. The study of electronics has helped us to learn to help others.

SUBJECT NO. 6

The study of the subject unorthodox medicine which includes among others, faith, psychic and spiritual healing research has been very exciting, interesting and beneficial.

The most exciting thing has been to observe a so called faith healer use so-called unorthodox methods of healing and actually heal a real health problem.

One of the interesting parts of the experience is that these healers continue to use unorthodox methods and continue to actually heal. We have witnessed many health problems that orthodox methods could not cure, cured by an unorthodox method. The most impressive thing to see is the use of an unorthodox method of healing correct one of the so-called chronic, incurable or irreversible type of health problems such as arthritis, diabetes, glaucoma, cancer, leukemia, allergies or migraine headaches.

We have seen so much done with the use of unorthodox methods that one wonders when are we going to establish a branch of medicine that encompasses all unorthodox methods of healing so as to take care of only the chronic and incurable cases? We know that so-called incurable diseases have existed in spite of the use of orthodox methods of healing for thousands of years and orthodox methods of healing have not solved these

types of health problems. Since now we know that some of these unorthodox methods do work, we don't believe we should wait a few more thousands of years before establishing another branch of medicine which uses nothing but unorthodox methods of healing to take care of the incurables.

The Silva Method has since the time of its structuring included all common denominator type of basic factors found interacting and necessary in the healer-patient relationship. This means that if a graduate of the Silva Method for whatever reason or circumstance ever happens to be a patient, the graduate will be the ideal patient for any type of therapy or healer. The same can be said for a graduate of the Silva Method who would like to become a faith, psychic or spiritual healer or a medical doctor; the graduate will have had training to develop enough clairvoyance that will help the healer or medical doctor to be considered among the best.

SUBJECT NO. 7:

The study of the subject ontology led us to understand that we are representatives of High Intelligence. (We call the "Creator" or "God" "High Intelligence") and that it is our obligation and mission to take care of creation on our plane of existence.

We are just now becoming aware that we can do on our plane of existence what the Creator does in the whole universe. We believe that High Intelligence needed somebody to take care of this part of creation, so we were created for that purpose.

In order to accomplish our mission we must first of all place at the top of the list of items of primary importance the correction of all problems. We think that a problem is anything that keeps the flow of the creative process from reaching perfection.

Ontology being the metaphysical philosophy that points to the real reality, has an influence in our work that can be explained in the following manner. The Silva Method of self Mind Control is a product of Psychorientology. The first thing that psychorientology does for us is to help us learn to do our thinking when our brain is functioning at 10 cycles and able to use either hemisphere.

Once we learn to think at the 10 cycles brain frequency, our thinking is attracted to a more serious kind of thinking, thinking that has to do with humanity in relation to the universe and the Creator.

We can see that there are several kinds of centering such as centering our thinking on the brain frequency spectrum, centering our thinking in relation to humanity and our Creator and centering our thinking in relation to our obligations as representatives of our Creator on this planet.

One of the thoughts that enters one's awareness that helps in centering is that there are approximately four billion (and soon five billion) human beings on this planet, human beings of all creeds, races, financial and social levels, and genius. Very few get to live beyond 100 years of age. This means that everybody who is alive right now even just a few hours old, will not be here a hundred years from now. This means that the total population of this planet, the four billion inhabitants, are replaced within a period of 100 years.

This planet besides serving as our temporary home, perceiving it from another perspective, also serves as one of the airports of the universe where thousands of human beings land per hour and thousands leave this airport planet per hour. We enter this planet to take care of our temporary assignment through our parents who serve as doors to this plane of existence. Our primary assignment is to take care of our Creator's creation; everything else is secondary.

The first thing that we must do in order to meet our primary obligation is to stay alive in the best of health. We must strive to stay alive for as long as possible in the best of health to do more work, and the work that we do should be of the highest quality. To accomplish this we must first of all solve all the health problems that threaten human life.

Second, we must solve problems that threaten the evolving process of creation from reaching perfection. Our mission on this temporary assignment is to make this planet a livable, healthy and prosperous planet. We need to remind ourselves of this mission continuously because we have a tendency to forget it.

For instance, sometimes we value more getting married than correcting problems on this planet. The desire to mate is for serving as more doors that allow others to enter this plane of existence, it is a response to a fundamental program of our Creator. Married or not, our obligation towards solving problems remains the same. Being married and not having children sometimes causes people to live their lives in a state of depression. Married or not, children or not, our primary obligation continues to be the correction of problems to make this planet a better world to live in.

In considering ontological points of view, health from an ontological vantage point indicates that ill health is a threat to the survival of the Creator's creatures. Ill health is then an enemy of the Creator because it hurts and kills the Creator's creatures.

The Creator of the universe has made it as easy as possible for supplying his creation with everything that has to do with its survival. For instance, the Creator has given this planet sunlight. If it were not for the sunlight and its heat, creatures could not exist on this planet. It is complicated to explain how and why the sun continues to burn for millions upon millions of years, yet it is simple to understand how we survive because of it.

We marvel at the system that the Creator conceived for the production of oxygen and hydrogen that we very simply breathe to stay alive, yet we know what would happen to us if we didn't breathe for a few minutes. The Creator has created systems that operate on planet earth to produce and supply all the needs for the creatures that inhabit the planet. Neither the Creator nor the planet charges us money for the light and heat of the sun nor for the water and food that the planet produces.

We know that we can survive for a longer period of time without eating solids than we can without drinking fluids, and that we can survive longer without drinking fluids than we can survive without breathing. The most valuable item for our survival is the air we breathe, the next is the liquids that we drink followed by the food we eat. We speak of survival. We can understand the value of survival by simply considering what the Creator has done to maintain the lives of the inhabitants of this planet.

We understand that anything that threatens the survival of the Creator's creatures is against the Creator. Anything that is against the Creator is an enemy of the Creator. A disease is then an enemy of the Creator because it threatens the survival of the Creator's creatures. When we take this concept one step further can we then say that when a healer or doctor charges more for his services than the patient can afford, does that make the healer or the doctor an enemy of the Creator? The same reasoning could then apply to hospitals and pharmacies.

In analyzing the system that the Creator has created for the survival of all creatures we find as a basis, simple, easily obtained and economical systems that supply most of the needs of survival. When we say most we mean that we, the Creator's creatures, need to help the created systems so

that the created systems are able to take care of all the survival needs. When we say helping the created system, we mean helping nature, and what we mean by helping nature means setting right whatever is torn or broken, closing wounds and strengthening creatures' immune mechanisms so that nature takes care of its own healing. Let us always keep in mind that anything or anyone, whatever or whoever, makes survival difficult for the Creator's creatures, is against the Creator, is against God.

Using this line of thought, we can understand how Psychorientology, the science that produced Mind Control, helped us to find the right dimension for thinking, the dimension where we became aware of the metaphysical theory of reality, "ontology."

It was through Psychorientology that we became aware of true meaning of "coincidence" and of the need for psychic alignment, subjects that are covered in our course. Because of what Psychorientology has helped us to discover and understand we consider Psychorientology to be a fundamental science.

The following will explain why we think this way: when a group of people are tested by being given a battery of psychological tests, when the psychologists think they already know what the psychological factors are, if the same group of people then go through the Silva Mind Control Method and are retested, the psychologists find a change in the psychological factors previously found. This indicates that the group should have gone through the Silva Mind Control Method before being tested so as to obtain a true, more stable set of psychological factors that manifest after a person is centered.

The identical thing happens in parapsychological testing. For this reason, we consider psychorientology, our science, to be a fundamental science.

To obtain all the benefits that the Silva Method offers we must educate human intelligence in the use of its sensing faculties, particularly the master sense, the mind. Human intelligence must be educated where it functions best.

We accept the 10 cycles brain frequency to be the center of human intelligence, and the crossover point where a person can use either hemisphere, depending on needs, and we accept the 5 cycles brain frequency to be the center of biological intelligence.

We chose the 10 cycles brain frequency as the optimum frequency at which to educate human intelligence in the use of its own sensing faculties which includes the spiritual counter-part of all the biological senses plus visualization, imagination (a function of the right brain hemisphere) and the mind.

We consider the 10 cycles frequency to be something very special because only 10 per cent of humanity has learned to function naturally within it, that is, without training. It appears to us that the same 10 per cent of humanity has been blessed with an increased actualization of their human potential (learned to use both brain hemispheres). In Mind Control we call those persons who do their thinking at 20 cycles brain frequency 20 cycles thinkers. Persons who do their thinking at the 10 cycles brain frequency we call 10 cycle thinkers.

We consider it to be our role to educate human intelligence to do its sensing where it can do better: that is at the 10 cycles dimension. Educating human intelligence in the use of its mind within the 10 cycles dimension can be considered to be orienting human intelligence in the use of its psyche within the 10 cycles dimension that leads to the use of the right brain hemisphere. Now, since educating is orienting and mind is also known as the psyche we are then orienting the psyche within the 10 cycles dimension. We call this Psychorientation or Psychorientology; this is our new science.

It took us 22 years of research to develop a method of mental training that effectively produces the desired results in human beings. Now every person can be helped to learn how to use the senses of human intelligence at the 10 cycles dimension, as we use the senses of the body naturally at the 20 cycles dimension. Learning to use more sensing faculties helps a human being to find a better way of life.

The Silva Method of mental training which took 22 years of research to develop is now known as the Silva Dynamic Meditation System. It is the method that is helping human beings all over the world to change their lives for the better.

LEARNING THOUGHT CONTROL

To discipline our way of thinking we use mental training exercises. We acquire thought control by disciplining our thinking. Thought control is

Mind Control. We can then say that we acquire Mind Control through the use of mind training exercises. Going by the concept that mind is the psyche then we can say that we acquire Mind Control through the use of psyche training exercises. Training the psyche is the same as saying educating the psyche and psyche education is the same as psyche orientation.

Our new science psychorientology means educating the mind. Educating the mind through psychorientology is different from conventional methods of education in that conventional methods of education take place at 20 cycles brain frequency and psyche orientation takes place at 10 cycles brain frequency.

Education at 20 cycles brain frequency concerns mostly the learning how to use the biological senses of the body. Education at 10 cycles brain frequency concerns mostly the learning how to use the right brain hemisphere and the senses of human intelligence, which we used to call the senses of the mind. Keep in mind that for us in Mind Control the mind is a faculty of human intelligence and human intelligence in our methodology is what religions call soul or spirit.

We in Mind Control believe that human intelligence resides in another dimension, a spiritual dimension, and that from the spiritual dimension human intelligence projects or attunes its faculty, the mind, to the brain and functions through the brain.

We can know when and to what point on the brain human intelligence has attuned its faculty the mind, because when human intelligence attunes its faculty the mind to a point on the brain, the brain at that time releases an output that is rhythmic and can be detected and measured electronically in cycles or pulsations per second.

A REDISCOVERY

From the foregoing observations it is easy to see how all that we have discovered helps humanity on this planet by furthering the elimination of ignorance and the prevention of human suffering. We in Mind Control believe that our discovery of how humanity can be helped is really a rediscovery, a re-interpretation of what the Jewish Rabbi Jesus the Christ discovered. We believe that what Christ meant when he said that he came to

this planet to save humanity, he meant that he came to save humanity from its greatest enemies, ignorance and human suffering.

We in Mind Control also believe that Christ's coming back to earth need not be in the flesh; Christ's coming back, we believe, is Christ's discovery of the inner kingdom that is coming back into practical use. It will be through the practical use of the inner kingdom that humanity will be saved from the suffering that it is enduring because of ignorance. We believe that Christ's discovery coming back into practical use is the return of Christ to earth.

Christ's influence is already manifesting on earth and is with us right now serving our Creator. Remember that for those of us who are involved in the Mind Control method, High Intelligence means any source of intelligence which has answers to problems. For instance, if I have an answer to a certain person's problem I am representing Higher Intelligence to that person. That same person might have an answer for me in a different problem area; then that person is, in that problem area, for me, representing Higher Intelligence.

We believe that God, the Creator who solves all problems, is the Highest of Intelligences. We believe that persons who solve many problems are closer to God. Keep in mind that when we cause a problem we are acting against God because problems affect the Creator's creation. It takes intelligence to understand what can hurt creation and it also takes intelligence to know how to help creation. We know that we have the capacity through the Mind Control method to attune ourselves to higher and higher intelligence in order to do better and better in all our endeavors. The Mind Control method is helping us to do just that.

Another thing to keep in mind is that an uncontrolled mind is always destructive. To be constructive and creative we must control our minds; the more control we exercise the more constructive and creative we are. Being constructive and creative is problem-solving and problem-solving is working for the Creator, taking care of creation, and those activities indicate our being on the Creator's side.

There are all kinds and sizes of problems as there are levels of intelligence. It takes enhanced intuition (using the right brain hemisphere) and functioning with awareness at the 10 cycles brain frequency to contact different levels of intelligence for problem solving. This is what Mind Control helps us to do.

HOW AND WHEN TO ASK FOR HELP

The term “coincidence” has a greater meaning to us in Mind Control than the one it conveys outside of Mind Control. For us “coincidence” is a mechanism through which High Intelligence “God” helps us from another dimension when we ask for help from the right dimension, through the right hemisphere, in the right manner, for the right thing, at the right time.

Mind Control helps us to find the right dimension to learn to use the right hemisphere and helps us to learn to ask in the right manner. As to timing, we can learn to sense that, once we become centered in our thinking.

The most important thing to learn at this time is the Mind Control mental training exercises. It took many years of composing, testing, and recomposing the mental training exercises before we found the right formula that produced what we were seeking. We found words and phrases that, when mentioned, neutralized everything we had established previously. It seems that humanity naturally has selected and accepted some terms and that it has also rejected some other terms. It appears that humanity has considered some terms to be negative and others to be positive. The proper terms were selected and are used in our mental training exercises. We also found that some terms and phrases need to be repeated in order to achieve the results desired. We found in our research that whatever had to do with a person’s way of thinking in relation to that person’s desires, beliefs and expectancies, when it was repeated it became stronger. Take for instance, the desire to do a thing. The more we think about it, the stronger the desire gets. The same applied to belief and expectancy. It is difficult to try to explain just what it is that grows and where the strength is accumulated. We could say that if we repeat what we desire over and over, the desire becomes stronger because the chemistry between our neurons becomes a better conductor of brain energy. Or we can say that through repeated use the neurons grow in size and are able to handle more brain energy. We can also say that on every repetition other neurons are recruited into the discharging neuronal circuits and the circuits can handle more brain energy. At this time nobody can explain just what or where the build up of

strength takes place, but we do know that it does build up every time we repeat something, even when we repeat it mentally.

What makes more sense to us is the theory that desire, belief and expectancy are subjective faculties of human intelligence and that these faculties accumulate subjective energy in a subjective dimension. This means that being a subjective energy in a subjective dimension, it can not be detected objectively nor can it be measured with an objective instrument. Some call this energy “Human Energy” or “Life Force.” We may not be able to detect or measure this energy directly, objectively, but we can know that something is accumulating or building up by observing the behavior of a person. We know that there are different intensities of desire, such as a weak or strong desire even if we can not measure it with objective instrumentation. We now know how to use repetition to generate and accumulate energy at the subjective dimension for later use.

In most cases repetition is really reinforcement because an idea is impressed on someone with the intention of repeating it later for reinforcement purposes. We reinforce an impression by repeating it. Reinforcing an impression makes that impression stronger. It is the same as accumulating more human energy at the subjective dimension for later use. Because of our research we now know how to accumulate subjective human energy in persons who are in need by using objective and/or subjective reinforcing techniques. Throughout the mental training exercises of the Mind Control training we continuously reinforce desire, belief and expectancy.

FOR BUSY PROFESSIONALS

We will now touch on two more subjects of great importance that have appeared in our research. The first concerns the business man, the top executive. It seems that the executives who need this mental training the most cannot find time to be away from their business to take the training. High salaried top executives who are under constant pressures are the ones who have the greatest tendency (and they do find time) for developing insomnia, headaches, ulcers, high blood pressure, heart problems and strokes.

These top executives who frequently work under stress can save themselves a lot of suffering and they can save their corporations a lot of money. These executives can learn to enter their inner kingdom by first learning how to slow down their brain waves and then learning how to stay at that level for at least five minutes. A ten minute relaxation period is better and a fifteen minute one is excellent.

Executives can learn to avoid having headaches, ulcers, etc., simply by using twenty hours of their time in mental training to learn to consciously slow down brain waves. When executives take 101 and 202 training, not only will they learn to enter the inner kingdom and learn to consciously slow down their brain waves, but they also start learning the

process for solving personal problems. Furthermore, whether the executive believes it or not, when the executive takes the 303 and the 404 training, the executive starts learning the process of clairvoyantly (using the right brain hemisphere) solving health, family and business problems even at a distance.

BEWARE OF IMITATORS

The second subject concerns the imitators of our work. Mind Control is getting to be known as the world's most imitated method in history. Keep in mind that we are pioneers in this field of work and if anybody claims to teach something similar and it is not yoga, Zen or transcendental meditation, they are imitating us or trying to imitate us. For your protection ask the instructor, "Is what you teach similar to yoga, Zen, transcendental meditation or Silva Mind Control," if they say it is more like Silva Mind Control and they add, "But it is not Silva Mind Control, it is our own thing," suspect an infringement of our work. Some of these people make some changes in the course work not to improve it or for the benefit of the student, but so that they will not be held liable of infringing on the copyright laws.

What the imitators are trying to do is to use as much as possible of what we have that has cost us many years of research and a large investment of money at no cost to themselves. If these imitators instead of trying to imitate us come to us in all honesty and state their sincere desire to participate in our work, they are required to sign a contract before they are accepted in our teacher training program. At that time they pledge to use only our copyrighted student materials when they teach. They must also pledge to contribute as a service fee, a percentage of their income to the international organization as all of us do. The international organization uses these funds to pay the professional consultants who serve the graduate and pay the general overhead expenses as well as to pay for research as needed.

The international organization also pays the legal fees charged by international lawyers who take care of the legal aspects of teaching Mind Control in other nations of the world. The goal of Silva Mind Control International is to take this discovery to every nation in the world to help

human beings on this planet learn to use their minds better and to use more of their brains for the elimination of ignorance and human suffering.

As you become a graduate of our work, you become a member of the Silva International Graduate Association (SIGA) family and by so doing you are helping us to continue to be self-supporting and able to pay all expenses in order to reach our assigned goal and that is to take this discovery to every human being on this planet.

To be sure that you are taking the original Silva Method, look for the following formula type techniques: “Relaxation Control,” “Sleep Control,” “To Awake Control,” “Awake Control,” “Dream Control,” “Headache Control,” “Mental Screen,” “Memory Pegs,” “Three Fingers Technique,” “Mirror of the Mind Hand Levitation,” “Glove Anesthesia,” “Glass of Water Technique,” “Habit Control.”

The following techniques are included in both the original Silva Mind Control Method, and in the new Silva UltraMind ESP System created in 1998: “Mental Projection into Metals “.”Mental Projection into Plant Life,” “Mental Projection into Animal Life,” “Mental Projection into Human Life,” “Mental Projection for Detection and Correction of Problems of Human, Animal and Plant Life as well as of Inanimate Matter.” You will also work mentally on “Existing Problem Cases as practice for the enhancement of Clairvoyant Detection of Information.”

Our graduates work with all of these techniques as well as with others that help them, the students, to maintain a healthy mind and a healthy body.

Now, if there is further doubt that the course you intend to take may not be the original “Silva Method” then ask the instructor for his credentials and if he produces them, confirm them by telephone by calling our office. Please see the contact information at the end of this book.

You may order a recording of *Reflections* narrated by the author Mr. Jose Silva. Please visit our web site for details.

RESEARCH PROJECTS

Completed and Published by SMCI Inc.: Hallahan High School
Laurenceville High School
St. Fidelis High School
*Ottawa County - Dr. Motiff

Albuquerque Report - Commercial class

*Sammamish High School

Alcoholic study

*Effects with Three High School Populations

*Conducted under the recommendations of SMCI, Inc., but researched and reported independently.

Published Independently:

“An Investigation of Silva Mind Control in Rehabilitation Counselor Education,” *Counseling And Values*, Vol. 21, No. 4, pp. 229-236.

“Mind Control and the Mental Patient,” *Counseling And Values*, Vol. 21, No. 4, pp. 237-246.

“Silva Mind Control and the Psychiatric Patient,” Appendix 11, pp. 164-184, *The Silva Mind Control Method* by Jose Silva and Philip Miele. New York: Simon and Schuster, 1977.

“EEG Correlates Of Attention In Humans,” Appendix III, pp. 188-193, Ibid.

“Internal Focus As A Subset Of Attention,” Appendix 111, pp. 193 ff., Ibid.

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Silva Method seminars are available in many countries throughout the world and in many cities throughout the United States. In addition, in many cities there are permanent Mind Control centers.

For Information concerning Mind Control lecturers in your area, please consult your telephone directory and look for the listings of “Mind Control” or “Silva Mind Control.”

For more information please visit the following web sites.

RESOURCES:

www.SilvaMethod.com

www.SilvaCourses.com

www.SilvaInstructors.com

Jose Silva Jr., Trustee of Jose Silva's Estate:
www.JoseSilva.info



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