

# The Silva Method Online Training

## Silva Life System | Silva's Methodology- 5 foundations

- Alpha and Theta level functioning

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- Positive programming

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- Creative visualization

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- Desire-Belief-Expectancy (DBE)

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- The Silva Lifestyle

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## Silva Life System | José Silva

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

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## Silva Life System | What We'll Talk About

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

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## Silva Life System | Mirror Of The Mind

- Preconditioning
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- These 3 elements are need to find success in the Mirror Of the Mind
  - Desire
  - Belief
  - Expectancy

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- Exercise
  - 25 - 30 minute Mirror of the Mind Exercise
- Post-exercise
  - Step by Step explanation of how MOM can be used daily
  - Open eyed Mirror of the Mind

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## Silva Life System | Mirror Of The Mind Success Stories

- Burt Goldman

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- Christie Marie

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- Helen Flowers

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- Reinhard Leopard

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- Jack Canfield

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## Silva Life System | Modules and Benefits

### Modules | Part 1

- 4 Step Formula that will change your life
  - What you'll learn

- How to manage stress

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- Use both sides of your brain to enhance

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### Modules | Part 2

- You have all the Answers
  - What you'll learn
    - Dynamic meditation
      - \_\_\_\_\_
      - \_\_\_\_\_
      - Helps to maintain the the health of our
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_
    - Intro to manifestation
      - \_\_\_\_\_
      - \_\_\_\_\_
      - \_\_\_\_\_
      - \_\_\_\_\_
    - Long relax
      - \_\_\_\_\_
      - \_\_\_\_\_
      - \_\_\_\_\_
      - \_\_\_\_\_

### Modules | Part 3

- Strengthening the power of your mind
  - What you'll learn
    - Techniques /Exercises
      - Sleep control
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_
      - Mental Clock Technique
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_
      - Solving Problems through Dreams
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_
        - \_\_\_\_\_



**Modules | Part 4**

- Accelerating Healing
  - What you learn
    - Strengthen your natural abilities to heal
    - Techniques /Exercises
      - A Mental Exercise

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- The Headache control Technique

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- The Glove Anesthesia Technique

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- The Glass of Water Technique

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**Modules | Part 5**

- Learning Techniques
  - What you learn

- \_\_\_\_\_
- \_\_\_\_\_
- Techniques /Exercises
  - A Mental Exercise

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- The Mental Screen Technique

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- The Three Fingers Technique

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## Modules | Part 6

- Intuition
  - What you learn
    - Everything is connected
    - How to raise your level of intuition
    - Techniques /Exercises
      - Advanced Three Fingers Technique

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- The Five Fingers Technique

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## Modules| Part 7

- Successful Manifestations
  - What you'll learn
    - The ingredient to successful manifestation and what each one encompasses

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## Modules | Part 8

- Habit Control
  - What you learn
    - How to replace negative habits with positive ones
    - How the Mirror of the mind can eliminate bad habits

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## Modules| Part 9

- Using your spiritual senses
  - What you'll learn
    - How to boost your spiritual senses
    - Techniques /Exercises
      - Microcosm to Macrocosm

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## Modules | Part 10

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

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## Benefits of Silva Life System

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

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## Silva Life System | The Method is Proven

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

## Silva Life System | Tools & Techniques

- Deep Relaxation
- Sleep Control
- Clock Technique
- Awake Control
- Dream Control
- Hand Levitation
- Headache Control
- Glove Anesthesia
- Glass of Water
- Mental Screen
- Memory Pegs
- Three Fingers
- Five Fingers Techniques
- Logical Levels
- Mirror of the Mind
- Habit Control Laboratory
- Everyday Case Working