



SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (The New Silva Life Systems Training)

NEW FOR 2008

The former four-day Silva Basic Lecture Seminar has been divided into two individualized seminars: The Silva Life Systems Training and the Silva UltraMind ESP System.

Both of these outstanding two-day seminars will help you to develop untapped potential of your mind in countless ways.

This dynamic two-day course is based on the world-renowned Silva Method of Mind Development and Stress Control, presented world-wide since 1966. In this practical and informative training, you learn to relax physically for increased health, wellness, and vitality. You will also learn techniques to become better **focused**, develop **innovative**, and **creative thinking**, and develop abilities to manifest your goals and dreams.

The mind is your greatest asset. Why not develop it to the best you can?

Day One: PHYSICAL HEALTH AND WELL-BEING

8:30 AM

Registration and check-in
(Lunch on your own daily from 12:30 PM - 1:30 PM)

9 AM - 5 PM

- Introductions, Overview, Personal goals
- How to “Mentally Houseclean;” Body-Mind connection; Reducing stress and accelerating healing; **The Long Relax**
- Causes of stress; Effects of stress; How to develop a stress reduction plan
- Increasing energy, stamina, and vitality: **Sleep to Awake**, and **Awake Techniques**; Self-direction strategies: **Dream Control, Pain Control Techniques**

Day Two: FOCUSED THINKING

9 AM - 5 PM

- Accessing dynamic solutions, superior mental functioning, mental discipline, and Right-Brain problem-solving: **Mental Rehearsal, Memory Enhancement, Three-Fingers Triggering Technique**
- Using mental attraction, attention and focus to achieve any goal desired: **Mirror of the Mind and Habit Control Techniques**
- Overcoming limitations; “How to get out of your way;” **Glass of Water Technique**
- Emergency pain control: **Glove Anesthesia Technique**
- Developing your Mind Senses for ease in living
- How to access the creative dimension: **Developing Your Lab and Counselors**

BENEFITS YOU WILL RECEIVE FROM THIS EXCITING TRAINING

- Ability to reduce the effects of stress, such as headaches, colds, high blood pressure and other physical or emotional reactions
- Increased health, energy and vitality
- Stronger immune system functioning to improve chronic disease such as diabetes
- Control over unwanted habits, such as smoking or overeating
- Improved concentration and mental alertness
- Improved memory and learning ability
- Happier, more harmonious relationships
- Ability to utilize intuition to improve your life
- Greater ease in attaining goals
- Enhanced tranquility, spirituality and peace of mind
- Improved self-esteem
- Improved self-awareness and ability to reduce worry, fear, anxiety, or irritability
- Prevention or reduction of “burnout”



SELF-EMPOWERMENT TRAINING/CREATIVE SOLUTIONS (The Silva UltraMind ESP System)

NEW FOR 2008

The former four-day Silva Basic Lecture Seminar has been divided into two individualized seminars: The Silva Life Accelerator Training and the Silva UltraMind ESP System.

Both of these outstanding two-day seminars will help you to develop untapped potential of your mind in countless ways.

This dynamic two-day course is based on the world-renowned Silva Method of Mind Development and Stress Control, presented world-wide since 1966. In this practical and informative training, you learn how to think in a special way, and apply the Right-Brain senses. You will also learn techniques to become better **focused**, develop **innovative**, and **creative thinking**, and develop abilities to manifest your goals and dreams.

The mind is your greatest asset. Why not develop it to the best you can?

Day One: DEVELOPING THE MIND SENSES FOR GREATER PROBLEM-SOLVING

- 8:30 AM Registration and check-in
(Lunch on your own daily from 12:30 PM - 1:30 PM)
- 9 AM - 5 PM
- Introductions, Overview
 - **What is ESP?: Definitions and Terms**
 - **Key Concepts for Problem Solving**
 - **The “Centering” Exercise**
 - **Development of the Four Right Brain Senses**
 - Projection to Metals
 - Projection to Tree and Leaves
 - Projection to Pets
 - Projection to Humans

Day Two: DEVELOPING SUPERIOR INTUITION

- 9 AM - 4:45 PM
- Accessing a New Way of Thinking
 - Guidance from Higher Intelligence
 - Remote Viewing
 - Unlocking Secrets of the Mind and Human Potential
 - Mental Video Technique That Allows Everyone to Obtain Guidance
 - Becoming Part of the Second Phase of Human Evolution on the Planet
 - Directions for Psychometry
 - **Caseworking Practice** to Develop Intuition and Solve Problems
- 4:45 PM
- Graduation

BENEFITS YOU WILL RECEIVE FROM THIS EXCITING TRAINING

- Access Your True Purpose in Life
- Manifest Goals Creatively
- Access Information from Higher Intelligence
- Using Right-Brain Senses in Daily Life
- Maximize the Potential of the Human Mind



ADVANCED SELF-EMPOWERMENT TRAINING with an emphasis on EXPANSION consciousness

(The Silva Method Graduate Seminar)

After completing the Silva Life Systems Training or SilvaUltraMind ESP Systems seminar, an awareness of the potential of your own mind was awakened, maybe for the first time in your life. You learned how powerful your mind is when you focus clearly. You learned numerous techniques for goal attainment, problem-solving, healing, and expansion of your senses. Now in this dynamic "hands-on," two-day advanced workshop, you have the opportunity to:

- Better understand the Silva program
- Deepen your Alpha level
- Clearly identify what you want in life
- Remove attitudinal and behavioral barriers to your goals
- Access valuable tools to live your life as the joyful, creative adventure it was meant to be

Day One:

EXPANDING CONSCIOUSNESS

8:00 - 8:45 AM

Registration and check-in

9:00 AM

- Introductions, Overview, Setting Personal Goals
- **The Expansion Exercise** to claim your dreams and goals
- The Universal Laws of Love, Attention and Attraction . . . the foundation of Silva Techniques
- The Collective Unconscious, how "programming" works
- The "Surprise" Law of Healing
- Applying the **Forgiveness Technique** as a key to peace, harmony and success.

1:00 - 2:15 PM

Lunch

2:30 PM

- **SIGA Enhanced Awareness Conditioning** to develop environmental appreciation, living **here** and **now**, and experiencing **Oneness** with all around you
 - How to create **more time** in your life
 - Releasing barriers to success; Good-bye to self-defeating thoughts
 - **“Is There Anyone Or Anything Preventing You From . . .?”** Exercise
 - **Silva Special Conditioning Cycle** -- to enhance deepening of Alpha-Level
 - Summary and wrap-up
- Adjournment

6:00 PM

Day Two:

POWER PROGRAMMING

9:00 AM

- Four steps to success with the Silva Method: Proper depth, attitude, support and programming
- The building blocks of matter and the YOUiverse
- Using the Silva "Uni-Mold" to energize people and projects
- The Seven Levels of the human aura and how they are enhanced with Alpha
- How healing occurs at the subatomic level
- **The Glass Of Water For Personal Use Technique** and **The Quartz Crystal Conditioning Cycle** (Please bring a quartz crystal of your choice.)
- The **Fantastic Voyage** conditioning for increased physical health and revitalization

1:00 - 2:15 PM

Lunch

2:30 PM

- **Farewell To Fear** exercise
- Using the Theta brain wave to remove self-defeating beliefs and habits
- **Group Casework** of class members' projects
- Closing Energy Circle of love and light

6:00 PM

Adjournment



ADVANCED SELF-EMPOWERMENT TRAINING with an emphasis on PROSPERITY consciousness

(The Silva Method Graduate Seminar)

After completing the Silva Life Systems Training or Silva UltraMind ESP Systems seminar, an awareness of the potential of your own mind was awakened, maybe for the first time in your life. You learned how powerful your mind is when you focus clearly. You learned numerous techniques for goal attainment, problem-solving, healing, and expansion of your senses. Now in this dynamic "hands-on," two-day advanced workshop, you have the opportunity to:

- Better understand the Silva program
- Deepen your Alpha level
- Clearly identify what you want in life
- Remove attitudinal and behavioral barriers to your goals
- Access valuable tools to live your life as the joyful, creative adventure it was meant to be

Day One:

DEVELOPING PROSPERITY CONSCIOUSNESS

- 8:15 - 9:00 AM Registration and check-in
- 9:00 AM
- Introductions, Overview, Setting Personal Goals
 - **The Expansion Exercise** to claim your dreams and goals
 - Defining abundance in all areas of life
 - Opening up to abundance
 - The Ten Commandments of Prosperity
 - Prosperity affirmations and how they work
- 1:00 - 2:15 PM Lunch
- 2:30 PM
- Poverty is not a virtue: Poverty vs. Prosperity Consciousness
 - Prosperity conditioning: Goal setting, committing & programming
 - The “Surprise” Law of Healing
 - How to create **More Time** in your life
 - Releasing barriers to success: Good-Bye to self-defeating thoughts
- 6:00 PM Adjournment

Day Two:

REMOVING BARRIERS TO PROSPERITY

- 9:00 AM
- **Morning Greeting Exercise** and **Daily Mental Rehearsal**
 - Developing your “Wheel of Fortune”
 - **“Is There Anyone or Anything Preventing You From Having It All?”** . . . Exercise
 - **Silva Special Conditioning Cycle** . . . to enhance deepening of Alpha Level
 - Using the Silva “Uni-Mold” to energize people and projects
 - The **Glass Of Water For Personal Use Technique** and **The Quartz Crystal Conditioning Cycle** (Please bring a quartz crystal of your choice.)
- 1:00 - 2:15 PM Lunch
- 2:30 PM
- **The Fantastic Voyage** conditioning for increased physical health and revitalization
 - **Farewell To Fear** Exercise
- 5:45 PM
- Closing Energy Circle of love and light
- 6:00 PM Adjournment



DYNAMIC HEALING (Formerly the Silva Method Ultra Seminar)

This dynamic two-day course is based on the world-renown Silva Method of Mind Development Ultra Seminar, presented worldwide.

All of our advanced seminars help you evolve in your understanding of and access to the limitless world of possibilities.

The Dynamic Healing seminar focuses on developing an understanding of healing energy fields, learning over 11 healing techniques, and actualizing your ability to promote healing within yourself and others.

GOALS OF THE SEMINAR

- To develop an advanced understanding of human potential, energy fields and healing
- To learn and utilize powerful healing tool and techniques
- To better understand your role and nature as a Co-creator
- To enjoy the results of improved programming
- To master four levels of evolution within the Silva program
- Level of integration -- immediately using a technique, not saving it for a special occasion; "Staying centered; Relaxed and in faith"
- Level of conscious love: staying peaceful and optimistic; "Turning the planet into a paradise -- one action and thought at a time;" Transmitting negative to positive
- To develop a higher calibration of consciousness

Day One:

DEVELOPING INTENTION & IMAGING IN HEALING

9:00 AM

- Introduction, Goals, Overview
- Four levels of evolution with the Silva Method
- Developing yourself as a Healer: Trust, knowledge, intention, belief
- Definition of terms
- "Centering as a Healer" meditation
- The Three-Scene Technique

1:00-2:15 PM

Lunch

2:30 PM

- The Expectancy Technique
 - Healing Energy Field
 - Human Aura and Healing
 - The Standard Healing Technique
 - The Optimum Technique
 - Developing your Mind Senses for ease in living
 - Programming to be at Level with eyes open
- Adjourn

6:00 PM

Day Two:

APPLYING PHYSICAL ENERGY IN HEALING

9:00 AM

- The Standard Conditioning Exercise
- Psychometric Concepts
- Programming Water for healing, success, and change: "The Tomato Experiment"
- Use of the Alpha sound in healing localized and generalized problems
- Silva Rapid Hand Vibration and Technique for Healing: Localized and generalized problems

1:00-2:15 PM

Lunch

2:30 PM

- Improving imagination and visualization for superior clairvoyance
- Helping children develop and maintain imagination and visualization
- The Universal Mold
- Graduation

6:00 PM