

# FREE THE SILVA METHOD: TAPPING THE SECRETS OF YOUR MIND FOR TOTAL SELF-MASTERY PDF



Jose Silva, Philip Miele | 208 pages | 09 Mar 2000 | Souvenir Press Ltd | 9780285635418 | English | London, United Kingdom

## **The Silva Method: Tapping the Secrets of the Mind for Total Self-Mastery by Robert B. Stone**

Goto Shopping Cart. Sign Up for email and receive exclusive offers, online discounts and info on our newest courses. Your information will never be shared or sold to a 3rd party. Author: Robert B. Stone, Laura Silva and Kain Saniya. The Silva Method Mastery Course teaches you to tune

into a brain-wave frequency that helps keep the immune system strong and that encourages creativity, relieves stress and measurably improves human performance in most situations.

You will learn the skill of mind control at the Alpha level — a process that is simple, sequential, and as natural as simply relaxing in a chair. Jose Silva was a successful businessman. He had various patents and had managed to build a thriving electronics business. He was all set for a nice, comfortable life. Then, in trying to help his children with their schoolwork, he experimented with various techniques. He discovered a remarkable fact: Geniuses use special levels of their mind, levels which we ALL can tap!

You see, our mind is like a gearbox with many gears. Much like the gearbox of a car, each gear has a specific purpose. Which The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery we are in is decided by the electrical activity in our brain. Most of the time, most of us are engaged in Beta gear.

But your brain has another gear. A higher gear — called Alpha. Alpha has a slightly slower pulsation rate than Beta. In other words, if Beta is like driving a car in third gear, Alpha squeals the tires in sixth gear! In Alpha, creative and intuitive capabilities that are inaccessible in Beta mode open up. The brain switches to a more open, harmonious frequency.

As this unique gear kicks into place, stress melts away, inspiration appears from nowhere, and solutions to problems are found.

Frequently and easily. We naturally use four gears unconsciously in the course of our daily life — Beta, Alpha, Theta, and Delta. Most people use the latter three gears only in their sleep, with occasional flashes during the day. But the majority of their conscious waking time is spent in Beta. Beta handles logical thought, deductive reasoning, linear perception, and mathematical challenges.

These are its specialties. Yet when it comes to creative thought and problem-solving, Beta comes up short. The most creative and successful people throughout the ages have either a natural ability to engage different gears at will or have trained themselves to do so.

Thomas Edison would sit quietly in his chair with a large steel ball tied to his finger. Deep in thought, his mind automatically engaged the Alpha gear. As he drifted into unconscious sleep, the large steel ball would drop, and he would be jolted back to normal waking consciousness — Beta.

This was his method of maintaining the Alpha connection. Today, right now, you have the same potential to gain control of your own mental gears. Yet without conscious control, we cannot exploit the full potential of these levels of mind. Having been on automatic pilot all our lives, this requires practice.

The best way to do this is to perfect The Silva Method Mastery Course and use its conditioning cycles to return conscious control of these inner levels. By accessing the creative insights available through The Silva Method Mastery Course you can boost your ability to make decisions and solve problems immediately! As you become more proficient, you will notice the special peaceful feeling that comes from Alpha.

Things will no longer bother you as they used to. The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery by entering Alpha more often, you will find yourself more able to take on the challenges that life presents and even have a laugh or two along the way. These benefits, phenomenal as they may be, represent only a small fraction of the promise of Alpha, the dimension that The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery will explore as you work through The Silva Method Mastery Course program.

One of the benefits of being able to enter Alpha at will is that it is the gateway to sleep. By going to Alpha before sleeping, you will be able to quiet your mind and body, making it easier to enter natural, healthy physiological sleep.

Furthermore, if you find yourself tired, you can take an Alpha break to recharge. The fact that you are reading this email shows that you are willing to change your life.

The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery reading this email is not enough. Success comes only when you apply the techniques offered to you here.

Nobody can make that choice for you. This is a more important decision than you may realize. By engaging the Alpha gear, through The Silva Method Mastery Course you put yourself at the forefront of human potential.

By tapping into the power of the tools available to you, you automatically promote yourself into the elite league of human beings who have chosen to take control of their lives. You will no longer have any excuse to be unhappy about your life. You will realize that YOU are in control of all your experiences and that you have the power to change them.

There are no more excuses you can make for the state of your life. Ten minutes to reclaim your life. The cranky boss is still going to be there. You will realize that you DO have the power to change your life. It sounds like an incredible promise — to just close your The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery, take a nap, and come up with the solution.

But we truly can gain a very powerful advantage by asking our inner consciousness for help. The idea of using dreams to solve problems is very much accepted. Dimitri Mendeleev, the inventor of the periodic table, was inspired by a dream.

With the techniques provided in The Silva Method Mastery Course you can now join their ranks, tapping the creative power of sleep. The Power of Focus Many people experience a sense of trepidation when they have to perform certain tasks. Speakers tremble before they speak, students falter at the exam hall, and prospective candidates crumble in an interview.

All of these people have experienced the power of focus in a negative way. If we can so effectively shoot ourselves to bits, can we employ the

power of focus in a positive way?

So, we know that by changing our perception, we are able to change our reality. In other words, everything in your life is there as a direct result of your core beliefs.

Most importantly, this includes your health. The Silva Method Mastery Course Self-Healing techniques allow you to master the spiritual techniques that empower you to attain and maintain perfection physically, mentally, emotionally, and spiritually. The process starts by desensitizing your limiting beliefs. Such baggage as guilt, negative karma, energy blocks, and other beliefs that lead to self-sabotage are cleared away so you can experience your true innate abilities.

You will learn of the various spiritual laws that govern the universe, such as the "Law of Attraction," the "Law of Cause and Effect," and the "Law of Karma.

You can use all the dimensions, if you choose. The doorway to the inner realms of consciousness is the Alpha level. The methods of communication are visualization and imagination, and all other thought. Once awakened, the inner giant stretches out and opens doors and opportunities, invoking your full potential.

I highly recommend it to anyone who is seeking to enrich their way of life. Wayne Dyer. After training, the graduates of The Silva Method remember better, learn more quickly, and are able to apply creative visualization techniques to eliminate physical and mental problems.

Some even credit Silva techniques with heightened ESP. Anyone who has taken this course can tell you stories that simply defy explanation. Sign Up NOW to receive a daily dose of insight and inspiration. Click here to Subscribe. Motivational Quote of the Day.

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About Jose Silva with Philip Miele. Jose Silva with Philip Miele. Escape the Present with These 24 Historical Romances. You know the saying: There's no time like the present In that case, we can't The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery more Trivia About The Silva Method No trivia or quizzes yet. Welcome back. Just a moment while we sign you in to your Goodreads account.

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Goto Shopping Cart. Sign Up for email and receive exclusive offers, online discounts and info on our newest courses. Your information will never be shared or sold to a 3rd party. The Silva Method equips you with the tools you need to evaluate your productivity Award-winning Silva trainer Robert B. Stone teaches you how to enter the Alpha State - an inner conscious level of brain wave frequency. At the Alpha state, you'll activate deep states of accelerated mental activity, intuition, learning, memory, ESP, tranquility, rest, and relaxation.

The inventor of The Silva MethodDr. Jose The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery, was a successful businessman. He had various patents and had managed to build a thriving electronics business. He was all set for a nice, comfortable life.

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inaccessible in Beta mode open up. The brain switches to a more open, harmonious frequency. As this unique gear kicks into place, stress melts away, inspiration appears from nowhere, and solutions to problems are found. Frequently and easily. Sign Up NOW to receive a daily dose of insight and inspiration. [Click here to Subscribe.](#)

Motivational Quote of the Day. Successful individuals have always found inspiration in the words of others. Enhance your success with some of the most brilliant, motivational quotes The Silva Method: Tapping the Secrets of Your Mind for Total Self-mastery expressed ... delivered right to your inbox, each and every day!

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