

the silva method training

The Silva Method Training: Unlocking the Power of Your Mind

the silva method training is a fascinating journey into the untapped potential of the human mind. Developed by José Silva in the 1960s, this method focuses on enhancing mental abilities through guided meditation, visualization, and relaxation techniques. It has attracted millions worldwide who seek to improve their intuition, creativity, stress management, and overall mental clarity. Whether you're a newcomer or someone curious about personal development tools, understanding the Silva Method training offers valuable insights into harnessing your subconscious mind.

Understanding the Core Principles of the Silva Method Training

At its heart, the Silva Method training revolves around the idea that every person has latent mental abilities that can be cultivated. This training teaches participants how to enter a state of deep relaxation—often referred to as the alpha or theta brainwave state—where the brain is more receptive to positive programming and intuitive insights.

The Alpha State: Gateway to Mental Mastery

One of the foundational elements in Silva Method training is learning to access the alpha brainwave state. Normally, our brain operates in beta waves during everyday activities, which are associated with active thinking and alertness. However, the alpha state is a more relaxed and focused state of mind, often experienced just before falling asleep or during deep meditation.

By training the mind to enter alpha consciously, practitioners can improve their ability to solve problems, reduce stress, and tap into their creative imagination. The Silva Method provides specific

exercises and guided meditations designed to help users reach this state quickly and effectively.

Visualization and Mental Rehearsal

Another key aspect of the Silva Method training is the use of visualization techniques. Visualization allows individuals to create vivid mental images of desired outcomes, whether that's achieving a goal, healing from an illness, or improving a skill. The Silva Method emphasizes mental rehearsal as a tool to "program" the subconscious mind, making success more attainable.

By repeatedly visualizing positive outcomes while in the alpha state, the mind becomes conditioned to recognize opportunities and solutions that might otherwise go unnoticed. This practice can enhance confidence, motivation, and even physical performance.

What to Expect in a Silva Method Training Program

If you decide to participate in a Silva Method training course, you can expect a structured program that guides you through various techniques aimed at improving mental clarity, emotional well-being, and problem-solving abilities.

Training Sessions and Techniques

Typically, Silva Method courses are conducted over several days or weeks and include:

- **Guided meditation sessions:** These help students learn to relax deeply and enter the alpha state.
- **Mental exercises:** Designed to develop intuition, memory, and concentration.

- **Visualization practices:** To reinforce positive thinking and goal achievement.
- **Stress management tools:** Techniques to manage anxiety and maintain emotional balance.

During the training, participants often practice “mirror of the mind” exercises, where they visualize problems or challenges in a mental “screen” and mentally project solutions. This creative problem-solving approach is unique to the Silva Method and has helped many people improve decision-making skills.

Who Can Benefit From Silva Method Training?

The beauty of the Silva Method lies in its flexibility and applicability across various life areas. People from all walks of life can benefit, including:

- **Students:** To enhance learning, concentration, and memory retention.
- **Professionals:** For stress reduction, creativity, and improved productivity.
- **Athletes:** To mentally rehearse performances and boost confidence.
- **Individuals seeking personal growth:** To develop intuition and emotional resilience.

Because the techniques are natural and non-invasive, they are safe for almost everyone and can be practiced alongside other personal development or wellness routines.

Scientific Perspectives and Benefits of the Silva Method Training

While the Silva Method was initially met with skepticism, over the decades, a growing body of research has explored the impact of meditation and brainwave entrainment on mental health and cognitive function. Although not all claims have been rigorously proven in clinical settings, many participants report tangible benefits.

Improved Stress Management

One of the most immediate effects of practicing the Silva Method is a reduction in stress and anxiety. By training the mind to enter relaxed states quickly, individuals can counteract the harmful effects of chronic stress, which is linked to numerous health issues.

Enhanced Creativity and Problem Solving

Entering the alpha and theta states facilitates access to deeper levels of subconscious processing, where creative ideas often emerge. Many users of the Silva Method find that their ability to think outside the box and come up with innovative solutions improves significantly after training.

Boosted Intuition and Decision-Making

A unique claim of the Silva Method is its capacity to sharpen intuition. Intuition, sometimes described as a gut feeling or instinct, can be difficult to explain but plays a crucial role in effective decision-making. Silva training encourages participants to trust this inner guidance, often leading to more confident choices in personal and professional life.

Tips for Getting the Most Out of Silva Method Training

If you're considering embarking on the Silva Method training, here are some practical tips to help you maximize your experience:

1. **Practice Regularly:** Consistency is key. Set aside time daily to engage in guided meditations or visualization exercises.
2. **Create a Quiet Environment:** Choose a calm, distraction-free space to deepen your focus during practice sessions.
3. **Be Patient:** Like any skill, mastering the Silva Method techniques takes time and persistence.
4. **Keep a Journal:** Record your experiences, insights, and any changes you notice in your mental or emotional state.
5. **Integrate Techniques Into Daily Life:** Use quick relaxation and visualization exercises during stressful moments or before important events.

By following these tips, you'll be better equipped to unlock the full potential of the Silva Method and enjoy lasting benefits.

The Silva Method's Place in Modern Personal Development

In recent years, the Silva Method has found renewed interest as part of the broader movement toward mindfulness, meditation, and mental wellness. It complements other popular practices such as mindfulness meditation, neuro-linguistic programming (NLP), and positive psychology. Unlike methods

that focus solely on external behavior changes, the Silva Method delves into the subconscious mind, aiming for transformation at a deeper level.

Many modern practitioners blend Silva techniques with other modalities to create personalized approaches to stress management, creativity enhancement, and emotional growth. This adaptability makes the Silva Method training a versatile tool in today's fast-paced world where mental clarity and resilience are more important than ever.

Exploring the Silva Method training opens a door to a powerful set of tools that can fundamentally alter how you interact with your mind and the world around you. By learning to relax deeply, visualize vividly, and trust your intuition, you embark on a path toward greater mental freedom and self-mastery. Whether for personal growth, professional development, or simply living a more balanced life, the Silva Method offers a time-tested approach to harnessing the incredible power within your own mind.

Frequently Asked Questions

What is the Silva Method training?

The Silva Method training is a self-help program developed by José Silva that teaches techniques for improving mental abilities, such as meditation, visualization, and positive thinking, to enhance intuition, creativity, and stress management.

How long does the Silva Method training typically take?

Silva Method training programs vary in length, but most standard courses range from a weekend workshop (2-3 days) to several weeks, with ongoing practice recommended to fully integrate the techniques.

Can the Silva Method training help with anxiety and stress?

Yes, the Silva Method training includes relaxation and mental control techniques that have been shown to help reduce anxiety and manage stress effectively by promoting calmness and mental clarity.

Is the Silva Method training suitable for beginners?

Absolutely. The Silva Method training is designed for people of all experience levels, including beginners, and provides step-by-step guidance to develop mental skills and apply the techniques in daily life.

Are there online options available for Silva Method training?

Yes, there are many online Silva Method courses and workshops available, allowing participants to learn and practice the techniques remotely at their own pace with virtual support from certified instructors.

Additional Resources

The Silva Method Training: Unlocking the Power of the Mind

the silva method training has garnered attention over the decades as a unique approach to personal development and mental conditioning. Rooted in the principles of meditation, visualization, and self-hypnosis, this training aims to help individuals harness the untapped potential of their minds for improved focus, stress management, creativity, and problem-solving. Originating in the 1960s through the work of José Silva, the Silva Method proposes that altering brainwave frequencies can unlock enhanced mental states, leading to practical benefits in daily life.

The method's core premise revolves around training the mind to operate at the alpha and theta brainwave levels—states associated with deep relaxation and heightened intuition. Unlike traditional meditation practices that emphasize detachment or mindfulness, the Silva Method incorporates active mental exercises designed to foster positive thinking, mental clarity, and goal attainment. This article

offers an analytical overview of the Silva Method training, exploring its foundational concepts, training formats, and the implications for individuals seeking cognitive and emotional growth.

Understanding the Silva Method Training

At its essence, the Silva Method is a structured program combining guided meditation, mental imagery, and affirmation techniques. The training typically spans several sessions, during which participants learn to enter meditative states consciously and use specific strategies to influence their subconscious minds. This systematic approach is intended to facilitate behavioral changes, enhance decision-making, and even improve physical health by reducing stress.

Training programs may vary in delivery—ranging from in-person workshops and seminars to online courses and audio-guided sessions. Despite differences in format, the Silva Method training universally emphasizes three primary components:

- **Alpha Level Training:** Participants learn to reach the alpha brainwave state, which lies between wakefulness and sleep. This state is linked to relaxation and improved receptivity to suggestions.
- **Visualization Techniques:** Visualization is used to promote mental rehearsal of goals, problem resolution, and creative thinking, thus reinforcing positive neural pathways.
- **Affirmations and Mental Programming:** The method encourages the use of affirmations to reprogram limiting beliefs and foster a mindset conducive to success and well-being.

Historical Context and Evolution

José Silva developed the method after years of researching brainwave patterns and their impact on learning and memory. He theorized that people could learn to consciously control their brainwaves to boost IQ, intuition, and overall mental functioning. Since its inception, the Silva Method has evolved, incorporating new scientific findings and adapting to contemporary learning preferences.

While earlier versions focused heavily on psychic development and ESP (extrasensory perception), modern iterations place greater emphasis on practical applications, such as stress management, business performance, and emotional resilience. This shift reflects a broader trend in personal development programs, blending traditional mind-training techniques with evidence-based psychology.

Features and Techniques of the Silva Method Training

The Silva Method distinguishes itself through a combination of accessible techniques and a systematic framework. Unlike some meditation styles that emphasize passive observation, Silva training actively engages the practitioner's imagination and intent. Key features include:

Dynamic Meditation

Unlike standard mindfulness meditation, which centers on observing thoughts without judgment, the Silva Method's dynamic meditation instructs practitioners to enter a relaxed alpha state and then consciously direct their thoughts toward specific goals or solutions. This purposeful mental activity is designed to maximize creativity and problem-solving at a subconscious level.

Three Scenes Visualization

One of the hallmark exercises in the Silva Method is the "Three Scenes" visualization, where participants mentally project themselves into three distinct future scenarios: an ideal resolution to a

problem, the path to achieving a goal, and the final successful outcome. This tripartite visualization technique is believed to condition the mind toward success and enhance motivation.

The Mental Screen Technique

The method encourages imagining a "mental screen" where visual images can be projected and manipulated. This tool helps users rehearse positive affirmations or visualize desired outcomes vividly, making the practice more engaging and effective.

Pros and Cons: An Analytical Perspective

While the Silva Method training offers numerous benefits, it is important to consider both its strengths and potential limitations in an objective context.

- **Pros:**
 - **Empowerment Through Self-Regulation:** Participants often report improved control over stress and anxiety by accessing relaxed mental states.
 - **Enhanced Creativity and Problem Solving:** Visualization and alpha state training can stimulate innovative thinking and intuitive insights.
 - **Accessibility:** The techniques require no special equipment and can be practiced anywhere.
 - **Holistic Development:** Training addresses mental, emotional, and sometimes physical well-being.

- **Cons:**

- **Scientific Validation:** Although some studies support meditation benefits, specific claims about ESP or psychic abilities remain controversial.
- **Time Commitment:** Achieving proficiency requires consistent practice, which may challenge those with busy lifestyles.
- **Variability of Results:** Individual experiences differ widely, and some users may find limited benefit.
- **Commercialization Concerns:** As with many personal development programs, the Silva Method has spawned a range of courses with varying quality and pricing, potentially confusing consumers.

Comparing the Silva Method to Other Mind Training Programs

The popularity of the Silva Method training invites comparison with other mental conditioning techniques such as Transcendental Meditation (TM), Mindfulness-Based Stress Reduction (MBSR), and Neuro-Linguistic Programming (NLP).

Unlike TM, which focuses on mantra repetition to transcend thought, the Silva Method is more directive and goal-oriented. MBSR emphasizes present-moment awareness and acceptance, whereas Silva training actively programs the subconscious for specific outcomes. NLP shares some similarities with

Silva in its use of visualization and affirmations but typically centers on language patterns and behavioral change rather than brainwave control.

These distinctions highlight the Silva Method's unique niche: a blend of meditative relaxation with proactive mental programming intended to leverage both conscious and subconscious faculties.

Applications in Modern Contexts

In recent years, the Silva Method training has found application in diverse fields, from corporate leadership development to sports psychology. Its emphasis on visualization and mental rehearsal aligns with techniques used by elite athletes and performers to enhance focus and performance under pressure.

Moreover, the method's stress reduction components resonate in today's fast-paced environments, offering tools for emotional regulation and resilience. Online platforms and apps have made Silva training more accessible globally, allowing users to integrate exercises into daily routines without attending costly workshops.

Final Thoughts on the Silva Method Training Experience

The Silva Method training offers a compelling framework for those interested in exploring the latent capacities of the mind. Its structured approach to meditation and visualization provides a clear pathway for individuals aiming to improve mental clarity, emotional balance, and goal achievement. While scientific support for some of its more extraordinary claims remains limited, the method's practical benefits related to relaxation, focus, and positive thinking are well-documented through user testimonials and emerging research on brainwave modulation.

For anyone intrigued by the intersection of mind science and personal development, engaging with the Silva Method training could serve as a valuable experiment in self-discovery and cognitive

enhancement. Whether utilized as a standalone practice or combined with other wellness strategies, it represents an enduring contribution to the landscape of mental training techniques.

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the silva method training: The Art of Becoming Corey Lee Lewis, 2016-07-12 In this amazing combination, part epic tale and part instruction manual, Dr. Corey Lee Lewis, a Mind-Body Master, takes you on a journey through time. The Art of Becoming describes the process Dr. Lewis developed of quantum leaping into the future and returning to the present. In this one-of-a-kind-book you will be taken with the author as he leaps twenty years into the future to learn from his future self. When the story opens, author Corey Lewis has just begun this process of quantum leaping after having been devastated by divorce, the death of his brother from cancer and the death of his best friend from a drug overdose. Feeling lost and broken and in desperate need of healing, the younger Corey finds the direction and guidance he needs from his older self. As the author learns to maintain deep hypnotic states and transform how he thinks, feels and acts with techniques from a wide variety of disciplines, you will gain these skills also. You will learn about the Universal Laws of Attraction, Equilibrium, Change, Resistance and Persistence and how to apply them to your life in order to Be, Do and Have anything you want. You will learn techniques from Neuro-Linguistic Programming, Hypnotherapy, Biofeedback, the Silva Method, and Cognitive Psychology for breaking bad habits, releasing fear and anger, building motivation and self-confidence, reducing physical and emotional pain, speeding healing, improving memory and sleep, and more, much more. Spiritual Warriors of every kind, Seekers and Thinkers, Philosophers and Adventurers, all are invited to leap into the journey of a life-timedown the rabbit hole and into The Art of Becoming

the silva method training: Summary of The Silva Mind Control Method Alexander Cooper, 2023-01-02 The Silva Mind Control Method - A Comprehensive Summary Since that is what The Silva Psyche Control Strategy does: it prepares your singular brain to take advantage of the General Brain (or God-awareness), your cognizant brain into the inner mind psyche (and we realize that in that lies the power), which permits us to enact the boundless capability of our brains and accordingly ourselves. Some notable figures from many industries - business, arts and entertainment, sports, health - owe their forward leaps to The Silva Psyche Control Technique. So it depends on you how and where you'd like to use it in your life. Mind you that this approach was established by Jose in 1966 and has continued to positively impact millions of lives throughout the

globe since then. We're so lucky and privileged in this day and age that we can quickly acquire The Silva Mind Control Method with just a click of a button. Here is a Preview of What You Will Get: □ A Detailed Introduction □ A Comprehensive Chapter by Chapter Summary □ Etc Get a copy of this summary and learn about the book.

the silva method training: Expand Your Magnificent Mind José Silva, 2023-09-12 These brief articles are easy to read whenever you have a few minutes for some inspiration and motivation. To help you take full advantage of José Silva's wisdom and advice, the book includes instructions on how to enter the alpha brainwave level, and also includes many of the Silva problem-solving techniques to help you change your life for the better. José Silva Jr. provides commentary throughout the book to help put the work into perspective. He made sure the course material is exactly the way his father wanted it. Not many people throughout history can claim to have started with so little, come so far, and achieved so much. José Silva had lost his parents by the time he was 6 and went to work instead of going to school. He began to study psychology - the study of human behavior - when he was 30 years old, and soon expanded his research to include the brain and mind. The mind did not reveal its secrets to him easily. He persisted, investing his own time and money, continuing even though critics scorned him. Today he is recognized as the leading researcher in the world in the field of the mind and human potential. And José Silva's UltraMind ESP System is leading humanity into the beginning of the second phase of human evolution on the planet. His ultimate achievement was developing a reliable technique to use your ESP to obtain guidance and support from higher intelligence to develop creative solutions for vexing problems.

the silva method training: Summary of José Silva & Robert B. Stone's You the Healer Everest Media,, 2022-06-13T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The Silva Method is a mental technique that helps healers direct their minds to correct their bodies. It is not taught in medical school, and most physicians are unable to accept our ability to direct our minds to correct our bodies. #2 The Silva Method is based on the concept of relaxation. It teaches us to relax actively, and use our minds to relax and then picture positive images. This process activates the creative role of our brain, which is a function of the right hemisphere. #3 The Silva Method for better health is based on the use of positive mental instructions during relaxation. The method is simple and easy, and it becomes more effective with practice. You will eventually be able to help yourself gain better health, and you will be able to program others for better health. #4 To be in control of your body, you must control your mind. To learn to control your mind, you must control the alpha level. To control the alpha level, you must control your state of relaxation.

the silva method training: You the Healer José Silva, Robert B. Stone, PhD, 2011-05-12 Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the new millennium. You the Healer offers a guide that can help you and your loved ones to live a healthy, disease-free life. Based on the most successful mind development program in the world today, You the Healer offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks.

the silva method training: Free Your Magnificent Mind Jose Silva, 2023-05-16 After 15 years of teaching more than 3 million people his System for using more of their mind the way ultra-successful people do, Jose Silva wanted to continue guiding them- physically, emotionally, and spiritually - so Silva started a "Founder's Column which became the most popular feature in the Silva Method Newsletter. It ran in every issue for the last 20 years of his life. Free Your Magnificent Mind, contains 100 of these columns which include: an effective way to program for world peace observations and life experiences thoughts about why we should act our age Like many ultra-successful people, Silva was great at giving simple explanations for complex subjects. Not many people throughout history can claim to have started with so little, come so far, and achieved so much. Losing both parents by the age of 6, he went to work instead of going to school - he never

attended school a day in his life as a student. Yet his scientific discoveries about the mind and human potential have literally changed the consciousness of humanity. He held 3 patents including one that was the first patent that stated Human concentration turns on an educational program." The articles are brief, averaging about 750 words each and are easy to read whenever you have a few minutes for some inspiration and motivation. It includes an appendix with several of the mental techniques he talks about so that you can apply them yourself. There is also information about where to get more help if you need it.

the silva method training: Jose Silva's UltraMind ESP System Instructors Manual José Silva, 2014-03-15 Instructors manual exclusively for use by Silva UltraMind ESP Systems Certified Instructors. For access to all Instructor Training material please visit www.LeaveBehindABetterWorld.com

the silva method training: The Energy Healing Experiments Gary E. Schwartz, 2008-08-19 A healer removes the pain of a broken wrist in fifteen minutes. Another removes an ovarian tumor in a couple of weeks. Still another, from thousands of miles away, regenerates the nerves of an injured spine for a patient on whom the doctors had given up. These sound like tabloid stories but could they be true? They are just three out of millions of instances in which healers have claimed to manipulate energy fields to cure the body. Books on vibrational medicine, prayer, and spiritual healing present readers with an array of historical and current discoveries and techniques. But so far nobody has addressed the reality of healing through comprehensive scientific research. The Energy Healing Experiments fills that void. Harvard- educated Dr. Gary E. Schwartz provides scientific experiments and evidence to reveal the truth about the existence of energy fields and unlocks their potential for enhancing your health.

the silva method training: Jose Silva's Guide to Mental Training for Fitness and Sports Jose Silva, Ed Bernd, Jr., 2014-03-05 Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as when you practice physically. When you combine physical and mental practice, your results are far greater. Now the world's Number One mind training program will show you how. Whether you are a pro, a weekend warrior, of a fitness fanatic, this book is for you. You've seen athletes do it in all sports: *Members of the Olympic bobsled team just before their run, eyes closed, their bodies swaying back and forth as they visualize the run *Professional basketball players mimicking the free throw, picturing it mentally, before actually taking the ball and shooting it *The pro golf champion on the tee visualizing his drive. Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as you will when you practice physically. And when you combine both physical and mental practice, your results are far greater. Silva graduates report they have been able to: *Learn what they need to know, faster and easier. *Train their bodies to perform better by visualizing at the correct level of mind *Improve their intuition and anticipation so that they do the right thing at the right time more often, automatically *Manage pain, and recover from injuries faster *Program themselves for success Play the mental game like the superstars do Whether you are a beginner or a world champion, there are techniques in this book that you can use to develop your physical and mental skills. Don't just sit and watch other people enjoying the rewards of success - get up and get involved. Enjoy the benefits of better health, attractive appearance, the recognition for what you have accomplished, and the personal satisfaction of knowing that you achieved something worthwhile. Use the techniques to help you achieve your training and athletic goals, to get the body you want, and to live the healthy, successful life that you deserve. National and World Champions featured in Jose Silva's Guide to Mental Training for Fitness and Sports: *Find out how the practical aspects of the Silva Method enabled Vidheya, a young Italian girl, to become National Martial Arts Champion *World Series MVP Bucky Dent tells how the Silva Method helped his career, and why he recommends it to his younger players *Bruce Schneider details how he used Silva techniques to help him hit a home run in the bottom of the 9th inning that won the game and qualified his team for the slow pitch softball World Series *Rafael Paeng Nepomuceno of the Philippines explains how the Silva techniques helped him win the World Cup of

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the silva method training: Awakening Your Psychic Ability Lisa Champion, 2023-05-01 What does it really mean to be psychic or deeply intuitive? Best-selling author and Reiki master Lisa Champion—author of *The Art of Psychic Reiki*—offers a comprehensive, step-by-step guide to understanding, developing, and harnessing psychic ability. In this practical guide, readers will learn how to interpret dreams and omens; work with spirit guides; connect with ancestors and soulmates; and experience a deeper, more spiritual life.

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the silva method training: *The Gift of the Night* Philip Carr-Gomm, 2023-10-03 A fast and easy six-step approach for addressing insomnia and other sleep disorders • An effective, easy six-step program to help you sleep better as well as thirteen specific techniques to help you fall asleep and stay asleep • Offers an integrative approach combining evidence-based sleep science with holistic and spiritual techniques • Provides online support in the form of short videos, audio meditations, and exercises from the author's successful sleep clinic More than one third of adults suffer from insomnia or some other kind of sleep disorder. Left unaddressed, lack of sleep can lead to debilitated health, lowered resilience, and decreased performance in all aspects of life. Restoring hope to the sleepless, psychotherapist Philip Carr-Gomm reveals how we each have the ability to unlock better sleep naturally. Combining his knowledge of sleep science and cognitive behavioral therapy (CBT) with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. He explores a multitude of approaches to sleep, as well as sleep difficulties and how to overcome them. He looks at the potential of psychedelic-assisted therapy and microdosing, applying elements of the psychedelic therapy model as a way of optimizing the conditions for sleep. He recommends thirteen natural ways we can drift into a deep and restorative sleep, including hypnotherapy, Yoga Nidra, sophrology, progressive muscle relaxation, and white, pink, and grey noise, and provides scripts for five of these techniques. His successful sleep clinic provides online support in the form of short videos and audio meditations as well as exercises. In addition to the six-step program, the author guides you in discovering the factors inhibiting a good night's sleep and explores the difficulties of sleep phobia, sleep-talking, sleep-walking, and "Exploding Head Syndrome." He also answers questions about the links between sleep and depression, sleep and obesity, and the value of sleep hacking and lucid dreaming. Helping you get a better night's sleep, this concise and simple guide shows you how to benefit from everything the night offers to body and soul.

the silva method training: *Living in the Flow* Jeanine Sciacca, 2019-01-16 Why are you here? What are you meant to do in this short span of human years on this planet? In *Living in the Flow*, author Jeanine Sciacca offers a guide to discovering your purpose and value in the world. She discusses how possessing a true sense of purpose is the centre of our existence. Until you discover and live your purpose, you meander through life searching for satisfaction and happiness. Happiness comes and goes, but purpose gives our lives meaning and direction. Jeanine Sciacca presents ideas

and techniques to help you find yours. Filled with a mix of spiritual wisdom and her personal observations, Jeanine Sciacca shares how your life can have greater purpose by serving others. If your purpose doesn't relate to others and is only about serving your self-indulgent ambition, it is not your life purpose. Living your life purpose is adding value to others to make this world a better place.

the silva method training: Sales Power, the Silvamind Method for Sales Professionals

Jose Silva, Ed Bernd, Jr., 2014-02-26 Increase your sales and income and put more money in your pocket with the SilvaMind Method for Sales Professionals. Learn how to use the Silva techniques in sales. This book includes dozens of case studies in many different lines, along with specific step-by-step instructions so you can do the same. Learn how to use your mind to help you: -Relax and reduce stress, pressure, anxiety, nervousness, tension -Overcome call reluctance -Overcome the fear of rejection, failure, and public speaking -Determine immediately if your prospect is interested in your product, service or idea -Prospect more effectively -Get more appointments -Establish immediate rapport with your prospect -Quickly find your prospect's needs -Increase your client's desire for your product or service -Improve communications skills -Handle objections smoothly, confidently and easily -Know when to close, and close more effectively -Know what approach to use -Attain and exceed your sales production goals and quotas You will also learn how to: -Improve your memory, recall, concentration and comprehension -Enhance your ability to make decisions and solve problems quickly -Develop and enhance your intuition, insight and creativity -Improve your health and strengthen your immune system -Overcome insomnia, headaches, migraines, burnout and fatigue -Overcome unwanted habits such as smoking, over-eating, alcohol, drugs, procrastination, etc. -Achieve whatever you can conceive and believe. Gain the power of thinking at Alpha Research has shown that there is more information available at the alpha brain wave level than there is at the beta level: -You have better access to information stored in your memory banks -You also have access to information stored on other people's memory banks Think about the best sales people you know: -The top sales people know where to look for business - they are better prospectors, and people often seek them out -They make clear, simple, easy-to-understand presentations -They handle objections smoothly, in a way that reassures the customer and even gives them an additional reason to buy -They know when to close, how to ask for the order in such a simple way that customers don't give it a second thought If you want to dramatically increase your sales and income, you can do it. If you want to be recognized as a leader in your profession, this is now within your grasp. If you want to provide all the things you'd like for yourself and your loved ones, the choice is up to you. Follow the simple instructions in this book and join millions of people who have used José Silva's pioneering mind training system to change their lives for the better. Sales Power has been a worldwide bestseller for more than 20 years. It has been translated into more than a dozen languages and people around the world have said: Thank you José Silva, for showing me how to change my life for the better. Start NOW There is No Other Way except to begin NOW.

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