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## The Silva Centering Exercise

Download and Listen as a Silva Instructor  
Guides You on a Journey into the Alpha Level



This Lesson includes the popular Silva UltraMind Guided Meditation Audio

### Welcome to Lesson 2

A guided meditation technique to help you achieve deep levels of relaxation.

In our last lesson, sent to you yesterday, we took a look at some truly fascinating stories about the power of the human mind.

Today, it's time for you to take the first steps toward discovering and using your mind in more remarkable ways.

The technique we will teach you in this lesson is called the Silva Centering Exercise.

### The Centering Exercise



The Silva Centering Audio

It took Jose Silva 22 years of research and \$500,000 in 1960's monetary value (\$2 million in today's value) to develop his famous mind conditioning systems. It all begins with the Silva Centering Exercise. This exercise will guide you to your center brain frequency, **the alpha level - the level for deep relaxation.**

While at your center you will experience the many beneficial effects of deep meditation.

## In this Lesson, **You will download and listen to the Audio.**

By centering yourself you will be able to. . .

- ➔ reduce stress
- ➔ positively influence your health
- ➔ mentally program yourself to change your attitudes
- ➔ kick bad habits
- ➔ practice creative visualization for goal setting
- ➔ enhance creativity and intuition

You can experience this powerful relaxation technique right this instant through your computer.

## Let's Get Started

To prepare, **first read the introduction (Part 1) and instructions (Part 2). Total reading time is 7 minutes.**

Then sit in a relaxed position and play the audio on your computer. The exercise will take 25 minutes.

### [Part 1 - Introduction: The Different Levels of Mind](#)

### [Part 2 - How to Begin the Exercise](#)

### [Part 3 - Download or Play the Silva centering Exercise](#)

Audio can be played on your computer or downloaded and put on CD or iPod.

### **"Incredibly Powerful"**

"I just re-took the Silva Centering Exercise and definitely think that this is incredibly powerful. I liked it A LOT. In fact, I feel re-energized just having taken it."

~ M. Patrick Reining, Manager of Corporate Strategy, eBay. San Jose, California

Read the [Instructions?](#)

Then click on the Picture Below to Start Your Centering Experience!.