

Silva Mind Body Healing Program



How to Use Silva Mind Body Healing

Each **Module** comes as either a **Lecture Track** or an **Alpha Level Meditation Exercise**.

Listen to the Lecture tracks when jogging, while in your car* during a commute, on the subway or bus or plane. Pop the tracks onto your iPod or CD player and take them wherever you go.

With Silva Mind Body Healing you'll actually look forward to your long commute. Imagine that!

Listen to the **Alpha Level Medication Exercise** tracks at home or work, when you're seated in a comfortable way and able to relax. They will not just train you, but also put you in such an amazing relaxed state of mind, that you won't be able to get enough. You will want to do this daily, it's as pleasurable as taking a nice hot bath or receiving a wonderful massage.

Certain tracks are designed to bring your mind to the Alpha Level, which makes them unsuitable while operating any form of machinery.

Enjoy Silva Mind Body Healing.

Better and Better

Laura Silva

Module 1—Do You Know The 10 Crucial Steps To Perfect Health?

What to Expect in this module:

- The 10 crucial steps to perfect health by healing your physical, mental, spiritual and emotional self
- The single most important step to curing yourself from 90% of the world's sicknesses, illnesses or diseases
- What you **MUST** know to guarantee yourself perfect health... even if you've always struggled with it

Module 2—4 Little-Known Techniques For Holistic Healing

What to expect in this Module:

- How to begin the healing process—your first step towards perfect health
- Looking for a long-term solution to your health? Avoid the costly mistake made by 9 in 10 people
- The fastest, easiest and most effective way to holistic healing (no more band-aid solutions, no more empty promises)
- **PLUS:** Why are Western medical authorities experimenting into the effects of meditation? The answer may shock you
- Could ancient Asian philosophies hold the key to your health? How to unlock the unbelievable restorative potential within your body
- Skyrocket your healing results with the Silva Method. How to meditate like a Zen monk and rejuvenate your mind, body & soul (even if you're a complete beginner)
- The 'Poof' technique—discover the little-known technique to banishing undesired aspects of your life, instantly and effortlessly
- **PLUS:** The bulletproof method to manipulating energy and manifesting your every desire (yes, even that!)

Module 3—The Real Culprit Behind Sickness

What to expect in this Module:

- Uncover the single, most devastating culprit behind 90% of all health problems—and erase it from your life for good
- How to be impenetrable against challenges like the loss of a job, the death of a loved one or any other physical pothole you may face
- How to overcome your body's mechanism of causing you to fall sick when you're distressed
- Discover the ideal meditation schedule for fast, effective healing
- **PLUS:** What you must do to eliminate the source of all your health problems—before they begin to threaten your life
- Are you entertaining the two deadly emotions that could lead to cancer? Here's how to find out – **FAST**
- 5 core issues that manifest sickness, illness and disease within your body
- Can a 3-minute exercise really liberate you from a lifetime of damaging beliefs?
- The three fingers technique for effortlessly manifesting your very own health miracles
- **PLUS:** The 1-second secret to insulating your mind from soul-crushing, debilitating negative thought patterns

- **WARNING:** Your behaviours could be causing you more harm than good. How to reprogram them for an instant positive change in your life
- The incredibly powerful technique doctors **DON'T** want you to know (Why? Because it'll affect their income)
- Are you deluding yourself? Why most of the problems that keep you awake at night **WON'T** happen
- You can not be ____ and ____ at the same time – The numero uno reason why people fail to recover from their ill health
- **PLUS:** How to banish stress from your life for good (Finally, find out how you can maintain a zen-like state of mind for hours on end throughout the day)

Module 4—Perfect Health = Removing Energy Blockages + Repairing Belief Systems

What to expect in this Module:

- **IMPORTANT:** Money, relationship, spiritual happiness – Discover how you can remove energy blockages in these areas to make life-changing improvements in your health
- Science has proven it: Discover the truth behind your belief systems, and how to change them for a breakthrough life
- Ever wondered how kids learn new skills so fast and easily? With this little-known method, now you can too
- **PLUS:** Release yourself from the shackles of the past—*unlearn every single negative influence* your parents, teachers and friends ever planted in you
- Can you really have your cake and eat it? What you must do to have love, health and money—without sacrificing one for the other
- Your future is in your hands—incredibly effective techniques to deconstruct and reconstruct your beliefs for making the rest of your life, the best of your life
- **PLUS:** The Energy of Belief—Discover the fascinating concept behind communicating your beliefs with the Universe for unlimited abundance, health and happiness
- **WARNING:** Are your beliefs damaging your health? What you must do to make a complete yet instant turnaround (your body will thank you for it)
- Why it's entirely possible to manifest your desires no matter how difficult or impossible they may seem
- Dr. Bruce Lipton's shocking revelation on the relation between beliefs and DNA. This will stun you
- **PLUS:** The single most potent method to eliminating limiting beliefs from your mind—quickly, painlessly and effortlessly (and prepare for a set of all-new possibilities in your life)

Module 5—Advanced Techniques For Health And Happiness

What to expect in this Module:

- You are made up of three components—mind, body and spirit, right? **WRONG.** Discover the most important aspect of you that 9 in 10 people are unaware of
- Stop lying to yourself—*how to be honest to yourself* and manifest a more positive future
- **PLUS:** Accelerate your healing tenfold with the magic formula of acceptance
- Wave goodbye to guilt, fear and anger with this simple yet powerful insight
- Are you weighed down by life's little (and big) challenges? How to overcome any problem—painlessly and effortlessly

- L _ _ _ —the potent 4-letter word that'll heal you faster than you can say "make me healthy!"
- When your body heals the fastest (hint: it's a brain frequency, and it's NOT the Alpha Level)
- PLUS: The Wrap Experience—the bulletproof method to turning your visualizations into reality

Module 6—The Overlooked Truth About Perceptions (And How They Affect Your Life)

What to expect in this Module:

- The truth about diabetes—according to bestselling author Louise Hay (it's not what you think it is)
- Why your body and your mind are one in the same... and how this revelation can help create massive positive changes in your life
- PLUS: When aiming for perfection can be hazardous to your health. Avoid this common misconception and add years to your life.
- STOP trying to please others! How to be a good person without selling yourself short
- The Dynamic Laws Of Living. How you can STOP chasing what you want, and get MORE of it as a result (it sounds impossible, but it works)
- The true source of your money, health and relationships—knowing this will help you manifest more of what you want, and avoid what you don't
- PLUS: The lazy person's method to getting what you want
- Want to live life to the fullest? Discover the ONE WORD you must eliminate from your vocabulary
- The Hawaiian Kahuna's healing secrets—revealed
- What Jesus can teach you about healing (this works amazingly well even if you're not religious)
- How a young man swept away his depression and financial problems—for good
- PLUS: What you must do to find the inner peace you've always wanted

Module 7—Liberate Yourself With The Awareness Effect

What to expect in this Module:

- Are you who you think you are? Mind bending truths about your spiritual nature, and how you can use them for a better life
- Beyond manifestation—how to use the awareness that exists within the capsule of time and space to bend reality in your favour
- The Intuitive Healing Method—how to shift your consciousness towards a healthy reality
- PLUS: Awaken the global consciousness within you. Discover how we're all really connected, and why this will significantly ease your life
- The Isaiah Effect—how you can use prayer or meditation to alter your future
- What you must do to sharpen your intuition, and use it to create the most positive outcomes
- The truth about destiny, and how instead of binding you, it can set you free
- PLUS: Want to heal others? Take this crucial step first
- Healing through faith. Discover the phenomenon behind countless miracles and wonders throughout history

- How did a woman get healed, just by touching Jesus' robes? Learn the 3 Elements Of Healing (these could save your life)
- A rare, powerful Silva meditation for manifesting health and your every desire

Module 8—The Keys To Flawless Imagery, Visualization & Intuition

What to expect in this Module:

- The real secret to mastering your imagination and visualization abilities
- Be the master of your own destiny—shape your reality with the highly effective concept of imagery
- How to heal in half the time. Yes, it's possible, no matter how severe your illness or injury
- What David did to cure himself of AIDS
- The Blue-White Light Visualization. How Father Justin cured a woman dying of extremely high blood pressure
- PLUS: How to unleash the healing power of art and music (there's never been a more soothing way to heal)
- Healing icon Isabel Silva reveals her innermost secrets on mixing imagery with intuition to detect and heal your physical problems (these techniques have helped countless Silva insiders manifest perfect health, and now it's your turn)

Module 9—Unleash A Sea Of Positivity Into Your Life

What to expect in this Module:

- WARNING: If left unchecked, your thoughts could be doing you more harm than good. How to control them, and use them for a better life
- Has your mind been poisoned? How to unroot negative thought patterns instilled by your parents, teachers or friends
- Manifesting positivity—how to see the glass as half full, all the time
- PLUS: Stop negative thoughts dead in their tracks with this one potent word
- How to charge your imagery with emotions, and boost your manifestation abilities a million times over
- Why now, more than ever, you have the ability to heal yourself faster than ever before
- Fight off the effects of recessions, wars, diseases... how to keep yourself mentally healthy, no matter what the world throws at you

Module 10—The 90/10 Rule And Other Fascinating Dietary Revelations

What to expect in this Module:

- Take every nutrition book you have, and throw it in the trash—why you won't need them anymore
- Dr. Rohimi's groundbreaking secrets to a healthy diet and lifestyle
- The Garden Of Eden—what you can learn from this biblical location to eat right and improve your healing
- The single, most disastrous type of food you MUST AVOID (this knowledge alone could add years to your life)
- PLUS: Who said eating healthy was boring? Discover the 90/10 rule, and start looking forward to healthy meals (instead of dreading them)
- The absolute easiest, anyone-can-do-these techniques to keeping your body in good shape (no marathons, no crazy diets)
- Get bones of steel. How to strengthen your bones quickly and effectively, without gulping down a single pill or supplement
- Can you really go from stressed to relax in the blink of an eye? The truth could save you from countless hours of crippling stress
- PLUS: The secret of the 96 year-old man who looked half his age (and acted it too)
- The truth about water—how much should you really drink when you're sick?
- Dr. Masaru Emoto's earth-shattering discovery about water, and how you can use it to heal yourself
- How to energize the water you drink with intents of healing, gratitude and appreciation—instantly and effortlessly
- PLUS: The Poor Man's Monitor—are you drinking enough water? Use this intuitive yardstick and lay your worries to rest
- Unearth the hidden source of energy within you—and use it to see more, do more and be more every day
- PLUS: A step-by-step guide to using energized water for health, youth, vigour and more

Module 11—More Than Meets The Eye

What to expect in this Module:

- How you should be breathing, and how this simple exercise can help you stay in an enlightened state of mind, every second of the day
- How to solve problems in your sleep—literally! Could it get any easier?
- PLUS: The Healing Touch—how an act as simple as a hug can work miracles on yourself and others
- A step-by-step guide to locking any desire or state of thought into a ‘Trigger Mechanism’, which you can effortlessly access at will—perfect for staying positive and manifesting
- Experience an even deeper level of consciousness that unlocks your ability for total physical, mental, spiritual and emotional healing—and all you have to do is relax
- What scientists, quantum physicists and the military have discovered about the human condition (but dare not reveal to the public)
- A roadmap to the cells within your body—and what they have to do with your future
- The fascinating discovery of Dr. Vladimir, an accomplished quantum biologist, in an experiment on the effects of DNA in influencing the order of scattered photons within a vacuum (this WILL affect your life)
- What does your DNA mean to you? A shocking military experienced exposed
- PLUS: The mysterious form of energy you’ve probably NEVER tapped into—and how you can use it to heal or manifest what you want (it’s all around you)
- REVEALED: the incredible regenerative effects of the human body—and how, despite this, many of us still fall sick
- Can you really *communicate with your illness? The little-known secret to complete control over your own body
- What you must do if you have a tumor. Hint: it doesn’t involve pills, chemotherapy or treatment
- The Higher Power Technique. How to get the Creator’s answer to your prayers, with more accuracy and consistency than ever before