

Guide to Practicing the Silva Centering Exercise

Part 1: Understanding Meditation

Meditation is fast gaining recognition worldwide. In America, **10 million people now claim to meditate daily** and this number is rapidly growing.

Why? Because it works and more and more doctors are recommending it. The following news headlines taken from 2003 help explain the sudden interest in meditation.

From the Washington Times – Aug 14, 2003

A new study shows [that] people who underwent meditation training produced more antibodies to a flu vaccine than people who did not meditate. Those who took part in the meditation study also showed signs of increased activity in areas of the brain related to positive emotion, as compared to people who did not meditate.

CBS News – Aug 27, 2003

People who meditate these days come from all walks of life and aren't necessarily weird New Agers or pretentious actors. Students, lawyers, West Point cadets, athletes, prisoners, and government officials all meditate. It's supposed to help depression, control pain, increase longevity, slow down cancers, invigorate the immune system, and significantly reduce blood pressure. Time magazine recently reported that "meditation can sometimes be used to replace Viagra."



Time Magazine – Aug 4, 2003

Not only do studies show that meditation is boosting their immune system, but brain scans suggest that it may be rewiring their brains to reduce stress. It's recommended by more and more physicians as a way to prevent, slow or at least control the pain of chronic diseases like heart conditions, AIDS, cancer and infertility.

As you read, meditation provides many benefits even when done by a beginner.

The Two Types of Meditation: Passive and Active

When we meditate several important things happen physically and mentally. First, we are “focusing internally” and letting go of the outside world (similar to going to sleep, but without losing consciousness).

This allows our brains to shift into more stable, stronger brain frequencies (called alpha and theta by scientists) normally reached during sleep.

When we can reduce our brain frequencies to these levels while staying awake we are able to bring the unconscious mind to the conscious level. This allows us to control and harness the power of the unconscious mind.

There are two types of meditation.

Passive Meditation

All meditation systems, such as Yoga, Zen, Transcendental Meditation TM, Silva Life System and others have similar benefits.

By “passively” letting go and going within, we “deactivate” our survival mechanisms and allow our body’s natural health and rejuvenation abilities to be activated.

Each method has its own way of reaching the inner state of mind, and each has its own goals.

Active Meditation

Jose Silva’s techniques allow you to use the relaxed, healthy state of mind that occurs during meditation to solve your day-to-day problems.

Silva found that by “actively” utilizing brain languages (kinesthetic, visual, and auditory thought processes), we can use this higher energy state to improve memory and learning skills, change unwanted habits, enhance health, and healing.

He also developed techniques to achieve what many people call “tapping the super-conscious” to solve problems, reach goals, come up with new ideas and solutions to problems. Some students use the Silva Life System to enhance their spiritual growth.

Using such techniques within a meditative state is called “active” meditation.

But what exactly happens when you meditate?

Your brain functions on a small amount of electricity, much like a computer. This electrical current vibrates and pulses at various speeds. When you are wide awake, with your eyes focused, your brain vibrates 20 times per second – what scientists call 20 cycles per second or the Beta frequency.

You are probably at this beta level of mind right now as you read this.

When you go to sleep, your brain frequency slows down, all the way to about half cycle per second in the deepest levels of natural sleep. This is known as the Delta level.

In between Beta, the waking state, and Delta, the deep sleep state, there are two other levels of mental activity.

When you are in a light level of sleep or in meditation you are in the Alpha range, which is 7 to 14 cycles per second. This is the center range and this is what we mean by saying “going to your center”. Going to the alpha level or centering is essentially the same thing as meditating. When someone meditates, scientifically, they are simply reducing their brain wave frequency to Alpha. The Alpha level is the level we use to activate our minds. Theta is a level of deeper relaxation or sleep, when your brain waves are at 4 to 7 cycles per second. The table below summarizes the 4 states of brain frequency.

State	Brain Wave Frequency	Associated With
Beta	14 – 21 cycles per second (cps) and higher	Waking State, the five senses. Perception of Time and Space
Alpha	7 – 14 cps	Light sleep, meditation, intuition. No Time & Space limitation.
Theta	4 – 7 cps	Deeper Sleep, Meditation.
Delta	0 – 4 cps	Deep Sleep. You are unconscious at Delta.

There are many benefits of “going to the Alpha level” or meditating. Jose Silva found that people who can remain in the Alpha level while analyzing information have access to more information than those who remain in Beta to do their thinking. Feelings of intuition, creative ideas, inspirational thoughts and ideas come to people while at this Alpha level. Going to Alpha is also good for programming your mind. At the Alpha level you can learn to overcome all kinds of problems, such as insomnia, tension and migraine headaches, bad habits, and much more. You can also program your mind to help you achieve your goals and make your dreams come true.

There are formulas for all this and more in the Silva [home study program](#) and [seminars](#).

During the 25 minutes you remain at Alpha while using the Silva Centering Exercise, you can practice relaxing physically and mentally, and you can imagine yourself succeeding in your projects and achieving your goals. As you can see, there are a lot of benefits to “going to Alpha”. Now let’s get to learning **how to practice** the Silva Centering Exercise.

Guide to Practicing the Silva Centering Exercise!

Part 2: How to Practice

The Silva Centering Exercise is presented over audio. Ed Bernd Jr. will guide you to a healthy, relaxed level of mind. You will also hear a gently thudding sound in the background. The sound is a gentle beat of 14 cycles per second. This sound simulates the alpha level frequency and will help guide your brain to this correct frequency.

All you need to do is find a comfortable position, preferably sitting up, and close your eyes. When you're ready you can start the audio. When you practice the Silva Centering Exercise, there are three things you need to do while you keep your eyes closed. The Exercise is more than just a relaxation tool—it is also a powerful way to tap into your mind to solve problems, change habits and practice creative visualization.

This is what we mean by **Dynamic Meditation**.

The Three Things You Must Do



First, you should practice your concentration. Concentration is a basic skill. Concentrate on what the instructor tells you to do via the audio. Second, practice your imagination. We want you to **learn how to exaggerate your imagination**, because you will be in a better position to control your creative visualization. At the same time, it will keep you active while going through the exercise. By being mentally active, you avoid the tendency to drift off into sleep. Third, you must practice coordinating your physiological relaxation with your mental relaxation. It is easy to go into a mental relaxation. But you must learn to let your body relax too. It takes a little longer for you to relax your body than it does for you to relax your mind.

You do not have to maintain a fixed, rigid position. If you have to adjust your body to be comfortable, do so. If you need to scratch an itch, do it. Make yourself comfortable and you will be able to relax better.

If you feel uncomfortable for any reason, if you feel that you want to open your eyes, then open your eyes immediately.

Tell yourself—mentally or verbally—to relax, that everything is okay. Then when you are relaxed, go back to the beginning of the recording and start over.

Things to Remember

1. When the instructor says to “project”—or “concentrate”—your sense of awareness on your scalp area, that’s where you start practicing concentration. Establish what your “awareness” is. Let’s pretend, for example, that it is a ray of light. Blue-white light. It is easier for us to focus a ray of light into that area than anything else.
2. Next you are instructed to detect the vibrations in that area, a “feeling of warmth caused by circulation”. Naturally, it is the blood circulation we are talking about. Concentrate on trying to feel the pulsations of those vibrations in that area. You may not feel them on your first try, but by the second or third effort, you will.
3. Then you are instructed to “release and completely relax all tensions and ligament pressures from this part of your body”. Don’t just recite it, concentrate on it, and exaggerate your imagination. How would you imagine your scalp being fully relaxed? Think. Concentrate. Maybe you would feel better imagining your scalp as if there is a warm, wet cloth draped over it. Use your imagination.
4. The instructor will also say positive affirmations such as “every day in every way I am getting better and better”. Another affirmation you will hear is “I am now learning to attune my intelligence, and developing my sensing faculties, and learning to project them to different locations”. This is an affirmation we use in our seminars to train people to develop ESP.
5. At a certain point, the instructor will say “When you next hear my voice one hour of time will have passed at this level of mind”. The instructor will then go silent for 30 seconds before you hear his voice again. This is a mental suggestion to make you feel as relaxed as if you just had an hour of rest. One hour of time does not really pass – only 30 seconds will pass. But your subconscious mind will take this suggestion as being true and so you will feel the effects of having just had one hour of time pass at the alpha level of mind. You’ll feel more relaxed and calm.

When you combine your physiological relaxation with your mental relaxation you will be much more relaxed at the end of that exercise. The more you practice, the easier it will be to relax completely. Please remember, the secret to success is discipline. Practice makes perfect.

This is no different from training your physical body and getting into shape. If you exercise your body only once per month you get very different results than if you exercise daily. The same principle applies when you train and exercise your mind. The

more you go into alpha, learn to visualize, relax, and tune into your intuition, the healthier and better your life becomes.

Note: You may want to listen to the exercise first so there will be no surprises.

Some Applications

With practice you will also be better able to tap into your intuitive feelings or hunches.

It just takes practice, and the knowledge that it is possible and that you can do it. In Silva Life System Seminars the majority of participants are able to tap effectively into their intuition by day two of the seminar and perform health case readings on people unknown to them.

It is important that you continue to practice the Silva Centering Exercise regularly. We encourage graduates of the Silva Life System to practice it once a week for three months after they graduate. Many of us continue to practice it at least once a week even after that.

Once you have learned to relax in a sitting position, if you want to find a more comfortable position—to stretch out in a nice reclining chair for instance—then do so. First learn to enter deep, healthy levels of mind with conscious awareness—without going to sleep. After you've learned this, then you can enter deep levels even when lying down comfortably, and you can still remain awake for as long as you desire.

Now, let's take a quick stretch break and then enjoy the Silva Centering exercise.