
THE OFFICIAL SILVA METHOD NEWSLETTER

A LETTER FROM THE EDITOR

When Hilda and Max called and asked if I would help them with the newsletter planned for the new Silva Method Web site. I took a deep breath, put my three fingers together, and I said OK . . . because I knew from past experiences that the collective wisdom of the Silva Method Instructors would be great help with the newsletter. This first issue certainly reflects that knowing.

Being a Newsletter Editor means that I have a new Silva hat to wear. I have had great adventures and experiences wearing different hats for the Silva Method: as an organizer of classes for Jose Silva, as an instructor of the Basic, Graduate, Mind2.0 Seminars and working with Harry McKnight with Instructor Training for more than ten years.

One of the most interesting hats was as Coordinator of the Silva International Convention for five years. When Jose Silva asked me to be the Coordinator, he wanted the Annual International Conventions in Laredo to be as much fun as the 5th & 10th Anniversary Convention in Amarillo had been. He wanted to see people smiling and laughing with each other. He wanted to see graduates sharing their enthusiasm about the Silva Method, and learning from each other as well as learning from the speakers.

Mr. Silva had thought until that time of the Amarillo Convention that graduates would only want to hear scientific stuff . . . but it turned out that it wasn't so great from stuffy scientists. The new format of workshops and talks by Silva Instructors was a success because every instructor from around the world cheerfully and eagerly helped. I no longer wear that hat, but I always look forward to the annual convention!

The format still works today and I hope to see you in May in Miami. What can we expect besides a Floridian paradise for a setting? We can expect to reunite with friends, make new friends, learn new techniques, reinforce old techniques and we can expect to laugh and smile, we can expect a collective energy that is revitalizing to the spirit and body . . . a collective wisdom that has potential to point us down a path toward spiritual enhancement . . . a path toward creative problem solving . . . a path toward inner peace. Our theme this year is so very timely (Peace at the Molecular Level)

See you in Miami! Wishing you a better and better day,
Shalom,
Nelda Sheets

WHAT IS THE SILVA METHOD?

By Ken Coscia,

A quantum leap in the perception of human potential came with the discovery that we can learn to function with awareness and self control at alpha and theta brain wave frequencies. At these frequencies, more of the mind goes to work for us with strikingly powerful and amazing results.

Jose Silva, the creator of the Silva Method, began his research into the secrets of the human mind and brain waves in 1944. His research confirmed that IQ could be raised through mental control of alpha waves. This led him into a whole new related area. Today it's called psychoneuroimmunology (PNI) among other things, and many of the current groups practicing mind enhancement got their start with the Silva Method. Independent scientific studies have since demonstrated that alpha brain wave activity is associated with inner levels of mental activity, tranquility, rest, inspiration, accelerated healing, creativity, intuition, learning and memory. No wonder his work has been written about in such publications as Newsweek, Harpers Bazaar, The Boston Globe, The Bridgeport Post, The Hartford Courant, The New York Times, Mademoiselle, Life, Success, and hundreds of others.

The Silva Method is a step by step proven program of easy to learn techniques that give the essential mental tools for personal success, health, happiness, and spiritual well being. You can:

- Put zest into your day and add sparkle to your life! Enhance your memory and concentration!
- Transform your health & relationships! Increase your earning capacity or pursue another career!
- Develop your intuition and enhance the Luck Factor! Create and enjoy the life you want!

I would like to express to you, why I believe that you may find The Silva Method to be vitally important to your success. I meet many people who are well versed in this field through reading, tapes, meditation and other seminar participation. Some of them have many, many years of experience. The most common concern expressed is their lack of success in utilizing and integrating what they know. Many even wonder if there's anything new here. ADO I know this already? These are the very people, who upon experiencing the live 2-Day Basic Course, report that Silva has put it all together for them. I also have been told by many trainers from other seminars that they can tell who the Silva graduates are. Their observation is that Silva Graduates learn faster, are more open to new ideas, and get better results.

Free review is vital to your successful integration of any new skill. You enjoy reinforcement and expansion on what you know in more meaningful ways. Most of all...it is Free of Risk to you. The Silva Method has a money-back guarantee. Upon completion of the course if you are not satisfied, you return materials that we gave you and your tuition is refunded.

Ken Coscia, a frequent Silva award winner, has 30 years of diverse experience with the Silva Method. He has been conducting the Basic Course since 1971. Ken conducts The Silva Mastery Seminar internationally and the Basic Seminar in Connecticut. For his schedules call him at 860-674-1009 or email at: Info@SilvaMethodCT.com.

REFLECTIONS WITH HARRY

SOME THOUGHTS ABOUT SUBJECTIVE EDUCATION
By Harry McKnight

The term Subjective Education, versus Objective Education, meaning the inner conscious levels and our educating ourselves to/in the laws involved in functioning, problem solving, imaging, sensing clair-sentiently, clair-audiently, and clair-voyantly, etc. and discussing experiencing at Level in the same way as we discuss Objective Education at Beta, so to speak, seems to miss the point of reflecting (being reflectively aware) at an inner conscious level (subconscious level). We are aware while we have predominately Beta waves, eyes open, active movements even (Objectively); To be at level (alpha) is to open our sensory functioning to other dimensions of reality that existed before we made level changes so we could be more easily aware of what our minds are possessing; reality has not changed; we have changed our focus of attention and our state of brainwaves so as to be aware of reality's dimensions that are there for us to experience; it's up to us to attend more perceptively. Learning to attend at these other dimensions is what subjective education seems to mean.

Artists tune into these other dimensions naturally and they can cultivate their tuning in, sharpen skills, imitate experts in their fields, etc. Cultivating is what education is: to bring forth the learning from within themselves and to express their experiences as perfectly as the mind's eyes, ears, feelings, ...inner senses do. That task of expressing one's inside experiencing in media so that the artist and others can experience what's inside the artist, is the creative process. We are naturally creative beings, ever reaching inward to express outward. Subjective Education may not be the most accurate term for describing this process.

If we look into the dictionary for the meaning of "subjective" we find that it pertains to the mind (and that seems to be right on), but it goes on to refer to what subjectivists mean by

"subjective" and the meaning starts to become more what the perceiver perceives reality to be, not what it might really be. In other words, there seems to be an inside reality: and an outside reality; the inside is subjective, but quite relative to the perceiver, not to the "objective reality" of the five senses world. In psychology/psychiatry, "subjective" can mean not necessarily to be in touch with reality and an outside reality as psychologists/psychiatrists might conceive the world of reality to be. Sometimes that is called "being delusional" and "abnormal". But "subjective" in Silva means using inner sensing at alpha/theta to perceive at other dimensions, even people and things and what is not in one's presence physically. But people and things and what is not in one's presence physically, objectively, to be sensed with the objective, physical five senses.

Perhaps we need to emphasize that changing one's brainwave patterns by using more of the alpha/level functioning (We educate ourselves to do that.), and establishing points of reference at those levels of experiencing so that we can recognize and understand and interpret the experiences we can have in effective sensory projection exercises by using our imagination in the discipline of the exercises, enable or allow us to be in touch with reality at different levels and depths and thereby experience the various dimensions of reality.

More and more scientists are understanding dimensions of energy in the Einsteinian model, more they ever had in the Newtonian model. Let's use a different terminology, different from subjective/objective, to capture what the world of science and the world of people seem to be really like.

The word of "vibrations" comes to mind and it seems to be a key term. Every thing and everyone is vibrating energy. Our sensing is to tune our vibrations to the frequencies of things and everyone we experience in the course of living, working, playing and being.

Subjective education, then, can mean educating ourselves to tune into the vibrations of reality, whether reality be inner or outer. We perceive because mind perceives vibrations, and we vibrate with real things and people, no matter at what dimension. The more levels and depths in which we practice using perceptively, aware, reflective mind, the more educated we are. As we express and communicate that experiencing, the more artistic we are, the more creative we are, and we transcend limits but ascending dimensionally into Reality, the very bosom of God, the Source, the Absolute Reality.

It is all a matter of vibrating with REALITY.

Harry McKnight earned his MA from Tulane University and was awarded his degree in philosophy from St. Anselm's University in Rome. He performed his graduate studies in theology and became certified in counseling and guidance. Mr. McKnight became involved with the Silva Method in 1968 and was soon appointed Director of Instructor

Training. He has taught the Basic, Graduate, and Ultra Seminars internationally. Harry will be a regular contributor with his article and he would like for you to "reflect" with him. He encourages and invites your comments and questions. Email him at: hfmck@aol.com.

A BOOK REVIEW

SECRET LIFE OF YOUR CELLS; Robert B. Stone, PhD
By Marjorie Dearthmont

Imagine how you would feel if you discovered your houseplants have awareness of your activities and your thoughts and have responses to them similar to human emotions. One curious man made such a discovery and the ensuing work of his Backster Research Foundation has changed the way we look at plants and the world around us

Cleve Backster, foremost polygraph expert, hooked his office plants to a lie detection equipment, out of curiosity, and learned that just the intention of burning a leaf created a violent response. Further research showed that when he began a walk to the store and, blocks away from the plant, he discovered he had forgotten his wallet and started home to retrieve it, there was a sharp peak on the recording device. When Backster replicated his steps, there was no response. The plant's apparent differentiation of planned activity and spontaneous, and other responses recorded by Backster, suggested to him that plants have primary perception, that is, more fundamental than the five senses.

Backster's curiosity led him to record reactions of cells taken from the mouth of a person. He discovered that the cells, at a distance, reacted to the appreciation of a playboy centerfold just as the man's intellect did. The implications of cells reacting to thoughts and emotions are enormous. Does this mean we can "talk" ourselves well? How is this connected to "remote viewing," mental telepathy, subjective communication or psychic ability? What are requirements for making it "work?"

Robert Stone describes the challenges Backster faced with the scientific and medical communities and the holistic health implications. He also details how Jose Silva's "Silva Mind Control Method" trains students to function at the proper level to effectively use this "mind to cell" for the benefit of humanity.

You may have heard stories about organ recipients who took on personality characteristics of their organ donors as in the romantic comedy, "Return to Me" -but have you ever heard how scrapings of cells from a man's mouth reacted as he sat some distance away looking at pictures in a magazine? Perhaps you know that dogs can tell when their owners are coming home-but have you heard that plants become excited at the exact moment that their people decide to come home? THE SECRET LIFE OF YOUR CELLS asks many such profound questions as it describes many of Cleve Backster's fascinating experiments.

Seldom has one book managed to successfully to address the non-local nature of consciousness in the form of describing very concrete experiments. As I read this book and mulled over the fact that all cells are aware and conscious, my life took on a fresh new feeling of awe.

Part of Backster's genius as an experimenter has been his ingenuity in devising original experiments and another aspect of his genius has been his ability to create experiments which are capable of testing plants and cells for their awareness of their surroundings without psychically tipping them off to the intentions of the experimenter.

Backster's experiments depend upon spontaneity and real feelings (just like what happens in the real world), rather than artificial and repetitious redundancy (what most scientific researchers study). Anyone who is seriously interested in better understanding the field of consciousness research, needs to read this classic book. It will change your view of the world forever!

Marjorie Dearthmont earned her M.A. from the University of Akron. She taught in secondary schools and in adult education and was employed at a suicide prevention/crisis center. She now teaches in Akron, Ohio and Houston, Texas. Marjorie says that she teaches the Silva Method because she believes it is the most effective way to empower people to get rid of limitations and awaken their powerful genius capabilities. For information about classes in Akron or Houston email her at: MDEARMONT@aol.com

MEET ONE OF OUR SILVA METHOD INSTRUCTORS

Betty Perry is the Director of the Silva Method in Tampa Bay and is the Coordinator of Training for New Silva Basic Seminar Instructors. We asked Betty why she teaches the Silva Method.

This is her statement: "Teaching Silva for twenty years has been the most rewarding activity I have ever engaged in. Each class has its own unique group of individuals with many different needs. I continue to be intrigued that the Silva techniques can be used by all of them depending on their desire to do so. When someone returns to class after years or months and tells of their success, I am delighted to know of their success. Some that stand out are the attorney who wrote after eight years that for the past seven and half he had used no addictive substances. I only knew that he wanted to quit smoking, or the young lady who returned after fourteen with her 11 and 13-year-old children so they could grow up using Silva. How many years will I teach I do not know, however as long as it is as rewarding on many levels as it has been, I will carry on."

A native of Pennsylvania, Betty Perry has had varied careers. Her original career was a registered Nurse with work experience in several areas including psychiatry. After her children had gone to college, she assumed a career in the business world as a full

charge bookkeeper and office manager. This career was less than satisfying.

Wanting to be in a position to help others outside of the traditional nursing role led Betty into the workshop and seminar circuit in 1981. In this arena she discovered that her true talent lay not in healing physical wounds but rather in working to heal the mind.

Since that time Betty has presented hundreds of workshops helping people to use their internal strength to heal old wounds and mold their future. Her work has led her across the United States and internationally as well.

Contact Betty Perry for seminar information at www.silvacourse.com/bettoperry.html or Email her at bettoperry1@juno.com

PROSPECTS FOR THE SILVA TECHNIQUE, “THE IDEAL PLACE OF RELAXATION”

by Nelda Sheets

Ralph Waldo Emerson wrote in his essay, PROSPECTS, “Every spirit builds itself a house; and beyond its house a world; and beyond the world a heaven. Know then the world exists for you.”

The prospects for the Silva technique “ideal place of relaxation” is incredible. Graduates, who have explored its potential, say that if they got nothing else from the Silva Method, it was worth the time and money.

Let’s review the technique as presented in the Basic Seminar. Use the Three to One method to enter level, deepen then project to your “Ideal Place of Relaxation.” If at all possible, choose a place where you have physically and mentally relaxed. A real/physical place is better than an imaginary place. Jose Silva has explained that the reason for this, is that the brain and body get a stronger message when it is from a remembered experience. Coaches and Sports Psychologists agree and tell athletes that a mental rehearsal works best when the body and mind has previously experienced the activity. If you do not have a real/physical place, the second best is to combine a daydream with a previous experience. An example: you have seen a movie with a great tropical beach that you can easily imagine yourself in the scene.

Once you select your place, use all your senses to fully experience it. Picture in your mind all the colors that you would see if there . . . physically. Hear the sounds, feel the temperature and other sensations such as upholstery. One goal for this part of the focusing experience is that it exercises the mental senses.

Another goal is the relaxation that is immensely beneficial. A report of a study of how relaxation affects the immune system, tells us that when we relax our interleukins increase in the blood stream. (the immune system to fight cold and flu viruses.) Another good reason for using our imagination to experience our relaxing place is some information released from a study of relaxation and the immune system. That is, people who attempt to relax and are mentally bored, show little increase of interleukins. My point? Silva Dynamic Meditation is never boring and graduates enjoy reved-up immune systems, lower blood pressure, lower cortisol level, less anger and friendlier dispositions. A second benefit is the “energy booster” that is programmed with the statement that we will feel as though we have had one hours rest.

A graduate from Amarillo shared her appreciation of the Silva Method. She has severe pain in her back, most of the time and walks with difficulty. She chose as her “ideal place of relaxation” riding on the back of a horse. She daydreams that she is on the horse, moving with the wind . . . free to move as fast as she wants . . . free of pain. She shared with the class that technique was worth the price of the course. Another graduate has cerebral palsy and he chose his fish aquarium to be his ideal place for relaxation. He learned to stop spasms before they set in by taking a deep breath and immediately projecting into the relaxing swimming place.

Dr. William Bates, noted ophthalmologist and author of RELAXATION FOR BETTER EYESIGHT, taught a similar technique for relaxing the eyes and for strengthening the eyesight. His technique is while we are involved with reading, sewing or other visual activities, to take a break every fifteen minutes. The prescribed break is to: Close eyelids, take deep breaths and mentally project to a mountain cabin in a beautiful setting; picture the lake or stream, the trees, the sky. Dr. Bates explains that this relaxing, pleasant mental exercise helps to relax the eyes.

Hilda Silva Rubio is asking Silva graduates to share our “ideal place of relaxation” on the Message Board of our Silva Method website. I have three places; a special seat in the Cathedral of Notre Dame in Paris, a tropical beach on Guam and my living room in Round Rock, Texas. Each place is for a different reason or project.

When I want a retreat to get in touch with my creativity, my ideal place is Paris, France. I relive a wonderful relaxing, energizing, intuitive, and spiritual experience that I had in the Notre Dame Cathedral while attending a Sunday afternoon concert. My friend Doralee and I, planned to arrive in time to get a good seat in order to have a perfect view of one of the huge Stained Glass Rose Windows. During the actual concert, I went to level

and became the music, became the colors in the glass window, attuned to the creative artist who designed and executed the window. It seemed to be a symbol of the Creative Intelligence of the Universe. Now when I want to get in touch with my creativity, I go to level, project to and spend time in a very special “ideal place of relaxation.”

When I go to level to program myself for health, I project to a beach on Guam where I relive and remember the beauty of walking on a beautiful beach. Attuning to the power of the moving ocean is very relaxing as well as energizing. Feeling the warm sun and soaking up energy from the sun rays is magic for me. When I want to focus my mind for energizing health projects, the ideal place to project is to a beautiful beach on the tropical island of Guam.

My third “ideal place of relaxation” is where I go most of the time for my everyday stress control and when I do most of my everyday programming. When I close my eyes and go to level, I project to my living room, I relax on the couch, feeling the texture and comfort of the cushions and feeling the moving air from the overhead fan. I visualize the three walls of books, picture the art, and my dog, Suzi who naps at my feet; I listen to the sound of birds, clocks ticking and Suzi snoring; I smell a scented candle, and simmering spaghetti sauce. I love having an “ideal place of relaxation” . . . a place to feel at home . . . within.

The prospects for the Silva Method Technique, “the ideal place of relaxation” are indeed incredible. Our spirit has a house, a world, a heaven. The world is ours.

Nelda Sheets has more than thirty five years experience teaching the Silva Method. Nelda is a professional artist, has worked in business for most of her life and is the author and presenter of her “Enhancing Creativity” & “Parenting Skills using the Silva Method” two-day workshops. For information about schedules Email: neldasheets@aol.com

POINT OF POWER

When thought and talk get around to doing something to improve the quality or quantity of one’s life, that is often the time to observe really “creative” behavior. Some individual’s grasp the moment and do something to bring about the improvement. Other strategies involve objective examples of how time and space can be manipulated without benefit of a degree in physics. Some procrastinate and put off until a future time and place (usually mythical and never happening). These lives are primarily “lived” in the FUTURE.

Then there are the folks who “live” their lives frequently referencing the PAST. While both perspectives are necessary and valuable uses of time and space, overused, they frequently present individuals who are seldom “alive” NOW. The primary reliance on FUTURE or PAST does seem to diminish and frequently

eliminate the need for being responsible for ones’ PRESENT behavior.

Using a time and space reference where TODAY’S problems are frequently perceived as KARMA and this present time is one’s opportunity to work out problems created in the PAST, there is less frequently the statement that KARMA also has positive aspects. Indeed TODAY’S vacation, wealth, health, travel or companionship are also karma for those who did their programming well YESTERDAY.

At any PRESENT moment, one can put creative magic into their lives and actually create circumstances to manifest in the FUTURE. One of the important aspects is your choice of what you have selected from your PAST. An individual who is in control of their INTELLIGENCE to direct MIND stand at the point of power - TODAY- to select those positive events and plus qualities from the PAST. This powerful technique allows one to create other events of a positive nature which will be the KARMA you have to select from TOMORROW ---or is it TODAY??

Dr. George.DeSau, a psychologist in Pennsylvania has been with the Silva Method for more than 30 years taught and has lectured internationally on topics ranging from internal motivation and success, decision making, making changes, sales force training, nutrition and habit control, also stress management and control, and accelerated learning. George presents the Graduate and the Mind2.0 Seminars. Look for his essay in each edition of our newsletter. He has created cassette tapes which are available from the Silva Method International. Some favorites are: WELLNESS AND RECOVERY, GOING WITHIN and LIMITING BELIEFS. Check the Catalog on the Home Page of the Silva Method web site or ask your instructor.

AlphaBits

AConventional medicine will keep breaking new ground in treatment and prevention, yet often the most effective solutions are found in the medicine cabinet of the mind. In one study, meditating 15 minutes twice daily reduced physician visits over a six month period and saved the health-care system \$200 a patient. Sometimes the best things in life are free. -By Mehmet Ox, M.D.in article titled “Say OM Before Surgery” IN TIME MAGAZINE, Special Issue: MIND AND BODY, January 20, 2003

Add this phrase to your mental housecleaning or cancel-cancel list: AI am having a senior moment.” Young people forget things often...do you ever hear anyone say, AI am having a junior moment?” Nope, not ever. A study at Yale University showed that people who have a positive attitude about getting older live seven years longer than people who are negative about it. Program your brain with a positive message such as “Today, here and now, I feel younger and younger, stronger and stronger.” - Study was reported in web site: <http://aols.health.webmd>

A web site that I enjoy and recommend is: www.beliefnet.com.

A medical doctor in one of my classes told us that he considered the “Silva Glass of Water Technique” effective. It is very much like the placebo, he told us. In the December 2002 issue of BOTTOM LINE, the following was reported: “In a recent study, some patients underwent real arthroscopic surgery and others a placebo surgery (small incisions were made, but no tissue was removed). During the following two years, patients who had the placebo surgery consistently reported the same improvement as patients who had the real thing.” Nelda Wray, MD, is chief of general medicine, Houston VA Medical Center. Her study of 180 patients was published in THE NEW ENGLAND JOURNAL OF MEDICINE.

A wonderful poetry book to buy for a gift or yourself is: JOURNEY THROUGH HEARTSONGS by eleven year old, Mattie J.T. Stepanek. He is in a wheelchair and has help with tubes to speak. He calls Oprah Winfrey and Jimmie Carter “friend”. You can order his book from www.VSPBooks.com. The following is an example of his talent and his heartsongs:

I need a hope...a new hope.
A hope that reaches for the stars, and
That does not end with violence and war
A hope that makes peace on our earth, and
That does not create evil in the world.
A hope that finds cures for all diseases, and
That does not make people hurt,
In their bodies, in their hearts,
Or most of all in their spirits.
I need a hope...a new hope,
A hope that inspires me to live, and
To make all these things happen,
So that the whole world can have
A new hope , too.