

THE SILVA METHOD

BASIC SEMINAR

Presented by Lee Pascoe

A tool kit of mental techniques with an astonishing range of applications in every field of human activity

Learn to use your mind to be more productive, confident, positive and successful... and have a great time too.

Deep Relaxation:

For more energy and improved health, learn to enter deep relaxation in a matter of moments. Eliminate the negative effects of tension and anxiety, to gain vitality and peace of mind.

Sleep Control:

Learn an effective technique for entering deep healthy sleep. Eliminate insomnia and restless nights by using your brain's natural functions to make it easier to get to sleep.

Awake Control:

Awaken naturally without an alarm clock by using your internal time sensing mechanism. Learn how to give yourself a "boost" of energy, to stay awake and alert longer when necessary.

Headache Control:

Gain freedom from suffering, and eliminate headaches caused by daily pressure and anxiety. This technique is also successfully adapted for relief from migraine headaches.

Dream Control:

Learn techniques that can help you find positive solutions to problems. Use your dream states while you sleep to tap into your inner conscious in a highly creative way.

Attitude and Viewpoint:

You will discover how to generate Positive states and attitudes that become a natural part of your personality... Positive being rather than just positive thinking.

Memory Enhancement:

Increasing your memory and concentration is easy when you learn to enhance your visualisation skills. Improved memory can have very positive effects in many areas of your personal and professional life.

Study Techniques:

Discover ways to use Alpha tools in your school classes, while studying, and when taking tests. Dramatically increase your grades.

Trigger Mechanisms:

You will learn techniques that harness and direct powerful inner conscious processes to help bring about desired results in areas of self-control, health, sports, self-motivation, confidence, positive changes in personality, and more.

Decision Making:

Confident decision-making requires the feeling that you have enough information to ensure a positive outcome. You will learn how to use levels of mind where you have access to information both Logical and Intuitive. This increases the likelihood of making a good decision and solidifies ideas into good workable solutions.

Pain Control:

Access deep levels to learn to gain freedom from pain. These techniques have been successfully used for pain control in clinics and hospitals.

Weight Control:

Attain control of your "urge" mechanism. With this control you can develop behaviour that leads to healthy weight and self-image.

Control of Dependencies

such as smoking and other habits: Learn one of the most successful techniques available for getting assistance from your inner conscious to help you eliminate unwanted habits and gain mastery of your life.

Creative Development:

Creativity and Intuition are considered by experts to be among the highest levels of human mind functioning. In business, intuition is a necessity. In personal life it is often the deciding factor in having a good relationship, being an effective parent, and enjoying personal power. The mind training exercises in this portion of the class also give your mind agility and the ability to use subjective states to generate creative inspiration.

Advanced Intuitive Problem Solving:

Actual problem cases are used to help demonstrate the tremendous faculties of human intelligence as it relates to detecting and correcting problem situations. This part of the programme convinces even the greatest sceptic in the power of the self-controlled mind.

The first morning is free and everyone is welcome to attend, with no obligation to continue the seminar afterwards.

At the end of the course, you will receive a SILVA certificate, an international card which gives you the right to re-sit the course for almost free as often as you wish, anywhere in the world, for the rest of your life!

(Remember to supply two passport photos, please.)

Note-taking is not necessary, but you are welcome to do so if you wish. You will receive a comprehensive course manual. Taping is not permitted. You will be following the exercises in a comfortable sitting position in your chairs. Be prepared to relax and enjoy yourself!