



It Works... USE IT!

By Laura Silva Quesada

How many times have you heard adjectives such as new, improved, updated, or revised in marketing packages selling meditation, relaxation, and general self-improvement? The truth is that whatever tools, techniques and methods worked fifty, one hundred or one thousand years ago still work today.

People of today are still suffering from the same physical, mental, spiritual and emotional problems as always. What is necessary in solving the problems of today is not a new “Take” on a “Tried and true approach,” but a better understanding of the “Tried and true approach.”

The “Tried and true approach” is being taught now in countless of seminars and trainings and has been taught throughout the ages mostly through the teachings that constitute the various religions. The approach is simple and it works! In a nutshell, the approach goes as follows:

***ATTITUDE:** Think and create positive thoughts, outcomes, solutions, desires and/or intentions. Make it a habit to think this way so as to live with a positive and optimistic attitude.

***RELAX:** As with all meditations, even prayer, close your eyes and seek that inner space within you. Creativity, problem-solving, and healing are just a few of the benefits gained from relaxation and meditation. A more modern way of doing this is to simply enter a meditation and slow down your brain frequency to alpha and/or theta.

***DESIRE** to solve problems, and always set goals. Be instrumental in solving problems for others as well. The more you give, the more you get in return. This will give your life purpose, meaning and worth.

***BELIEVE** that all problems have solutions, and all goals will be reached or BETTER than that. Believe that you can and will solve your problems.

***EXPECT:** Though expectation you dictate your outcomes, both good and bad. It is necessary to

always expect the best outcome to happen. Expectation builds conviction and helps to remove doubt. Always have an expectation that what you desire will happen or BETTER than that!

***IMAGERY** is used for communicating your needs to the Universe, a Universe which seems to respond to thoughts, and from where all things come. This means that you will use visualization for identifying the problem and imagination for creating pictures of the desired outcomes. Use imagery together with your MindBiz strategies while programming, and “Know” that it is just a matter of time before your dreams become a reality.

***PERSISTENT ACTION:** Don't ever give up. Be persistent. Do not allow one failure to break you or one success to make you. Stick to your programming, making modifications along the way until you reach your desired outcomes. Be consistent with our programming and “Walk the talk.” You will get what you want or BETTER than that if and when you are persistent.

***FEEDBACK:** Be sensitive to feedback and make modifications as you go. Notice any kind of feedback that directly relates to your goal or outcome. If the feedback is positive, then continue with the same programming. If the feedback is not consistent with what you want, then evaluate your programming and make the necessary modifications.

There are plenty of programs out there, and if what you find in the Silva Method trainings don't suit you, and then find one that does, that truly does work and then USE IT! Just a word of warning:

DO NOT BECOME A SEMINAR JUNKIE

Leaving program after program without ever really applying it does little for you. Learn the information, practice the method and allow what you learn to become a real part of who you are. The best of your life can be the rest of your life by using what you learn.