

# A Celebration Of Success

Inspirational Stories From The Silva Community





### I Helped My Wife Heal Cancer

In 1974 I learned Mind Control taught by a student of Jose, Helen Bangs. **I taught my wife to heal herself using these methods** of going into Alpha and visualizing her body clear of cancer (Ovarian - Stage 2). **After 5 years she is still free and clear of any cancer.**  
- Phil



### One Of The Most Important Events In My Life

The best thing that I ever did was to detect the abnormality of someone being blind in one eye during a case-working exercise after finishing the basic lecture series. To know that this was possible, to experience it, and to realize that there is something being the physical world has been one of the most important events in my life. - Rod Davis

## I am now happier and healthier than ever before.

The best thing that I have accomplished through the use of the Silva method would have to be achieving **a healthy, peaceful way of life.**

Before my introduction to meditation with the Silva method (through my wife who is a Silva graduate) my life was spent in a highly stressed out mode. **I was unaware of the stress I was creating and placing my body under, and as a result of this I developed Graves' disease.** This is an autoimmune disease in which my thyroid gland grew to over twice its normal size, I couldn't sleep, satisfy my hunger, and I felt extremely weak and had tremors.

My specialist suggested drug treatment, radiation therapy and then possible surgical removal of my thyroid. This would leave me on hormone replacement therapy for the rest of my life.

I was determined not to be drug dependent for the rest of my life, so before I started my drug therapy, **I used the Silva method meditate. My wife guided me to level and led me through a healing exercise where I visualized white light on my throat and thyroid. I did this three times a day for a month. Test results a month later revealed that my thyroid was back to normal size and that my T cell count (showing evidence of the disease) was also back in normal range.**

Now that I am totally healed, the Silva method has reduced my day to day stress, and I am now happier and healthier than ever before. I look forward to learning more of the Silva techniques and continuing to get better and better.

- Nathan



Every Day in  
Every way I'm  
getting better  
and better

## From getting the instant rest I needed with a new born baby, to improving my studies.

The Silva Method has tremendously improved my life in so many ways. From getting the instant rest I needed with a new born baby, to improving my studies. When I was in my last year of high school, I used the 3 to 1 method to program myself for remembering what I was learning. I studied this way the whole year. Then I would count myself back up and stay relaxed.

When it came time for testing, I would count myself down again with the 3 to 1 method and

instructing myself that I knew this material and wrote the test. If at any time I was stuck I would put my thumb and forefinger together to jar my memory. Then at the end of the test, I would count myself back up again.

I am happy to report that I graduated as a Student of Distinction that year and continue to use these methods for learning today. Now it is time to teach my daughter.

**- Seann**



### Helps My Performance

I remember being at an all day seminar with Naomi Curtin.

In fact, I dozed off several times during the day as we were being taken to alpha level.

Later that night, when I got to the "gig", I played with more zest and creativity than I can ever remember. Apparently, even while sleeping, I was getting huge benefits. To this day, relaxing into an alpha state works wonders with my ability to play creatively.

**- Dean Forbes**



## A Silva Life Line

The Silva Life System course rescued me when I was at loose ends after being laid off from my career job. I might have just given up and retired but instead I found the Silva course.

After I got into the course I adjusted my priorities and decided there really was Life after Layoff. I still had plenty more to bring to the table.

I originally enrolled in the course to develop a fuller outlook and to hone my mind. The Silva brain training and meditation "centering exercise" has been

most helpful. I now envision my future with many shiny new opportunities.

Today, I have a new plan. My mission is to use my talents and abilities creatively to give my gifts to humanity in the best way possible. Silva Life System has changed my life and shown me that success is all in my mind.

Further Silva instruction will allow me to pursue my mission with still more fervor and dedication.

**- Roberta**

## I've Enhanced My Teaching Experience

I have been able to utilize the methods regarding intuition to enhance my teaching experience with High School English students. Everything seems to fall into place and voila - the course is

truly connecting to these teens. It couldn't be better. Thanks so much for reigniting my love of teaching.

**-Tim Davison**





## Learning How To Detect Abnormalities With Case Working

The best thing that I ever did was to detect the abnormality of someone being blind in one eye during a case-working exercise after finishing the basic lecture series. **To know that this was possible, to experience it, and to realize that there is something being the physical world has been one of the most important events in my life.**

- Rod Davis

## I Decided To Try Out This "Meditation Thing"

After years of resisting because it wasn't logical, I decided to try this "meditation thing". I didn't know how to meditate so I did an internet search and decided to try the Silva program. I now regard meditation as very logical. I've been doing it almost daily since December, so almost 6 months now.

About twice a week, I would picture my bank account balances as they appear when I check them online. **And I pictured \$10,000 in my savings account.** A little background here - I entered the mortgage business just as it started going downhill. As a result, I've gone through my savings and I'm looking for a job.

I kept visualizing my bank account balances on my computer screen and my savings account with a \$10,000 balance. One day (about a month after I started the Silva program), my parents call and they are going to **send me a check for \$10,000 to help me out.** I refused it at first because they're not wealthy, plus they're retired and I want them to enjoy their retirement. Anyway, they insisted and I accepted, but told them I was considering it a loan, not a gift. I never said anything to them about

needing money, but I had told my sister I was running out of funds to live on so she must have mentioned it to my parents. I don't know why I was visualizing \$10,000. It's just a figure that popped into my head so I went with it.

So now I'm meditating that employers are visiting my laboratory. They come up in the elevator one at a time. I greet each of them, introduce myself and welcome them to my laboratory. Each of them is there to offer me a job with their company. We briefly discuss the job and then I invite them to enjoy the food and drinks that we (my counselors and I) set up for them. This is so I can greet the next employer to arrive via the elevator. My counselors play host so I am free to greet each new employer. Soon my laboratory is filled with employers all wanting me to work for them. I've been getting more interviews so we'll see..... And after getting a good job, **I'm going to manifest paying my parents back... with interest!**

**Katherine**

*I now regard meditation as very logical*



***Believe me, the mirror of the mind techniques really works like magic if being program successfully.***  
**-Lawrence**

## I Function On A Higher Scale and Am More Connected To My Body.

Having been involved in an unusual accident years ago, that left me barely able to walk, use my arms or function normally. A brain stem injury being the main cause. I have been interested in healing most of my life. I have studied many things, some helpful and some not. I have also done many meditations over the years.

When I was sent the Silva Centering exercise I tried it and was surprised to discover how disconnected from my body I was. (Perhaps because it had

been so painful) Using the blue white light of awareness to scan my scalp forehead etc helped bring me back in contact with my body and reconnected me therefore releasing a form of tension I had not been aware of. I use the Ultra mind system but always go back to the Centering exercise. It has a special meaning for me. It did something nothing else came close to. I function on a higher scale. I am getting closer to a full healing. Thank you

**- DeAnn**

## Produced Miraculous Changes in My Relationship

I have used parts of the Silva Method for several years now. Previously, I'd tried many different meditation methods but the Silva Method kept drawing me in time and again.

I have been troubled by my tumultuous marriage for more than 15 years. to our relationship from every possible angle. Our four marriage counselors and numerous seminar leaders weighed in on our situation. So did my mother, my brothers and my friends and other family members. I even became a marriage seminar leader.

All of this astute analysis of my relationship and even teaching others was helpful because it helped me to understand the underpinnings of the problem, therapeutically relieved me of having it tumbling around in my mind and allowed me to help others.

My use of the Silva Method has produced miraculous changes in our relationship. I am more calm

when dealing with my husband's continual criticism, defensiveness, interruptions and drama. I am more understanding that he may not be able to help his Attention Deficit Hyperactive Disorder (ADHD) behavior. I am more wise about how much time to spend with him as it can be absolutely exhausting and I must be well-rested. I am more dedicated to realizing my contributions to the drama. My marriage is coming together with more love, trust and commitment than I ever thought possible. I am still up against family, friends and counselors who tend to ask "Have you divorced him yet?" or "How long do you want to put up with that?" And, yet I feel that Silva Method was the catalyst for helping me to blend my dark side with my light side. It was way I was able to match my actions to my thinking and bring the heart and the mind together. What a blessing! Thank you Silva Method.

**- Mikki**

## I Would Not Be Here Today Without The Silva Method

When I was 19 years of age I came down with a severe case of Myasthenia Gravis. At one point in time I was taking 34 pills a day just to walk. I fell frequently and had double vision constantly. I had major surgery in the late 60's to remove my thymus gland which helped reduce my medication but at time went on, I had to start increasing my meds again.

A co-worker of mine noticed that I was taking a lot of pills and asked me what they were for. At first I avoided the whole issue but eventually told him about my disease. He introduced me to what he called Silva Mind Control. That was back in the early 70's.

He taught me how to meditate on my health and created a prayer for me to say during my meditation. It took me well over 20 years to discontinue taking my medication and I think that part of the reason is I had developed a psychological dependency on my meds and didn't stop the last half a pill until the late 90's. I probably could have stopped that last pill several years prior.

Now I have to say that I probably would not be here today if not for the Silva Healing Method. I haven't seen a doctor in well over 20 years for my Myasthenia Gravis and I owe it all the Silva method. I am a strong believer in the power of the mind and our own healing abilities and the Silva Method facilitates that whole process.

**- Betty Saucier**



*The more I trust, the better it becomes. When I get overwhelmed, I go to level. I want answers, I go to level. My life is easier. I will continue listening to the CD's and mp3's and it will become habit. Thank you for continuing the work.*

**- Beverly Jones**

## I Shed My Limiting Beliefs

Probably the biggest thing was the realization that my entire life is based upon limiting beliefs. Limiting beliefs placed in my subconscious during my formative years when I ( and all of us ) simply accepted anything and everything that we were told up until approximately the age of nine.

This simple realization has resulted in a joyous journey of going within through the process of meditation and discovering who I really am. It is a joy that is impossible to describe but must be experienced. As I look back on past perceived disasters in my life and realize hilariously that they simply occurred because of some silly limiting belief of mine. Talk about better and better!

I enjoy being able to find a parking space and once early on when I was in a "prove it to me mode" I decided that I wanted to find \$100.00 and within 1 hour I found a thousand pesos, ( I live in Mexico ) but that pales in comparison to stripping myself of one limiting belief after another and laughing at myself over the times when I would get so emotionally involved over meaningless events happening in my life.

**- Ray Koob**



## I Healed Chron's Disease

I was very ill and diagnosed with Chron's disease after many years of suffering. My mentor told me about Silva Mind control. I had a severe attack and was hospitalized for 22 days.

I had to take 6 month sabbatical from teaching. so I took silva mind weekend course. I was very diligent in working on my health. I was to see the doctor in two weeks and I wanted to get off prednisone.

I programmed myself for a full day and more that when i met with the doctor, I would feel no pain from the proctoscope, he would take me off gradually from prednisone and he would tell me I'm 100% better. I even went on

level in the elevator and in the waiting room.

And.. I felt absolutely no pain from the exam. I did tell the nurse why after she told me every patient was screaming and I didn't. the doctor was in his office writing up a report on me. He came back after I dressed and looked shocked, as he leaned again the wall, and said to me, "you are almost 100% well and I'm taking you off prednisone.

I am, a healthy 76 year old woman. I take no "Meds". I think Silva is the answer to many of our lifes "adventures".

**- Ruthie Berman**



## Lifted A Heavy Weight Off My Shoulders

The best thing I have discovered in my life with the help of the Silva Method is an amazing peace of mind I have ever experienced.

I had been searching for peace for years and years and tried several other methods without success. I was totally lost in anger, wrong decisions, bad health and life really scared me.

The Silva Method lifted the heavy weight off my mind and the fear of life was replaced with total peace and power. Each day I really look forward to going to alpha level and feeling relaxed and visualizing everything working out. and saying affirmations like everyday in every way I am getting better

and better, I have a healthy mind body and immune system. When I count up to come out of alpha level I feel enthusiastic about the day and my health has really improved.

My thinking is now much clearer and feel at ease to make the correct decisions.. Problems don't bother me now and are a lot easier to solve as help is always at hand now with The Silva Method.

So simple and easy and very powerful and extremely effective. Also it is very rewarding for me to be able to recommend The Silva Method to other people who are struggling with life. Many thanks.

**-Pitba**

***My call average was above the national average.***

***Everything worked well and I was one of the top 10 salesman in my company, winning trips and prizes.***

**- Merrile Sutton**

## I Graduated With Honors

I always had a fear of standardized tests. This fear kept me from performing well when I tried to take the LSATs for Law School. Because of this fear I declined to apply to Law Schools after I graduated from college in 1976.

In 1992 I learned about the Silva Method. It was right at a time when I needed to make a career change. I thought about trying to get into law school again, but had a miserable experience trying to take the LSATs again. I enrolled in a Silva course in Los Angeles CA and practiced the methods I learned.

When I took the LSATs again I was able to do well enough to get into an ABA approved law school. I kept applying the Silva methods while in school and at the end I graduated with honors. The Silva Method really changed my whole life. I am now faced with a new set of challenges and I am turning back to the Silva Method again to get my life back on track.

**- Philip Cohen**

## Went From Flat Broke To Financial Freedom In Less Than A Month

After being out of work for almost a year and running out of money very rapidly I decided to give you course a try, I had taken the live course in Philadelphia almost 20 years ago but never really gave it a try.

I decide to really put it to the test and see if this was the real thing or just another bunch of hype. After working with the course for just over 3 weeks I started to see things changing. Employers were contacting me for totally different areas of my expertise.

One company called me and offered me a position as a call center manager starting at \$85,000 a year and I told them I would think about it. Two weeks later I made an offer on a self storage facility here in Florida where I had asked the seller to hold 100% of the mortgage for 5 years and the property had a \$10,200 a month positive cash flow and they accepted my offer.

To put it simply I went from close to flat broke to financial freedom in just over a month of ordering your course. Is this just a fluke, Absolutely not your course caused a Paradigm shift and my thought processes were on attracting wealth instead of fearing poverty.

**- Richard Reichmann**

