

Harvard University Research

Chronic stress floods our brain with cortisol, which leads to impaired memory. To better understand if easing tension changes our brain, Harvard researchers studied men and women trained in a technique called **mindfulness based stress reduction (MBSR)**. This form of meditation which involves focusing one's attention on sensations, feelings and state of mind, has been shown to reduce harmful stress hormones. After 8 weeks, researchers took MRI scans of participants' brains. The density of gray matter in the hippocampus increased significantly in the MBSR group, compared with a control group.

Are you living life at the “Alpha Level”?

Mind science research has suggested that the key to most of the things we want in life, whether it is abundance, career success, health, happiness or enlightenment, lies in a **particular** state of mind. Scientists call this the **Alpha** and **Theta** brainwave frequencies.

We attain these states of mind during deep sleep. **The question is... how do you achieve this state of mind during waking consciousness?** And more importantly, how do you use it to overcome your limitations and challenges, triumph over your unwanted habits and negative thought patterns, and enrich certain aspects of your life?

In 1966, a radio repairman from Texas found the answer.

Despite his career in electronics, Silva had a keen interest in **hypnosis** and the **workings of the human mind**. He spent his days working at his job and his nights studying the work of thought leaders like **Freud, Jung** and **Adler**.

The turning point that rocketed Silva towards his breakthroughs was a simple question. Through his professional knowledge, Silva already knew that **reducing the resistance** in an electrical wire allowed more electricity to flow through it (known as **Ohm's law**). Using this theory as an anchor, he then wondered...

“What would happen if you could reduce the resistance in the human brain?”

Would doing this cause it to be more efficient at absorbing information, and perhaps even grant it access to reservoirs of previously hidden creativity and intuition?

Driven by this theory, Silva began **a thorough process of research and experimentation**, starting with his own children. By training them to function at brain frequency levels known as **Alpha** and **Theta**—levels of deep relaxation that most people experience while meditating or in light sleep—he was able to significantly **improve their grades at school**, and even found evidence of **enhanced intuitive functioning** within them.

State	Brain Wave Frequency(cycles per second)	Associated with...
Beta	14-21 and higher	Waking state, the five senses. Perception of time and space.
Alpha	7-14 and higher	Light sleep, meditation, intuition. No time and space limitation.
Theta	4-7 and higher	Deeper sleep, meditation.
Delta	0-4 and higher	Deep sleep. You are unconscious at Delta.

In the following years, Silva began sharing his methods with other people in his community. What he found was that by teaching people to consciously guide themselves to the **Alpha** and **Theta** level of mind through Centering Techniques, he could show many of them how to, **while fully conscious, reprogram their minds like a computer.**

Why is this important? Well imagine being able to rewire yourself, without spending thousands of dollars on a professional hypnotherapist. What if you could **more easily overcome bad habits** like smoking or snacking? What if you could raise your IQ, cultivate a positive wealth mindset, and **awaken your mind’s natural healing capacity**, all by simply working with your own mind?

The results that followed were highly encouraging. A considerable segment of Silva practitioners began reporting a variety of benefits, from **stress relief** to **enhanced creativity and intuition** to even potentially **accelerated physical and emotional healing.**