

# **THE SILVA CENTERING EXERCISE**

The World Famous

Long Relaxation Exercise

from

Jose Silva

# **The Silva Centering Exercise**

by **Jose Silva**

The Silva Centering Exercise helps people discover an inner dimension, a dimension that they can use to become healthier, luckier, and more successful in achieving their goals.

When a person learns to function from this inner dimension, the person automatically becomes more spiritual, more human, healthier, safer from accidents, and a more successful problem-solver.

In order for a person to use this inner dimension, the person needs to hear the Silva Centering Exercise a total of ten hours as read by a qualified reader, and to follow the simple directions in the mind exercise.

A qualified reader is a person who is a graduate of one of the Silva Systems, or a person who has heard the Silva Centering Exercise read for ten hours by a qualified reader. Everyone who hears the Silva Centering Exercise read by a qualified reader for ten hours, and who follows the instructions, becomes qualified to read the Silva Centering Exercise to others.

## **The Best Method**

When a person hears the Silva Centering Exercise over a tape recorder, the information reaches only one level of mind, only one dimension.

When a person hears the Silva Centering Exercise read by an unqualified person, the information reaches only three and a half levels of mind and dimensions.

However, when a person graduates from the Silva System or hears the Silva Centering Exercise read by a qualified reader, the information reaches all seven levels of mind, dimensions, and this qualifies the listener to now be able to read the Silva Centering Exercise effectively to others and in turn qualify them as readers.

Once you become a qualified reader you can then listen to a recorded exercise to maintain your contact with all dimensions.

## **A Qualified Reader**

A qualified reader is a person who:

- Has graduated from one of the Silva Systems, or...

- Has heard the Silva Centering Exercise for ten hours from a qualified reader

A non-qualified person is one who reads the Silva Centering Exercise without being a graduate of one of the Silva Systems, and who has not heard the mind exercise for ten hours from a qualified reader.

## **How to Proceed**

The Silva Centering Exercise can be read for ten hours in one day, or read once a day, or once a week.

Take time at the start and at the completion of reading the Silva Centering Exercise. Take a break between each reading of the exercise.

Keep a record of reading time until ten hours has been accumulated by the listener. This qualifies the listener to also read and qualify others.

A qualified reader can read to one or to several persons at the same time.

## **How to Read**

When reading the Silva Centering Exercise, read in a relaxed, natural voice. Be close enough so that the listener can hear you comfortably. Read loud enough to be heard, and read as though you were reading to a seven year old child. Speak each word clearly and distinctly.

Have the listener assume a comfortable position. A sitting position is preferred, but the most important thing is to make sure the listener is comfortable. If uncomfortable, the listener will not relax as much and will not get as much benefit from the exercise.

Avoid distractions, such as loud outside noises. There should be enough light so you can read comfortably, but not extremely bright lights. If you wish, you can play the Alpha Sound gently in the background to help the person remain at the 10 cycles per second alpha brainwave level.

If the person shows any signs of nervousness or appears to be uncomfortable, stop reading, tell them to relax and make themselves comfortable. When they are comfortable and ready, then continue.

Take your time when you read; there is no need to rush.

# THE SILVA CENTERING EXERCISE

## The Silva Long Relaxation Exercise

(Turn on the Alpha sound if desired)

### **DEEPENING (physical relaxation at level 3)**

Find a comfortable position, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize number 3 three times. (pause)

To help you learn to relax physically at level 3, I am going to direct your attention to different parts of your body.

Concentrate your sense of awareness on your scalp, the skin that covers your head; you will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. (pause) Now release and completely relax all tensions and ligament pressures from this part of your head and place it in a deep state of relaxation that will grow deeper as we continue. (pause)

Concentrate your sense of awareness on your forehead, the skin that covers your forehead; you will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. (pause) Now release and completely relax all tensions and ligament pressures from this part of your head and place it in a deep state of relaxation that will grow deeper as we continue. (pause)

Concentrate your sense of awareness on your eyelids and the tissue surrounding your eyes; you will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. (pause) Now release and completely relax all tensions and ligament pressures from this part of your head and place it in a deep state of relaxation that will grow deeper as we continue. (pause)

Concentrate your sense of awareness on your face, the skin covering your cheeks; you will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. (pause) Now release and completely relax all tensions and ligament pressures from this part of your head and place it in a deep state of relaxation that will grow deeper as we continue. (pause)

Concentrate on the outer portion of your throat, the skin covering your throat area; you will detect a fine vibration, a tingling sensation, a feeling of warmth caused by circulation. (pause) Now release and completely relax all tensions and ligament pressures from this part of your body and place it in a deep state of relaxation that will grow deeper as we continue. (pause)

Concentrate within the throat area and relax all tensions and ligament pressures from this part of your body and place it in a deep state of relaxation going deeper and deeper every time. (pause)

Concentrate on your shoulders; feel your clothing in contact with your body. (pause) Feel the skin and the vibration of the skin covering this part of your body. (pause) Relax all tensions and ligament pressures and place your shoulders in a deep state of relaxation going deeper and deeper every time. (pause)

Concentrate on your chest; feel your clothing in contact with this part of your body. (pause) Feel the skin and the vibration of your skin covering your chest. (pause) Relax all tensions and ligament pressures and place your chest in a deep state of relaxation going deeper and deeper every time. (pause)

Concentrate within the chest area; relax all organs; relax all glands; relax all tissues, including the cells themselves and cause them to function in a rhythmic, healthy manner. (pause)

Concentrate on your abdomen; feel the clothing in contact with this part of your body. (pause) Feel the skin and the vibration of your skin covering your abdomen. (pause) Relax all tensions and ligament pressures and place your abdomen in a deep state of relaxation going deeper and deeper every time. (pause)

Concentrate within the abdominal area; relax all organs; relax all glands; relax all tissues, including the cells themselves and cause them to function in a rhythmic, healthy manner. (pause)

Concentrate on your thighs; feel your clothing in contact with this part of your body. (pause) Feel the skin and the vibration of your skin covering your thighs. (pause) Relax all tensions and ligament pressures and place your thighs in a deep state of relaxation going deeper and deeper every time. (pause)

Sense the vibrations at the bones within the thighs; by now these vibrations should be easily detectable. (pause)

Concentrate on your knees; feel the skin and the vibration of your skin covering the knees. (pause) Relax all tensions and ligament pressures and place your knees in a deep state of relaxation going deeper and deeper every time (pause)

Concentrate on your calves; feel the skin and the vibration of the skin covering your calves. (pause) Relax all tensions and ligament pressures and place these parts of your body in a deep state of relaxation, going deeper and deeper every time. (pause)

To enter a deeper, healthier level of mind, concentrate on your toes. (pause) Enter a deeper, healthier level of mind.

To enter a deeper, healthier level of mind, concentrate on the soles of your feet. (pause) Enter a deeper, healthier level of mind. (pause)

To enter a deeper, healthier level of mind, concentrate on the heels of your feet. (pause) Enter a deeper, healthier level of mind. (pause)

Now cause your feet to feel as though they do not belong to your body. (pause)

Feel your feet as though they do not belong to your body. (pause)

Your feet feel as though they do not belong to your body. (pause)

Your feet, ankles, calves, and knees feel as though they do not belong to your body. (pause)

Your feet, ankles, calves, knees, thighs, waist, shoulders, arms, and hands feel as though they do not belong to your body. (pause)

You are now at a deeper, healthier level of mind, deeper than before.

This is your physical relaxation level 3. Whenever you mentally repeat and visualize the number 3, your body will relax as completely as you are now, and more so every time you practice.

### **DEEPENING (mental relaxation at level 2)**

To enter the mental relaxation level 2, mentally repeat and visualize the number 2 several times, and you are at level 2, a deeper level than 3. (pause) Level 2 is for mental relaxation, where noises will not distract you. Instead, noises will help you to relax mentally more and more.

To help you learn to relax mentally at level 2, I am going to call your attention to different passive scenes. Visualizing any scene that makes you tranquil and passive, will help you relax mentally.

Your being at the beach on a nice summer day may be a tranquil and passive scene for you. (pause)

A day out fishing may be a tranquil and passive scene for you. (pause)

A tranquil and passive scene for you may be a walk through the woods on a beautiful summer day, when the breeze is just right, where there are tall shade trees, beautiful flowers, a very blue sky, an occasional white cloud, birds singing in the distance, even squirrels playing on the tree limbs. Hear birds singing in the distance. (pause)

This is mental relaxation level 2, where noises will not distract you.

To enhance mental relaxation at level 2, practice visualizing tranquil and passive scenes.

### **TO ENTER YOUR CENTER**

To enter level 1, mentally repeat and visualize the number 1 several times. (pause)

You are now at level 1, the basic level where you can function from your center.

### **DEEPENING EXERCISES**

To enter deeper, healthier levels of mind, practice with the count-down deepening exercises.

To deepen, count downward from 25 to 1, or from 50 to 1, or from 100 to 1. When you reach the count of 1, you will have reached a deeper, healthier level of mind, deeper than before.

You will always have full control and complete dominion over your faculties and senses at all levels of the mind including the outer conscious level.

### **WHEN TO PRACTICE**

The best time to practice the count-down deepening exercises is in the morning when you wake up. Remain in bed at least five minutes practicing the count-down deepening exercises.

The second best time to practice is at night, when you are ready to retire.

The third best time to practice is at noon after lunch.

5 minutes of practice is good; 10 minutes is very good; 15 minutes is excellent.

To practice once a day is good; 2 times a day is very good; and 3 times a day is excellent.

If you have a health problem, practice for 15 minutes 3 times a day.

### TO COME OUT OF LEVELS

To come out of any level of the mind, count to yourself mentally from 1 to 5 and tell yourself that at the count of 5 you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

Then proceed to count slowly from 1 to 2, then to 3, and at the count of 3 mentally remind yourself that at the count of 5 you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

Proceed to count slowly to 4, then to 5. At the count of 5 and with your eyes open, mentally tell yourself, "I am wide awake, feeling fine, and in perfect health, feeling better than before. And this is so."

### DEEPENING (routine cycle)

To help you enter a deeper, healthier level of mind, I am going to count from 10 to 1. On each descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.

10 - 9 Feel going deeper,  
8 - 7  
6 - deeper and deeper,  
5 - 4  
3 - deeper and deeper,  
2 - 1

You are now at a deeper, healthier level of mind, deeper than before.

You may enter a deeper, healthier level of mind by simply relaxing your eyelids. Relax your eyelids. (pause) Feel how relaxed they are. (pause) Allow this feeling of relaxation to flow slowly downward throughout your body, all the way down to your toes. (pause)

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

To help you enter a deeper, healthier level of mind, I am going to count from 1 to 3. At that moment, you will project yourself mentally to your ideal place of relaxation. I will then stop talking to you, and when you next hear my voice, one hour of time will have elapsed at this level of mind. My voice will not startle you; you will take a deep breath, relax, and go deeper.

1 - (pause) - 2 - (pause) - 3. Project yourself mentally to your ideal place of relaxation until you hear my voice again. Relax. (Lecturer: remain silent for about 30 seconds.)

Relax. (pause) Take a deep breath and as you exhale, relax and go deeper. (pause)

### **RAPPORT**

You will continue to listen to my voice; you will continue to follow the instructions at this level of the mind and any other level, including the outer conscious level. This is for your benefit; you desire it, and it is so.

Whenever you hear me mention the word, "Relax," all unnecessary movements and activities of your body, brain, and mind will cease immediately, and you will become completely passive and relaxed physically and mentally.

I may bring you out of this level or a deeper level than this by counting to you from 1 to 5. At the count of 5, your eyes will open; you will be wide awake, feeling fine and in perfect health.

I may bring you out of this level or a deeper level than this by touching your left shoulder three times. When you feel my hand touch your left shoulder for the third time, your eyes will open; you will be wide awake, feeling fine and in perfect health. And this is so.

### **GENIUS STATEMENTS**

The difference between genius mentality and lay mentality is that geniuses use more of their minds and use them in a special manner.

You are now learning to use more of your mind and to use it in a special manner.

### **BENEFICIAL STATEMENTS**

The following are beneficial statements that you may occasionally repeat while at these levels of the mind. Repeat mentally after me. (Lecturer: Read slowly.)

My increasing mental faculties are for serving humanity better.

Every day, in every way, I am getting better, better, and better.

Positive thoughts bring me benefits and advantages I desire.

I have full control and complete dominion over my sensing faculties at this level of the mind and any other level, including the outer conscious level. And this is so.

I will always maintain a perfectly healthy body and mind.

### **EFFECTIVE SENSORY PROJECTION STATEMENTS**

Effective Sensory Projection statements for success.

I am now learning to attune my intelligence by developing my sensing faculties and to project them to any problem area so as to be aware of any actions taking place, if this is necessary and beneficial for humanity.

I am now learning to correct any problems I detect.

Negative thoughts and negative suggestions have no influence over me at any level of the mind.

### **POST EFFECTS - PREVIEW OF NEXT SESSION**

You have practiced entering deep, healthy levels of mind. In your next session, you will enter a deeper, healthier level of mind, faster and easier than this time.

### **POST EFFECTS - STANDARD**

Every time you function at these levels of the mind, you will receive beneficial effects physically and mentally.

You may use these levels of the mind to help yourself physically and mentally.

You may use these levels of the mind to help your loved ones, physically and mentally.

You may use these levels of the mind to help any human being who needs help, physically and mentally.

You will never use these levels of the mind to harm any human being; if this be your intention, you will not be able to function within these levels of the mind.

You will always use these levels of the mind in a constructive, creative manner for all that is good, honest, pure, clean, and positive. And this is so.

You will continue to strive to take part in constructive and creative activities to make this a better world to live in, so that when we move on, we shall have left behind a better world for those who follow. You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters. You are a superior human being; you have greater understanding, compassion, and patience with others.

## BRING OUT

(Gradually lower the volume level of the Alpha Sound to zero.)

In a moment, I am going to count from 1 to 5. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. You will have no ill effects whatsoever in your head, no headache; no ill effects whatsoever in your hearing, no buzzing in your ears; no ill effects whatsoever in your vision and eyesight; vision, eyesight, and hearing improve every time you function at these levels of mind.

1 - 2 - coming out slowly now.

3 - at the count of 5, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy sleep.

4 - 5 eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

**(Reader: Be sure to observe whether or not the person is wide awake. If in doubt, touch the person's left shoulder three times and while doing so say:**

**"Wide awake, feeling fine and in perfect health. And this is so.")**

It is recommended that everyone practice staying at your Center for fifteen minutes a day to normalize all abnormal conditions of the body and mind.

## Please share with others

If you have benefited from the Silva System and the Silva Centering Exercise, please share with others however you feel guided. For more information, visit the Silva Graduate Support Group Web Site at [www.Silva.SupportGroup.ws](http://www.Silva.SupportGroup.ws) or [www.SilvaCourses.com](http://www.SilvaCourses.com) or [www.ESPsy.org](http://www.ESPsy.org) [www.SilvaInstructors.com](http://www.SilvaInstructors.com) and visit [www.SilvaShop.com](http://www.SilvaShop.com). You can email us at: [help@avlispub.com](mailto:help@avlispub.com)

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