
THE OFFICIAL
SILVA METHOD NEWSLETTER
THE SILVA METHOD: TOOLS FOR BETTER LIVING

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INTRODUCTION: POWERING TOOLS FOR BETTER LIVING

Tools to be of value require power and intelligent use. Without Intelligence as a guiding factor, tools may be destructive or a mere collection of “things” with potential. We all know individuals who seem to collect tools without serious intent to use them.

Remember, tools can be anything, from a new type drill to a way of programming for success. In the final analysis, self-improvement TOOLS are only part of the answer for “better living.” In effect, merely possessing tools may be a great “tool” for procrastination. Procrastination, in and of itself, is an interesting strategy to preserve our belief in limitation.

In the self-improvement area these individuals, the tools collectors, may be characterized as “seminar junkies.” They need be differentiated from the individual who has and uses tools to enhance and empower their self to live more productively and who is willing to accept the risk that can be part of change. One gathers tools and the other uses tools intelligently for definite purposes. It can be argued that the individual who merely collects tools has not yet conquered the fear of change. The old primitive staying in ones own territory and not venturing out into an unknown.

Having said that, let us focus on the intelligent use of tools. I believe that within each of us is a “life force” straining at the bonds of repression. This Life Force is an Intelligence that contains all the wisdom necessary to liberate us. This is a force available to break us free of the constraints of separation and to recognize the Oneness and connection of all things.

The tools that we develop and acquire can be instruments to free us from the bonds of all the limiting

beliefs we have accumulated over the years. It is that Intelligence residing in each of us and striving to be used that gives us those feelings of discontent with the limitations we have self imposed or had imposed upon us.

All tools can become instruments to help us be what Intelligence is constantly telling us is our true heritage. Research is now telling us that our “perceptions”, read beliefs, can influence even to the level of making changes in the structure of our DNA. What a powerful freeing potential!

We are on the threshold of using tools to make amazing changes in the lives of the human being. It is encouraging to know, these changes are available to everyone and not just the select few. I believe the critical factor resides in who chooses to use their tools wisely with the use of their innate Intelligence. Proper tools plus the use of our innate Intelligence, is a guarantee for living a better more joyful life. A life you personally create with Intention not one you live by default. You have the power, using your Intelligence, to choose to live a better life rather than just exist. I suggest you begin NOW!

1. THE SILVA METHOD: TOOLS FOR CREATIVE THINKING

- By Nelda Sheets, Editor

On October 15, 1966, Jose Silva traveled almost seven hundred miles from his home, Laredo to Amarillo, to present the first four hours of what we now know as the Silva Method, to seventy-two artists. (The first class was in four-hour segments each week.) I was one of those art students who encouraged Mr. Silva to present his method to us so that we could learn skills of meditation in order to master the “inner levels of consciousness” with expectations of becoming more creative and intuitive . . . thus, better artists. In those first four hours we became aware that we were learning techniques to apply to our art, plus tools for creating better lives. And we wanted our family members and friends to have the opportunity

to learn those tools. So we asked Mr. Silva to begin a new class. Which we organized. Since then, the Silva Method has expanded to more than one hundred nations. Millions of people have learned to use Silva techniques and tools for creating better lives.

In Mr. Silva’s early classes, he told a story about a man named Eddie. Eddie bought a Cadillac convertible from his local dealer who told him that the service that he gave matched the reputation of the Cadillac. “If you have a problem, just call me. We have the best service in town.” Eddie loved driving his new Cadillac . . . especially on country roads where he could drive with the top down in order to enjoy the fresh air. One day a tire went flat. Eddie walked back to a general store that he had passed where he phoned the Cadillac dealer. He asked that the dealer send someone to come out to help him change the tire and put the spare on the wheel. The dealer lived up to his reputation and sent help to Eddie. A few months later, Eddie had a second flat. This time he had a five-mile walk to a phone. He again called for help from the dealer. Eddie was impatient with the time he had to wait . . . he was late for an appointment . . . so he complained to the mechanic. The mechanic replied, “Man, we are happy to help you but why don’t you use the tools that came with the car? You could change and fix your own flat tire and be on your way!” Mr. Silva explained that the point of the story was that we have all the tools we need for changing and fixing whatever occurs in our life, and sometimes, like Eddie, we don’t know it.

In this issue, we borrow the theme for this year’s convention: **SILVA TOOLS FOR BETTER LIVING**. The articles in this Special Issue of the Silva Newsletter have been written by Silva instructors from around the world. They are presenting thoughts and stories to remind you that you have within all the tools for changing and fixing the “flat tires” in your life.

2. INTUITION-A VALUABLE SILVA METHOD TOOL FOR BUSINESS

- By Neen Sanjana

Today's work environment has become highly competitive. All of us have workplace ethics and we take pride in doing our jobs with the highest standards. However, there are occasions when the corporate world is rocked by financial scandals and fraud. This is the story of Amalie. Amalie, from England, works in a financial company and holds a management position. Her specific responsibility was a portfolio which controlled transactions worth Pound Sterling 3.8 million relating to money received from clients. Amalie's job was hectic, fast-paced and there was very little margin for error. But she had one advantage. Amalie was highly intuitive and could anticipate problems before they arose and therefore worked actively in the mental dimension to diffuse potentially threatening situations. She continued to put in hard work on a daily basis and quietly and effectively managed her staff and her department. Most important, Amalie had a personal code of conduct whereby she did the right thing by everybody and never bore any grudges or malice toward anyone

One day a very well mannered associate from another section of the department came up to her and politely began asking a lot of questions about her job. He was particularly interested in old records relating to previous monetary transactions. Amalie found that request very unusual and was distinctly uncomfortable. She replied in a noncommittal way and he took the hint and left her alone. This happened on the last day before Amalie was going away on a holiday. Amalie felt anxious. In fact her inner voice, (which she knows never to be wrong) was telling her something was definitely amiss. It was already the end of the day and she was about to walk out of the office and start the beginning of a wonderful relaxing holiday. Instead she listened to her intuition and walked into her boss' office with a request that nobody access old records while she was away on leave. She made her request gently and persuasively and at the same time mentally conveyed positive mental messages that he would agree with

what she had to say. He agreed without a moment's hesitation.

Well Amalie had a wonderful holiday and came back to work feeling wonderfully refreshed. But even as she returned she instinctively picked up that things were not right with her co-worker's professional conduct. She took extra care that her area of responsibility was safeguarded from any inaccurate data.

A few months later, a massive fraud running into millions of dollars was uncovered in the Department. There was only one suspect. It was that quiet, well-mannered gent who had been asking Amalie a lot of questions. Amalie's section remained relatively free from the scandal that tainted other sections. In fact it was so clean that Amalie was called in to help the Auditors with their investigation. By using her intuition, Amalie was able to protect vital company assets that were under her management and also her personal reputation in the financial world and that won Amalie acclaim and recognition in her company.

3. GLASS OF WATER TECHNIQUE-A POWERFUL TOOL FOR BETTER LIVING

- By Betty Perry

One of the many techniques in the Silva Method that I frequently rely on is the Glass of Water technique. I use it several times a week for all types of situations. These are some examples: "All I need to do: to get the office organized; to find a good haircut; to get the newsletter in the mail by Tuesday; to find an exercise program that I enjoy and stick to; pack the right clothes for a trip. These examples may give you an idea of the many applications of this technique. Just expect an answer. Many times you are not aware of an "answer." You may think it did not work.

I often find that the situation seemed to have taken care of itself. An example of this is Linda who worked in the State attorney's office in Pinellas County, Florida. The office rule is that all of the week's files are classified before leaving on Friday.

No matter what Linda did she always had a three or four inch stack of files waiting at Friday noon. After taking the Silva Method course she decided to use the Glass of Water technique to get the filing done on time. She is not aware of doing a thing differently. There has never been more than a half inch of files waiting for classification since the initial Glass of Water five years ago.

It is a very simple and easy way to get answers. Some grads believe it is only for major problems. Why wait? If you take care of the little snags that may occur in your life the huge ones do not seem so huge. I believe this is because you are more relaxed and therefore more in control of your life. I believe we all want to be more in control of our life. If you have not been using this powerful tool, I urge you to start tonight. Do not be put off by its simplicity. The reason that the Silva works is because of its simplicity. Simple counts of three to one or 10 to one are as easy as can be. With Glass of Water, “All I need to do to find a solution to the problem I have in Mind,” is an easy to remember statement and most of us can easily find a Glass of Water. Every one of us have situations come along that cause some degree of concern. Rather than fret over what to do just take that drink of water at bedtime. The results lead you into a more relaxed and happy life. Truly Better and Better.

4. SILVA MIND TOOL FOR SPIRITUAL ENHANCEMENT

- By Sister Naomi Curtin SSND

I was literally dragged into the Silva Method Seminar in 1972 where it was taught in the lower level of Holy Angels Church in West Bend, Wisconsin. I was a teacher in their school, and at a Silva Introductory presentation, a Silva graduate from West Bend insisted that my students needed a teacher who knew the Silva Method to better help them in developing their genius potential. Reluctantly I promised to attend.

When the Silva Method Seminar convinced me that we are all gifted with genius ability, that our Creator endows each person with psychic, intuitive gifts, and that we all used them as children, I began giving attention to these intuitive gifts of the mind, the sensing faculties of human intelligence. The students loved it, and this proved to be a time of spiritual growth for all of us.

In addition to the many self-improvement techniques, I became more consciously aware of the negative messages my mind had been giving my brain and body. Since negative thinking immediately takes our minds out of the Alpha level -- our spiritual dimension -- my students and I began using the spiritual tools of imagination and visualization to think of what we wanted instead of what we did not want. “Cancel, cancel” was frequently heard.

At the closing exercise of the Silva Method Seminar, we were asked to work with a partner who would give us the name and location of a sick person whom we did not know. We were to detect and correct any physical health problems and mentally send this healthy image to the sick person. One of my early health cases had a very arthritic skeletal body so I began scraping and dusting away the calcium deposits. I knew that many of our retired sisters also had severe arthritis, so after my graduation I began sending healing images to their arthritic bodies at least once a day. After about two months of this energy work, I suddenly realized that the arthritic pain in my own body was almost gone. This amazing success impressed me so much that in 1975, I attended the Silva Instructor Training in Laredo, Texas. Since then, it has been a tremendous joy to teach the Basic Silva Method Seminar to adults, teenagers and children.

Spiritually, the Silva Method has given my life new meaning, insight, enthusiasm and a joy I may never have experienced if that special Silva graduate had not dragged me to the West Bend Silva Seminar. (This special way of getting help from the “Other Side” has enriched my own prayer life and has

empowered me to bring peace and forgiveness, light, love and hope to the people with whom I work and for whom I pray.)

5. SILVA METHOD TOOLS FOR BETTER LIVING ARE UNIVERSAL

- By Omar J. Mustafa

In my experience of 25-plus years dedicated to the teaching and practice of the Silva Method in South America, which includes training thousands of graduates, I have observed that the Silva Method assists people to create an integral system of communication within and without, resulting in a significant improvement in their quality of life.

In my opinion, the program created by Jose Silva, that has endured for half a century, results in SEEING/OBSERVING Much More than we are accustomed and allows us to develop self-knowledge – a quality that results in effective inner and interpersonal communication.

As the representative for Silva International in the South American region, I have had the privilege to know people of widely different cultural and social origins. But what has always impressed me is that the result has always been the same: When a person re-discovers their inner potential, they reaffirm their true personality and they create a deeper sense of spirit in their lives. This brings about greater self-esteem and creativity.

We work with indigenous communities, prisons, schools, hospitals, and government and private organizations taking care of local social problems. This experience has demonstrated for me the transforming force of the Silva Method –teachings, practice and essence- that has no bounds: It is LEARNING HOW TO LEARN, and LEARNING HOW TO OBSERVE LIFE IN GREAT DETAIL, so as to CELEBRATE ON A DAILY BASIS THE CREATION OF HAPPINESS.

On behalf of our team that includes Country Directors, Instructors, Coordinators and Silva Graduates in South America, we wish to communicate to the 2004 Silva International Convention in Miami, our enthusiasm for and the great honor we feel to be able to participate in an Organization that promotes BETTERMENT OF HUMANITY.

6. HELPING LOVED ONES HEAL... PRICELESS SILVA METHOD TOOL

- By Valories Anne Figures, North Carolina

I'm delighted to be asked to share a favorite Silva success with the newsletter readers! And, the following is such a terrific story!

Imagine being told by doctors that your fourteen-year-old son has a fistula (an abnormal opening) in his groin! According to the doctors, the good news was that surgery could correct the situation. However, the bad news: your young son might never be able to father children as a result of such corrective surgery. The son was in pain and distress and the parents had to make a decision as to the best course of action. Fortunately, both parents and the youth were Silva graduates. And, they decided not to take the chance on the surgery. Both parents began to go to level each day to visualize the fistula closing and straightening itself out and visualizing the son in the best of health. They also thought of the grandchildren that this young man would father. They asked him to meditate each day. Soon the son's fistula was healed and that, in itself, is exciting enough to warrant celebration! However, the story does not end there. Today, some twenty years later, the young man is married and the father of a six-year-old son and a five-year-old daughter!

The proud grandfather is a graduate of the late Rick Bridges Silva Classes here in Charlotte, N.C. He has become a dear friend of mine and I had the privilege of presenting Silva to his youngest child when she was fourteen.

This story is only one of hundreds of success stories that I have experienced or encountered over the years from graduates, friends and family members who continue to live happier, healthier, and more successful lives through using the tools that they learned with the Silva Method.

7. SILVA METHOD TOOL FOR BETTER LIVING, PAIN CONTROL TECHNIQUE

- By Ardean Ruby, Illinois, USA

“I had knee surgery in October 1989 and while recuperating I came across the book, “The Silva Mind Control Method,” by Jose Silva and Phillip Miele. I am not a particularly fast reader, but I was so absorbed and fascinated with the book, that I read it all the way through, finishing up sometime in the wee hours of the morning.

Later that same morning I called the local Silva Center, and when I found out there was a class in two weeks, my first question was “how much is it?” When I was told that the two-weekend course was \$495, I told him I couldn’t afford it. And I will always remember clearly his reply. He said, “You can’t afford not to take this course.....it will come back to you 100 fold.” Now at that time, I was off work and looking at a several month period to rehabilitate. Which meant I would run out of paid sick time. But it just felt like the right thing to do, and thru a string of coincidences I was able to get the money and I attended the program.

I was in a lot of pain, and my leg was immobilized up to my hip, which meant I had to sit with my leg supported by another chair. My first success with Silva came when I used the Headache Control technique and substituted the word “knee” for “headache,” and the pain went away immediately!

I was also going to physical therapy three times a week and would sit with my leg in a whirlpool for 15 minutes. During that 15 minutes I used the Mirror of the Mind and imagined myself stooping, bending, riding my bicycle, playing tennis, dancing and smiling, which indicated to me that I was pain free, and had complete flexibility and range of motion.

The Silva Method so completely and profoundly changed by life for the better in so many ways that in August of 1987, I became certified to teach the program so that I could share this knowledge with others. In December 1989 I “retired” from the corporate world and have been teaching the program ever since.”

8. TOOLS FOR BETTER LIVING-CHANGING LIMITING BELIEFS

- By Jennifer Barber

Tools for better living... could there be a more appropriate title for The Silva Method? I have had the great pleasure of growing up with Silva and the wonderful techniques in the program. When asked to write about one technique or one success, I did what I always do ... I used the glass of water technique to find out what would be important for me to write about at this time.

What I have found to cause the most profound changes in my life has been the “Changing Limiting Beliefs.” For those of you who have not taken the Basic Course in the last year, a “Changing Limiting Beliefs” cycle has been added. This was an incredibly important step by Silva International because when we are programming for better things in our lives and are not getting the results we desire - there is a limiting belief within us sabotaging things. Don’t have the money you would like to have? Not as successful as you would like to be? How about how you react to specific situations? Do you always do the same thing? There is a belief behind everything we do. So, we need to know how to eliminate the negative beliefs and create new

positive beliefs that coincide with how we want our life to be.

Before this cycle was introduced, I learned a technique called Psych-K, created by Bob Williams, for changing limiting beliefs. Mr. Williams teamed up with Dr. Bruce Lipton who has done extensive research on the cellular level of DNA. He found that our DNA is influenced by our beliefs. So he understood being able to change our limiting beliefs affected us down to our DNA.

Psych-K is a very effective tool on it's own. Being me, I like to learn things, incorporate them into my life, and see how I can make them easier to use. Psych-K's process involves needing someone else to help you. I wanted to be able to work on my own. So, I took Psych-K to my "laboratory." Here I was able to enlist the help of my counselors to do the work of the other person. I also use my "mental screen" for visualizing the end result (me with the new belief and all the new things I can now bring into my life). This is important because - as every Silva Graduate knows - you need to be able to see and experience the end result subjectively before the changes occur objectively. It makes you more comfortable with the new belief.

Thanks to these wonderful techniques, I have been able to objectively look at my life, take responsibility for what is happening - or not happening - and KNOW I have the power to make the necessary changes.

9. DREAM CONTROL, A TOOL FOR BETTER GRADES IN SCHOOL

- By Oystein Aspenes, Norway

My name is Oystein Aspenes and I am director for the Silva Method in Norway. We are five people instructing the Method in a small country with 4,5 million people. We are working to get additional two instructors. Personally I joined the first Silva class

in Norway in 1988 and have given classes since 1989, full-time since 1992. To give Silva classes is really great. My wife, Reidunn, is also a Certified Silva Method Instructor. We do most of our classes together. That gives us more time together and our students even better classes. In our Silva Classes we do have many school students. In February this year we received the following story from Christine Bjercknes:

I have to tell you a great story from my exam period before Christmas. I have practiced the Silva Method for more than 10 years, but haven't always been aware that it really works.

[Cmment: She has repeated the class approximately once a year since her first Silva Class). I am 23 years of age and in my third year studying marketing at the High School in Oslo.]

Before Christmas we really had a lot of exams and lots to read. I gave priority to some subjects more than others. One of my subjects, Company and Society, became very much neglected. (The subject is about how companies have developed in various countries.) One week before the exam in this subject I had to admit to myself that I would not be able to read it all, so I had to find out what I would get at the exam. I programmed for a dream, where the theme of the exam would show up. However, two nights in row I only dreamt about a person I know. I wondered why this person appeared in my dreams? Suddenly I became aware that this person had lived many places around Norway, he knew Norway very well. Further, he didn't have connections to any other countries we could get questions about. After studying the dream I felt certain that we would get questions about Norway. So, the last days before the exam, I read about Norway, and mostly about the period up till had a hunch that this was most important. Guess what topic I got at the exam! It was that we should discuss the development of companies in Norway before 1945. I had a big smile at the exam, while my fellow students had a hard time. I wrote my exam in 1,5 hours (maximum time 3 hours) and was very

satisfied with myself. I got a B for my examination paper and was very SATISFIED. I have never worked that little and got so good grade. (A is best, F is fail) After this experience, I am convinced. The Silva Method works.

- Christine Bjerknæs

10. THE SILVA METHOD, GATEWAY TO TECHNOLOGY

- By Harry McKnight

The Silva Method is a practical gateway to the treasure-trove of creative technology. But that thought is not surprising, especially when we think about Jose Silva's being an inspired and practical problem-solver from his early childhood.

At the age of seven, Jose was an entrepreneur during hard times in Texas, U.S.A., into the 1920's and into the later 1930's and 1940's of his young adulthood.

The eventual Silva Method techniques that fill the psychorontology tool box of subjective education, techniques that he and student subjects hammered out until his death in the late 1990's, has creative, inspired, and practical stamped on the many courses that he devised and that many others throughout the world derived and enhanced, based on their experiencing through The Silva Method.

Development through growth in enhancing our creative heritage in self-awareness and self-controlled, mindful meditation is a keystone to the carefully crafted and structured courses of Silva Dynamic Meditation.

Coming to the realization that inspiration from within is often triggered and enhanced by circumstances from without, Jose Silva formulated techniques to assist practicing participants consciously to create circumstances. Through their conscious creations at inner levels of consciousness, myriad practicing participants world-wide are finding solutions for problems, healings for illnesses and diseases, strengthening of weaknesses,

empowering of constructive choices, ever increasing loving relationships, more and more spiritual and material abundance, success in the business of arts, science and technology, and, throughout it all, peace and tranquility of heart and mind.

Jose Silva liked to say to Silva Method graduates and new participants, "WELCOME TO THE SECOND PHASE OF HUMAN EVOLUTION ON THE PLANET."

Implicit in that WELCOME is the realization that, as we apply ourselves to our work-a-day and play-a-day world, we shall begin to recognize more and more coincidences that seem to further our intended purposes for constructive and productive behavior and outcomes. More and more will we understand that we are mothers and fathers, brothers and sisters, sons and daughters in our neighborhood of planet earth. Concurrently, the more we eventuate that planetary realization of family, the more we ready ourselves and our planet for the cosmic fact of life, light and love, a COSMIC FACT that is our destiny as we pursue our destinations inward to the SOURCE OF ALL THAT IS !

BON VOYAGE to all of us in our journey!! The gateway is within.

11. SILVA TOOLS FOR A SUCCESSFUL AND RELAXED WAY OF DOING BUSINESS!

- By Landa Endlich, The Netherlands, Europe

Since a few years our organization offers a Silva Business program for those who would like to get more satisfaction, results and fun out of their career. The Business Course focuses on specific work related situations. For The Netherlands the interest lies on subjects like how to stay relaxed and focused in hectic periods, how to attract the right customers and employees and, especially in busy times, how to maintain a healthy balance between the office and home (spouses, kids and your private self). Our program combines techniques from The Business

Manager and Sales Power. Participants learn for instance . . . how to connect to people more easily, make pre-scans before meeting a business relation and to make successful Cold Calls. Our training attracts a lot of persons, fifty-fifty male/ female, who want to use more of their ‘brain’, creativity and intuition... with amazing and wonderful results!

We receive many, enthusiastic stories and reactions.

As Professor Ir. D.J.B van der Leest of PricewaterhouseCoopers mentioned...’During the Business Course you learn the principles by which every human being can have a formidable source of knowledge and insight at his disposal. The end result is a greater awareness of the things that you do. This improves the quality of the self functioning in various situations. I find this an impressive result for a four-day program.’

Creating new solutions and clients

One of the many success stories is sent in by Mr. Cornejo Bokslag MBA CPA, age 42, who successfully built up his own Audit Firm. He uses techniques to get more clients and attract the right kind of employee.

“Since I have started programming my client circle has extended in a period of three years from 4 to over 150 new clients!

Most of the techniques I use in my laboratory where I, prior to a meeting, start programming using for instance the Mirror of the Mind and Direct Rapport Technique. A couple of months ago I had a very delicate and difficult meeting on the agenda with one of our clients; a partnership with an internal struggle; financially and personally. Though the outcomes already seem to be negatively ‘fixed’, I still went to my laboratory and advisers, just like Carnegie the famous industrial did before important decisions, and started to communicate with the involved persons, visualizing them. I asked them what they really wanted, a struggle or a solution? And I ask them for their hidden needs. Afterwards I proposed, still at my level, the best suitable solution for all of them. Then I pictured in the white framed mirror a well going meeting with positive results. The next day before I

entered the meeting, I put my three fingers together and sent out the same positive images. Amazing, for the first time, instead of arguing with each other right away, they were prepared to negotiate and finally after months of barricading their opinions, there was a positive closure of their partnership. And... our company gained two ‘new’ clients.”

Getting a new ‘crew member’

“Another recent experience which I had, since our company is growing, we needed an additional auditor (CPA). After seeing many candidates; finally the right one stepped into our office. I immediately knew that she was the perfect person for the job and that she would fit in with the other colleagues. Only...she thought quite the opposite! Finding me somewhat strange talking about accountancy, figures and using more of your inner consciousness at same time. As we all do, I tried to convince here, phoned her, convincing her again with little results. In the end, however, she reluctantly agreed to meet again. The day before I went to my level, and held an ‘alpha conversation’ opening myself too really, really listen to her and showed her where her interests and skills met the offered job. As always, I imagined a good outcome. The next day I met her and it was funny to see, that she suddenly looked more at ease with our company and we had a pleasant conversation. I gave her two weeks to think it over. The next day my cell phone went and she accepted!

Now she has become an important and valued member of our team, she even went to a Silva course, and I still have to smile sometimes how things turned out; just using my Silva Method tools and keeping a focus on the desired outcome!”

12. CASE WORKING IS THE MOST VALUABLE TOOL YOU HAVE

- By Jose Silva

(The following is from an article written by Jose Silva for the Silva Method Newsletter, Vol.20 No.9 1989 titled: Here's how you can ask for help from the other side.)

This message tells us of the importance of all the self-improvement techniques that we learn and use in the first two sessions (101-202) of the Basic Seminar as well as those in 303-404. In this article Mr. Silva speaks of the Spiritual Level or level one as the “other side.”

There are many ways that you can get help from the other side, to help you correct problems on this side. That is, there are many ways to use the subjective (spiritual) dimension, to help you in the objective (physical) dimension. You can develop your skills at this with many of the techniques in the Basic Lecture Series.

For instance, you can use the Awake Control Technique, to practice awakening without an alarm clock. Some people think this is no big deal. But consider it for a moment: At the Alpha level, you are giving an instruction to your human intelligence, in the subjective dimension, to interact with your biological intelligence, your physical body, in the objective dimension. Human intelligence never sleeps. So at the appropriate time, human intelligence awakens your body. We included this technique in the Basic Lecture Series

Primarily to give you a way to practice getting help from the other side. After you have done this, you are better able to get help from the other side to heal your body, to change your appearance, to improve your personality . . . virtually anything you desire.

Dream Control Step 3 is another technique you can use to get help from the other side. In the test taking technique, you use the subjective dimension to get an answer from your professor. The Glass of Water Technique is another way to get information from

the other side. The Mirror of the Mind Technique can also be used to get help from the other side. For instance, when you want to change something about yourself, you can create the desired change in the subjective dimension-on the other side-while at the alpha level, and then expect the change to manifest in the physical dimension.

Practice the techniques mentioned above, and especially practice working health cases, and you will be able to get all the help you need from the other side. Case working is the most valuable tool you have, because it gives you immediate confirmation that you have established a good connection with the other side. Once you learn exactly how it feels to you, to have a good connection with the other side, and you establish such connections reliably, then you will be able to get help from the other side whenever you need it to help you correct problems.

