

SILVA MIND CONTROL METHOD PDF, EPUB, EBOOK



Silva | 176 pages | 24 May 2006 | SIMON & SCHUSTER | 9780671739898 | English | New York, United States

The Silva Mind Control Method on Galleon Philippines

I took the book out of the library to read it to see if it is sufficient to self-teach the method and it is so I bought the book. Now I just have to start practicing! May 03, Corey Laine rated it liked it. I admittedly didn't finish this book. I stopped after I felt like I got what I needed out of it, which was a foundation for my fledgling meditation practice. For that I will always be grateful I came across this book. Visualization is a huge part of his method and is something I feel I've benefitted from greatly. Silva has some pretty out-there claims about the benefits of his method, which I read with the eye of a New Age historian rather than an eager disciple. I quit early because he really e I admittedly didn't finish this book. I quit early because he really enters salesman mode toward the end of the book. Sep 28, Iona Stewart rated it it was amazing. Learning this method should be

made obligatory in all schools and be offered to children at an early age.

When imagining what we want, we need to desire that the event take place, believe that it will take place and expect it to take place. When we work in Alpha, we are in touch with Higher Intelligence and can only create good things. For example, I tuned into a woman, saw that she had something crooked in her spine, and then immediately after saw the spine straighten out and correct itself. I learnt later that she had had back pains for many years, so I trust the problem has now been corrected. When we see these things clairvoyantly, and very clearly, we are in no doubt that what we see is real. One method of healing we learn in the book is as follows: 1 Go to your meditative level and project the person onto your mental screen with whatever ailment is troubling him. By visualizing with conviction in Alpha and Theta you are causing.

Visualize the results you want as being already achieved. Even persons addicted to hard drugs such as heroin and cocaine can be healed through the Silva method. I myself easily got rid of the smoking habit many years ago through a Silva technique — I programmed for 30 days that I would stop on a certain date, and when the day came I simply stopped from one day to the next, and never smoked again — in fact I could not. Although this book is from, it is just as inspiring and useful now as back then. You are taught how to tackle all varieties of problems in yourself and others. I firmly recommend that everyone read this basic book on the Silva Method, and perhaps also some of the others.

Even better, you could participate in one of the Silva courses available throughout the world, as I understand. This book introduces many ways to take control of your mind. Among them, I got interested in the following two ways: 1. Meditation According to this book, there are two kinds of meditations: one is passive meditation, and the other is dynamic meditation. Passive meditation is in itself is effective in that worries and feelings of guilt or anger are absent during the meditation. Also it leads to what is called a happy stillness, or inner peace. Jose Silva suggests that dynamic meditation, which goes beyond passive meditation, should be trained in order to solve your problems. Whenever I encounter some difficulties in my daily life, I practice meditation.

That way, my mind becomes calm and my thought becomes clear, which is quite effective to find a new way of dealing with the problems. Choosing your words Your words are powerful, so it is important to find words which nourish your soul. I like the words "mental housecleaning. Mar 08, Nick Arkesteyn rated it really liked it. Very interesting read. I like the meditation strategies for getting into an alpha wave state. Many of the ideas in this book are difficult for me to believe but I will never know. HA Very interesting read. Jan 11, Jake Kiesel rated it liked it. For a few hours. Aug 01, Randall rated it really liked it. Good book if you have any interest in the paranormal and the power of the human brain. Jun 15, PsychoSchematics rated it liked it Shelves: psych-self-help.

As a mental health professional, former clergy, hypnotherapist and life coach, I found this to be a wonderful culmination of many tools. A must read. Nov 15, Ivan rated it really liked it. You actually have to reread this book to grasp the methods and techniques! Easy to follow through and learn about how does your mind can a different and better level. Dec 14, LibroReview rated it really liked it. The Silva Mind Control Method is a book of methods that tells you how to increase the utility of your brain. Our brain has millions and trillions of neurons and other parts that we are unaware of. This book makes you aware of all the undiscovered parts of your brain and mind. It gives you a scientific approach to using your subconscious mind to unlock your higher potential. The title clearly goes with the book. The language maybe a little complicated for the beginners. Avid readers will have to The Silva Mind Control Method is a book of methods that tells you how to increase the utility of your brain.

Avid readers will have to problem through the book. The writing style is oriented and powerful. It is an entirely method based book. The structure of the book too, is methodological. Some of these methods are those that are new whereas the other, you may have been using it since a long long time, unknowingly. Again, it is a scientific approach to methods like meditation. The definitions in the book are very accurate. There were do many definitions that just hit me on my brain and filled a void. One thing that must be mentioned is that it is a very self-praising book which becomes boring after a point. Street Date : January 15, TCIN : UPC : Description About the Book "The revolutionary program by the founder of the world's most famous mind control course"--Cover.

Book Synopsis The revolutionary program by the founder of the world's most famous mind control course--Cover. He began experimenting with psychic abilities and brain wave activity in the s, eventually developing The Silva Mind Control Method and numerous instructional courses and programs. The Silva Method continues to be taught in seminars and events by accredited instructors, and in home-study courses. He died in Report incorrect product info. Shipping details Estimated ship dimensions: 0. Return details This item can be returned to any Target store or Target.

This item must be returned within 90 days of the in-store purchase, ship date or online order pickup. See return policy for details. See the return policy for complete information. More to consider. Ah, something thats on top of my bookshelf. Its one famous Silva Mind Control Method many students would come across while reading and studying psychology. Annabel Alley Certified Buyer , Lucknow. Ayush G Certified Buyer , Itarsi. The least of all that you will get from this book is a little glimpse of possibility of our mind. And the most you will get out of it is infinite A must read!. Nicely Delivered Thank you :. Aarsh Sheth Certified Buyer , Vadodara. Flipkart Customer Certified Buyer , Bengaluru. Book content are amazing A life transforming book. But page quality it cheapest. Pages are just about to tear up once you touch them. Worst quality of pages you will ever see. Seller is some crook, if you go to quality of pages then this book is hardly worth 20 rupees.

Seller is fake. Content is awesome but the quality of the book is poor , looks like a copy of original one. Flipkart Customer Certified Buyer. Questions and Answers. Q: How many pages. Report Abuse.

The Silva Mind Control Method by José Silva

Trishita Dey Certified Buyer , Kolkata. Ah, something thats on top of my bookshelf. Its one famous Silva Mind Control Method many students would come across while reading and studying psychology. Annabel Alley Certified Buyer , Lucknow. Ayush G Certified Buyer , Itarsi. The least of all that you will get from this book is a little glimpse of possibility of our mind. And the most you will get out of it is infinite A must read!. Nicely

Delivered Thank you :. Aarsh Sheth Certified Buyer , Vadodara. Flipkart Customer Certified Buyer , Bengaluru. Book content are amazing A life transforming book. But page quality is cheapest. Pages are just about to tear up once you touch them. Worst quality of pages you will ever see. Seller is some crook, if you go to quality of pages then this book is hardly worth 20 rupees.

Seller is fake. Content is awesome but the quality of the book is poor , looks like a copy of original one. Flipkart Customer Certified Buyer. Questions and Answers. Q: How many pages. Report Abuse. Q: is it the edition? Q: This book available to telugu yes or no. A: No. It's available in English and Hindi, I think. Subhanu Banerjee. Q: is this book usefull for those who overthink in little problem come up in their life? Randhir Singh. Q: What is the Total number of pages in book? Didn't get the right answer you were looking for Post your question. Safe and Secure Payments. After the recording you will enter the alpha state and hear what you have recorded.

This method exploits both the brain states alpha and beta. So using it, you are supposed to better memorize what you read than just read in the beta state. I tried the three finger method when I was a student. Most of us have experienced creative sleep some time in our lives. You may remember a time when you dreamed about a real problem you had in your life and the next morning knew how to deal with it. The next morning you had the solution ready to be applied and solve your problem. This is creative sleep, and the Silva method can help you engage it on demand. Creative sleep happens to most of us randomly. But if you train yourself enough you can program yourself to have a dream when falling asleep that will provide you with the answers you seek. This requires that you have reached an advanced meditative level and that your brain easily alters its brainwave state at will. The basic concept of dream programming is simple. Before you sleep you meditate, and you visualize the problem you have.

Then you must state mentally that you need some advice or solution to your problem and that you will dream of this solution. When you wake up the first thing you do is write down what you remember of your dreams. If your memories seem to be irrelevant to your query, perhaps the solution is hidden and needs to be deciphered. It is important to write your memories down immediately after you wake up because at this moment you remember most of the dream. As minutes go by you gradually forget it. Dream programming is possible, and you can do it. You may find the following guidelines useful. Using Dream Programming, you can draw valuable information for your life. Almost every time we dream there are messages in the dreams coming from our subconscious. Using dream programming, we also enter a process of searching for meanings in our dreams.

Thus, we will become better day by day in understanding the hidden messages that our subconscious sends us through dreaming. You know that every word has a meaning or multiple meanings. Every phrase has a meaning and it is defined as positive if the words are positive or as a negative if the words are negative. Such phrases must be deleted from your dictionary and be replaced by positive ones. This is a ground rule in Silva method. The power of the words is multiplied when you are in the alpha state. The gravity of the meanings of every phrase is stronger. Using this power of the words when you meditate can have miraculous effects on your mood and on the way you feel. The Silva Method may help you learn to use the power of positive thinking. These statements have great effects on your subconscious mind as you are in alpha or theta brain state.

Negative phrases have also powerful effects on your subconscious mind, so you need to remove these from there and replace them with positive. I do this every day; maybe this is the reason why I seldom feel sorrow. This is quite true and this is the reason why you can use mental images to your benefit. You are going to use your imagination and at this stage you must have developed your visualization skill. You are now taking a step further using the Silva Method. At this point you must meet the following requirements :. In order to use the power of the imagination, you are going to use the mind tools that you have already created. These are your mental monitor and the three finger technique.

In the Silva method book that I have read, the technique of using the power of imagination was illustrated with two examples. As none of them were my concerns, I applied the technique to my problem and this was to stay motivated going to the gym. I applied the technique every time that I felt too bored to work out. When this happened, I used to meditate for about 20 minutes and after this I was refreshed and ready for the gym. The Silva method comes in handy in such cases. You can control yourself and overcome the bad habits that slow you down and leave you unmotivated. First of all, you must prepare yourself before meditation and know what you are going to imagine. You have to know all the benefits that you will get by changing a bad habit. List them and prepare yourself to begin. You start your meditation session as usual. When you are in the alpha state then you start visualizing on your mental monitor yourself as you are now, still having the trait you want to change.

After that you move slowly this old picture of yourself to the right of the screen, and you bring in a new image of yourself from the left. This new image is you again but changed. Afterward, you start visualizing your new life in the absence of the bad habit. At this point you must try to imagine as many details as you can. You have to imagine details that engage all of your senses like sight, smell, touch, hearing and taste.

In my case I imagined details of my body that engaged sight and touch. So, I visualized that I was fit, exactly as I wanted to be, and then observed the results in the mirror. Then I touched my new body and felt its texture. After that I imagined how I felt with my new body. I observed my self-confidence and my mood. These were all nice feelings. I also imagined occasions in my life having all the benefits of a fit body. I imagined having great strength, being healthier, looking nicer and many more details. Think of your problem and list the benefits you get by resolving it.

This will help you imagine yourself in a positive manner. Bring your mental monitor in front of you and project an image of yourself before and after the solution of the problem. Integrate all the benefits you listed earlier to yourself and imagine how your life is changing. A last important note is that when you are at the visualization process you must not imagine anything negative or anything that is against your desire. Keep this in mind. You have to do this twice a day in order to have a result. Silva method is going to give you a boost in your motivation to quit something bad that you want to change. When you are at a place where you cannot meditate you can use the three finger technique and remember your purpose if needed. You can use the Silva Method to improve your health or maintain it at a good level.

When you are ill, using the power of your imagination can speed up the recovery process. Apart from this, it has been observed that some patients have been cured from cancer in an inexplicable way. All these people had a common trait. This was Positive thinking. Having this knowledge, you can understand how important it is to think positively.

Using your mental monitor you imagine for a while yourself ill having the symptoms that pester you. Then you say mentally to yourself that you deeply desire to be cured and to be healthy again. You have to be in the alpha state and before you start visualizing you have to make some affirmations. These affirmations are to induce your mind to thinking positively. You are going to use the power of positive think to accelerate healing. You have to state mentally that you desire to be a positive person. You have set your desire to be healthy again and be cured completely; start imagining it. You imagine how well you feel, you are not in pain anymore. Feel the freedom and the happiness that perfect health offers. Maintain this image in your mind for several minutes and enjoy it. You help yourself to recover rapidly. Keep on meditating as much as you can and you will be healthy again sooner than you thought you would be.

This is the power of the Silva method! But anyway I use my imagination when I feel sick. The strange thing is that for the last ten years every time I get ill it never lasts longer than a day. The last time that I got sick was during a night shift at work. This lasted for 4 hours and then it disappeared. I felt as if this had never happened. I used, in a way, what the Silva Method says but I am not sure that this is what caused my rapid recovery.

In any case, I believe that the Silva Method has positive effects on your health levels as it has with the mood and with the bad habits. But many people would like to know how to develop the ESP. In this section, I will describe the training process. ESP requires intense visualization training. You must be good at visualizing nearly anything in great detail. The first exercise in the mind control seminars is the following: When you are at a deep meditative level, maybe in the theta state, you project yourself in front of your home on your mental monitor. It is night, and all the lights are on so you begin to imagine the scenery in great detail.

All your senses are active. Then you go through the front door and you are at the living room watching the wall. Then you touch the wall and you enter it. You know of course that this is not possible but this is a reaction of your left hemisphere which understands that this is unreal. At the same time your right hemisphere starts working and slowly you start accepting the unreal. So, when you are in the wall, you start examining the environment using all your five senses.

After this, you exit the wall and you look at it again. You change the color of the wall, trying many colors and then revert it back to the original. Afterwards, you pick up a chair and you compare it to the wall, changing again the colors. This visualization process activates the right hemisphere, while silencing the left which reminds you that all these are nonsense. In the next exercise you do the same thing but in other environments.

These may be metallic cubes or cylinders. You do the same actions you did with your house. You change the colors, you change the material of the walls, and you observe the environment with all your senses and all these at a rapid rate so as not to anticipate thinking logically. While doing these exercises you change the forms of matter, where you project yourself, from simple to complex. Then you start projecting yourself on living organisms.

You try this with a tree. After a while you proceed to a cat and so on. The last target, in the Silva method seminars, is the human body. As you enter a living organism with all your senses active, you observe the environment again. Now you have to do with biological organs like the heart or the brain. You observe the bones and the spine of the animal; you get a view of how all these organs work together. Finally, you do that with human bodies as well. You create a mental laboratory where you have all the tools to examine people. You also have two assistants, who will help you with examining. You also imagine the tools that will help you do your work. These tools do not necessarily look like professional medical tools. You create them and you give them any form you wish.

You know what they can be used for. The first person imagines the other one and tries to observe their body from the inside as well as from the outside, in the same way this was done in the previous exercises. The mental laboratory and the assistants are used again. The goal is to find past illnesses or disorders of the person that is being examined. I remember I had a problem in my back. The medical examination showed that a vertebra was too narrow, and it pressed the bone marrow. Every morning I had terrible pains in my back that were going off during the daytime. One night, I meditated and imagined my body from the inside. I found the bone that had the problem and visualized that this bone became bigger in order not to cause pains in my back.

Ok, no kidding now, the following morning I had the pain in the back but it was greatly reduced compared to what it was the previous days. The difference amazed me. It is your choice whether you train it or not. In either case this ability gets stronger as you meditate. This is a summary of the Silva Method. I insist that you buy at least a book so as to have a clearer view of the Silva method. I have tried some of its techniques and they seem to have results so I believe that the Silva method is a worthy mind expanding technique. The Silva Mind Control Method. Did you enjoy this article? Show your appreciation here! Great summary, I have been doing Silva method for couple of years now, and its been working well You have done a great job buddy, it is really helpful. I definitely gonna buy Silva method.

Thanks a lot... I have a question to everyone who has done the visualisation even on the deepening count down to 1. If you are making the common mistake on the inside of the eyelid, you are really using the biological vision. This would take you out of the Alpha state. Try to take your eyes slightly upward about the angle of 20 degrees. Now, this appears to contradict. Or does it??? Are we supposed to put images behind the eyelids or away in some distance away from the eyelids, whilst keeping eyes about 20 degrees upward? Hi, I was practicing Silva method for d past few months n experienced many mind blowing wonders in fact..

Not between d eyelids.. It will b very clear n satisfactory. Hope this will help u.. You are supplying us with information we needed. This should be the clear answer for everyone reading this article and whoever wanted a better explanation. Enjoy will create Alpha state. I am reading the website and practising the countdown from to 1. Can anyone advise me. Do i have to close my eyes and then move my eyes upwards to the centre between my eyes? And then just concentrate irrespective if an image forms... These sounds interesting and i am geared up to practice it, if it worked for you i also believe it shall work for me.. Very good summary, thank you. Perhaps you can add some information about whether the countdown is better done aloud or silently.

What should be done after -for whatever reason- the mind wandered off? But I am interested. I am a medical student. I wish to cure people to the

best after becoming a good doctor. For that I need to learn more. I wish to practice this Silva method to enhance my memory power and gain more knowledge. Please do help me.. How to sharpen and increase my mental capability?? I need additional explanation about practicing count down — 1 ... It said practice for about 15 min. Thanks in advance. Breathe in and out slowly....

The Silva Mind Control Method of Mental Dynamics by Jose Silva | Audiobook |

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In all it is a great logical book that has changed millions of lives already and may change yours too. So yes, I do highly recommend it. Sep 17, Sara Malhas rated it really liked it. Very interesting book I will definitely try the techniques described and hope one day to attend the course, if it is still held somewhere. I gave 4stars because the second have of the book was a bit boring and cou Very interesting book I gave 4stars because the second have of the book was a bit boring and could have been reduced a lot Jan 01, Emilio Daffy rated it really liked it. Jose Silva was a self-made Mexican-American whose insights and experiments into mental functioning and mind control led him to write and sell several millions of this book from the late s to the present. I do not know whether Silva's later findings into ESP are valid; I can say this book has helped me focus on past events, especially finding "lost" items that my mind has made record of and merely need to be accessed by means of Mind Control.

May 07, Ardent Reader rated it really liked it. If you are looking an easier way to relax and calm your mind,the Silva method is what you are looking for; The Silva method features techniques to reach the blissful meditative state called the "alpha" state of mind. We can use Silva method for various purposes and it can help to gain successful,abundance in life. Also our ESP faculties like intuition, clairvoyance and distant healing can be developed with practice of Silva method.. Apr 11, Anne rated it it was amazing. These kind of books tend to drag their message out which undermines the point of them. This book has a little of that but it's barable. Whether or not this method works is not relevant for the way they bring their message forth. But because of the simple and plain information it's easy enough to try ; 5 stars for being short and snappy. But because of the simple and plain information it's easy enough to try ; Nov 05, Anders Nielsen rated it liked it.

Not really sure to think about this book. I will definitely give the trainings a try, as the main concepts seem plausible for visualisation. But the book is also filled with some mumbo-jumbo about guessing lotto numbers etc. And a lot of commercials for the programme trainings. The actual valuable parts are very short. Dec 24, Alfonso rated it really liked it. I enjoyed it very much. As ir previously read on some reviews, the book has a lot of examples of how the course worked for other people. In some cases, these examples are great because they help you better understand the point, but in some other cases it is just not worth reading all the examples. Overall, I enjoyed the book. I did not enjoy the last 2 or 3 chapters. I had a real struggle rating this one. The practical stuff is definitely good and I'm happy I read that, but I absolutely hate the American self-help book style. There is none worse than that. Interesting little book dealing with altered states of consciousness.

This book is okay for those that have no experience dealing with altered states and those first learning to tap into the power of mind. At the Alpha state, you'll activate deep states of accelerated mental activity, intuition, learning, memory, ESP, tranquility, rest, and relaxation. By: Ph. D Robert B. Unleash the telepathic powers you were born with! I was, until I proved it to myself. You see, telepathic powers exist in all of us; they are part of the natural way we communicate with each other. Your brain beats at various frequencies, much like your heart.

Usually your brain beats at 14 cycles per second, the Beta frequency. Very occasionally it beats between 7 and 14 cycles per second. This frequency is known as Alpha frequency. Alpha is the key to becoming telepathic. By: Michael Wickett , and others. The Code of the Extraordinary Mind is a blueprint of laws to break us free from the shackles of ordinary life. It makes a case that everything we know about the world is mostly decided not by rational choice but instead by conditioning and habit. And thus most people live their lives based on limiting rules and outdated beliefs about pretty much everything - love, work, money, parenting, sex, health, and more - that they inherit and pass on from generation to generation.

By: Vishen Lakhiani. For 40 years, the Silva Method has earned its reputation for being the most successful method for personal empowerment by helping millions of people achieve greater fulfillment in their lives. In this audio edition, America's top Silva trainer takes you step-by-step through the Silva Method. It's an audio program that will enhance your self-control, self-confidence, and personal power so that success becomes natural and easy. By: Hans DeJong. Remote viewing combined with telepathy, originally called Telecrux Power by Dick Sutphen, is a fast and accurate

psychic pin-pointing technique that can be easily learned and developed by anyone willing to practice regularly for a few weeks. By: Dick Sutphen. There will be times when someone is making an important decision. At that moment, the only influence you will have with that loved one or customer or associate, when he or she is making a decision that will affect the rest of his or her life - and your life - is Remote Viewing and Remote Influencing.

This unique mind technology will help you in every area of your life. By: Dennis Higgins PH. Shamanism is the bridge that connects the physical and the spiritual plane. In this guide, Adesh Silva skips the fluff, handing you the essential knowledge needed to enter into life-altering spiritual journeys of enlightenment that will banish the darkness and fear in your life and replace it with light and positivity. Ideal for both newbies and people experienced with meditation, Shamanic Healing is brimming with deep insights and highly actionable advice that will help you resolve your deep-seated issues, cleanse your psyche of toxins, and fully develop your personal power. By: Adesh Silva. The psychic abilities of most humans are dampened by the clutter of our conscious minds. In this timely audiobook, Russell Targ shows listeners how to quiet this noise and see into the far reaches of time and space through remote viewing.

He also illuminates the phenomena of intuitive medical diagnosis and distant healing in a groundbreaking synthesis of research and empirical data. By: Russell Targ. Three words that can change your life. When you know that you are enough everyone around you will know that you are enough too. Your life will be so different and so much better when you can resonate your enoughness at a level that positively impacts your career, your relationships, and your happiness levels. This audiobook is designed to help you massively increase your own sense of self-worth so that you like yourself, feel good about yourself, and believe in yourself. Whilst becoming permanently free from self-sabotage and self-destructive thoughts and behaviors. By: Marisa Peer. Universal Mind Power is a revolutionary approach for using the unlimited power of the mind to transform your life. Based on the established Silva Method - which, for decades, has benefitted millions of people worldwide - it will put you in touch with your ideal self: the truly creative, loving, and successful person you were meant to be.

By: Laura Silva, and others. Become Zen with your money and alleviate your anxieties about finances and earning potential. By: Ken Honda. How to visualize like a world champion contains the most up-to-date information on how to visualize your success. We've analyzed dozens of the world's top performing athletes and high-performance individuals and took note of what they all have in common, and how their minds operate. How to visualize like a world champion get straight to the point with a step by step instructional guide on how to effortlessly manifest your desires. We'll dive deep into the science behind success and what it takes to visualize like a world champion. By: The Affirmation Network. How to focus energy in the form of thought, word and deed to attract, create and manifest wealth, health and love. Beyond the shallow waters of new-age, "law of attraction" and conventional motivational psychology there is a deep well from which you derive unbending determination and strength.

That source is within you and can be awakened to achieve anything. The Reality Creation Technique is the most speedily effective method to help you make your dreams come true. By: Frederick E. The authors of the best-selling *Bold* and *The Rise of Superman* explore altered states of consciousness and how they can ignite passion, fuel creativity, and accelerate problem solving, in this groundbreaking book in the vein of Daniel Pink's *Drive* and Charles Duhigg's *Smarter Faster Better*.

By: Steven Kotler, and others. In any case, I believe that the Silva Method has positive effects on your health levels as it has with the mood and with the bad habits. But many people would like to know how to develop the ESP. In this section, I will describe the training process. ESP requires intense visualization training. You must be good at visualizing nearly anything in great detail. The first exercise in the mind control seminars is the following: When you are at a deep meditative level, maybe in the theta state, you project yourself in front of your home on your mental monitor.

It is night, and all the lights are on so you begin to imagine the scenery in great detail. All your senses are active. Then you go through the front door and you are at the living room watching the wall. Then you touch the wall and you enter it. You know of course that this is not possible but this is a reaction of your left hemisphere which understands that this is unreal. At the same time your right hemisphere starts working and slowly you start accepting the unreal. So, when you are in the wall, you start examining the environment using all your five senses. After this, you exit the wall and you look at it again. You change the color of the wall, trying many colors and then revert it back to the original. Afterwards, you pick up a chair and you compare it to the wall, changing again the colors.

This visualization process activates the right hemisphere, while silencing the left which reminds you that all these are nonsense. In the next exercise you do the same thing but in other environments. These may be metallic cubes or cylinders. You do the same actions you did with your house. You change the colors, you change the material of the walls, and you observe the environment with all your senses and all these at a rapid rate so as not to anticipate thinking logically. While doing these exercises you change the forms of matter, where you project yourself, from simple to complex.

Then you start projecting yourself on living organisms. You try this with a tree. After a while you proceed to a cat and so on. The last target, in the Silva method seminars, is the human body. As you enter a living organism with all your senses active, you observe the environment again. Now you have to do with biological organs like the heart or the brain. You observe the bones and the spine of the animal; you get a view of how all these organs work together. Finally, you do that with human bodies as well. You create a mental laboratory where you have all the tools to examine people. You also have two assistants, who will help you with examining. You also imagine the tools that will help you do your work. These tools do not necessarily look like professional medical tools.

You create them and you give them any form you wish. You know what they can be used for. The first person imagines the other one and tries to observe their body from the inside as well as from the outside, in the same way this was done in the previous exercises. The mental laboratory and the assistants are used again. The goal is to find past illnesses or disorders of the person that is being examined. I remember I had a problem in my back. The medical examination showed that a vertebra was too narrow, and it pressed the bone marrow. Every morning I had terrible pains in my back that were going off during the daytime. One night, I meditated and imagined my body from the inside. I found the bone that had the problem and visualized that this bone became bigger in order not to cause pains in my back.

Ok, no kidding now, the following morning I had the pain in the back but it was greatly reduced compared to what it was the previous days. The difference amazed me. It is your choice whether you train it or not. In either case this ability gets stronger as you meditate. This is a summary of the Silva Method. I insist that you buy at least a book so as to have a clearer view of the Silva method. I have tried some of its techniques and they seem to have results so I believe that the Silva method is a worthy mind expanding technique. The Silva Mind Control Method. Did you enjoy this article? Show your appreciation here! Great summary, I have been doing Silva method for couple of years now, and its been working well. You have done a great job buddy, it is really helpful. I definitely gonna buy Silva method. Thanks a lot. ... I have a question to everyone who has done the visualisation even on the deepening count down to 1. If you are making the common mistake on the inside of the eyelid, you are really using the biological vision.

This would take you out of the Alpha state. Try to take your eyes slightly upward about the angle of 20 degrees. Now, this appears to contradict. Or does it??? Are we supposed to put images behind the eyelids or away in some distance away from the eyelids, whilst keeping eyes about 20 degrees upward? Hi, I was practicing Silva method for the past few months and experienced many mind blowing wonders in fact.. Not between the eyelids.. It will be very clear and satisfactory. Hope this will help you. You are supplying us with information we needed.

This should be the clear answer for everyone reading this article and whoever wanted a better explanation. Enjoy will create Alpha state. I am reading the website and practising the countdown from to 1. Can anyone advise me. Do I have to close my eyes and then move my eyes upwards to the centre between my eyes? And then just concentrate irrespective if an image forms These sounds interesting and I am geared up to practice it, if it worked for you I also believe it shall work for me.. Very good summary, thank you. Perhaps you can add some information about whether the countdown is better done aloud or silently. What should be done after -for whatever reason- the mind wandered off? But I am interested. I am a medical student. I wish to cure people to the best after becoming a good doctor. For that I need to learn more. I wish to practice this Silva method to enhance my memory power and gain more knowledge. Please do help me.. How to sharpen and increase my mental capability??

I need additional explanation about practicing count down — 1 ... It said practice for about 15 min. Thanks in advance. Breathe in and out slowly.... Going from 1 to I would suggest having felt the Alpha state before using this technique to get there. As you SLOWLY count down two seconds between counts or perhaps half a breath, consciously relax any parts of your body where you feel tension- eyes, forehead, shoulders, arms, thighs, feet, etc.. Sometimes I imagine the number in my mind. Sometimes I would fall asleep many times in one go! If you get quite distracted by a loud noise or an itch you really must scratch, then scratch it and begin again. Try not to think too hard or get too excited as you approach 20 or 10 or 1. The point is to relax and quiet your mind. Once you reach zero, ideally your brain will be in the Alpha state. Use the rest of the time to enjoy yourself in this state. Perhaps asking for guidance or reinforcing yourself with positive affirmations. I would definitely recommend the intro course through Silva itself.

You must register your email and every day for nine days they will send you another lesson. Of course, they hope that you will buy the course in the end. Here is a link to Lesson 2. It includes a free download for a guided meditation into the Alpha state. It was life-changing for me!!! And definitely got me hooked on the program. You learn all sorts of other introductory info from these nine lessons, so again, I definitely recommend going back to Lesson 1 and entering your own email so you can start the program. I read your book in After I declined a great program... I realized I would be there for a full year... I found your book 2 days after I declined the transfer... I practiced it 3 times a day for three days....

I was called on the lawyer line in my prison unit and was told to pack my things. I was being transferred to the program I had declined to go to 3 days prior...TY. Your blog is as good and informative as the e book which I downloaded from net. After read and reread your blog and book thoroughly I started on this as per instructions and as Jose Silva mentioned I didn't feel anything ie ALPHA state at first and neither now after almost at the end of 50 days.

Like you, I followed instructions exactly then reread your experience, about relaxation. Still nothing. As Jose said, I've experienced ALPHA many times specially in adverse conditions where I've been cornered in do or die situation and forced to face reality and totally let go. But since last few years, to induce ALPHA at the beck and call, mechanically by any method has resulted in total failure for me, bcs for me ALPHA always triggered when I've been made to face fears which have been so deep rooted in my subconscious that I always want to ignore. I am going thru it as mentioned in the book bcs I don't want to discontinue what I've begun 50 days back. I liked its theory, mechanism and its application very much.

My request to you is if you could kindly share with me in Detail, how you attained ALPHA; how you started with method and your tips on this. But I am going thru it as mentioned in the book bcs I don't want to discontinue what I've begun 50 days back. My request to you is if you could kindly share with me in Detail, how you attained ALPHA; how you started with method and your tips on this thanks. Have had 2 Silva weekend courses and I can attest to the abilities that can be gained in the areas you mentioned in your above article. Thanks for such a well written, concise, and understandable description of the basics of the skill areas you included in the Silva Mind Method.

Listen Free to Silva Mind Control Method Of Mental Dynamics by Jose Silva with a Free Trial.

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Silva books to read online. Search this site. Report abuse. For 40 years, the Silva Method has earned its reputation for being the most successful method for personal empowerment by helping millions of people achieve greater fulfillment in their lives. In this audio edition, America's top Silva trainer takes you step-by-step through the Silva Method.

It's an audio program that will enhance your self-control, self-confidence, and personal power so that success becomes natural and easy. By: Hans DeJong. Remote viewing combined with telepathy, originally called Telecrux Power by Dick Sutphen, is a fast and accurate psychic pin-pointing technique that can be easily learned and developed by anyone willing to practice regularly for a few weeks. By: Dick Sutphen. There will be times when someone is making an important decision. At that moment, the only influence you will have with that loved one or customer or associate, when he or she is making a decision that will affect the rest of his or her life - and your life - is Remote Viewing and Remote Influencing. This unique mind technology will help you in every area of your life. By: Dennis Higgins PH. Shamanism is the bridge that connects the physical and the spiritual plane.

In this guide, Adesh Silva skips the fluff, handing you the essential knowledge needed to enter into life-altering spiritual journeys of enlightenment that will banish the darkness and fear in your life and replace it with light and positivity. Ideal for both newbies and people experienced with meditation, Shamanic Healing is brimming with deep insights and highly actionable advice that will help you resolve your deep-seated issues, cleanse your psyche of toxins, and fully develop your personal power.

By: Adesh Silva. The psychic abilities of most humans are dampened by the clutter of our conscious minds. In this timely audiobook, Russell Targ shows listeners how to quiet this noise and see into the far reaches of time and space through remote viewing. He also illuminates the phenomena of intuitive medical diagnosis and distant healing in a groundbreaking synthesis of research and empirical data. By: Russell Targ. Three words that can change your life. When you know that you are enough everyone around you will know that you are enough too. Your life will be so different and so much better when you can resonate your enoughness at a level that positively impacts your career, your relationships, and your happiness levels.

This audiobook is designed to help you massively increase your own sense of self-worth so that you like yourself, feel good about yourself, and believe in yourself. Whilst becoming permanently free from self-sabotage and self-destructive thoughts and behaviors. By: Marisa Peer. Universal Mind Power is a revolutionary approach for using the unlimited power of the mind to transform your life.

Based on the established Silva Method - which, for decades, has benefitted millions of people worldwide - it will put you in touch with your ideal self: the truly creative, loving, and successful person you were meant to be. By: Laura Silva, and others. Become Zen with your money and alleviate your anxieties about finances and earning potential. By: Ken Honda. How to visualize like a world champion contains the most up-to-date information on how to visualize your success. We've analyzed dozens of the world's top performing athletes and high-performance individuals and took note of what they all have in common, and how their minds operate. How to visualize like a world champion get straight to the point with a step by step instructional guide on how to effortlessly manifest your desires.

We'll dive deep into the science behind success and what it takes to visualize like a world champion. By: The Affirmation Network. How to focus energy in the form of thought, word and deed to attract, create and manifest wealth, health and love. Beyond the shallow waters of new-age, "law of attraction" and conventional motivational psychology there is a deep well from which you derive unbending determination and strength. That source is within you and can be awakened to achieve anything. The Reality Creation Technique is the most speedily effective method to help you make your dreams come true. By: Frederick E. The authors of the best-selling *Bold* and *The Rise of Superman* explore altered states of consciousness and how they can ignite passion, fuel creativity, and accelerate problem solving, in this groundbreaking book in the vein of Daniel Pink's *Drive* and Charles Duhigg's *Smarter Faster Better*.

By: Steven Kotler, and others. This audiobook is designed to increase your positive thoughts, manifest good fortune, and train your brain to be more positive. It contains about 40 minutes of positive affirmations and is a part of the Beach Hypnosis and Meditation Series. The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation, and a feeling of being one with the universe.

By: Sheila Skye. Since, a self-made man named Jose Silva has spread his message to over 50 million people worldwide. The message: within our minds is the power to solve any problem, overcome any difficulty, and reach a consistent level of dynamic well-being. Based on the Silva meditation technique - carefully taught in this program - you will learn: The useful and effective strategies. This audio will give you the tools you need to better your life if you do them. How does this one compare? Controlling my thought process and learning to respond to situations and not react. Any additional comments? Such a good book! I was really worried about work related issues. Instead of wasting more time in worry I listened to this book and did the Silva training exercises.

I now feel empowered and am working through creating solutions for my life and career.

[The Fir Tree](#)

[Schaums Outline of Chinese Vocabulary](#)

[The Orphan Masters Son : Barack Obamas Summer Reading Pick 2019](#)