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The Mind-Body Connection

How to Use Your Mind to Accelerate Healing
and Add Extra Years to Your Life.

Welcome to Lesson 5

How to Regain and Maintain Perfect Health

In our last chapter we explored techniques to use your mind to reprogram your attitudes, beliefs and habits.

But can the mind go further? **Can the mind actually influence the physical body in dramatic ways?**

Science is beginning to show that it can. In this chapter we will share information on some interesting experiments that provide evidence of the powerful mind-body connection.

We will also show you how you can:

- ➔ start using your mind to influence your body in healthy ways
- ➔ help accelerate your body's natural healing process
- ➔ slow down the aging process

The Mind Rules the Body

Case Study on Healing

A sixty-one year old man named Frank was diagnosed as having a fatal type of throat cancer. His weight had dropped to 98 pounds, he had trouble breathing and could barely swallow. Doctors placed his survival rate at 5% and even pondered whether he should be placed under radiation therapy, since the treatment might only add to his discomfort and not significantly increase his survival odds.

After much thought, the doctors decided to put him under radiation treatment anyway. Fortunately for Frank, Dr. O. Carl Simonton, then medical director of the Cancer

Counseling and Research Center in Dallas, Texas, was asked to participate in Frank's treatment.

Simonton suggested that Frank himself had the **ability to influence the course of his own disease** and taught Frank a number of relaxation and mental-imagery techniques.

The Treatment of Visualization

Frank had to visualize. . .

- ↳ the radiation he received consisted of thousands of tiny bullets of energy bombarding his cells;
- ↳ his cancer cells as being weaker than the normal cells and thus unable to repair the damage they suffered;
- ↳ his body's white blood cells as coming in and swarming over the weakened cancer cells;
- ↳ flushing the cancer cells out of his body through his liver and kidneys.

The **results were astonishing** and far exceeded what usually happens when a patient is treated solely with radiation therapy. Frank experienced almost none of the negative side effects - the skin and mucous membrane damage that normally followed such treatment. In a mere two months he had not only regained his weight and strength but all signs of his cancer had vanished.

Frank is one of thousands of cancer patients that have benefited from imagery therapy the *Simonton Cancer Center* (www.simontoncenter.com).

Dr. Simonton, a Silva graduate, was once asked to address the audience at a Silva Convention. "About the Silva system," said Simonton, "I would say it is **the most powerful single tool** that I have to offer patients." In her part of the address, Stephanie Simonton, Dr. Simonton's wife, talked about how they used the mental techniques at their clinic. "Probably the single most important tool we have," she said, "**is the mental imagery technique.**" She then went on to tell the audience of the need for all of us to take personal responsibility for our health. "It is up to us to use the technique that all of you who have had the Silva course have learned and to use it regularly," she said.

In this chapter we will teach you how to apply basic Silva UltraMind techniques to help you **accelerate your rate of healing**.

But first, let's discuss a strange phenomenon - the widely observed but little understood, placebo effect.

The Mysterious Placebo Effect

Scientists and doctors have long been puzzled by how certain patients have been able

to heal themselves of life-threatening diseases.

Doctors have found that **a patient can trigger self-healing by the mere belief that they will be cured**. This is commonly called the placebo effect.

Doctors are finding that many people manage to get cured when they are given fake medication, called placebos, which usually consist of nothing more than sugar pills or distilled water, and then told by their doctors that they were taking *real* medication.

There is no explanation for why the placebo effect works, except that somehow, the patient's *belief* that they are getting cured triggers some sort of **self-healing ability within** the patient. The placebo effect is probably the best-documented way in which the mind is known to affect the body.

The placebo effect, using some of the most outrageous remedies, has worked exceptionally well with warts. In 1934, a physician conducted a double-blind study showing that placebos worked almost as well as *sulpharsphenamine*, the drug commonly used to treat warts at the time. 53% of patients given the actual medicine were cured. But of the patients given the fake medicine, which was nothing more than distilled water and told it was a genuine wart cure, 48% were cured.

[The opposite also works.](#)

If you believe something is harmful to you, it tends to be.

One study showed that 19 out of 40 subjects developed asthmatic symptoms after inhaling a saline solution they believed to be allergenic. Twelve developed full-blown wheezing and bronchial spasms, which disappeared completely three minutes after receiving another saline solution placebo. The researchers concluded that suggestion played a significant role in precipitating asthmatic attacks.

Weirder still - the placebo effect also works with surgery.

In the summer of 1994, a surgeon named J. Bruce Moseley had 10 patients scheduled for an operation intended to relieve the arthritis pain in their knees. All 10 were wheeled into the Houston Veterans Affairs Medical Center, draped, examined and anesthetized. All 10 were then dispatched to the recovery room and sent home from the hospital by the next morning equipped with crutches and a painkiller. All 10 men believed they had just gone through a reliable medical surgery to cure them of their knee arthritis pain. But this was not the case.

In fact, while two of the men would undergo the standard arthroscopic surgery for their condition - the scraping and rinsing of the knee joint - and three would have the rinsing alone, five would have no recognized surgical procedure at all. Their surgery would be a placebo. Moseley would cut the placebo patients' knees three times with a scalpel - to make it feel and look real, there had to be incisions and scars for the patient to believe he had undergone surgery - but that was it.

[The placebo worked.](#)

Six months after surgery, the 10 patients still didn't know whether they had been faked out or not.

But *all of them* reported much less pain.

The placebo effect can be so powerful that all modern drugs have to be tested against a placebo before they are released to the public. And many former treatments and drugs have been taken off the market when their healing properties were found to be solely due to the placebo effect

Other Evidence for Mind Body Interaction

Hypnotism is another way to demonstrate the mind-body effect. A hypnotist can cause someone to trigger their body's own healing mechanism at will.

Jose Silva used to demonstrate how he could put someone into an hypnotic state of mind and then suggest to them that the pencil he was holding was red hot and that if the pencil touched their skin they would feel no pain but their skin would produce a blister. One in five people would actually develop the blister from the touch of the pencil. The blister could then be made to disappear automatically, again with mere suggestion.

A good hypnotist can even get a subject to *tan their skin* on command. Another weird phenomenon of mind-body interaction is that of people with multiple or split personalities. Psychologists have observed that when multiples switch personalities their body also shows dramatic changes.

Eyesight can improve or worsen, allergies can reappear or disappear and even brain wave patterns can change. Multiples can also change their voice patterns in ways that even the best actors cannot emulate.

This leads to an interesting question. . .

Just how much of your physical body is influenced by your belief system?

The gap between mind and body seems almost non-existent. Jose Silva believed that as much as 90% of all physical ailments are induced and curable by the mind.

The Growing Acceptance

The scientific evidence for mind-body healing is well established and public acceptance is now mainstream.

A 1990 Gallup Poll on American attitudes to paranormal phenomenon found that **25% of Americans had had success with mental healing.**

The May 2001 Gallup Poll discovered that "Americans with the highest levels of education are more likely to believe in the power of the mind to heal the body".

The same Gallup Poll on Americans' beliefs on the Paranormal, updated the statistics in June 2005, showing that **more than 55% believe in the connection between the mind and the body in healing**. These healing powers of the mind on both the physical and emotional have been demonstrated empirically, reflecting the power of placebos.

Furthermore, according to a famous survey published in 1993 in the New England Journal of Medicine, 34% of adult Americans reported using at least one unconventional therapy in the past year. This includes meditation, yoga and visualization techniques.

And finally, the 1993 New England Journal of Medicine survey found that alternative medicine – a category which includes mind-body healing, energy healing and spiritual healing – is most likely to be practiced not by the socially marginal or the cognitively defective but by affluent (incomes above \$35,000), college-educated people.

But Can Your Mind Heal Someone Else's Body?

Let's ask a more daring question.

Can you use your mind to heal a loved one - at a distance?

Some of the most surprising evidence for distant healing comes from psychologist William Braud and his colleagues at *The Mind Science Foundation* of San Antonio, Texas. Braud's studies, conducted over 17 years, involved having people mentally attempt to influence the nervous system of remote participants.

The results of the study were simply mind blowing.

The Receivers

Braud would wire up the first group of people, known as *receivers*, to machines that measured up to seven different physiological responses such as blood pressure, skin conductivity and muscle tremor.

The Senders

A second group of people, known as *senders*, would be placed in a different room and asked to attempt to arouse or calm the receiver solely by thinking about them. Both senders and receivers were ordinary people who had volunteered for the study.

Braud's 37 experiments involved 665 sessions, 449 people and 13 experimenters. What Braud found was that at the exact moment the sender was asked to think of their receiver, the receiver would show a change in his or her physiological condition.

The 37 experiments combined resulted in odds against chance of more than 100 trillion to one in favor of distant mental interactions between the participants.

In short, the ability of one person's mind to affect another person's body is scientific fact.

But Just How Powerful is it?

Okay, so we know that one person's mind can somehow influence someone else's physical body - but is the effect really powerful enough to make a difference in someone's state of health?

Again, **the answer is surprising.**

The effects of distant healing have been proven to be significantly greater than many drugs deemed to be highly successful in medicine.

For example, numerous studies have shown that propranolol and aspirin are effective in reducing heart attacks. But their effects pale in comparison to distant healing.

Effect sizes of drugs are measured on a scale from 0 to 1. An effect size of 0.03 in a medical life-or-death situation would mean that 3 out of 100 people survived. An effect size of 0.3 would mean that an additional 30 out of 100 survived.

In medical tests the effect size of aspirin on reducing heart attack is 0.03. The effect size of propranolol was not much higher, at 0.04. These sizes were sufficient enough proof for the government to authorize the drug manufacturers to state that their products prevent heart attack.

But the effect size of distant healing in Braud's experiments was a surprising 0.25.

This means that if 100 people were going through a therapy with a success rate of 35%, this success rate would go up to 60% with the addition of distant healing. Almost twice as many patients would be saved.

In his studies, Braud also discovered some strange properties of distant healing. His volunteers were asked to participate in another experiment where they would attempt to mentally calm down two groups. One was a group of highly nervous people and the other a calmer group.

First, Braud found that the distant healing effect was the strongest when the person on the receiving end actually had a serious need for healing. The effect size on the highly nervous group was far greater than on the calm group.

More surprisingly, he found that the effect size on the agitated group by those trying to calm them down was only slightly less than the effect that people had on themselves when using relaxation techniques.

In statistical terms this means that other **people could have the same mind-body effect on you as you could have on yourself** and vice-versa.

The Five Rules for Mind-Body Healing

William Braud outlined five major mental techniques that he believed have important effects on the self-healing processes.

They include:

1. The need for **relaxation and quietude**.
2. Learning to **focus your attention on one thing** (e.g. breathing), which allows you to develop mental self-control and avoid distractions. (The above two points are achieved through meditation).
3. Learning visualization or imagery techniques since pictures are the preferred language of the mind.
4. Incorporating intent into the process, **a wish for some goal** to be reached and an **expectation** that it will.
5. The evocations of strong **positive emotions** during the healing process.

The healing system developed by Jose Silva almost two decades before Braud's research had already incorporated these five elements.

Braud's research had finally provided scientific credibility to Silva's technique.

Next, you will learn Silva's basic healing technique.

The Technique for Self-Healing

The following is the basic technique. The more advanced techniques are beyond the scope of this e-book.

The Basic Technique

1. Go to your alpha level of mind.

Get the Alpha audio [here](#). This free audio will guide your mind to the relaxed alpha level which is suitable for mental healing.

2. Visualize Your Current State of Health on Your Mental Screen.

We explained the mental screen in [Chapter 4](#). Visualize the current condition of the body, including the ailment or pain that is bothering you. You do not need to memorize or know what each component of your body actually looks like. Simple pictures are enough to speak to your mind. A lung can be imagined as a balloon. A kidney can resemble a kidney bean. Create a representative picture of the ailment. Feel the emotions associated with this problem.

3. See Yourself Healing and Getting Better and Healthier.

Now visualize the ailment disappearing. Create, with your imagination, a system to remove the ailment.

Examples:

- ↳ Kidney stones can be crushed into harmless powder that is then excreted.
- ↳ Tumors can be visualized as large black blobs, while your immune system and white blood cells are visualized as tiny soldiers attacking the tumor. On each attack the tumor shrinks.
- ↳ A sore muscle can be bathed in an imaginary healing light that alleviates the pain and restores the muscle to a healthy state.

The exact image you use is irrelevant - create something that speaks to you. It does not have to be scientifically correct. It only has to be symbolic. Your subconscious mind will get the message.

4. Let the final picture be one of perfect health.

Feel the joy and energy of having perfect health. Imagine it to be true and already occurring.

It helps to say an affirmation such as:

"I have a perfectly healthy body and mind"

or

"My _____ is now functioning perfectly and is in a state of excellent health."

5. Let Go.

Let go and trust your body's self-healing ability. You can now come out of the alpha level. Trust that the healing action is taking place.

Please note that mental healing should not be used as a replacement for a visit to your doctor. Always consult a doctor first for serious health conditions. Mental healing is a type of complementary medicine - as the name suggests it is to be used *alongside* but not as a *replacement* for modern medicine.

No matter what type of healing you use - conventional medicine, surgery, or more holistic therapies such as acupuncture, yoga, or massage - the Silva system can speed and smooth the normal healing process amazingly.

"What If I'm already Healthy?"

If you have no health problems and are perfectly healthy at the moment, you can still meditate and visualize yourself *staying* in perfect health. This way you may never have to

worry about having to heal yourself.

What You Learn in the Seminar

In Silva Seminars we actually go one step beyond self-healing.

Class members are paired up with each other and one takes the role of the healer and the other takes the role of a guide. The guide provides the healer with **nothing more than the name, age, gender and location** of the person to be healed. This person is known as the subject.

The healer then goes to their alpha level of mind and is able to detect information on the mental and physical condition of the subject.

The results are often jaw dropping for the students. The majority of students usually manage to get specific details about the health condition of their subject correct. These details are often so accurate that they could not have simply been "guessed". We do this to demonstrate to people the powerful psychic abilities of their mind.

This phenomenon is commonly called ESP or remote viewing. In the next lesson we will look at some of Jose Silva's discoveries before we move on to showing you how you can develop your ESP.

Personal Healing Experiences

Before we end this lesson, we will share some letters we have received from students who have taken the Silva UltraMind seminar or used the home study program.

Again, keep in mind that these students attended the seminar or used the home study course, both of which contain **advanced techniques** beyond the scope of this e-book program.

One can still get excellent results from just the basic techniques outlined in this program but you will have to practice much harder and start with smaller healing goals while you build up your belief system and confidence.

"Healing the Skin"

"I had a bad case of acne for 5 years. I had read that the skin is one of the easiest things to heal with the mind. So I started visualizing my skin getting clearer and clearer. I used the Mental Screen technique from Silva while going to my meditative level. Three weeks later the acne stopped breaking out. It's been 7 years and I have had no recurrence of them."

~ Letter on file

"Healing Thyroid Nodules"

"Had an ultrasound on my thyroid and it showed I had three nodules. As soon as I got this news I started using a technique to remove them through visualization. I went in this past Monday for a biopsy of the three nodules. The woman who was doing the ultrasound and I just knew in my gut that they were gone. She told me she had to talk with [the] Doc. The Doc said there are absolutely no nodules there to biopsy. What a mind blowing experience. I was actually surprised the technique worked because I have problems with visualizing."

~ Bill K., New Jersey

"Healing Foot Problem"

"Silva had helped me tremendously with a bad case of plantar warts on my feet. They were so painful I walked with a limp for eight months. Doctors told me I had to go through a painful surgery to have them removed. The surgery would also leave scars on my feet. I scheduled the surgery but I also tried visualization, hoping the warts would disappear before surgery and I could avoid the scars and the medical expenses. I used a combination of Silva and Reiki. I had the warts for almost 7 months before I used Silva. I spent 15 minutes a day for about 8 weeks visualizing them disappearing and when I showed up for surgery the doctor was surprised. All signs of the warts had completely disappeared. It's been 3 years and I have had no recurrence."

~ Tom, New York

"Accelerating Recovery"

"I can't believe that I had a skin graft two weeks ago. My foot was still swollen. I went to level to get rid of the swelling. This morning I woke up and my ankle was normal size. It will probably swell again, but I'm going back to level and get rid of it again. This stuff works. I love it."

~ LC

"Healing the Whole Family"

"My family and I have felt [rapid] relief with minor aches and pains immediately. This works faster than ibuprofen and acetaminophen!"

~ CR, Santa Rosa, California

"100% Migraine Clear"

"I suffered with migraine headaches for as long as I can remember, and that was part of the reason I wanted to take the course, because I heard people have so much success with that. I took the course in August, and have been 100 percent successful in keeping myself migraine clear since then without medication! I am so happy, you just don't know."

~ Evelyn P, Rhode Island

"Cured Back Problem"

"I had a back problem for 30 years. You cleared it up in 30 seconds. The best seminar I have ever attended. Fantastic. No words to describe the class. Fantastic will have to do."

~ FS, Los Angeles

"Never Felt More Relaxed in My Life"

"I have never felt more relaxed and at peace in my whole live, the centering and meditation exercises are remarkable. You feel alive and fully charged after just 10 minutes. I came in as a skeptic having read about the remote viewing exercise. When I succeeded with my first case by the end of the two-day seminar I was blown away. A [fine] journey into the inner workings of the mind. While I don't fully comprehend how it works, I know for myself that it does work."

~ Michael R, Manager of Corporate Strategy, eBay

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