

Healers Diary

Success Stories of Those Who Healed
Themselves and Their Loved Ones



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and Their Loved Ones**



Helped Me Kick Smoking for Good – After 2 Weeks of Practice

"I got out of the service in 1970 and moved to a Redding in Northern California. I really didn't know anyone so for an evenings entertainment, I bought a \$2.00 initial admission to an introductory information session. I just thought I'd check it out. So, I went to this seminar to see what it was all about. Anyway, the whole concept peaked my interest so I decided to attend the three day seminar.

At the time I was smoking two packs of coffin nails a day and had been for quite a while. I initially just wanted to see if the "Habit Control" training would really work. Well, let me tell you, it did! By the end of two weeks after completing the seminar, I had gone from two packs a day to ZERO packs.

What an amazing difference that has made in my life. I have never smoked again and can't stand to be within smelling distance. Maybe I went overboard a bit, but, I don't regret it for one second. The Silva Method definitely worked for me."



**Frank,
NewYork**

I have been called the Miracle Man. In 6 months, my tumors were gone.

"This is amazing...that first story is my story almost to the letter..In 1999. I was diagnosed with lung cancer.The Drs. told me..and showed me the four tumors on my lung...They told me I had 8 months to 1yr to live. Thats when I first heard of the Jose Silva method...of meditation to heal ones self...and I used that method for 6 months...and just like in your first story...after 3 months the Dr.didn't understand how the tumors was SHRINKING...and after 6 months..that they were completely gone...

Now I also did the chemo and changed my diet...but the Drs. called their miracle..and to this day when I go back for checkups...they still call me the miraclew man....but I know that GOD played a huge part, if not all of this miracle...after all it was HIM that put the Drs. in my life and the Silva method."



**Phil Pearson,
Redding CA**

How to overcome depression with Silva

"I have the Silva home course have have been working on for about a year. I had been told by an intuitive that I would be learning things I was to learn for a year or two, and then my new career would take off. The problem is, I didn't know what that 'career' entailed.

I am a goal-oriented person and would have loved to just get started – taking classes, whatever it took....but I didn't know where to start. I used the Silva 'best time to broadcast' method and asked that the people that could help guide me in the direction I was to go would be pulled into my life. Meanwhile, my son has had migraines for years that we haven't been able to find anything that helps. My parents found a woman near their home that practices homeopathy and has an Electrodermal Screening (EDS) machine.

The EDS machine uses technology and Eastern medicine to check the flow of energy in your body for blockages and the presence of other undesirable things (heavy metals, etc.). I had seen this machine before and noticed that she was coming up with questions out of the blue – not using the machine. I asked her about it and she admitted that she is very intuitive and uses the machine for other people to be comfortable with what she knows. Our son had also been struggling with some depression for close to a year and had recently mentioned suicide.

She got really excited and said the depression wasn't him, and he had an extreme gift for intuition and healing. We have learned some things from her that have truly made our son a new boy. I can't remember the last time he was this happy. She also said to me that she saw me doing hands on healing.

I asked her if Reiki was in that category because I didn't really know what it was, but had a strong urge to take a class on it. I had been unable to coordinate our family schedules to get to a class at a nearby community college this February. She said it was, and she also teaches classes on it. She went into detail on some things she includes in her classes (that weren't in the classes she took) that she found extremely important from her own experience. She was the answer to my broadcast! I truly feel like I have been learning about Silva and intuition and energy healing in the past couple of years because, not only is it something I am supposed to do, but I really needed to understand it to help our son."



Paula and
Mike Bensen



Maria

Going back to meditation has brought back health and happiness into my life.

"My name is Maria. I have been meditating for at least 16 years. I had met a few women along the way who were very inspirational to me. The one of which had mentioned "The Silva Method" to me. I had run out and bought the book and immediately started to meditate the Silva Method. Over the next several years I had fallen out of the practice of meditating although it was when I needed it most.

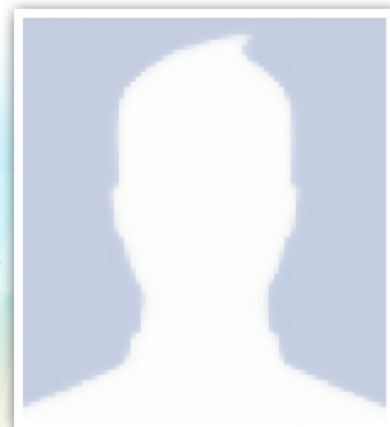
I would preach how meditation is so awesome and 1 day someone said to me if it is so great why are you such a wreck, my business after 18 successful years was coming to an end, money was so tight, my Mother was diagnosed with Leukemia, and I lost a few friends to illness. I prayed a lot but realized I was frazzled and the more frazzled I became the worse my life became. I now picked up where I left off with the Silva Method and things are starting to look up again. I changed my vision and my life is changing too. It is slow but sure."

I helped my daughter overcome cancer.

"I first heard about the Silva Method 30 years ago from a co-worker. I kept the idea of Silva MindControl in mind, and bought the book a few years later. I later learned self-hypnosis, which I practiced regularly, along with traditional (mantra) meditation. In 2005 I took the Silva Ultramind Course and it reignited my interest in mind power. I have since used the techniques regularly to bring good things into my life.

Last August my daughter was diagnosed with a recurrence of breast cancer—Stage 4, metastasized all over her body. She decided not to undergo whole brain radiation and chemotherapy the doctors suggested. She is using all natural healing methods, organic juice, food, and supplements—and meditation.

I have been helping her by using Silva healing techniques, visualizing the cancer going away—and it is! 8 months later, the cancer is more than half gone. I am sure the Silva Method has played a significant role in her healing. Thanks a lot—"



Phil Pearson, PH.D.

Healed Skin Conditions

"I have been introduced to the Silva Method almost 15 years ago, while I was attending college. I purchased the book, enjoyed reading it, but encountered less support from my family and close friends. I allowed all the disbelief to take over my belief, and as a result of this, I neglected the system and stopped meditating, even though I have always used and trusted in my instinct.

I left my home country in 2000 and moved to the US. I had strong premonitions in certain situations, and with time every one of them became reality. When I got pregnant I had to stop using one of my creams, which was necessary to treat my allergic reactions. This was the first time when I instantly turned toward the Silva Method.

I begun visualization and set a deadline, when I expect the condition to disappear. It came so naturally, and by the time my child was born, my skin allergy was gone. A couple months later I have discovered a lump on my eyelid. It was completely painless but growing, becoming more and more visible.

I went to the doctor and he told me that it is not serious, but I need a small day surgery in order to clean the clogged tear duct. He informed me, that there is no way that it will clear up on its own. I was afraid of the surgery and I did not trust doctors at all, because I had many bad experiences and was misdiagnosed several times. So I went home, and begun visualizing that the lump becomes smaller and smaller every day.

Within 3 months the lump was gone.

These made me believe that the Silva Method truly works. On the top of these minor health issues, I have learned to trust my instincts again. It helped me eliminate unnecessary surgeries for my older daughter and for me. On the other hand, it provided me a stable state of mind in my troubled marriage. It allowed me to calm down, reevaluate my current situation, be patient, and shift my focus from feeling sorry for myself to start on the path to regain my lost self-esteem and self-confidence.

Now, I worry less about my troubled marriage, the daily discouragement from my husband, and follow my instincts to take control over my life, knowing that practicing the Silva Method helps me strengthen my instincts by rely on them, not acting against them. I know that I will take proper actions in order to live the life I want, and to allow my children to live a happy, healthy (physically and mentally) and successful life.

This system just proved that everything I believe, all of my moral and ethical norms, are good and I do not need to be afraid to make decisions in order to live my life."



Barbara Szabo



Carlos Orte, Spain

Helped to End Stuttering and Boosted Confidence

"As I learnt to speak, I started to stutter. Nobody is sure why, but the fact was that I developed a serious stutter and I had communications problems. During my primary school years I managed to get by, but every day was a struggle. When I became a teenager things became worse. People at school started to bully me because of my speech problem and I was very aware of my stutter, which made it even worse. I became reclusive, avoiding speaking and only doing so at home or with close friends. Not a nice situation for a teenager.

I started to attend speech therapists and became a research subject in some new techniques, all with very limited success. I also attended some relaxation and meditation classes, which showed some promise, and after some research, my mother signed me up for The Silva Method (or Mind Control then). I reluctantly attended the seminar, and now I think it might have been one of the best things I ever did. My life changed.

As I practised the techniques, and as I helped myself and those around me, my life changed. I dealt with my stutter until it virtually disappeared and I regained my confidence. I started to speak and to communicate (and I had a lot to say!) and I even asked a girl out! I also became a student rep and had to speak in public in front of the school. I am not sure who was more amazed, me, my mother or the bullies at school.

Somehow I forgot about the Silva Method, but now, in my mid-thirties, I have re-discovered it and I am once again changing my life, making it better and better every day."





Lori Malloch

Spontaneous Healing of Grapefruit Sized Tumor

"The Silva Method came into my life in the mid 1970's. I was invited to an informative seminar at the last minute by a friend, left the seminar at 11 pm on a Friday night and I knew that I was meant to be in the class the next morning at 9 am. I was the Mom of two little girls and did not have the \$275. I arose very early the next morning, got into my car and drove toward the seminar, still I didn't have the money, but I knew I would be in the class. I came upon a friend that I had not seen in quite some time, told him about the Silva seminar and drove with my friend to his bank after which he handed me the tuition I needed to attend the Silva seminar.

That was just the beginning. A Few years later, my ob/gyn was examining me and found a tumor the size of a grapefruit as described by the doctor. He scheduled me for surgery. It was a fearful time. During the next couple weeks prior to surgery, I shared my Silva Method experience with my older sister and together we began to visualize and destroy this foreign object inside my uterus. I went into the physician's office to prep for surgery and obtain a final ultrasound. As the technician was running the ultrasound around my abdomen, she asked, "what is the doctor looking for?". I told her a grapefruit sized tumor. She responded by telling me that the doctor would probably want to reexamine me. Ten minutes later, my ob/gyn had the most perplexed look on his face as he examined me again and found the grapefruit sized tumor was no longer present. When I told him how I visualized it gone, he said he could not explain why it was no longer there, but maybe the visualization was the answer. And me, I know it was the answer. A combination of Desire, Belief and Expectation was the key."

"Silva has not just changed my life, it has SAVED my life!"

"I have been using Silva for over 20 years. As I continue to study the material and practice I reflect how Jose Silva's work has changed my life. 7 years ago, I had a near death experience as I was in the recovery room after gall bladder surgery. Learning from that experience that life is short, I committed myself to focusing my Silva healing talents to help other people. As I opened up myself to this idea, I decided that I would attract people who sincerely would allow themselves to heal through learning the Silva meditation program.

Soon I met a woman in her 50's where they discovered a large mass on her ovary. Since she had never been pregnant, they expected the worst, she immediately scheduled her for surgery. She did not want to go under the knife, and agreed to postpone the procedure 1 month.

I took a train from Maryland to New York City to work with her and teach her the Silva method. After 2 days, I returned home, I promised her I would continue to work on her case for the next 28 days. 1 month to the date she was scheduled for surgery. I suggested me get another sonogram to see how much we were able to change the shape of the tumor. While on the table the technician discovered the mass was completely gone and she called me from the doctors office to give me the good news.

I have since used Silva to lower my cholesterol level from over 300 to 110 and have used this meditation method to lose alot of weight, reduce my blood pressure, and eliminate my sleep apnea. Silva has not changed my life, it has SAVED my life."



Ariele Imm



Luciano Martins,
Brazil

Helped me Cope with Chemo³

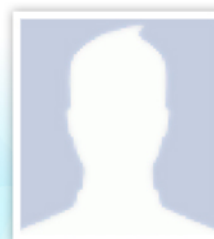
"At about 12 years ago I was introduced to Silva's method by mother. I had already been taught some about meditation through Louise Hay's books, but the Seminar my mother took in Brazil really altered the way I see the world. She took the whole material, including audio tapes, but also dictated some guided meditation to me. It was a marvelous experience, but the other joys of youth held my attention more intensively, so I left it aside for a while.

It was not until 2 years ago, when I found out I was on a stage 2 Hodgkin's Lymphoma, that I ressurected the old Silva's material. It not only helped me along 6 month of chemo, but also became part of my life. Before Silva I was an excess in all directions. Willing to become an athlete I endured the hardest trainings of all, which included 10 miles runs carrying a backpack loaded with up to 20 pounds in weights, my study habits were also harder and harder and I lost the pleasure I had in playing the guitar, which was became an obligation of performance before a hobby.

3Silva made me a more centered person. I finally balanced both hemispheres of the brain and started sensing equilibrium in nature. I managed to finally graduate from University and found a job. I graduated in electrical and electronical engineering and bought my own audio recording equipment with the wage from my brand new job. I am recording my own tapes now, in my mother tongue, which is helping me more than ever."

Helped Overcome Severe Insomnia

The Silva audio is very good. At present I suffer from insomnia. I sleep 3 – 4 hours per night. The audio is helping me sleep more and reduce [dependency] on the tablets that I take. You have the option to tell your readers about the powerful tablets that I had to take. I took two tablets each of 2mg Flunitrazepan (open a pharmacist book and read about the composition). My doctor told that dying patients receive such a dose. The chemist told me it's the most powerful drug available. A friend said, 'Samuel, what you take can put a horse to sleep!'. Insomnia is a nightmare. I will be very glad if people will use your program to overcome their health problems.



Samuel Bar,
Haifa



Bill K,
Kent (United Kingdom)

Wow! What a Mind Blowing Healing Experience

Hi , I haven't e-mailed you lately. Just wanted to let you know of a positive outcome I had using a Silva Technique about one and half months ago. I had an ultrasound on my thyroid and it showed I had 3 nodules attached to it. As soon as I got this news I started using a technique to remove them through visualizing. I went in this past Monday for a biopsy of the 3 nodules. The women who was doing the ultrasound and I just knew in my gut that they were gone. She told me she had to talk with 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.

"Silva Helped Me Tremendously! Even the Doctor was Amazed"

Silva had helped me tremoundously with a bad case of plantar warts on my feet. The were so painful I walked with a limp for 8 months. Doctors told me I had to go through a painful surgery to have them removed. They surgery would also leave scars on my feet. I scheduled the surgery but I also tried visualization, hoping the warts would dissapear 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 mins a day for about 8 weeks visualizing them dissapear and when I showed up for surgery the doctor was amazed. All signs of the warts had completely dissapeared. Its been 3 years and I have had no recurrence. This is just one of many healing successes I have obtained through Silva

– I used to practice martial arts so as you can imagine I got injured a lot. Silva always helped.



Tom Chelsmore,
New York

"Silva helped me get totally off medication "

I was a bit busy and therefore i could not write to you earlier. Well, the blood pressure is not troubling me as much as it used to. I still occasionally have a bad day in the mornings but the best part is that i am totally off medication. I practice the relaxation and the healing techniques every day. The eyes are doing fine and even the number has not changed over the last few months. Yes,i did mention to you about this friend of mine who had been desperately looking for a change in his job for a long time. A few months ago I taught him how to visualize and use the three scene technique and within 6 weeks of practicing it twice a day he landed up with the job of his dreams with a multinational company that indeed is paying him three times as much as his previous job.

I am in Toronto in the begining of the 2nd week in December and would like to share some more on the healing bit that you are doing. I hope you do well and carry on with your splendid efforts. All the luck.



Dr.J.Mansoor,
Author from
Toronto ,Ontario



Calvin P. Poole, JR. M.D
Gloster, Mississippi

A Doctor's Word

Something seems to be happening, I am not sure what, but luck seems to be improving some and the daily worries don't seem to be getting to me...such as under staffing and problems with interactions between staff and patients. Even had the comment that I looked happier than I had in a long time. Headaches are almost gone, too. I am rapidly getting sold on the Silva Self Healing system as you can probably tell, which would also explain my eagerness in finding a seminar to take. One other thing that I have noticed is that I seem to have more endurance than I have had since the accident 2 years ago. I do contribute that to the system. The brain power seems to be back to normal.

A Heart Defect of 30 Years had disappeared

M.R., a lieutenant in the US Navy, has suffered of some heart arrhythmia and was prohibited to be on a flight. He explained "I came to the Alpha level frequently and envisioned a perfect heart with no defects.

Three weeks later I was examined. No mitral valve prolapse! A congenital defect of thirtythree years had disappeared. All the diagnostic equipment and tests revealed a perfect heart. I was returned to flight status."



M.R. Lieutenant
U.S. Navy



Louise Owen,
United States

Terminal Case of Hepatitis - Cured

Louise Owen, had hepatitis for more than a year and she was told that she was dying. The hepatitis had taken over the whole body and could not be arrested. Then, she attracted to a book on a Silva Method. She explained "During the week between the two halves of the series, I had an appointment with my doctor.

He took another blood test and could not believe what he found: clear blood! So, he took a second test, and this confirmed the first. He couldn't understand how anyone could be healed of a terminal case of hepatitis in a week! But he had to admit as well!"

Coming Back to Life after Paralysis

I had participated in the Silva training in the early 1970s and have used the techniques taught to me since. About one year ago I ordered the updated Silva training on CDs and started to use them. Shortly after that I had an unexpected massive stroke which left me paralyzed on the left side. Just prior to the stroke I had woken up with a serious nose-bleed which lasted for nine straight hours spitting up blood clots during that time.

When the bleeding finally stopped, the hospital admitted me. And at that point the stroke had presented itself which left me paralyzed. Up until two months ago I was living in a convalescence rehabilitation home. After the first three months I was finally able to sit up in a wheelchair and the physical therapist had me sit in front of a mirror to show how I was leaning on one side in the chair.

That was the first time I actually saw myself in a mirror since I had the stroke and I was shocked at what I saw. I was drawn, sickly and looked helpless. I just sat and cried from the shock of what I saw. I cried for three days. After those three days I determined that I will not live my life in a wheelchair. I started to use the visualization techniques that I learned focusing on my whole body healed in perfect condition.

I worked for the next nine months every day in the rehab center continually visualizing myself getting better and better healthier and healthier. I am very happy to report that a year later I am released from the convalescence center on my own accord. I have regained life in my left side I can speak clearly now and I can stand and walk about 152 feet with a cane.

Each day I'm accomplishing more and more on my path back to perfect health. My left arm is coming back to life. I'm able to use my arm and my hand to pull to hold things without falling out of my hand. I was also diagnosed with diabetes in the early 1990s and was on medication. During the time I was in the hospital and convalescence center, I was put on insulin and was told that I would have to take insulin for the rest of my life. I've visualized myself not diabetic and healthy.

I am very pleased to report that last month my doctor indicated I am no longer diabetic and took me off of the insulin. I take the local bus service to go shopping and run errands and I will start donating my time at the convalescence center in which I lived for almost a year. My doctor indicated that all of my blood tests are showing that my illnesses are reversing and that I am getting better and better. I visualize myself living a normal and healthy lifestyle. And as each day goes by I am physically getting better and better and stronger and stronger. I believe that my recovery yes it's a miracle and at the same time I have used all its techniques and I've learned from the Silva training to help my recovery. I'll continue using the techniques as well I've learned that the Silva training is not just as a program to follow but is a lifestyle to live. From the bottom of my heart I thank you.



Annette Castellano,
Tumwater, Washington



Bill K,
New Jersey

Helped get rid of Nodules from my Thyroid

Hi , I haven't e-mailed you lately. Just wanted to let you know of a positive outcome I had using a Silva Technique about one and half months ago. I had an ultrasound on my thyroid and it showed I had 3 nodules attached to it. As soon as I got this news I started using a technique to remove them through visualizing. I went in this past Monday for a biopsy of the 3 nodules. The women who was doing the ultrasound and I just knew in my gut that they were gone. She told me she had to talk with 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.

No more Panic Attacks

I had been suffering from Panic Attacks for almost four years due to a horrible condition of the skin on my face. People would and (still) constantly stare, so much so, that I was afraid to leave the house. I went to a Silva Ultramind Seminar in London which taught me all the tools and techniques to help me overcome my anxiety. It has taken a lot of self discipline and commitment with the programme and as a result I am now finally doing what I have been trying to do for years. I am training to be a Teacher.

I can travel anywhere on the bus or tube and not feel scared or anxious. Even when i know people are staring, it just doesn't bother me anymore, that's how stronger the Silva Ultramind system has made me. Infact, a couple of weeks ago I went to the alpha level and imagined my head teacher telling me that I was outstanding in a Phonics lesson in which she was going to observe me. This Monday she observed me and only today she actually said I was 'outstanding'. Thank you so much, I owe you too much as you have helped me turn my life around. The next step for me is the Silva Ultramind Peaks



Fozia Noreen Iqbal,
London



Tom Chelsmore,
New York City

Saved Medical Bills

Silva had helped me tremendously with a bad case of plantar warts on my feet. The were so painful I walked with a limp for 8 months. Doctors told me I had to go through a painful surgery to have them removed. They 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 mins a day for about 8 weeks visualizing them disappear and when I showed up for surgery the doctor was amazed. All signs of the warts had completely disappeared. Its been 3 years and I have had no recurrence. This is just one of many healing successes I have obtained through Silva - I used to practice martial arts so as you can imagine I got injured a lot. Silva always helped.



Alexis Smith,
Hollywood

Helped Control Diet

Positive thinking work beautifully on a reducing diet. Never think once about what you are given up but concentrate on what you are getting. People say that she look better now than before.

She attributes much of this to Mind Control. "The big difference", she quoted as saying, "is that now I'm in better balance and more control of myself.

Helped Loose Weight

To my amazement, since I started the program, I have lost 9lbs.! My doctor was so impressed, she asked me how I did it. I told her - no diet; meditation! My relationship with food has totally changed - I don't think about food except once or twice a day and then only to sustain myself, not entertain myself.

I have relaxed easily, whether meditating in a sitting position or preparing for sleep. This is my second time to study the method. I was sent to Silva in 1974 by medical doctor to learn to relax to control blood pressure. It worked! I also became a more successful sales person. I have always meditated but decided to do a refresher to work on new goals.



Karen Miller,
CA



Laura Silva

