

*What stops you from living your life to the fullest?*

Experience the benefits of  
**THE longest running, most successful**  
**Personal Development and Life Enhancing**  
**program in the world**



*Discover for yourself what 13 million people  
have already proven . . . **IT Works!***

- **Improve health and reduce stress**
- **Awaken your intuition and creativity**
- **Improve relationships**
- **Enhance mental acuity**
- **Stay focused, positive and motivated**
- **Free yourself from worry**

*“I have used the Silva  
method for many years  
. . . I urge you to attend  
the training.”*

— *Wayne Dyer*  
*author of Erroneous Zones,*  
*Real Magic, Your Sacred Self,*  
*Wisdom of the Ages*

Presented by  
**Mandy Bass**



*Priority Living Systems, Inc.*

The Silva Method  
**954.587.8873**

[www.silvabasictraining.com](http://www.silvabasictraining.com)

# Expect These Results!

*“This has been the best self-improvement and stress relief program on the market. Though I have attended seminars by Tony Robbins and Debbie Ford, for results this is the one.”*

Craig Childs, Computer Consultant, Fort Lauderdale, Florida

- Eliminate stress
- Increase income
- Improve relationships
- Feel positive and motivated
- Improve focus & concentration
- Overcome unwanted habits
- Reduce weight
- Build confidence & self-esteem
- Increase energy & vitality
- Improve health & retard aging
- Make better decisions
- Develop creativity
- Unlock intuition
- Find peace of mind

## **How does this Method differ from every other course you have ever attended (or even heard of)?**

Other mind development or motivational trainings are great at telling you the importance of optimism and staying focused and positive. The Silva Method actually gives you a STEP-BY-STEP, proven process for mastering use of your inner senses. Based on more than four decades of brain research, The Silva Method is a reliable way to make more use of the amazing untapped skills of your mind. **Results guaranteed!**

## **Lifelong Benefits**

This is more than just a seminar; this is an never-ending opportunity to constantly expand your abilities using the Silva Method. First of all, you are invited to re-take the Silva Method Program anywhere in the world for the rest of your life\*. Then, after completion of the seminar, you are invited to attend our **FREE monthly graduate Power Programming meeting**. This will not only continually refine your experience USING the tools of the Silva Method; this will also help keep you on track toward the continual fulfillment of your personal goals.

## **100% MONEY-BACK GUARANTEE!**

*Recently I had a follow-up stress thallium test, due to a heart attack I suffered six years ago. My doctor tells me that my heart is in better shape now than when I was much younger. I credit Silva, the relaxation and meditation techniques with those results. I've even recommended the Silva Method to my cardiologist.”*

Ann Travis, business owner, Miami FL

# WHY THIS PROGRAM WORKS

This program trains you to master the four keys to a richer, more rewarding life:

## 1. Improve your health and manage stress

### LEVERAGE YOUR PERSONAL ENERGY

Imagine for just a moment what it would feel like to be in "total control" of your mind, body and emotions...

After attending the Silva Method seminar, you will be able to direct your personal energy, minimize stress and improve your health. You will be able to relax your mind and body in seconds. You will know how to improve your immune system, reduce the effects of aging, and calm yourself instantly. But that's not all.

When you direct your energy you can achieve a healthy, positive state in seconds. This is the first key to a happier life. Without this ability, your health deteriorates, you age quicker, your relationships suffer, and you work harder and longer to achieve less.

## 2. Reach goals quicker & solve problems creatively

### STAY FOCUSED, POSITIVE & MOTIVATED

To achieve what you want out of life, you first need to know what you want! Then comes the challenge of staying focused, positive and motivated - a quality called DYNAMIC FOCUS. We create what we focus on. By learning to focus on your goals, you will become more positive and directed, and you will more easily be able to leap over obstacles on your path.

## 3. Free yourself from negative beliefs & behaviors

### PROGRAM YOURSELF FOR SUCCESS

Any message repeated often enough, especially during childhood, forms the seeds of deep-rooted beliefs. From infancy we have all been unconsciously "programmed" by our parents, teachers, siblings, the media and society, mostly with good intentions but bad results. As children, for example, many of us were told, "If you want to be successful in life you

### *What these magazines and newspapers have to say about the Silva Method...*

**New Times:** *"Everyone I knew who took the Silva Method emerged radically, permanently altered . . . all seemed more confident, more optimistic."*

**Mademoiselle:** *"About the Silva Method: How do I use it? Let me count the ways...to go to sleep...to wake up without a clock, without pills, anytime, on time. To relax, calm down, cope. To memorize, remember, retain...or erase."*

**Bazaar:** *"Creative Visualization is really what's behind the Silva Method; that is, whatever you can visualize, you can actualize, explains Richard Bach (author of Jonathan Livingston Seagull, One, Bridge Across Forever)"*

**Life:** *"About the Silva Method: Even the doubters among us really did feel a mounting in sense of well-being, both in class and out."*

**Family Circle:** *"Several large corporations, colleges and welfare organizations have sent representatives to take the Silva Method. All reports indicate a more positive creative attitude in the graduates. Most specifically, the Silva Method graduates told me they were able to relax, lose weight, quit smoking, find love and achieve goals that had been eluding them for years."*

need to do well in school." A bad student who grows up believing this has dismal prospects for the future. Yet we all know of bad students who became extremely successful such as Edison, Einstein and Churchill. Don't be a victim...take action now and own your life!  
IN THIS PROGRAM you will learn skills to gain control over your own mind so that you can consciously expand your limits, overcome negative programming and continue to grow.

## **4. Make better decisions & recognize your opportunities**

### **ACCESS YOUR CREATIVITY AND INTUITION**

Making the most of opportunities also means recognizing them for what they are. Imagine having such a keen sense of intuition, so well developed, that you could reliably and regularly tap into its source. Would this type of ability have helped you make better decisions in the past? Intuition, like creativity and imagination, is a faculty of genius, and a function of the right brain hemisphere. Ninety percent of adults have lost their ability to draw from this part of their intelligence though we all possessed these abilities as children. Regain your creative genius by enrolling in the Silva Method program. You will learn proven, reliable techniques to access your creativity and intuition on demand.

Change your life for the better by attending this famous seminar.

Discover tools and techniques that will help you upgrade your lifestyle and become the person you want to be!

### **Background**

The Silva Method is a system of dynamic meditation that offers practical formulas for solving problems and getting more out of life. The techniques taught in this program have been tried, tested and proven by fifty years of research and participant successes.

The originator of the method, Dr. Jose Silva, began the project in 1948 with the intention of helping children develop the faculties of genius. Before beginning his work in the field of human potential, Dr. Silva was awarded many patents in electronics. His work in the electronics field gave him the background necessary to associate and understand the effect of brain rhythm functioning on the human psyche.

Dr. Silva studied the mind training techniques found in both eastern and western cultures and then developed a system to help people get more out of life by tapping into their mind potential. Many of Dr. Silva's techniques are used in modern medicine today. Psychologists, counselors and hypnotherapists are frequent attendees of the program, as are business owners and professionals in all fields. Even religious leaders of different faiths encourage practice of Silva Method techniques as a way of stilling the mind and finding inner peace.

Unsurpassed in the speed and effectiveness with which The Silva Method delivers tangible results, the program is offered in over 40 countries throughout the world.

This is not your normal run-of-the-mill seminar. It is a dynamic meditation system that has documented more successes than any other self-development program in history. In less than four days you can unlock the power of your mind to master the four keys to success and happiness.

# WHAT YOU WILL LEARN

Scientifically proven formula techniques, based on fifty years of research, to help you in your personal and professional life.

## PART 1 – Health Management & Stress Control

- How to access deep, profoundly soothing levels of mind, levels so relaxing to your brain and body that it's like having hours of sleep in just minutes. Some meditators spend years learning to reach this level of mind, after this training you'll be able to reach this level in seconds, whenever you want
- Insomnia remedy: How to cause yourself to drift off to sleep whenever you want, no matter what.
- How to program your brain to wake up without an alarm clock at whatever time you desire. This is a healthier alternative to a loud, heart-stopping alarm clock.
- How to erase a headache in seconds and a migraine in minutes.
- How to accelerate healing and control pain.
- How to re-energize and rejuvenate yourself in 60 seconds or less.

*Twelve years ago I was diagnosed with HIV. Since then my T-cells have fluctuated between 123 and 450. After taking the Two-day program, my T-cells jumped to 857!"*

M.R., Attorney,  
Miami Beach, FL

## PART 2 – Mind Training

- A little trick to free yourself from negative thoughts and feelings.
- A simple method to measurably increase your focus and concentration.
- Gain self awareness by remembering dreams and using them for problem solving.
- How to run your brain's memory system so that you will never have to write a grocery list (or any other reminder list) ever again.
- Learn ANYTHING faster: how to reduce your study time by improving retention and recall of anything you read or hear.
- Erase test-taking anxiety with a simple process that makes recall during exams easier.

### **New Golfer breaks 100!**

*"I set the goal to break 100 in my golf game...Three times a day I saw me in the Mirror of the Mind receiving the congratulations of my partner and writing my success story to Mandy. My practice was focused on the goal...I added my score...for a total of 101. It hadn't worked, even if I played so much better than usual. That's not important, it is just a game, I thought. Next morning at 8 I received a phone call from my partner. "Listen, I went through the score card, you didn't calculate right. You had...a total of 99!" I ran to check it out. He was right, my score was 99. It had worked."*

Christine Mayor, Pompano Beach, FL

## PART 3 – **Success Conditioning**

- Secrets of Powerful language: What to say, and what you must NEVER say, so that your brain AUTOMATICALLY solves problems and generates creative ideas.
- Improve communication and performance skills through mental conditioning.
- Discover the ultimate secret to “creative visualization.” Visualization is a VERY powerful tool, but most people leave out this one crucial step to making it work.
- Free yourself of unwanted habits. (Think you’ve got a tough habit, like overeating or smoking? This process has been proven effective for heroin addiction!)
- Deepen the connection and pleasure of ALL your relationships. Build better rapport with others and tap into their unspoken concerns.
- Program your subconscious mind for success.
- An easy formula for staying focused, positive and motivated.

***“Over the years, I have spent a small fortune on all sorts of books and tapes, but within a short period of time, what I thought I learned disappeared into thin air. You gave me the tools to get instant results and taught me the basic skills of programming myself.. Wow! Mandy, you have been my missing link.”***

Kathy Poulin, Marketing Executive,  
Pompano Beach, FL

## PART 4 – **Mastering Intuition in the Real World**

### Practical Application

- Check your intuition and get immediate feedback using real-life cases.
- How to access your intuition in a moment to help you make the best decision.
- How to program your brain to find a workable solution to any problem using an ordinary glass of water.

### ***Scientific Studies***

***“Very positive in terms of personal development as well as viewed from the perspective of characteristics that should make for effective management.”***

RCA Records Executive Study on the effect of the Silva Method in business

***“Grades improve by 17% from one term to another.”***

University of Tasmania, Australia, 1988

***“More than 100% improvement in athletic skills when Silva Method techniques were combined with athletic practice.”*** Nyack, N.Y. 1987

***“80% reduction in alcoholism.”***

Dr. George T. DeSau & Hector M. Cantu M.S.W.1973

## *Unlock the power of your mind*

The Silva Method teaches you TWO important processes to use your subconscious mind consciously, abilities that will make your life better —GUARANTEED

### **Secret Number One: How to run your brainwaves**

Your brain functions rhythmically in much the same way your heart beats. The average brain vibration for an adult when awake and alert is about 20 cycles per second. Scientists call this Beta brainwave activity. This activity slows down when you sleep or daydream.

Children have slower brain wave frequencies than adults. Between the ages of seven and fourteen children are at a very receptive mental level, functioning primarily between 7 and 12.9 cycles per second, the Alpha level. Belief systems are formed at that time from what we see, hear and experience. Most of this conditioning is negative. The most efficient way to overcome negative programming is to use positive reinforcement at the same level of mind that the belief was created. This Method trains you to attain the Alpha level in about ten seconds.

### **Secret Number Two: Use BOTH sides of your brain to generate genius-like solutions whenever you want.**

There are two halves to your brain, the left-brain and the right brain. The left brain is associated with the physical senses, and with Beta brainwave activity. The left-brain deals with logic, language and physical activity.

The right brain is associated with the subjective senses, imagination, creativity and intuition, or Alpha activity. These subjective senses can be developed to sharpen memory, problem-solving ability and decision-making. The Silva Method helps you develop superior mental functioning by training you to use the right-brain hemisphere. The Silva Method teaches you to access the Alpha level in seconds. You will learn how to function consciously at the Alpha level and you will unlock the power of your whole brain.

*I had so much fear speaking to an audience . . . forget everything I had to say. Since I took the Silva Method, I am able to make presentations, talk in public, be more relaxed and control that fear . . . I have also increased my sales and have a positive attitude. I use subjective communication often . . . it works!*

Lyda Shehadeh, Financial Services Representative -- Miami, FL

*Applying the techniques of the Silva Method raised my income while lowering my stress level . . . I now know how to glean the unspoken concerns of the other party.*

Luis Estrada, Civil Attorney -- Miami, FL

My youngest son, Alexander, 2 years old, has been on asthmatic drugs for about five months. He is the reason for taking your course last June. Being very skeptical, I decided to put the techniques you teach to the test. Within ONE month, his symptoms disappeared and he has to this day not showed a single sign of asthma!...I can't say that I understand, but I am sure loving the result.  
Thank you!

*Geoffrey, Barbados*

## About the Presenter

Success coach, Mandy Bass, has shared the stage with Dr. Wayne Dyer, Deepak Chopra, Greg Braden and Laura Silva. She runs Priority Living Systems, a professional consulting, coaching and training firm in Fort Lauderdale, founded in 1996.



Mandy works with successful professionals and organizations who want to break through to new levels of achievement while enriching personal lives. She has become the “go to” person for people who truly want it all. Hundreds of individuals participate in her programs each year, taking their personal and professional lives to a new level of fulfillment.

In her work, Mandy targets critical areas that challenge professionals and business owners on a daily basis. She helps people work smarter by leveraging their resources and staying focused on what is important. Her innovative programs blend practical “street-smart” strategies with cutting edge mind tools that result in holistic, integrative solutions for companies and individuals who want more control, more money and ultimately more joy out of life. The structure and support she provides create a system of accountability that sustains continual achievement.

As an international speaker with five books, numerous audio programs and scores of television and radio show appearances to her credit, Mandy is the inspirational force behind thousands of successful professionals. Her customized group programs blend her innovative success-coaching skills with her award-winning expertise as an outstanding speaker and trainer.

Her works include: “Relax and Focus,” “Ignite Your Secret Power: Money, Magic and the Seven Mysteries of Achievement,” “How to Build a Successful Coaching Practice,” “Wired for Wealth,” “Magic Words that Sell,” and “Life Purpose Connection.”

## What others say about Mandy

***“Dynamic Speaker!”*** Dr. S. Horowitz, M.D. Florida

***“Hiring Mandy was the best business decision we made all year”***

Joe and Sharon Curtis, Certified Long-term Care Specialists, Miami FL

***“She provided me with tools to gain clarity in my mission, goal setting with solid programming techniques, confidence in my abilities both personally and professionally to succeed in a joyful, healthful manner. Plug into Mandy’s vast resources to enhance your journey through life. I have, and it has made an incredible difference.”***

Cornelia Phillipson, Insurance Agent Miami, Florida

***“Mandy has kept me focused on what is what is important. . . My life is calmer, more productive and more balanced.”***

Ellen R. Siegel, CLU, ChFC, CFP

***“Mandy Bass redefined for me the level of excellence that can be achieved. . .her performance was nothing less than superb.”***

Dan Hostetler, Chief of Survey Services, George S. May Int’l, Chicago IL

**Don’t waste another minute!**

**Enroll immediately at**

[www.SilvaBasictraining.com](http://www.SilvaBasictraining.com)

**or call 954-587-8873**