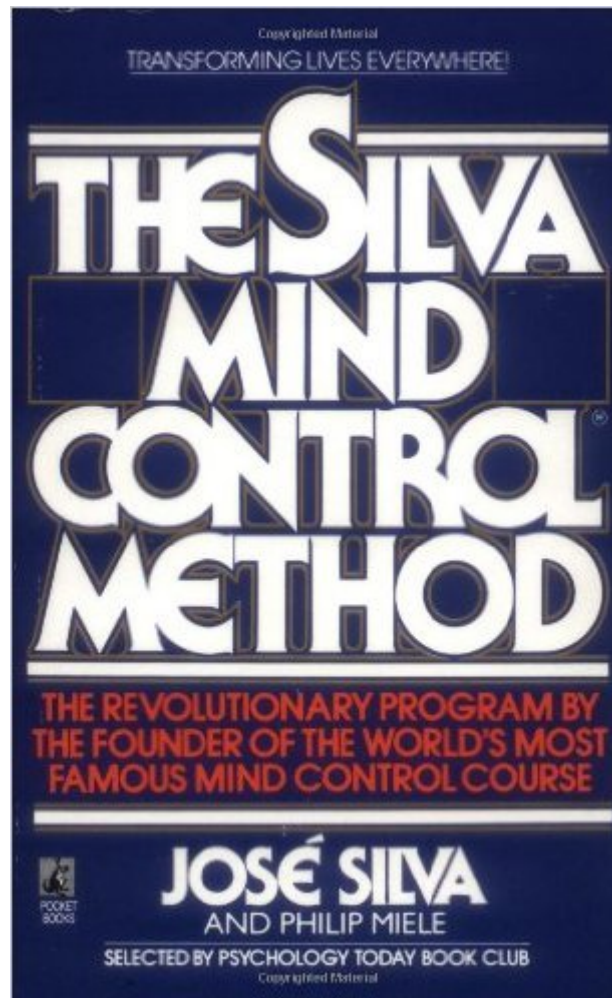


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# The Silva Mind Control Method



## Synopsis

Since "The Silva Mind Control Method" was first published in hardcover, over one million people (including top celebrities) have graduated from Mind Control training to use their minds at a deeper and more effective level, even in their sleep!

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (195 customer reviews)

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## Customer Reviews

The first time I read this book was when it first came out in 1977. I've re-read it several times since then. My copy is marked up and dog-eared, yellowed and brittle, and falling apart. Yet, it's still an interesting read every time I pick it up. The first part is a quick biography explaining how Jose Silva came to his discovery and development of the Silva Method. The rest of it is a how-to manual. It lays the groundwork for his later books which concentrate on applying these principles to your life. The Silva Method is based on a simple philosophy that you become what you think you are. If you have a negative self-image, then you become that person in the real world. If you want to change who you are in the real world, you need to change who you are in your mind. And he tells you how to do it. On one level, it's a beginner's course in positive thinking, giving you step-by-step instructions on active meditation and creative visualization. Silva tells you how to go to your "alpha level" (a semi-conscious dream state), create a positive self-image, and turn it into reality. Even if you never get past this beginning stage, if all you can do is repeat Emile Coue's daily affirmations, "Every day in every way, I'm getting better and better" and "Negative thoughts have no influence over me", you'll still be so much better for it. It's really like positive self-programming. But, on another level, it's also an advanced course teaching you how to expand your mind to increase your

intelligence, improve your memory, develop ESP, heal your injuries and disease, and even heal others. Getting there is a little more difficult for most of us because it involves a leap of logic and faith. We have to overcome our belief systems.

Jose Silva's book about the Silva Method is good. However the 4-day workshop is excellent. Taking the course in 1981 forever changed my life. Before my introduction to the Silva Method I was skeptical if I could not see, feel, taste or touch something. I saw only the physical world and thought the way to understand and harness it was through science and technology. The experiences of a fellow therapist and a psychologist I worked with, who I respected, closed my tiny materialistic window and opened a vast door to the invisible world of energy and spirit. They said they had each learned to diagnose and heal three people knowing only their names, age and location. Steeped in the medical model for healing I suspected my friends had been duped and thought about taking the course to expose the charlatans. Especially since the Silva training had a money back guarantee. When I heard a 4-day Silva course was being offered locally, I signed up. The introductory lecture was about Jose Silva, the founder, and outlined the almost four decades of research and development of The Silva Mind Control Method. The instructor said the five senses—touch, taste, smell, hearing and sight are only a part of the senses we are born with. He said the exercises would help us learn to use more of our minds and use it in a special way to prevent illness, improve our health, solve everyday problems, learn more easily, strengthen our imagination, deepen our spiritual awareness and tap into Higher Intelligence. He said that meditation takes place when we are in the Alpha Brain State and that an electroencephalograph (EEG) can measure it. The brain rhythms of the Alpha Brain State are about seven to fourteen cycles per second (CPS) and we are in this energy state when we first go to sleep and when we dream.

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