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Founded in 1960 with humble beginning self-taught parapsychologist Jose Silva developed 'Silva Mind Control' to help his children do better in school and increase their chances of success in life. Since then, this dynamic meditation technique has evolved . Considered the original and most imitated meditation program in the U.S.,

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~~The Silva Method~~

In 1944, Silva began developing his method, formerly known as Silva Mind Control, using it on his family members and friends, before launching it commercially in the 1960s. [1] [3] Silva did research on the brain and various brain frequencies, learning when different parts of the brain were active.

~~Silva Method - Wikipedia~~

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So let's summarize all the above steps of this Silva method example: 1. Think of your problem and list the benefits you get by resolving it. This will help you imagine yourself in a... 2. Begin your meditation and reach the alpha state. 3. Bring your mental monitor in front of you and project an ...

~~Silva Method - Mind Expanding
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The Silva Mind Control Method is a notable self-development book which teaches the reader to get everything right in their life by controlling their mind. Jose Silva

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is the guy behind this marvelous book. The author teaches us about the method of Silva for general purpose and how anyone can utilize it for the betterment of his/her life.

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~~Main - The Silva Method~~

The Silva Mind Control Method
Jose Silva Since "The Silva Mind

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Jose Silva (1914-1999) was a self-made Mexican-American whose insights and experiments into

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mental functioning and mind control led him to write and sell several millions of this book from the late 1970s to the present.

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The Silva Method (formerly Silva Mind Control) is a self-help program which claims to teach one how to increase one's IQ, develop clairvoyance and use the mind to heal the body and find some sort of god, among other things. The program promises to teach you to "use the untapped power of your mind to accomplish whatever you desire."

~~Silva Method - The Skeptic's~~

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Dictionary — Skepdic.com

Since 1966, a self-made man named Jose Silva has spread his message to over 5,000,000 people worldwide. The message: within our minds is the power to solve any problem, overcome any difficulty, and reach a consistent level of dynamic well-being. Based on the Silva mediation technique - carefully taught in th

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