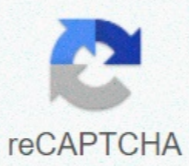




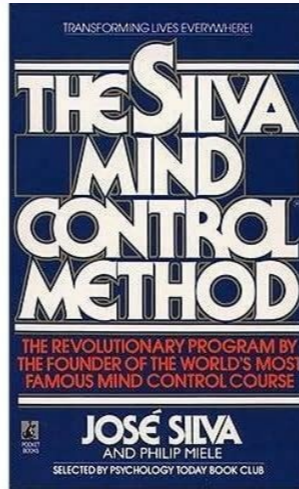
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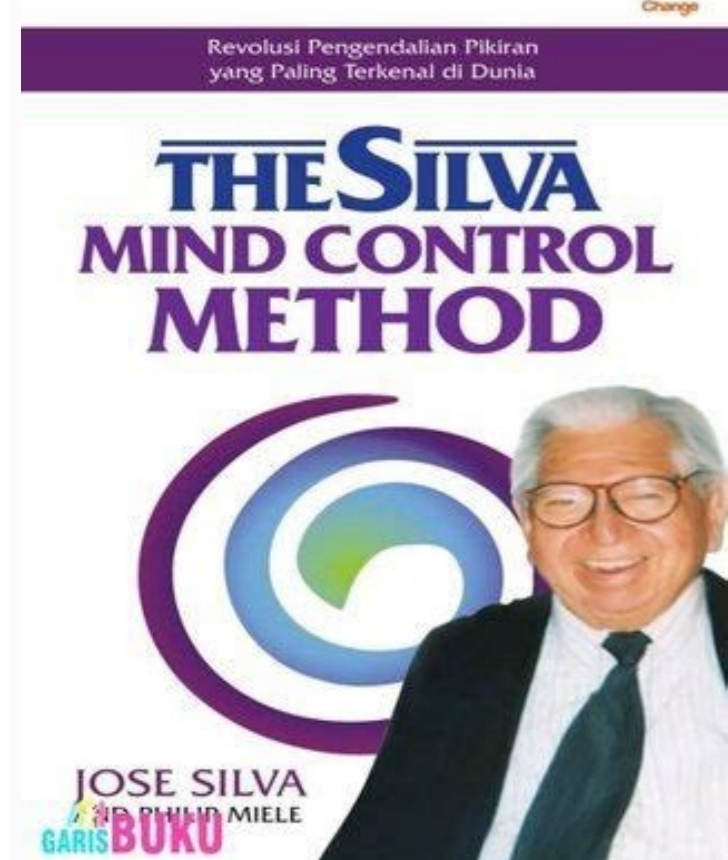
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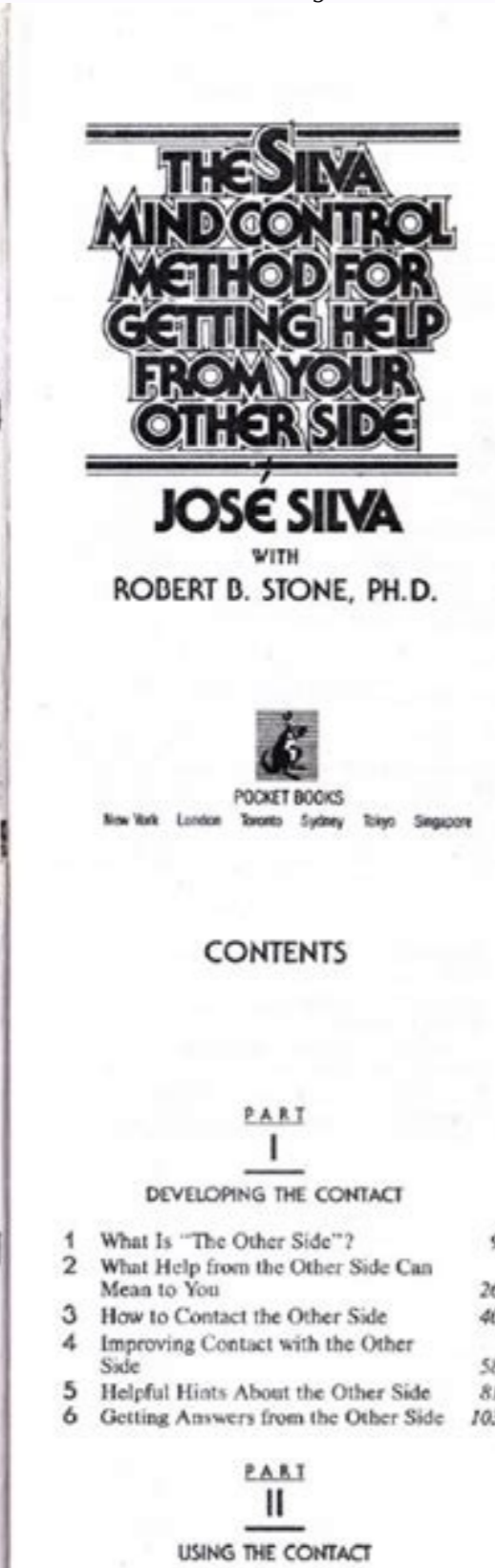


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Bremner, Maria Luisa Bruque, Vicki Carr, Dr. Philip Chancellor, Dr. Jeffrey Chang, Dr. Erwin Di Cyan, Dr. George De Sau, Alfredo Duarte, Stanley Feller, M.D., Dord Fitz, Richard Floyd, Paul Fansella, Fermin de la Garza, Ray Glau, Pat Golbitz, Alexandro Gonzales, Reynaldo Gonzales, Father Albert Gorayeb, Ronald Gorayeb, Paul Grivas, Sister Michele Guerin, Blaz Gutierrez, Emilio Guzman, Dr. J. Wilfred Hahn, Timothy Harvey, James Hearn, Richard Herro, Larry Hildore, Celeste Holm, Joanne Howell, Margaret Huddleston, Adele Hull, Chris Jensen, Umberto Juarez, Carol Lawrence, Fred Levin, Kate Lombardi, Dorothy Longoria, Alice and Harry McKnight, Dick Mazza, Clancy D. McKenzie, M.D., Dr. James Motiff, Jose Moubayed, Jim Needham, Wingate Paine, Marguerite Piazza, Eduardo Moniz Resende, Rosa Argentina Rivas, Jose Romero, Alberto Sanchez Vilchis, M.D., Gerald Seadey, Nelda Sheets, Alexis Smith, Loretta Swit, Pat Teague, Dr. Andre Weitzenhoffer, Dr. N. E. West, Jim Williams, Lance S. Wright, M.D. DEDICATION To my wife, Paula, my sister, Josefina, my brother, Juan, and all my sons and daughters: Jose Silva, Jr., Isabel Silva de Las Fuentes, Ricardo Silva, Margarita Silva Cantu, Tony Silva, Ana Maria Silva Martinez, Hilda Silva Gonzalez, Laura Silva Lares, Delia Silva and Diana Silva. Jose Silva To Marjorie Miele and Grace and Bill Owen. Philip Miele CONTENTS BY PHILIP MIELE Introduction 1 1. Using More of Your Mind in Special Ways 17 2. Meet Jose 22 BY JOSIE SILVA 3. How to Meditate 29 4. Dynamic Meditation 34 5. Improving Memory 40 6. Speed Learning 46 7. Creative Sleep 50 8. Your Words Have Power 58 9. The Power of Imagination 65 10. Using Your Mind to Improve Your Health 73 11. An Intimate Exercise for Lovers 83 12. You Can Practice ESP 89 13. Form Your Own Practice Group 103 14. How to Help Others with Mind Control 108 15. Some Speculations 115 16. A Checklist 121 BY PHILIP MIELE 17. [weed farmer game free download for android](#) A Psychiatrist Works with Mind Control 123 18. Your Self-Esteem Will Soar 138 9 10 / CONTENTS 19. Mind Control in the Business World 155 20. Where Do We Go from Here? 163 Appendix I: The Mind Control Course and the Organization Behind It Jose Silva 172 Appendix II: Silva Mind Control and the Psychiatric Patient clancy d. mckenzie, m.d., and lance s. wright, m.d. 1 82 Appendix III: Introduction J. w. hahn, Ph.D. 212 EEG Correlates of Attention in Humans F. J. BREMNER, V. BENIGNUS, and F. edmentum_mastery_test_answers_algebra_2.pdf MORTTZ of Trinity University 215 Internal Focus as a Subset of Attention F. J. bremner and F. mortiz, Trinity University 221 References 227 Index 233 INTRODUCTION You are now setting out on one of the most transforming adventures of your life. Each result you achieve will change your view of yourself and of the world you were born into. With your new powers will come a responsibility to use them "for the betterment of mankind" — a Mind Control phrase. You cannot use them otherwise, as you are about to learn. [houseparty_app_apk_download](#) The city planner of a Western city closed his office door, leaving his secretary alone and troubled at her desk. The drawings for a proposed shopping mall were missing, and a yes-or-no meeting with city officials was scheduled for later that same week. Jobs have been lost for less, but the planner seemed almost untouched by what would have driven other bosses into a secretary-shattering storm. He sat at his desk. In a moment his eyes closed and he became still and quiet. Anyone might have thought he was composing himself in the face of disaster. A full ten minutes later he opened his eyes, rose slowly, and walked outside to his secretary. "I think I've found them," he said calmly. "Let's look at my expense account for last Thursday, when I was in Hartford. What restaurant did I have dinner in?" 11 12 / THE SILVA MIND CONTROL METHOD He telephoned the restaurant. [india map quiz worksheet](#) The drawings were there. The city planner had been trained in Silva Mind Control, to awaken what for most of us are unused talents of the mind. One of the things he learned was to retrieve memories that have been squirreled away where the untrained mind cannot find them. These awakened talents are doing amazing things for the more than 500,000 men and women who have taken the course.



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PART II

USING THE CONTACT

What exactly was the city planner doing when he sat quietly for ten minutes? A report from another Mind Control graduate provides a hint: "I had an incredible experience yesterday in Bermuda. I had two hours to get on the plane back to New York and couldn't find my plane ticket anywhere. For almost an hour, three of us searched the apartment where I'd been staying. We looked under carpets, behind the refrigerator—everywhere. I even unpacked and packed my suitcase three times, but no ticket was found. Finally I decided to find myself a quiet corner and enter my level. No sooner was I at my level than I could 'see' my plane ticket as clearly as if I were actually faking it. It was (according to my 'level' sight) in the bottom of a closet tucked in between some books, hardly noticeable.



I rushed to the closet and there was the ticket, just as I had imagined it! To those not trained in Mind Control, this sounds incredible, but when you come to the chapters by José Silva, Mind Control's founder, you will learn of even more amazing powers of your own mind. Perhaps most amazing of all is how easily and quickly you can learn. Mr. Silva has devoted most of his adult life to re-search into what our minds can be trained to do. The result is a 40-to-48-hour course that can train anyone to remember what appears to be forgotten, to control pain, to speed healing, to abandon unwanted habits, to spark intuition so that the sixth sense becomes a creative, problem-solving part of daily life. With all this comes a cheerful inner peace, a quiet optimism based on first-hand evidence that we are more in control of our lives than we ever imagined. Now for the first time through the printed word you can learn to practice much of what is taught in the course. Mr. Silva has borrowed freely from both Eastern and Western learning, but the end product is quintessentially American. The course, like its founder, is totally practical. Everything he teaches is designed to help you live more happily, more effectively, here and now. As you proceed from one exercise to another in the chapters by Mr. Silva, you will pile one success on top of another and so strengthen your confidence in yourself that you will be ready for achievements which, assuming you are not acquainted with Mind Control, you now regard as impossible. But there is scientific proof that your mind is capable of miracles. In addition, there is the successful experience of more than a half-million people whose lives Mind Control has changed. Imagine using your mind to improve your eyesight. "While taking my first course in Silva Mind Control Method, I began to notice that my eyes were changing—seemed stronger. Prior to this I'd worn glasses ten years through childhood (till I graduated), then again started when I was thirty-eight. Always my left eye was said to be three times the weaker of the two. "My first glasses in 1945 were reading glasses, but in '48 or '49 I began wearing bifocals—correcting all ways to stronger. After the course I found that, while I could not read without glasses, my eyes were certainly stronger. Since they were changing so fast, I waited as