
THE OFFICIAL SILVA METHOD NEWSLETTER

LETTER FROM THE EDITOR

by Nelda Sheets

We teach what we need to learn is an adage that is true for me. I have a passion for travel, adventure and learning in order to expand my own world. Teaching the Silva Method has given me the opportunity not only see the world but also to learn from the world's people. I learned from a woman in Nairobi, Kenya that she and I have very much in common and we could be best friends. I learned from a man, an engineer in Paris, France that creativity is a common interest to Silva graduates. I learned from a child on the Island of Guam, that pleasure in achieving a goal is common to Silva graduates of any age anywhere. I continue to learn from all students that life is an adventure and the Silva Method is a visa to the world within.

I look forward to meeting the people who come to the Silva Method classes because people who come have open minds and an appreciation for creative and positive thinking. I look forward to sharing Silva Methodology. It turns me on to see Silva students turn onto the expansion of their potential.

INSTRUCTORS ARE NEEDED...

IF YOU ARE INTERESTED...call the HOME OFFICE...
1-800-545-6463

REFLECTIONS WITH HARRY

by Harry McKnight

(Editors note: Harry McKnight was asked by a graduate to share information and thoughts about the Silva Method and hypnotism, dangers of developing psychic advisors, doing harm to another, Fear/Hope, Doubt/Faith, Guilt/Love. Harry encourages all graduates to email questions and thoughts. hrrymcknight@aol.com)

The Silva Method was conceived in the research of Jose Silva, parented by yoga and hypnosis; thus, characteristics of both appear in the child, Silva Self-Direction of Mind. Jose Silva was devoted to the study of many sources: The Bible, Psychoanalysis (Freud, Jung, Adler), Electronics (professionally and inventively), Hypnosis, Rosicrucian studies, brain research, and was quite developed intellectually, musically and physically. In addition, he was devoted to his wife, family of ten children, and his country.

During the 60's through the 80's of the last century, except under the umbrella of medicine, there was great opposition to the use of hypnosis by the general population. There was a rich history of its effectiveness in hypnoanalysis, dentistry, self-help programming research, and healing. To use methods accused of being similar to hypnosis oftentimes led to legal questioning and suits that distracted the progress of those methods; meanwhile, efforts were made to bring meditation, self-help and self-development under the umbrella of the medical community. Today hypnosis, meditation and self-programming, intuitive creativity, using the imagination in psychoneuroimmunology, etc. have been expressly incorporated into Alternative, Integrative, Complementary and other types of medical practice.

Hypnosis in human research/practice is truly an internal focusing of awareness, turning attention away from the outer environment and the physical senses, onto one's inner experience, self-guided or guided by an external agent. It is the creation of a state of mind, body and emotions that awakens inner conscious levels of awareness for some purpose agreed upon by the person involved. The person strengthens will power to be able to achieve enhanced functioning psychosomatically; thus, addictions such as those found in alcoholism, smoking, overeating, undereating, abuse of drugs, etc. can oftentimes be neutralized through suggesting alternative habit patterns and selecting alternative, more healthy patterns of behavior. Active and passive meditation, such as practiced in different forms of yoga or mental/spiritual disciplines, such as the Silva Method can produce similar results; however, The Silva Method offers more than hypnosis.

The usefulness of the Silva Method is to assist the person not only to be able to change levels of awareness intentionally, but also to apply focused formula techniques for self-improvement in education, relationships, health, business, and self-concept. In addition, in the latter portion of the exercises, the person educates self to awaken intuitive faculties for helping to make this a better world for others. These are Creator-endowed faculties that we have been naturally endowed with but that have been generally neglected in both the West and the East. The usefulness and effectiveness of the Silva Method is attested to worldwide as graduates use Effective Sensory Projection techniques as well as techniques developed and applied in the earlier portions of the training.

The Silva Method is designed to assist the participants to dehypnotize themselves by learning to focus awareness on stimuli that are designed to hypnotize people, such as TV, radio, newspaper,

magazine, telemarketers, and other types of advertising, and even certain types of music. The participants are taught early on to control their inner and outer sensory functioning, take charge of their own responsibility of free agency, and direct their minds in positive and constructive ways that open new alternatives to them for problem solving. As the participants learn techniques formulated from years of research, and see that they can use the formulas to learn to relax, manage undesirable stress, go to sleep, understand their dreaming for problem solving, and awaken and stay awake naturally, get rid of headaches, improve memory skills, improve self-concept, manage pain naturally, work with their health caretakers for more balanced health, change addictive habits, improve relationships, learn to pray for people rather than prey on them, and even share these techniques with their loved ones in their own families, even at a distance from them, the participants begin to realize in their own direct experiences that they can help themselves, trust themselves, improve decision-making, take charge of their lives in constructive ways and help others to do the same, they are ready to help others to help themselves. In the latter portions of the training they learn how to help make this planet a better place for all of us by using remote viewing for assisting others live healthier, happier, more loving lives so that the best be done for all involved in projects that they work on. And all of these achievements are accomplished by participants dehypnotizing and deconditioning themselves of things learned from the blind leading the blind; things like doubt, fear, and guilt. They can start to lead lives of Creator-endowed faith, hope and love.

In my experiences of guiding participants through the Silva Method Basic, Advanced, and Instructor Training and Certification Courses world wide, and in my own work using the Silva Method Techniques for my personal challenges and assisting others to manage their personal challenges, I have never heard nor read of, nor witnessed harm done to anyone by using the enhanced levels of awareness that participants develop through learning and practicing the Silva Method. The notions that there can be harm done by learning and using the Silva Method that I have come across through the years seem to be fruits of ignorance of the Silva Method, fear engendered by prior conditioning, and sometimes, deliberate attempts to sabotage the spread of the Silva Method by discrediting it.

Actually, using one's awareness focused at inner conscious levels of mind as we learn to do in the Silva Method opens a doorway into the spiritual dimensions of truth, goodness, and beauty that help us live more fulfilling lives of loving service.

Thank you, Jose Silva, for developing and sharing with us the Silva Method as your legacy to humanity.

P.S. There are many works one could read; a great one is Judy

Qua's EVERYDAY MIRACLES AND THE SILVA METHOD with a foreword by Jose Silva (ISBN # 0-913343-80-3). Judy Qua reveals many positive and constructive results that graduates have reported.

P.P.S. Re: "... dangers of developing psychic advisors." Participants in latter portions of the Basic Series use their creative imaginations at inner levels of consciousness to create a laboratory or working area in which they can feel secure and comfortable while focusing awareness for various purposes such as remote viewing and problem solving. Part of their creation is to equip their laboratory working area with all that they might need to work on any project. They also create counselors, assistants, or advisors to assist them with any projects which they might have. Sometimes participants imagine various outstanding persons like favorite relatives, inventors, saints, holy persons, and guardian angels as their "geniuses in every field" to consult when needed. The participants also know that they are in control and can judge the fruits and feedback, and evaluate any advice or suggestions they might be given. They can use their levels of inspiration as higher intelligence and wisdom available to them, wisdom and intelligence that they are able to accept or reject any time and at any level of awareness. Such wisdom and guidance is often found in the study of hagiography, biography, history of noted persons, etc. The confidence the participants develop in their working at inner conscious levels builds as they continue experiencing and working problem cases in their class exercises and homework. They can discriminate "danger" if they discover any such while working at inner and outer levels of consciousness. Not only can they discriminate, but also they have techniques for resolving such situations.

EXPANDING A SILVA METHOD TECHNIQUE

TOOLS OF THE CREATIVE DIMENSION
by Nelda Sheets

The inner conscious level of mind contains priceless resources that can be used for personal growth, creative solutions, creative/artistic expression and for health. Throughout the history of the study of mind, people have talked about a "center" that directs and empowers us. Freud coined the word "unconscious...the source of instincts and drives." Jung called it the "inner conscious." and said that it is conducive to a person's well being. The means, by which the inner conscious communicates with the conscious self is through dreams, feelings, intuition and telepathy. We Silva Graduates call it "level one" when we go within to program for outcomes. We call it our "laboratory level" when we work cases or want to feel centered or feel connected with Higher Intelligence. We consider this inner level of awareness a creative dimension where we create our "laboratory" and meet our counselors.

THE LABORATORY

In his book, *ON WRITING*, Stephen King advises us to use a creative tool...a special place, our laboratory. In the book, he tells us all the arts, including writing depend upon telepathy to some degree. He says this about his creative dimension: "I'm in another place, a basement place where there are lots of bright lights and clear images. This is a place I've built for myself over the years. It is a far-seeing place." (A basement place...deeper level...creative dimension with far seeing....sound familiar?)

Edgar Mitchell, the astronaut, calls it a place of collective unconsciousness.

Jose Silva, founder of the Silva Method, understood it as a universal storehouse in which we all have tools that we need or will ever need...where we can attune our awareness to all time/all space. In other words, a spiritual internet.

THE COUNSELORS

Visualizing a counselor, an inner guide gives us a tool to access the inner wisdom of our inner consciousness. When I and seventy one artists were in Jose Silva's first public class held in Amarillo, Texas, Mr. Silva called this inner guide a "friend." About a year later, he changed friend to counselor. He explained that he had noticed that in the Greek Amplified Version of the New Testament the word counselor was used in reference to a statement that Jesus made to his disciples. The word counselor comes from a Hebrew word meaning "listening with an open heart"

So, what are our counselors? Who are the counselors? We find some basic concepts in literature that match our experience and belief. Since the dawn of consciousness, creative people have invited and asked the Muses to inspire their lives. In Greek mythology, the Muses were honored as nature goddesses of creative inspiration for song, poetry and other arts and sciences. The Muses are daughters of Zeus and Mnemosyne, the goddess of memory who could recall everything that had ever happened. The Muses retold their mother's stories in verse and song. The concept of a muse inspires artists today to "get in the mood" to paint or write. It's interesting that artists have been open to the idea of inner wisdom and inner guides. And it is certainly not surprising that it was a group of artists in 1966 who were ready for Jose Silva and his program.

So, back to the question, What are the counselors? There are two main concepts: It could be that they are our Guardian Angels and/or they are our own Inner Wisdom. The concept of Guardian Angels appears in most religions. Angels are mentioned frequently in the Christian New Testament, and are mentioned in the Hindu Koran; in the Hebrew Bible; Angels are messengers for Yahweh. In the Jewish tradition, prayers from the heart are transformed into Angels.

The Catholic as well as Protestant leaders warmly encourage the belief that each of us has his/her own Guardian Angel. It is interesting that Pope Pius XI advised Pope John XXIII to "rely on your angel while discussing important matters." He said, "When we have to speak with someone who is close to our argument, we tell our Guardian Angel to speak to his Guardian Angel." (What a good idea!) In his book, *ANGELS: GOD'S SECRET AGENTS*, the Reverend Billy Graham says, "I believe in angels because the Bible says there are angels and I believe in angels because I have sensed their presence in my life on special occasions." Jose Silva wrote that he believed that we have been assigned a spiritual guide that we call an angel. He tells us to keep in mind that we are connected to various levels of universal intelligence...and spiritual guidance is available to us.

The second concept held about the counselors is that they are our own inner wisdom and voice. Dr. Carl Jung tells us that he created images to represent his problems, his feelings and challenges. He then dialogued with those images to gather intuitive and creative thoughts to better understand what was going on in his life. He tells us that since our dreaming mind can create a messenger that represents our inner wisdom then our day dreaming mind can do the same.

Noted author of *MIND GAMES*, *THE HUMAN POTENTIAL* and *SEARCH FOR THE BELOVED*, Jean Houston wrote, "My studies of many creative thinkers and artists point directly to their capacity to delve into these levels of reality." She is referring to the deeper dimension of reality that is "sacred time" and "sacred space."

Silva graduate, Dr. Wayne Dyer tells us in his book, *REAL MAGIC* that a good way to develop your understanding of spiritual guides and to find inspiration for working with your guides (counselors) is to read biographies of great scientists, artists, musicians and other creative people. As you do, look for the spiritual dimension in their success. You will find that the greatest speak about going within and often speak about trusting their inner wisdom.

Our first president, George Washington wrote in his journal that he had a "Lady Angel" who would sometimes appear to him. Once she had a book to show him. The book had pages showing the future of the United States. He saw that there would be a conflict between the southern states and the northern states. There would be a reunion around the northern flag. He also saw the states expanding to the west ocean.

Silva graduate, Dr. Michael Samuels, author of THE WELL BODY BOOK, & SPIRIT GUIDES shares with us that he believes that his counselor (spirit guide) is his inner voice and wisdom.

Dr Carl Simonton, the cancer specialist who took the Silva method in the early 70s, is now known worldwide for his success in guiding cancer patients with the Long Relax and Mirror of Mind formula techniques. He also advises his patients to create a counselor who he considers to be an aspect of their own personality. Dr. Simonton tells us in his book that most patients' Inner Guides take the form of a respected authority figure.

Dr. David Bresler of the UCLA Medical School Pain Clinic advises his patients to use mental imagery to contact their Inner Guides as a source of information about their pain. He frequently advises his patients to create a humorous animal, Freddie the Frog as an example. In spite of their whimsical qualities, these creatures help patients identify the things going on in their lives which may be contributing to the pain.

Dr. Art Ulene, who offers advice on the Today Show and author of FEELING FINE, encourages developing an advisor that allows you to call on the right-brain hemisphere for intuitive problem solving.

In THE CREATIVITY WORKSHOP that I have authored and have presented to Silva graduates since 1968, one of the most useful techniques for getting in touch with our creative dimension is the laboratory and counselors. We choose an expert in our chosen field. An example is: Several years ago, I decided that I wanted to paint energy. I wanted to feel the energy of the Central Texas landscape and I wanted viewers to sense the energy as they viewed my paintings.

I chose Van Gogh as the expert of energy in paintings. When I asked him for advice, he showed me how to apply paint with colors and application that helped me achieve my goal. The result:

I was happy with the results and the paintings sold very quickly.

The focus of this article has been the Silva Method tools: The Laboratory and The Counselors which are introduced in the Silva Basic Seminar. It is hoped that you are inspired to tap into your creative dimension and use The Laboratory and The Counselors to bring more intuition, creativity, spirituality, energy and power into your life.

STUCK

by Dr. George T .DeSau

Being “stuck” is a phenomenon that is both a blessing and a

curse. A blessing in that certain behaviors serve us best on a repeat without thinking about it basis B like productive habits. It is a curse in that we too often continue in boring, non-exciting, repetitive attempts at living.

Thoreau has said that “most people lead lives of quiet desperation.” Research has confirmed Thoreau’s observation. It is said that 95% of what we thought yesterday, we think today. Equally unsettling is the information that about 75% of those thoughts are negative. This is a situation that I have termed the 95/75% Syndrome.

There are two powerful internal dynamics that contribute to this condition of “stuck.” First is the attempt of the organism, body to us, to maintain a condition of “homeostasis.” Examples of this would be the regulation of body temperature, heart rate, and the like. A very important mechanism to keep survival conditions fairly constant (stuck).

A second condition that contributes to “stuck” is the old brain part of us that has to do with “territoriality.” It is this old brain response that kicks in and produces feeling of threat whenever we enter new territories. These new territories can BE in anything not familiar. Think of territories as: your friends, job, where you live, food, places of vacation or political party. Any situation surrounding you can be viewed as either a territorial safety or threat. So, very powerful forces for survival act to keep you out of unfamiliar areas. In effect “stuck.” Why? Because our body reads wandering into new “territories” as a threat to survival. Anything new will do to trigger this response.

Homeostasis is rather vital to our physical survival. Territoriality on the other hand is overly restrictive to our living a more exciting and challenging life. If your intent is to tiptoe through life hoping to make it safely to death, read no further.

The Silva Method has any number of techniques to assist us in bringing life to life and overcoming the 95/75% Syndrome. For example, the opportunity to get rid of Limiting Beliefs. The ability to go to Level and identify Limiting Beliefs in areas such as: intelligence, wealth, abilities, talents, health and the like. This procedure for eliminating Limiting Beliefs has recently been added to the Basic Lecture Series. A good reason to repeat the Basic course?

Additionally, the ability to go to Level and energize at this creative dimension eliminates most of the survival/territorial resistance. At Level you are relaxed and not subject to the indicators of stress produced by survival/territoriality such as: increased heart rate, sweaty palms, anxiety and the like. You are viewing the new situation in a relaxed, positive, safe state. All attributes to cause Intelligence to work to manifest at the Objective Level

what you have created at the Subjective Level. A great opportunity to use one of the Silva techniques such as Mirror of the Mind. You are in a position to live life to its rewarding and exciting fullest! It does require ACTION on your part. Is it to your advantage to do it NOW? Why wait to start living more fully??"

CREATING CREATIVITY with the SILVA METHOD

by Nelda Sheets

The question most asked of me, about the Silva Method is: "Specifically, how does the Silva Method enhance creativity?" To answer, my plan is to feature one example in each issue of this newsletter.

This issue features Valerie Lis, Silva Method Instructor of the Minneapolis, Minnesota area, who team teaches with her sister, Brenda Campbell. About seventeen months ago, Valerie programmed for an answer to a situation in her life using the Glass of Water Technique. She awoke in the middle of the night with a voice in her head, telling her to take notes. Throughout the night, the voice continued to speak. Valerie says, "The next morning I gazed at what was written on my paper. I had not expected the words to make sense. They were beautiful! They flowed with such a distinctive rhythm that I called it poetry. This ritual continued nightly and the voice soon identified itself as Jesus (my spiritual guide). I struggled with this for I am not a religious, spiritual or intuitive person. I am a rational and logical person. I have not read CONVERSATIONS WITH GOD or A COURSE IN MIRACLES. I would guess that there are similarities. In the last seventeen months, almost 400 Poems have been scribed. Most of them emphasize the importance of love. The humor and human form of Jesus comes through clearly. The verses are multi-dimensional, often with many layers of meanings. Here are two examples:

How I love you so!
I am in every part of your being.
As the sun rises and sets and the waves brush upon the sand.
In the blossom of the rose and in every time and place, I am there.
Know that I am there.
Know that I am of you, with you, for you, above you, below you.
And I am in the deepest part of your soul.
Abundance in the physical world and great fortune within.
These are my promises for you.
-Valerie Lis

Run between the raindrops!
Let's play outside on a rainy day.
Children know inherently

Rain is the water of life.
Children know inherently
To dance naked in the rain fulfills the joy of living.
"Thank you, God, for rain," they cry
AFor with the sun, the two make life.
Yes, thank you, God, for rain."
-Valerie Lis

Poetry is a form of artistic expression that comes from the heart. These two poems are examples of creative messages from the inner dimension, triggered by programming for wisdom and insight

MEET A SILVA INSTRUCTOR

by Jeanie Bengston

When asked why she teaches the Silva Method, Jeanie replied: "I absolutely love teaching the Silva Method. Jose Silva developed such an incredible program that provides a solid foundation for the art of living and after all these decades it remarkably and beautifully fits perfectly into the new paradigm that science has given us about how we create our reality. (And he did this before anyone was hearing much of anything about quantum physics!)"

It takes a certain insight and courage to think differently, to move away from the consensus thinking and these are the people that align themselves with the Silva material. I have been deeply honored to meet such courageous people and to be in a position where I can see people change their lives, know how to handle any situation that arises and become more confident, successful, peaceful, creative and happy. I believe that we are in the midst of a huge change of consciousness on the planet where more and more people are realizing that they can consciously choose and attract what they want into their lives. You can't give something you don't already have--so the more radiant and joyful someone is, the more they pass on to others. The Silva Method provides the tools and techniques to bring this about and I feel grateful and blessed to be a part of it."

Jeanie has been married for 38 years to her husband, Fran who recently retired as an executive in a large corporation and is as well a gardener extraordinaire. They travel frequently and extensively, often to California where both of their grown children (and one grandchild) are living.

Jeanie Bengston, M.Ed. is the founder and President of the Living Awareness Foundation and Director of the Silva Method for the Greater Philadelphia Area, Delaware and the Florida Keys. She is a constant award-winning instructor and is considered one of the top Silva Lecturers in the United States.

Jeanie graduated from Mt. Holyoke College with a degree in psychology and received a Masters in education from Syracuse University. She is a Reiki Master Healer and an avid investigator of different disciplines and alternate approaches to metaphysics, spiritual growth and healing.

Jeanie has been doing private consultations for years and is now providing Life Coaching services over the phone and the Internet where she has both a national and international following. Compassion and intuition have contributed to her success as an effective change agent and creative problem solver in supporting her clients.

Having lived abroad, along with enjoying extensive travel, Jeanie brings a planetary focus to her workshops. A popular speaker at community sponsored functions, she has appeared on many radio and TV shows. Jeanie is an enthusiastic and dynamic professional speaker who combines warmth and humor in her presentations.

Iced Tea

by Hilda Silva Rubio

I consider myself blessed. When I was very young and a middle daughter, I felt that all I would ever get was scraps. My older sister's worn dresses and worn out shoes and my brother's worn down popguns and used peashooters. My parents did the best that they could to raise, feed, clothe and keep safe, 3 sons and 7 daughters. But it was not easy.

My Father had a T.V. and radio repair-shop, which didn't pay enough to keep mom from worrying as to where the next meal would come from or if there would be milk that night for the babies and the work kept him away from home often. Mom attended to the house, garden and cooking, the cleaning was left up to the rest of us. Life was very hard even for us, the kids, but we all did what was expected of us. Working in the garden with mom was the best part, at least for me, next to her teaching me how to make candies.

My parents, whom I consider Legends, had the biggest hearts in the whole world. Daddy had a very difficult time turning people away that were looking for money or a hot serving of food. Mamma, attended to those who were physically or mentally ill. The latter sometimes brought us great concerns. We were considered wealthy back then, not because we were many living under the same roof but because of mom and dad themselves.

If you were to come to our house and mom answered the door, which was always opened and never locked, she would first ask you if you had eaten and even if you had she would find

something to feed you. Dad would be called to visit with the guest. Dad would insist that the water cooler fan be turned on and to sip iced tea in glasses filled with ice that we chipped off a giant frozen block, which was in a tin washbasin, under a blanket. Both were unlicensed counselors and therapists who would sometimes get paid in everything from government powdered milk to live chickens. I would sit and listen to the conversations and advice. I never knew that sitting in on these visits would come in so handy later in my life.

I just reached the half way mark in my life! On June 9th, I turned fifty! I can remember when mom was fifty and how I wanted to look like her. At fifty, I now look like my Dad! I cook like my mother and with time, I hope to reach and help people all over the world, like my Father has.

BOOK REVIEW

-by Sylvia Smith

YOU THE HEALER

José Silva and Robert B. Stone

“It is your natural state to be healthy!”

With this simple yet profound statement, Jose Silva and Robert Stone open a book that contains perhaps the easiest understood instructions for using The Silva Method for improving your life—immediately. José Silva, a brilliant lay research scientist, and Robert B. Stone, Ph.D, have collaborated to create a complete healing course that you can complete on your own—in forty days!

When first introduced to the idea of spending time “in Alpha”, seekers often make the process more difficult than it is. Silva and Stone use clear explanations and vivid examples to help you begin, and exercises and projects which ensure your success.

From the moment you begin, you receive benefits from spending time at the Alpha level, and as you progress through the forty-day program outlined in the book, your body will experience changes and healing that you thought impossible before.

Early in the book, you realize that the basis of the success of the Silva Method is relaxation, and if you mastered nothing more than the first four exercises, it would be money and time well spent! In these exercises, you are training your mind to cause your body to enter a deeply relaxed state, which promotes healing and reduces the stress that contributes to almost every health challenge.

While you're learning to improve your own health, you will also learn to use some of the Silva methods in healing others.

You will learn about the energy transfer from your mind (and hands) to another—with or without touching the person, or even at great distances. Interestingly enough, these explanations of the transfer of energy and how they affect wounds or bleeding were written many years ago, and today, we have special bandages (containing the excellent electrical conductor silver) which form a “bridge” of energy over a wound and can ward off infection, speed healing, and prevent scarring!! When José Silva and Robert Stone wrote these words many years ago, few accepted them as truth, but today medical sciences use the concepts in hundreds of ways! He was truly ahead of his time!

Beyond the use of the wonderful Alpha level for healing, you will find that some of the forty sessions teach you how to use your newfound powers for communicating with others, ridding yourself of unwanted habits, and controlling your environment. The mystery of clairvoyance is dispelled— and you will learn to use your mind to “know” whatever you desire to know! You can improve your memory, and achieve peace of mind.

Another wonderful attribute of *You The Healer* is the window into the life of José Silva that the book gives the reader. José uses personal stories and letters from others to let you see how the techniques are used, and in doing so, reveals a lot about the history of the Silva Method. You are reminded of wisdom of the ages, and with his simple yet effective techniques, José Silva shows you how to make this wisdom your own.

SILVA CONVENTION REPORT/ 2003, MIAMI BEACH

by Alice A. McKnight

Co-Directors Max and Hilda Silva Rubio orchestrated the annual Silva Method International Convention in South Miami Beach Shores May 17th and 18th. Its theme was Programming World Peace At The Molecular Level. The site of the gathering was the beautiful Wyndham Hotel overlooking the white sand beach of the Atlantic Ocean.

The convention opened in the Grand Promenade on the first floor of the hotel at nine A.M. Following the enthusiastic welcome by the Master of Ceremonies, Dr. Allen Goldman, Marta Saldana, our very experienced interpreter, was introduced. Marta has been the Silva Method Convention Spanish/English interpreter since the 1970's and she contributes greatly to the success of each convention.

The first presenter, Sister Naomi Curtin, Ph.D., spoke on PROGRAMMING WORLD PEACE AT THE MOLECULAR LEVEL DEFINED! She illustrated her presentation with photos of Japanese researcher Masaru whose work clearly illustrates the

effects which people's thoughts as well as actions have on the molecular structure of water. Sister Naomi teaches the Silva Method to school children as well as adults, and has participated in Silva Method research studies directed by Dr. George De Sau. After Sister Naomi's address to the assembly, there were three workshop choices. One was presented by a trio of internationally known instructors, long known and respected by the conventioners B Nelda Sheets, Harry McKnight, and Dr. George T. De Sau. Each spoke on aspects of their collective topic: THE POWER OF THE SUBJECTIVE MIND FOR PERSONAL AND WORLD PEACE. George, a research scientist who has done many studies demonstrating the efficacy of the Silva Method, focused the thoughts of the convention theme related to the Quantum Level. Then Nelda followed with mind-mapping of the key points of subjective functioning and led the group in a meditation. Harry then brought together the themes of George and Nelda under the key concept of loving service. In the Mediterranean Room, Dr. Ginger Grancagnola, long a popular workshop leader and sometimes featured speaker, spoke on STAYING GROUNDED IN AN UPSIDE-DOWN WORLD. Addressing the personal, national and international distresses confronting people today, she offered practical applications of Silva Method techniques for resolving seemingly unsurmountable problems.

Betty Perry captured her audience with a dynamic presentation in which she considered the many inter and inner connections involved in living meaningfully on this planet. Her examples illustrated the many ways that the Silva Method can broaden and enrich life experiences. Her presentation was titled DISCOVER YOUR FUTURE.

Dragan Vujovic, dynamic CSMI Director in the Czech Republic, chose THE GREATEST AND MOST POPULAR CONCEPTS OF LIFE to consider in his presentation. Ego, blame, guilt, and denial of responsibility were among the dragons he spoke of being slain by applications of the tenets of the Silva Method.

Ever popular Mandy Bass chose HOW TO CAST A SPELL OF PERSONAL INFLUENCE (and why you must) as her tour de force at this year's convention. Mandy, like a true master, left her audience anticipating her demonstration of the hula hoop techniqueYperhaps next year?

Kain Samiya chose the topic AWAKEN THE HEALER WITHIN and charmed the audience, sharing his knowledge of chakras (energy vortices) and demonstrating that where one's mind goes, there, energy goes.

Lucien Lamoureux spoke on THE SPIRITUAL ASPECTS OF THE SILVA METHOD AND HOW THEY LEAD TO PERSONAL PEACE. His focus was on Jose Silva's historic research being rooted in universal spiritual principles which Jose made

available to all.

After a full morning the conventioners enjoyed the first of two delightful, beautifully served, delicious lunches in the Starlight Dining Room. The room was aglow with the conventioners' appreciation of the morning presentations now topped off by fantastic desserts.

After lunch the participants returned to the Mediterranean Room to hear the first featured guest speaker, Robert Stiller. Humanitarian and CEO of Green Mountain Coffee, Inc., Bob Stiller is a Silva Method graduate, and heading the Human Resource Department of his company is a CSMI. Mr. Stiller's inspiring talk focused on the transformative power of having a clear intention and vision of what one wants to achieve. No wonder he was named Forbes' first "Entrepreneur Of The Year" in the cover story of 2001!

Rosa Argentina Rivas, Director of Mexico and Central America, inspired her audience, speaking on HUMANENESS: THE KEY TO WORLD PEACE. Her moving presentation pointed up the unique actualization of inherent potential of Silva Method subjectively educated persons to further world peace and understanding. Rosa is the host of two daily radio talk shows in Mexico City, which are broadcast also to Central America, and she is the recipient of many international awards.

At the conclusion of the first day's presentations, the participants enjoyed a marvelous dinner dance. Dressed in cruise casual attire, the gathering feasted to the rich melodies of a live band which enticed many couples to the dance floor after dinner and into the night.

Sunday's proceedings began with the opportunity to attend eight a.m. Mass offered by Father Justin Belitz, OFM, CSMI.

Three morning convention sessions began at nine a.m. Jeanie Bengston, who received a 25 year ring for her years of outstanding service in presenting the Silva Method, titled her presentation THE NEW PARADIGM B AGE OF CONSCIOUS CHOICE. She spoke of keys to changing old patterns of behavior, and presented ideas for living at the leading edge of global change and motivated empowerment.

Father Justin, author of a manuscript of spiritual meditations, spoke on the topic SUCCESS: FULLY LIVING (A SPIRITUALITY FOR THE 21ST CENTURY). He inspired us to the realization that choices one makes create the kind of life experiences that one enjoys or endures. His talk was both entertaining and thought provoking.

Dr. Allen Goldman, internationally renowned naturopath and CSMI spoke on the topic HEAL YOURSELF, HEAL THE WORLD. He presented a variety of specific techniques, ancient to modern, for improving persons' health and well-being, including their social relationships.

Dr. Ghansharyam Singh Birla spoke to the conventioners on the topic of palmistry. Founder of the Birla Network for Vedic Healing, Dr. Birla shared and demonstrated his findings about the ancient study of human form in his talk titled LOVE IN THE PALM OF YOUR HAND: HOW TO USE PALMISTRY FOR SUCCESSFUL RELATIONSHIPS. He shared in a power point presentation how the palms of the hands indicate where one is coming from and how one can break destructive patterns blocking one's potential.

TO THE BOUNDARIES OF EXCELLENCE was the subject of Dra Ma Elena Tafur Villegas from Colombia, SA. She elaborated how to consciously channel emotions and perceptions harmoniously by employing the Silva Method techniques. Internationally respected Dra Villegas leads her participants to a recognition of their inner beauty and how to generate successful changes.

At the conclusion of the Sunday morning sessions a delicious lunch awaited the delegates at the Starlight Roof atop the Wyndham Hotel with breathtaking views of the ocean and surrounding areas.

The first afternoon speaker on Sunday was Professor Omar Jaled Mustafa Chama from Brazil, the Silva Regional Director of South America. The title of his presentation TO LIVE LIFE FULLY -- THE JOURNEY OF LIFE exemplified the enthusiasm of this dynamic and humorous CSMI who has been the recipient of both the President's Cup and the World Cup (awards for excellence in purveying the Silva Method). Assisted by power point his workshop delved into the principal themes that drive people's lives and encourage them to transformation.

The final featured speaker, Dr. Wayne W. Dyer, a Silva Method graduate, well-known author of many self-empowerment books and who is affectionately known as the father of empowerment by his reader-fans was a presence in his own milieu addressing the convention. He praised Jose Silva's great influence and contributions to leading inquiry and research in the field of mind-brain development (which many of his listeners term the second phase of human evolution) and conscious uplift of the planet. Dr. Dyer affirmed that we choose to apply or dissipate our energies, and emphasized the value of meeting our responsibilities with a cheerful, caring attitude.

At the conclusion of Dr. Dyer's address, Sister Naomi Curtin led a candle light procession as musician Bill Campbell softly played one of his original compositions on his guitar.

Afterwards, into the evening, graduates chose to swim, relax over dinner, or take the available buses to sites of local interest, anticipating returning to Miami for SILVA INTERNATIONAL CONVENTION 2004.

MIND2.0 SEMINAR CELEBRATING 4TH ANNIVERSARY

Hilda Silva Rubio, Chairman of the Board says this about the Mind2.0 Seminar:

“When Jose Silva was physically on this planet, he was the only person who presented the Silva Method Ultimate program. We honor Jose Silva by continuing this one of a kind seminar. We retired the name **ULTIMATE SEMINAR** and renamed the course... **THE MIND2.0 SEMINAR**.”

“Three of his greatest supporters and close friends were selected to present this powerful five-day program. Dr. George DeSau, Harry McKnight and Nelda Sheets have each more than 30 years of working personally with Jose Silva and presenting the Basic, Graduate and Ultra Seminars worldwide. They also weave into their presentations current research in body-mind-spirit and topics such as **REMOTE VIEWING, ADVANCED CASE WORK, CHANGING LIMITED BELIEFS, CHANGING OUR DNA** etc.”

Director... Nelda Sheets describes the Mind2.0 Seminar this way: “The Mind2.0 Seminar has dimensions of the Silva Basic, Graduate and Ultra Seminars with the varied experiences and personal insights of George, Harry and me. George has worked closely with Jose on research projects, has been a valuable consultant, friend and a respected Silva instructor worldwide. Harry was Jose's “right-hand” man, helping Jose introduce the Silva Method to the world. Harry wrote the first book about the Silva Method which is still in print. Jose thought of Harry as a close friend. I had the privilege of training to become an instructor in Jose's classes and working with him in the early days with his “research groups” to learn advanced case working techniques. One of the blessings of my life is my friendship with Jose.”

“The first dimension is for the pragmatic thinker who wants exact formula techniques for positive outcomes for stress management, self improvement and psychic development.”

“The second is the discovery that we are a brain/mind unit... that loves thinking imaginatively and intuitively. This level reveals the

creative and constructive purpose for human beings to make our planet a better and better place to live. One aspect is the discovery that we are folks with a mission to evolve physically, mentally, emotionally and spiritually.”

“The third dimension is the magical weaving of experiences and skills that the participants bring to the seminar. This seminar attracts special people and that ensures the enrichment of the tapestry that we call... Mind2.0.”

The next seminar will be in Dallas, August 4 through August 8. You can get information from the HOME OFFICE at 1-800-545-6463.

ALPHABITS

By Nelda Sheets

Silva Method graduate from the early seventies, the late Cesar Chavez was honored with a United States postage stamp recently. The postal service says, “Civic rights leader, Cesar E. Chavez (1927-1993) founded the United Farm Workers of America. A tireless advocate for justice and equality for all people, he dedicated his life to working in service to others.” In an early issue of the Silva Method Newsletter he said that he had a dream of all migrant workers and their children to become Silva Method Graduates.

Jose Silva wrote in an article, **PERSONAL SECURITY, KEY TO PEACE**, “Going to level and practicing the several techniques through which a person can be better fulfilled are some of the greatest contributions which any man can provide to his fellow man. The insecurity in the world cannot be abolished simply by the waving of a magic wand. We need to develop and nourish programs that will nourish and sustain those who feel they have something to contribute to the general well-being of the country. With the Silva Method we have the tools through which an individual can become better realized as a member of this society and the planet. These tools fall under the slogan which we use: “Serving humanity better and better.” This slogan, when properly applied, can be a tremendous factor in solving problems dealing with violence. It goes to the very essence of our existence for without the optimism, the hope, the joy and the faith that we bring one another through the Silva Method, life really would be a darker and more somber place in which to live. The Silva Method has become a soothing force in a world of change and violence.”

“I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.”
-Henry David Thoreau

“What is the skilled approach of someone seriously interested in realizing his or her highest potential? Stated simply it is to keep the mind continuously in as happy and peaceful a condition as possible.”

-Buddhist, Lama Thubten Yeshe, “Introduction to Tantra”

ABOUT THIS ISSUE'S CONTRIBUTORS

JEANIE BENGSTON, Pennsylvania

MEET A SILVA INSTRUCTOR

Jeanie presents the Silva Basic Seminar in Philadelphia, Delaware and The Florida Keys. Jeanie is this issue's featured instructor. Read about her in the article. Call her at (610)565-5810 or Email: jeanie@livingawarenessfoundation.com
www.livingawarenessfoundation.com

DR. GEORGE T. DESAU, Pennsylvania
STUCK

Dr. DeSau is a regular contributor. He is a rather unique individual who has the ability to inject a rather subtle sense of humor in presenting material. He is able to find the extraordinary in the ordinary and has the rare ability to provide experiences integrating the Objective and Subjective dimensions to have you manifest those things and events in your life you desire. It is obvious in his presentations, that he relishes having the participants put into action the power of the Silva Method to empower themselves.

Dr. DeSau has been a global presenter of the Silva Method for more than 30 years and has made significant contributions to early research of The Silva Method. As a psychologist, his background includes work in the fields of Education, Management Training, and Private Practice. He is the author and producer of a series of Power Tapes that range from CHANGING LIMITING BELIEFS, WELLNESS AND RECOVERY to CONTROLLING THE AGING PROCESS. Check the Catalog Section or the Home Page or ask your instructor. Dr. Sau presents the Mind2.0 program which is scheduled for August 4-8 in Dallas. It is recommended that one take the opportunity to participate in any program in which Dr. DeSau is a presenter.
Email: GTD323@aol.com

VALERIE LIS, Minn

CREATING CREATIVITY WITH THE SILVA METHOD

Valerie and her sister, Brenda Campbell team teach the Silva Method Basic Seminar in the Minneapolis area.. They plan to offer children's classes and other workshops. Read her story in the article. For class schedule call (783)315-0086 or Email: vlis@attbi.com

ALICE MCKNIGHT, Florida

SILVA CONVENTION/ 2003

Alice is a retired Silva Method Instructor. She presented The Silva Children's Course and was the Newsletter Editor for several years in the early days of Silva. She and her husband, Harry have co-presented workshops at International Conventions.

HARRY MCKNIGHT, Florida

REFLECTIONS WITH HARRY

Harry McKnight earned his MA from Tulane University and was awarded his degree in philosophy from St. Anselm's University in Rome. He performed his graduate studies in theology and became certified in counseling and guidance. Harry became involved with the Silva Method in 1968 and was soon appointed Director of Instructor Training. He has taught the Basic, Graduate, Ultra internationally. He now is one of the team that presents Mind2.0. Harry is a regular contributor for the Silva Newsletter. He wants you to talk back to him....your own reflections about his topic or questions about any facet of the Silva program. Email: hfmck1@aol.com

HILDA SILVA RUBIO, Texas

ICED TEA

Her article is an excerpt from a book that she is writing about her life, growing up with the Silva Method and daughter of Jose Silva. Hilda is the Chairman of the Board of the Silva Method organization. She writes a newsletter for Silva Method instructors titled, “LET'S HAVE TEA.” She is a regular contributor to the Silva Newsletter

NELDA SHEETS, Texas

EXPANDING A SILVA TECHNIQUE

Nelda is the Editor of the Silva Method Newsletter and a regular contributor.

Nelda has been teaching the Silva Method since 1967 and was on the staff of the Instructor Training for 14 years. She now presents the Basic, Graduate, Mind2.0 and her Creativity Workshop. Phone: (512)246-2427 Email: neldasheets@aol.com

SYLVIA SMITH, Texas

BOOK REVIEW: YOU THE HEALER

Sylvia is a pharmacist and lives in the Rio Grande Valley. Her articles have been published in newspapers and magazines and she has received honors in Toastmasters International. Her motto seems to be: “Have Instructor's Manual... Will Travel” For the next few months, she is scheduled to present the Silva Basic Seminar in Canadian, Texas; Cincinnati, Ohio; Montrose, Colorado, San Antonio, Texas; Albuquerque, New Mexico; and Portland, Oregon. Want a class in your area? Phone: (956) 661-9911 or 1-866-897-4582 or www.mysilvaconnection.com