



# The Silva Method: Tapping the Secrets of the Mind for Total Self-Mastery

*Robert B. Stone*

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**Take a quantum leap toward leading a healthier, happier, and more fulfilled life!**

*The Silva Method* equips you with the tools you need to evaluate your productivity... increase your creativity... supercharge your problem-solving capability... and greatly exceed your goals.

Award-winning Silva trainer Robert B. Stone teaches you how to enter the Alpha State - an inner conscious level of brain wave frequency. At the Alpha state, you'll activate deep states of accelerated mental activity, intuition, learning, memory, ESP, tranquility, rest, and relaxation.

The inventor of *The Silva Method*, Dr. Jose Silva, was a successful businessman. He had various patents and had managed to build a thriving electronics business. He was all set for a nice, comfortable life.

Then, in trying to help his children with their schoolwork, he experimented with various techniques. He discovered a remarkable fact: Geniuses use special levels of their mind, levels which we *all* can tap!

You see, our mind is like a gearbox with many gears. Much like the gearbox of a car, each gear has a specific purpose.

Which gear we are in is decided by the electrical activity in our brain. Most of the time, most of us are engaged in Beta gear.

But your brain has another gear. A higher gear - called Alpha. Alpha has a slightly slower pulsation rate than Beta. In other words, if Beta is like driving a car in third gear, Alpha squeals the tires in sixth gear!

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