
THE OFFICIAL SILVA METHOD NEWSLETTER

CONTENTS AND CONTRIBUTORS

TAKE A DEEP BREATH, EXHALE AND RELAX

-by Dr. George DeSau, York, Pennsylvania

Dr. DeSau is a regular contributor to this newsletter. He has been a global presenter of the Silva Method for more than 30 years and has made significant contribution to early research. As a psychologist, his background includes work in the fields of Education, Management Training, and Private Practice. His tapes, CHANGING LIMITING BELIEFS, WELLNESS AND RECOVERY, GOING WITHIN and POWER OF CHANGE are available for sale from the Silva Method home office or click the link: SHOP SILVA on the web site.

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HABIT CONTROL

-by Hilda Silva Rubio Laredo, Texas

Hilda, daughter of Jose Silva, is the creative Chairman of the Board of Silva Method Inc. She is an artist, author (look for her book on growing up with the Silva Method). Hilda writes a newsletter for instructors which may be read on the web site. She recently launched a site for Habit Control on the web site MESSAGE BOARD. The following article is the one she wrote to introduce the subject.

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A FEW GOOD TIPS ON USING THE MIRROR OF MIND TECHNIQUE

-by Dr. Laszlo Domjan, MD. PhD, Hungary

Dr. Laszlo Domjan is one of the most amazing individual Silva instructors. He is a medical doctor; he translated the Silva Mind Control Method by Jose Silva into the Hungarian language; a very effective lecturer (he has around 700 new people in each of his classes) and he presents the Ultra Seminar world wide. He will be in Miami for the Silva Master Conference held in conjunction with the Silva Convention. On your calendar, mark August 2004 for that. Call him in Budapest, Hungary at (361) 275-3842 and Email: jobban@inext.hu

MEET A SILVA INSTRUCTOR, BECKY HICKMAN

-by Margaret Lowen, St. Albans, West Virginia

Margaret Lowen has co-taught with Becky Hickman for several years in Charleston, West Virginia and now teaches solo since Becky has moved. Margaret brings to the Silva Basic Seminar a rich background in education. Her sense of humor is evident in her email address. She also teaches the Graduate Seminar. For information call her at: (304) 727-9646 or Email: xschoolmarm@aol.com. Call Becky at (717) 530-8068, Mail to: ihelli@pa.net

BOOK REVIEW

-by Sister Naomi Curtin, SSND, Calvary, Wisconsin

Sister Naomi is a member of the School Sisters of Notre Dame, a Roman Catholic order of educators. She organized the Guam Educational Projects in which the Silva Method was taught to all students in three Catholic Schools on Guam. She earned her PhD in Education at the University of Oregon, then moved to Minnesota where she has taught the Basic Seminar in Minnesota, North Dakota and Wisconsin. Sister Naomi Curtin has taught the Silva Method for more than 25 years and although she has moved to the SSND retirement place, she has no intentions of retiring. She plans to present the Basic in Wisconsin.

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THE IMPORTANCE OF GRADUATE SUPPORT

-by Jennifer DeSau Barber

Jennifer DeSau Barber is a CSMI teaching in Central Pennsylvania and Northern Maryland. She is the granddaughter of Dr. George T. DeSau. Having been raised with The Silva Method, she knows how wonderful life can be using these techniques and enjoys sharing that information with others. She can be reached at 717-757-1704, Toll Free 877-757-1704 or Email silvamethodpa@aol.com.

CREATIVITY, WRITING POETRY

-by Kain Samiya, Plano, Texas

Kaykhosrow (Kain) Samiya holds a Bachelor of Science in Computer Science and Mathematics and MS in Computer Engineering from Iowa State University. He is currently employed as Vice President of one of the top 10 Fortune 500 Companies. Kain excels in several sports such as scuba diving, skiing, weight lifting and running. Before Kain decided to teach the Silva Method he launched the Graduate Support Meetings in Dallas. He now is certified to present the Silva Basic, Graduate, Ultra and The Self Healing Seminar, which he has created. His Basic Seminars are held in Dallas almost every month. For information call: (972) 618-7905 or Email: SilvaTx@Flash.Net

EXPANDING A SILVA TECHNIQUE, THREE FINGERS TECHNIQUE

-by Dr. Lee Pascoe, Paris, France

Lee Pascoe has taught the Silva Method since 1988, has trained 17 new instructors in French, assisted Jose Silva in the Lecturer Development Seminar, launched Morocco, Guadalupe, Martinique, New Caledonia, Luxemburg and re-launched Belgium. She now is the Director for Paris and Luxemburg and travels to present the Graduate, Total Learning, Charisma and a seminar on Hypnosis. She is a certified instructor and Board Certified

Hypnotherapist of the National Guild of Hypnosis. Lee will be presenting a seminar on Hypnosis at the Silva Masters Conference which is scheduled in August, 2004 following the convention. Her book, THE MAGIC OF MAKE-BELIEVE will be published in French and be available April 2004.

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“TAKE A DEEP BREATH, EXHALE AND RELAX”

Dr. George T. DeSau

In the arena of human behavior, there is no more destructive force than mis-directed energy that manifests under the verbal magic names of indecision, anxiety, fear, hate or disease. Such a perception is true not only for today's living. It also allows for an understanding of history with its tragic and destructive conflicts of individuals and nations. Unless a change takes place that allows individuals to become responsible for directing their energies in a more positive, loving and humanistic way, unlearned lessons from the past present us with the blueprints for a predictable and horrendous future.

It seems almost disrespectful to suggest that the direction mankind will take depends not upon decisions by world and local leaders (whose promises far outstrip their performances), economics or scientific advances but upon an individual's ability to “take a deep breath, exhale and relax” A and enter that area of internal creative self control. Simplistic? Perhaps B but do recall that all our complexity and division has not relieved us of our present condition of increasing personal and international tensions, hostility and inhumanity.

The ability to “take a deep breath, exhale and relax” can be the entrance to first directing a harmonious relationship within in terms of body, emotions and spirit. When this self control condition exists, then it becomes meaningful to believe and seek harmonious relationships between individuals, groups and nations. It needs be emphasized that in this state of self control, we are less prone to being manipulated by fear. Fear is a condition which is becoming pandemic.

In this respect, with more than 6,000,000 graduates world wide, there is tremendous potential for the Silva Method to have an international impact to CHANGE and better the human condition.

To state that the only constant is change, is perhaps stating the obvious. Yet, the recognition and understanding of

the dynamics and constant nature of change is critical to understanding the present human condition. Change or the “threat” of change is the greatest factor in producing anxiety, fear, hatred or disease. The awareness of change is so vital it is built into our neural sensory system. We look, listen, feel, and even taste, constantly on guard for any newness (strangeness or threat) in our environment. Unless we are comfortable enough to see change as having potential for positive experiences and know we can be powerful participants in directing the change, we often are conditioned to respond with some form of indecision, anxiety, fear, hate or disease.

Some may be inclined to pass over the strength that resides in the ability to relax and control the physical and mental in such a way that we not only tolerate change but are able to personally become strong participants in the change process. To have the ability “to take a deep breath, exhale and relax” A is the key that opens the door into all the potential we can indeed imagine. Once entered, a program such as the Silva Method gives us, as individuals, techniques and understanding to powerfully shape our lives. Indeed, most of the responsibility for development and implementation is placed with the individual who can make their own choices.

Over the years, experiences in instructing the Basic Lecture Series and the Graduate Lecture Series has brought me into situations where graduates were doing things by the “sweat of their brow.” When suggested that they could use one of the appropriate techniques learned in the Basic Lecture Series, there is usually a look of puzzlement, some confusion and a response with an underlying sense that they had gotten away from using the techniques. Wrapped in this response is much of the secret of individual development. Used correctly it leads to individual delight and excitement of living. Non-use may lead to regression and a sensing of being helpless and living in states of fear, anxiety, or disease. The paradox is that we have not used the Silva Method because it does not work B we fail to use it because we know that IT DOES WORK.

To use what we know will CHANGE our conditions. No longer dependent on others telling us what to do or believe. Personal experiences as well as experiences of other graduates tell us this is so. It is the intent of this article and those that follow to explore with you the human condition and the human potential. In this respect self control and change will be ever present themes.

Your personal challenge is to think about, feel and look at what you have been doing since you first encountered the Silva Method. To change, develop, dream and cause your dreams to become real does take courage. Support and aid can be found with others who share your knowledge. Certainly pointing

to the value of repeating the Basic Lecture Series, attending Graduate Meetings or the Graduate Lecture Series. However, in the last analysis, it takes the personal courage to “take a deep breath, exhale and relax.”

HABIT CONTROL

-by Hilda Silva Rubio

I was listening to Dr. Phil, on the Today Show, this morning but I only got the end of the program. He was talking about weight control and of how we think can affect our bodies. This is what Bruce Lipton has spoken of also. Dr. Bruce Lipton speaks often about how our thoughts dictate our lives. This we have known for eons and yet we continue with negative programming. By this I mean, what is the one main thing that we say when we see a big, luscious piece of creamy cheesecake dripping with your favorite topping?

Do you say, “If I eat all of that giant piece of mouth watering pie conceived by a heavenly beings, I will stay at the weight I am at?” NO! We are in the habit of saying, “If I even look at that cheese cake I will gain weight instantly!” Why do we do this to ourselves? SimpleY Life long programming has been that if anything tastes good it must be bad for you. It doesn’t have to be that way. I know a simple affirmation to conquer this self-destructive habit, just say “Cancel, Cancel” to erase the negative programming from our life.

This too can work with dieting. Like I said earlier, the way we think can and does affect our everyday living. Dr. Lipton states that our thoughts affect us all the way to our genes. He has written several books “The Biology of Perception / The Psychology of Change” and “The Biology of Belief: How your Thoughts Affect Your Genes,” that explain it in great detail. My father, Jose Silva, had the same beliefs since 1966 when he presented the first BLS Class.

I am going to put Dr. Lipton’s books in a condensed form so that everyone can understand. “You are how you think.” If you go around saying, “I am so fat and ugly”, then guess what? Eventually the mirror won’t lie! Just like if one goes around saying, “I am such a piggy,” then your body will begin to round out in the shape of a pig, minus the nose and curly tail but the body will round OUT like a pig’s.

I began a new lifestyle in January 2001. Houston, Texas, Instructor Training, with presenters Betty Perry and Mandy Bass. We were standing in line to order food at a local Smoke House when I turned around and saw a most wonderful sight: Directly behind

me sat a gentleman with the largest piece of heaven covered with bright red cherries and a mountain of whipped cream! The largest slice of cheesecake that I had ever seen!

I had been on my diet for 2 weeks and had reduced 3 pounds. I felt like a spoiled child, pouting and miserable. I wanted that cheesecake. Betty asked me what I was going to eat and I said, “I want all that the menu has to offer.” “But Hilda, what about your diet?” Betty asked. Then I began to think: It’s Sunday and you know how when, you are on a diet and you have done great with it, Sunday comes around and you reward yourself by eating a little of everything that your mouth desires and your mind says “alright it’s Sunday.” Then Monday, Tuesday and Wednesday come around and you don’t see a weight gain in those days that followed. This I used to my advantage. I was at that time 263 pounds and five foot two inches in height and I decided to make everyday my Sunday. I ordered all that I wanted including the cheesecake but before I ate I closed my eyes, took a deep cleansing breath and said the following: “This food will help me reduce in weight for better health and my mind and body will be satisfied.”

That night before going to bed I went to level and used the mirror of the mind technique. In the blue frame I saw myself standing on a scale and it read 263. I saw a big belly with “wide load” hips and I saw the size label of my blouse, which read 4x and the size label of my pants that read 26W. I had a sad unhappy face. I then moved over to the white frame and saw myself standing on the scale and it read 220! The labels on my blouse, were now 2x and my pants were 20W! I was smiling. The next night I put all my energy on only the white frame. DO NOT USE THE BLUE FRAME AGAIN TILL YOU REACH THIS FIRST SHORT TERM GOAL. I continued to say this affirmation with everything that I ate and drank. After 2 months I had not gained weight and I then began to shed the pounds the day after the second month was completed.

When I reached the weight of 220 pounds I went to level again and used the blue frame in which I weighted in on the scale at 220 pounds, saw the label and my smiling. I then went to the white frame and saw myself at 190 pounds and the labels of my blouse now read 20-22 and my pant size an 18. DO NOT USE THE BLUE FRAME AGAIN TILL YOU REACH THE SECOND SHORT TERM GOAL.

I then added another phrase to my affirmation. “This food will help me reduce in weight for better health and my mind, my body and my mouth will be satisfied.” This I added simply because my appetite was huge and I wanted a faster yet permanent reduction and I didn’t like the look of shock that I got from all those who saw me eat!

I have gone from a size 4x blouse to an 18-20 and from a size 26 pant to a 14 in a little over two years! Yes the reduction is slow compared to other diets but it has stayed off. It is less of a shock to the system, it is easy and I feel great!

How can, this work? Well, let me explain it to you. The sub-conscious or what I like to call, my mind's mind, does not know when you are telling it a truth or lie. Just like when you tell a small child not to jump on the bed, that child or any child overhearing the order, will most defiantly jump on the bed. You did not explain them the reasons why not to jump so the order becomes a picture in their mind as to how high they can jump. When you go on to explain that you don't want them to jump on the bed because you love them, don't want them to fall and get hurt, then it becomes a picture in their mind as to what dangers can happen.

The sub-conscious can and does create images and has a nasty habit of eaves dropping into all conversations and believing them all. Get your sub-conscious to listen to what you are saying about the food. Never allow your mind's mind to hear you say or think, "I can't eat that because it will go right to my hips." Or "If I eat that I will gain weight." Change your way of thinking. You don't even have to believe in what you are saying, your mind's mind will and eventually you will too. Like with any diet or life changing eating program, there will come a time when your weight will slow down or stop. This is called a "Plateau." Despair not, this happens when the body takes time to shrink, eventually the weight will begin to drop again.

I would like to hear from everyone who uses this eating change. If you feel that you will do better with a low fat, or low sodium or in combination of any other food regiment then incorporate it by all means. The main concept here is to CHANGE THE WAY YOU THINK.

Remember that there is no such thing as failure, just another chance to begin again the following day. My aim is to reach 160 pounds within the next 6 months. If you would like to join me on this new life changing adventure let me know. We will keep track and support each other on our quest for a healthier active lifestyle. Let me know how you do. I am very interested in your progress.

A FEW TIPS ON USING THE MIRROR OF THE MIND TECHNIQUE EFFECTIVELY

- by Laszlo Domjan MD, Ph.D. (Hungary)

1. Writing your goal down in positively phrased, present tense, declaratory or affirmation format is useful. For example: "I keep my back straight." "I am easygoing and confident." "I take relaxed, precision foul shots on the basketball court." "I earn YYYYY \$ per month." "I am perfectly healthy." "My cousin has found her ideal partner." "I've sold my car for the XXX price I wanted to get"
2. If the thought of truly achieving the end goal is too unbelievable, break the process up into believable steps. Only program for that which you can at least partly believe to be achievable.
3. If, during programming, you become anxious or tense about the goal because it is so important, then take a deep breath and relax your body again. You achieve the greatest and fastest results by staying relaxed while really "pre-living" the outcome you desire.
4. During each programming session, staying on a particular goal until you do truly feel intense desire and strong belief is most beneficial. If this feeling wells up quickly, then feel free to move on to your next goal. If this feeling develops only slowly, then spend more time programming for it.
5. Feel free to deliberately pick and choose which "mental pictures" you want to focus on. Freely choose various aspects or scenes connected to your realized goal to make your programming colorful or entertaining C to keep your attention focused on your goal.
6. Imagine only your end goal or objective and feel the happiness of having achieved it! You need not concern yourself with how the goal will be achieved.
7. If you are uncertain whether you should program for a goal or if it is worthwhile, then ask your subconscious through one of the three answer giving techniques (dream-control, glass of water technique, counselors). (You can also use a simple mental technique like telling yourself at level, before going to sleep, "When I awaken in the morning, the first thought that comes to me will tell me whether I should program for YYY.. goal or not." Then turn in and go to sleep. After awakening in the morning, a rather strong thought answer can be expected.)

8. Ending your programming with the - “May the best happen for all involved!” - approach inherently serves to allow only such programming to manifest which is truly useful, positive and beneficial to all involved or affected by it.

9. If possible, you should make your programming charged with emotion. Be happy to have achieved your goal, but stay relaxed at level. (If you do get emotionally tense or wound up during programming, repeat a process for relaxing your body.)

10. You need not necessarily “see” your goal! You can imagine what you will hear and feel when your goal is fulfilled and emotionally identify with it like your goal was already achieved. The more senses you include in your programming, the stronger the programming.

11. You can picture your goal in a movie like, video “format”. However, if you prefer using one mental still picture that vividly represents your goal, and repeatedly projecting it with feeling, that can be equally effective.

12. Never go back to repeat the dark framed problem image because doing so would give it mental energy.

13. When your goal comes to mind during the day, you can speed it along further by picturing the white framed image while turning your eyes slightly upward. (Remember, you do also program your mental computer while at the beta level during the day B only the effect is less than when at alpha.)

14. Keep programming your goal until you achieve it, or until you feel you had better focus on something else. You can even think of each session in which you program for your goal like you are making a deposit in the bank each time. When your account has accumulated enough money you can “buy” your goal.

15. Thought is energy. Keep thinking of what you do want and to keep your mind off of what you do not want!

16. Make sure you have at least a basic level of desire and belief in connection with achieving the goal.

17. Collect your goals and desires, and write down your goals on paper or in your Silva method journal. Rank and prioritize them. Decide what you want to achieve within a month, within a year and within ten years.

FINALLY SOME INSPIRING, HUNGARIAN SUCCESS STORIES:

“I programmed to meet the man of my dreams. We did meet and we feel that we were created for each other, and that neither of us had been this happy with anyone before. I also

programmed to find a satisfying job. The day I met my new boyfriend was the same day I had an exciting job interview as well. It felt fantastic finding out that I had been chosen from 40 applicants. I feel my life to be flowing much more dynamically since taking the course. I am full of life, full of energy and charged by the desire to live happily and to help others be happy as well.” -N.N.

“I traveled from Germany to Hungary to take the course. I had a cyst on my left side and the doctors wanted to operate. I used the mirror of the mind technique. I decorated my white framed mirror with red roses because they are my favorite flower. Every day I imagined the cyst getting smaller and smaller. One week later, the scheduled operation day arrived. After doing an ultrasound examination, my doctor said he couldn’t even find where the cyst had been. With experimental curiosity I started sending mental messages to my husband. He is a German man and a lumberjack by trade. Where we live in the countryside men do not usually help with housework. At alpha several times I pictured my 100 kg. “forest bear” husband lashing the dishes. Three days later he murmured, “You look so tired dear. Today, I’ll wash the dishes.” We have been married for eight years and this was the first time (Hopefully not the last) when I saw my husband diligently scrubbing away.” -Erika S.

MEET A SILVA METHOD INSTRUCTOR, REBEKAH HICKMAN

- by Margaret Lowen



Hats off. We are doffing our hats and bowing to Rebekah Hickman, better known as Becky. Her warm smile, cheerful words, and fun-loving ways are fixtures in the Silvalized world.

In 1998, she made a presentation at the Silva Convention about growing old with the Silva Method. Many thought it should have been growing young with the Silva Method. That was five years ago and she is still as enthusiastic as she was then. She just puts her three fingers together and goes on and on. At that time we told the story of her philosophy of life.

The story takes place on a cruise ship. She was late getting to the Shore Excursion Desk. The rest of the party was already there trying to decide on a trip that would suit everybody. When Becky came in someone mentioned a trip on the Martha Brae... Becky’s words were, “That sounds like fun. What is it?” That

happened to be a raft trip down a river named the Martha Brae. Becky was ready to go! What a wonderful approach to life! Becky's philosophy: Look for the fun. Look for the joy. Look for the good, and you will stay young!

Now Becky has cleared out her big house in West Virginia and is now living with her daughter, Cindy, in Pennsylvania. Becky is now traveling between Pennsylvania and her son, Roy's home in Georgia and son, Sam's home in West Virginia. Her generous spirit, ready-for-anything attitude, and pleasant personality make everyone want her around.

While she may be the oldest active Silva instructor, we will not go into age here. Suffice it to say that she is probably one of the youngest at heart. She has so many interests that keep her mind active and her body busy. She is taking up her art again, going to classes and polishing her skills. We hear that she is going to do some chain-saw sculpture this fall. How is that for a change of pace? When she moved, she found paintings in the attic, under the bed, and in various other places. Many of her friends now have original "Becky Hickmans." on their walls.

Besides art, she has other interests. She loves to go to grandson, Levi's soccer games where she is known as chief fan. She loves talking with friends; pretty clothes (a little on the exotic side); collecting hats; cruising and teaching Silva.

She attends all the annual Silva conventions, goes on all the Silva cruises. She was organizer and hostess for the cruises for several years.

A couple of broken bones and several falls have slowed down the dynamo but they haven't stopped her. Her steps may be a little slower and she does not take as many of them as she once did, but every step she takes is an inspiration to those who know and love her. One of her recent Basic Seminar students said, "She is an amazing instructor. I learned so much from her and she is now my role model."

Book Review: Messages from Water

Author: Masaru Emoto

Reviewed by Sister Naomi Curtin, SSND

When we first heard the theme of our 2003 Silva International Convention, "Programming Peace at the Molecular Level," many of us wondered what it was really going to be about. -- how would we program for world peace at the molecular level.

As long as we can remember, we've been told to be careful of what we think about because it may become a reality. This is

great when our thoughts are positive, but what happens when we fall into negative thinking? Negative thoughts also affect the molecular structure of our own bodies as well as those around us, but in a negative unhealthy way.

To better understand what happens at the molecular level, let's take a look at the beautiful book, *Messages from Water* by Masaru Emoto, a Japanese researcher who has done some very creative and astounding work with the molecular structure of water. Water easily adapts to its environment ... to steam, frost and ice. And water also comprises over seventy percent of an adult body as well as seventy percent of our planet. Ninety seven percent of the earth water is salt water. Of the remaining three percent, only one percent is available for people, plants and animals. The other two percent is frozen in the polar ice caps and glaciers around the world.

Mr. Emoto discovered that by freezing droplets of water and examining them under a dark field microscope with photographic capabilities, he was getting a highly diversified molecular structure, including the effects that humans and the different environments had on the water. Water from pristine mountain streams and springs showed the beautifully formed geometric designs in their crystal patterns; water from extremely polluted areas did not form crystals.

Emoto's book is illustrated with awesome photographs of beautiful crystals from spring water in Saijo, Japan and ice crystals from the Antarctic estimated to be 370,000 years old, as well as water from areas. I was especially impressed with the photograph of the crystals from the fountain of Lourdes in France where each year over a million people from around the world take their fears and heartaches and replace them with feelings of peace and love. The crystal gives a sense of almost mystical glory.

Polluted and toxic water from industrial and populated areas, and stagnant water from water pipes and storage dams, showed distorted and randomly formed structures. The photograph that really astounded me is from the Fujiwara Dam. The water was stagnant and the droplet malformed, but after the Japanese priest, Reverend Kato, prayed for one hour beside this dam, a beautiful crystal was formed from the water droplet. These frozen water crystals illustrate how our thoughts, words and actions affect the molecular structure of everything within and around us. The more positive our thoughts are, the more beautiful and healthy the results at the molecular level.

In his book, Mr. Emoto shows us the power of our words and thoughts on the molecular structure of water. He shows photographs of water that has reacted to negative energy and expressions and words such as "You make me sick. I will kill you."

Positive words such as “Love, Appreciation and Thank you” result in beautiful crystals. Even names affect the water. Mother Teresa of Calcutta’s name taped on a container overnight resulted in a beautiful crystal. Adolph Hitler’s name produced an ugly picture. Another experiment was made with music. Heavy metal music resulted in a distorted structure, while the classical music resulted in beautiful crystals. This is the power our minds have in affecting ourselves, all humans and all living organisms at the molecular level.

This book, Messages from Water, reinforces what we Silva Graduates know about the power of the mind. The result we get from our Glass of Water Technique is an excellent example. This amazing and beautiful book may be ordered from the Silva Method Web Site at: Shop Silva.

THE IMPORTANCE OF GRADUATE SUPPORT

by Jennifer DeSau Barber

I was sitting, thinking about writing an article for the newsletter when Intelligence recalled an incident a couple of days before the Miami Convention.

I was on my way to LDS training at the resort when I saw Mac and Guillermo looking very frustrated at two large doors with a heavy chain wrapped around the handles. It was held firmly in place by a large lock. This stood between them and what they needed. All the materials to get ready for the convention, Security had not come to let them in and Max and Guillermo had a lot of work to do.

I off-handedly said to Max, “You should be able to use your mind to get past those chains.” Max looked at me and a calmness came over his face. He looked at the door, reached out and started unscrewing the door handle. A couple of seconds later they were in their storage room and back to work creating a fantastic convention for all of us to enjoy.

I believe the reason this incident was recalled by Intelligence was this. Even though we have these wonderful Silva “tools” to help us, we all get caught up in the drama of our life. Sometimes, we need someone to say, “You can do this” (whatever this is). That is the importance of surrounding ourselves with people who understand we are all geniuses and are capable of great things. We just need to be reminded to step back from the drama.

A great source of support is your local Graduate Group. If there isn’t one start one. Not many graduates in your area... share with friends and family the wonders that Jose Silva graciously shared with you. If there isn’t an instructor in your area, many are willing to travel to teach the Basic Course – all you need to do is ask. If it’s important, there is a way!

Because for every person who does better and better for themselves, it is better and better for all of humanity.

CREATIVITY: WRITING POETRY USING THE THREE FINGERS TECHNIQUE

by Kaykhosrow (Kain) Samiya

After taking the BLS course in 1991, I set out a course of action to explore various ways to use the Silva Method Three Fingers Technique. In the training the only uses of the Three Fingers Technique were in reading a book, listening to lectures and in test taking. Although others uses were hinted such as tapping alpha at will. I really desired to write poetry in the style of an ancient Persian poet, named Ferdowsi. Ferdowsi dates back to about 1,000 years ago and his greatest contribution to the Persian world is that he enlivened the Farsi language by writing the Book of Epics, which is 100,000 verses of pure Persian poetry about the ancient fables. It took Ferdowsi some 30 years of research and gathering of data before the Shah-Nameh (Book of Kings) manifested. I programmed my Three Fingers to act as a channel to write poetry with. I should mention that prior to this moment I was very challenged in writing poetry, especially in coming up with words and phrases that rhymed.

In a course of about one hour after programming my three fingers, I channeled some 200 verses of poetry that came to me after opening my eyes. All I could do during this one hour of time was barely keeping up with the stream of poetry that came to me. It was sort of like automatic writing, where I pretty much lost control of the pen and the verses wrote themselves. At the time of writing I could not comprehend what was being written, nor how much information was going to come to me. At the end of the hour everything halted. I took a deep breath and started to glance back at the poetry. In total disbelief the poetry started just as Ferdowsi would start all his stories. Every verse had perfect rhythm and rhymed well. What was so neat about the poetry is that there were many prophecies told that all manifested within a year.

Since the poetry is in Farsi language, I did not translate them because it would lose all its rhythm and rhum. Instead I will share another poem that came to me not too long ago. It was June 20, 2003 and I was flying to Kuala Lumpur, Malaysia to teach Silva's Ultra and Self-Healing. While at about 40,000 feet of altitude, I happened to glimpse outside the window and saw an image of our mother earth, with a halo of sunrise peaking just at the horizon. In that moment of glorious images and lights, the following poem came to me that I would like to share.

As I float between earth and heavens,
I see a world that is lovin' and forgivin'.

We are guided by the light,
But we are free to roam about.

In a world that is light and dark,
We are allowed to be bold and stark.

I see a world that is land and water,
Governed by a love from Higher Power.

There are highs, lows, and in between,
Made for us, by us, to dive in.

A world that is made of contrast and duality,
So we can choose our experience and its quality.

Yet above it all is Oneness,
Love, passion, and calmness.

A universe of beautiful sounds, and color,
So we can hear, see, and holler.

It is a joy to be alive, Lord I have arrived.

THE AMAZING SILVA METHOD THREE FINGERS TECHNIQUE

by Lee Pascoe

The idea for this article was born during a long journey with four creative Silva graduates finding ways to utilize the hours in a constructive manner. In the car were myself, Lee Pascoe, my husband, Michael Dodson, and our American friends, Nelda Sheets, doyenne of Silva lecturers, and Clara Webb, a fellow artist. We were comparing the dozens of different ways we used the Three Fingers Technique when it became obvious that, in print, this could inspire and help other Silva graduates. Several brainstorming sessions with graduates followed to put together this final collection. Many thanks to Nelda and her American graduates for a huge list of suggestions. The list is by no means exhaustive. If you have any other ideas for applications, please

let us know.

The Three Fingers Technique, of all the Silva Techniques, is the easiest and simplest to apply. Once it has been programmed in the B.L.S. it is instantly and permanently available. There is no need to memorize a formula or establish a deep level; you need only to remember that it's there to use. And the beauty is, that it never wears out! Rather than saving it for special occasions, the more you use it, the better it works.

220 USES FOR THE THREE FINGER TECHNIQUE

EVERYDAY/PERSONAL

- To avoid stumbling in the dark
- When walking in a muddy patch, or anything slippery, to keep balance and avoid slipping
- To relax so you can walk safely on ice
- To instantly combat fear
- To centre yourself when your mind is all over the place
- To remind yourself, "I'm in a class of my own."
- When stumbling over a word, or having difficulty pronouncing
- When singing karaoke, to synchronize the words better with the music
- For finding lost objects
- For finding misplaced papers
- Dowsing" to find hidden objects (See story)
- Holding awkward keys to function right and slip easily into the keyhole
- To help take the lid off jars
- To be able to hold off going to the toilet until there is one available
- To instantly boost confidence
- To strengthen willpower
- To help find an item in the supermarket
- To help resist buying an unwanted item
- To be attracted to the right shop that will have just what you want
- To connect with nature
- While looking at a beautiful view, enhance feeling and to "lock it in"
- To better communicate with plants - green thumb
- For communicating with an animal
- To calm your pet at the vet's
- To encourage your cat to go to the loo (john) before a car journey
- To coax pigeons to stay away from your balcony
- To connect with God and be open to divine guidance
- To protect yourself from danger (See Newsletters)
- To put on "Lancelot's Armour" an image to shield you from negativity)
- To be on guard and safe on a dark lonely street
- To clear negative energy, connect with the divine and radiate protective energy (around your house, for example)
- To attract a salesperson's attention
- In front of the drinks machine, when the coins aren't accepted
- To untangle the vacuum cord when it's stuck, putting your foot on the pedal calmly with just the right amount of pressure
- To have more strength and energy when you carry heavy bulky things
- To find a porter or assistant to help when you have lots of luggage

- To attract a waiter's attention
- To find a good table in a restaurant
- To handle chopsticks easily
- To resist chocolates, cream cakes and other "sinful" goodies
- To warm yourself up when you are cold
- To take aim when swatting a fly
- "Dowsing" a map to detect the presence of something - fugitives, missing persons, drilling sites
- To get a refund on the wrong size clothes, when you've lost your receipt
- To find the right TV channel or radio station
- To gesture "O.K."

STRESS/RELAXATION/HEALTH

- To clear your mind of confusing or worrying thoughts
- To recall your ideal place of relaxation
- To refocus yourself when you are late for an appointment
- When you're in a hurry with too many things to do and need to calm down
- To remain calm in stressful situations
- To maintain inner quiet in a noisy environment (airport, hairdresser, schoolyard)
- When you feel a "Hissy fit" coming (English: temper tantrum)
- To replace "counting to ten"
- For pre-menstrual tension
- To recharge energy
- To bring blood pressure back to normal
- To make heartbeat normal
- To calm yourself at the onset of an asthmatic attack
- To avoid dizziness in a staircase by keeping calm and balanced

LEARNING/MEMORY/EDUCATION

- To increase concentration, pay better attention
- To memorise a text
- To read a lesson with greater comprehension and retention
- To listen to a speech with greater comprehension and retention
- For test taking (See THE OFFICIAL APPLICATIONS, for a full description of the above)
- To choose the right answer in multiple choice test questions
- To "click" on the mental mouse for your bio-computer
- To put your virtual teacher on the screen
- To keep yourself motivated and enthusiastic throughout a course
- To calm yourself in class (for teacher and student)
- To remember where you put your keys
- To remember where you left your car in the parking lot
- As a reminder to do something, like post a letter
- To recall what you were going to say when you lose your train of thought
- To recall someone's name
- To recall a word that's "on the tip of your tongue"
- To recall the title of a song or piece of music
- To recall where you read something
- To recall the name of an author
- For help in solving a crossword puzzle
- To remember a past event clearly
- At a lecture, to send the speaker a subjective message to call a break
- While listening to a joke, to recall and recount later

- To remember the punch line of a joke
- To ask yourself, "What did I come into this room for?"

PROFESSIONAL/ART

- For fear of speaking in public
- When giving a lecture, to be aware of audience needs and response, to say the right thing at the right time
- When giving a lecture, to keep on time
- To find just the right answer to a difficult, or "trick" question
- For artists, to re-experience impressions and while painting canvas
- For actors, to "turn on" to their role
- To clear stage fright and re-establish confidence
- When you forget a line on stage, without a prompter
- For musicians, to tune in and harmonize mentally before a performance
- Three fingers around the microphone when singing
- In a recording studio, to adjust the feedback and the microphone volume
- For simultaneous translation, to immediately find the correct and appropriate expression
- For Customs Officers, to decide which bags to open (See Anecdotes)
- For nurses and doctors, to stay awake and concentrated for long hours
- For doctors, to help make a correct diagnosis
- To focus your thoughts for a sales presentation
- To reinforce confidence for an interview or presentation
- In a selling situation, to tune in to customer's interests and needs
- To remain open, pleasant and harmonious with a client
- To fix an appointment by telephone with a prospective client
- To find a bookkeeping problem (See Anecdotes)
- Checking through, or scanning, documents to locate errors
- To recall the right spelling
- To concentrate better when typing, to be faster and more accurate
- To know instinctively what to do when your computer malfunctions
- To open up, or "turn on" creativity
- For creative new ideas when writing publicity
- For inspiration when writing a difficult report
- To increase confidence when asking for a raise
- When electronic equipment breaks down or malfunctions, to remain calm and do the right thing
- To come up with the right information during a tax investigation (The following are from Chapter 10 of "Getting Help from your Other Side")
- Looking for the source of an insidious quality slip-up
- Deciding to whom to delegate certain responsibilities
- Proofreading a report for typos
- Involved in a sudden emergency where quick mental action is needed

TRAVEL/TRAFFIC

- To find a parking place, of course! (Anyone NOT know this one?)
- To park your car in a small space without denting it or surrounding cars
- To arrive on time when traffic is difficult
- To arrive, if not on time, at just the right moment!

- To drive in the flow, at the right speed in tune with traffic lights, to arrive when they are green
- To drive safely and be aware of hazards
- To keep to the legal speed
- In general, to be automatically aware of danger or emergency and react in the appropriate manner (See stories)
- To protect your car from parking tickets
- To stay calm and serene in traffic jams or difficult situations
- To decide which lane to take in congested traffic
- To stop road rage (self and others)
- To determine which route to take when driving, or exploring
- To find your way in a strange place
- As a pedestrian, to find a gap in the traffic to cross the street safely
- On a moving staircase (escalator), laden with cases and shopping, to land safely without falling
- To hail a taxi. (This is sometimes contested. Some say you tune in to a driver looking for a passenger)
- To combat claustrophobia in an elevator
- When running to catch a bus, to make it on time
- To get to the railway station in time for the train
- To avoid hassles at the airport
- To sail past customs without being stopped
- To get a ticket refund when faced with a difficult bureaucrat
- To get a window seat when “There are no more available, sir.”

DECISIONS/INTUITION

- For any instant decision
 - To spark off a flash of intuition, or inspiration
 - To pick out the best produce at the market
 - To make up your mind at the ice-cream counter
 - To pick out the best paint colour for walls
 - To decide which car to buy
 - To choose the best wine on the wine list
 - To select an item from the menu that is tasty but won't wreck your diet!
 - To help choose a suitable present
 - To help choose an appropriate greeting card
 - To find the ideal apartment when scanning the Real Estate ads
 - To choose the fastest moving queue at the supermarket, postoffice, bank
 - To choose the winning horse at the races
 - To choose the right colour and number in the casino
 - To pick lottery numbers
- (Obviously, these last three are not guaranteed, as there are far more Silva graduates than there are big winners!)

RELATIONSHIPS/ SOCIAL LIFE

- Instead of an obscene or insulting gesture, giving a positive three-finger sign
- To remind yourself to smile
- To change the expression, or produce a smile, on someone's face
- To control your temper, calm anger
- To stay calm when listening to an angry person who is yelling or insulting you
- To stop yourself reacting angrily to a child's behavior
- To encourage a baby who is refusing to eat
- To stop a negative reaction when some one does something you

- don't like
- To remain in control
- To teach children to be in control
- To find just the right words when writing a letter
- To listen on the phone with a sympathetic or empathic ear
- To heighten sensibility to other's needs
- To choose what to say and how to act when comforting a bereaved person
- As above, when visiting a sick person
- To attune yourself to the person who is talking
- To choose the right word at the right time
- To protect yourself from psychic “vampires”
- To be especially sensitive on social occasions, e.g. when the boss is coming to dinner
- When organizing a dinner so that the right people sit next to each other and enjoy each other's company
- To resist a powerful persuasive influence
- When making a difficult telephone call
- To get through when the line is engaged - “psychic call waiting”!
- To stop yourself swearing
- For help in bluffing
- To heighten love-making
- To identify yourself as a Silva graduate or to recognize another graduate - the “Silva salute”
- To recharge energy and power
- To instantly recall previous successes and the accompanying feeling of confidence and enthusiasm
- While playing, to recall mental rehearsal
- With a deep breath, to put yourself into the “state” or “in the zone” before a game, in tennis, for example, to quickly reinforce all programming before a shot
- In cricket, basketball or baseball, to attune yourself to the ball
- To keep your ski group in view
- To improve your dart aim
- To heighten awareness in chess games
- When riding, to put yourself in tune with the horse

SILVA TECHNIQUES

- To go to level faster and easier
- To get back to the right level after an interruption
- To help go to sleep easily
- To remember dreams
- To eliminate negative expressions (Mental Housecleaning)
- To recharge headache control while keeping your eyes open
- To remember the Memory Pegs
- To remind and reinforce habit control programming
- To stop the desire to smoke
- To eliminate the desire to snack between meals
- To reinforce “Negative thoughts and negative suggestions have no influence over me at any level of mind”, especially when surrounded by negative people
- To programme yourself to do something as an automatic reflex
- To send healing thoughts to someone in the environment
- For sending a mental message
- For visualising or imagining with eyes open
- To reinforce the white-framed Mirror of the Mind at beta level
- For “broadcasting” while keeping your eyes open

- For working a case with your eyes open
- To control pain at the dentist
- During childbirth, to recall and reinforce pain control programming

THE “OFFICIAL” APPLICATIONS FROM THE B.L.S.
CONDITIONING CYCLE:
THE THREE FINGERS TECHNIQUE AND THREE
APPLICATIONS YOU CAN USE:

- A. For easier recall of information read.
- B. For easier recall of information heard.
- C. And for achieving higher grades in test taking.

By bringing together the tips of the first two fingers and thumb of either hand, your mind adjusts to a deeper level of awareness for stronger programming. Stronger programming of information results in easier recall, producing a better memory. To read a lesson, enter level 1 with the use of the 3-to-1 method. Tell yourself mentally that you are going to count from 1 to 3 and at the count of 3 you will open your eyes and read the lesson. Mention the lesson title, and subject. Add: “Noises will not distract me, but will help me to concentrate. I will have superior concentration and understanding.” Count from 1 to 3, open your eyes and read the lesson. When you have read the lesson, once again enter level 1 with the 3 to 1 method. Tell yourself mentally, “I will recall the lesson I have just read (mention title and subject) anytime in the future with the use of the Three Fingers Technique.

To hear a lecture, enter level 1 with the 3 to 1 method, and tell yourself mentally that you are going to hear a lecture and mention the title, subject and lecturer’s name. Tell yourself that you are going to use the Three Fingers Technique. Keep your eyes open during the lecture. Tell yourself that noises will not distract you, but will help you to concentrate; that you will have superior concentration and understanding; and that you will recall the lecture (mention title, subject, and lecturer’s name) anytime in the future with the use of the Three Fingers Technique. For test taking with the Three Fingers Technique, follow the 3-cycle method.

First: Read your test questions the way you always do, but do not stay too long on any of them. If you have a ready answer put it down; if not, skip that question and move to the next one.

Second: Use the Three Fingers Technique, and do as in the first cycle, but stay a little longer on the unanswered question. When an answer comes, put it down; if not, skip that question and move to the next one.

Third: use the Three Fingers Technique, read the unanswered question and if still no answer comes, close your eyes, turn them slightly upward, visualize or imagine your professor on

your mental screen and ask for the answer. Then clear your mind, and start thinking again to figure the answer. The answer that comes is your professor’s. Write it down. Do not turn in a blank paper.

There have been some excellent articles on the Three Fingers in past Newsletters. A travel through the Archives came up with the following, which I have summarised and/or quoted:

STUDENT SUCCESS STORY

From The Silva Method Newsletter, Vol.21, 1990.

A university research study by George Maycock at Appalachian State University, Boone, NC. demonstrated that even a very brief exposure to the Three Fingers Technique (15 minutes explanation and 15 minutes relaxation exercise) helped college students in preparing for and taking exams.

RESEARCH PROJECT PASSES TEST

From The Silva Method Newsletter, Vol.19, No.3, 1988

In a research project conducted at the University of Tasmania in Hobart, Tasmania, Australia, students raised their test scores by one letter grade when they used the Silva Method’s Three Fingers Technique. “From the results of this study,” Dr. Harry E. Stanton said, “it would seem reasonable to conclude that the Three Fingers Technique is able to facilitate short-term improvement in second year high school students’ examination performance.”

Those who had learned the Three Fingers Technique improved nine percentage points, while the control group actually dropped one point. To put it another way, the experimental group improved their scores 17 percent over their previous average when they used the Three Fingers Technique. “The technique is a very simple one which students have no trouble in learning,” Dr. Stanton wrote in a report published in the Journal of the Society of Accelerative Learning and Teaching. “Initially, their curiosity is piqued; later their interest is maintained as they find it becoming easier for them to remember the material they read and hear about in the classroom,” he continued. “This technique is one which has wide applicability to everyday life,” Dr. Stanton said. “Silva suggests its use as a trigger for better mobilization of the mental faculties in virtually every situation where thinking is required. He described the technique as “a simple conditioned trigger which we can use to focus our faculties. By doing the conditioning while in the relaxed state, our suggestions become more powerful. Thus, when we invoke the signal at a later date, it is likely to be successful in achieving the result we desire.”

SUGGESTIONS OFFERED FOR USING SILVA
TECHNIQUES IN UNIQUE SITUATIONS SILVA METHOD
PROGRAMMES YOU FOR PERSONAL PROTECTION

From The Silva Method Newsletter, Vol.20, No.11, 1989

“What is the best way to protect yourself from danger?” I asked Mr. Silva. “Program yourself to sense any dangerous situations and to make the correct decision about what to do,” Mr. Silva answered.

“You mean the way you programmed your son Tony and the other young men when they were sent to Vietnam?” I asked. “Something like that,” he agreed. He programmed them that whenever they placed

the little finger of either hand into the palm of that hand, they would be more intuitive to danger. They brought back many stories about trusting their intuition and taking a different path than that they had originally planned, then learning later that there was an ambush on the original path.

(This modification of the Three Fingers Technique was to allow the soldiers to keep both their hands on their rifles ready for action, while remaining alert for any hidden dangers, such as snipers or mines. Tony Silva’s assignment was to be “point man”, the one out in front. Before he left on his mission he programmed every day for two weeks in preparation. The result was that his intuition was exceptionally keenly developed. On one occasion, he had an impulse to jump to one side, just as a bullet whizzed past his head. On another, he threw a boulder ahead of him to where he “knew there would be a mine, and it was exploded safely. His reputation for being “lucky” was such that other soldiers would want to work close to him.)

ANECDOTES

“Doing bookkeeping, when I discovered that my figures did not balance, I programmed that when my three fingers were together they would turn warm when run over the error.” Nelda SHEETS

Finding a parking place is so successful and hence, so well-known, amongst thousands of graduates worldwide, that many are convinced that this is an “official” use of the Three Fingers Technique. Jose SILVA continues to find this very amusing, but as he says, “If it works, use it!”

A Customs Officer in El Paso, who is a Silva graduate, uses the Three Fingers Technique to help him detect possible smugglers and decide whose bag to open. Thus he was able to discover an exotic bird hidden in the bag of a sweet little old grey-haired lady.

The president of an association of Dowsers had just completed the basic Silva course. He entered the annual competition to find the highest number of buried objects in a field. Each competitor used his preferred working instrument, pendulum,

dowsing rods, etc. Using only his three fingers, he won the competition.

The Three Fingers Technique, like all the others, has applications far beyond the examples given in the Silva Basic Seminar Series.

EDITOR’S NOTE

By Nelda Sheets

CORRECTION

For the previous issue (#2), I wrote an article, TOOLS OF THE CREATIVE DIMENSION. In the section on the counselors in paragraph 3, I made a error when I retyped it for the newsletter. I left out two very important words and a comma. It should read: “The concept of Guardian Angels appears in most religions. Angels are mentioned frequently in the Christian New Testament and are mentioned in the Hindu Veda, Moslem Koran.” It regrettably reads: “Hindu Koran.” I apologize.