

Mind Control Classes Can Improve Your Mental Power

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How much untapped power lies dormant in the human mind? Is it possible, through understanding and practice, to make this power work for us?

In the past few years, Silva Mind Control center throughout the world have claimed it is indeed possible. To find out, MIDNIGHT assigned writer Bill Starr to take the Silva Mind Control course, to interview others who have taken the course and to give us a full report.

His stories, on pages 16 and 17, (on MIDNIGHT, November 19, 1973) are mandatory reading for anyone who is curious about the real powers of the human mind.

Starr admits he approached the assignment with a strong feeling of skepticism toward Silva's claims, but after taking the course his attitude is different.

Jose Silva, who introduced the system, says we can all become superior human beings and that by further developing our minds, this planet could become a better place in which to live.

Bill Starr now agrees.

BUD THOMAS
Editor of MIDNIGHT

The Objective: Conscious Control Of The Subconscious

Silva Mind Control (SMC) has been called everything from the next phase of human evolution to the latest snake-oil pitch.

But can 200,000 people be all wrong? That's how many have graduated from Silva Mind Control classes around the world in the last three years.

They include scientists, psychologists, and even nuns!

Dr. Elmer Green, research psychologist at the Menninger Foundation of Topeka, Kansas, said SMC is "a very intense hypnotic induction. Humanity has known about hypnosis and has been using it for at least a hundred years."

But another psychologist, Dr. Walter Clark, took the course and called SMC a "progressive, responsible and beneficial enterprise."

Discovered and developed by Jose Silva, an electronics technician in Laredo, Texas, SMC courses are offered all over the world, including every state in the United States.

"Man's mind is limitless," Silva said. "Conscious control of the subconscious, and peace that passeth all understanding as known by Christian and Hebrew mystics, Sufis, Yogis and Zen masters -- all this is now available to the Western culture."

"We can now state as a fact that within 40 to 48 hours, we can train a group of people to function at lower, more stable, energetic, and very valuable frequencies of brain for specific applications," said Silva. Not only can a subject become aware of information relative to problems, but he can also become aware of information relative to the solution of such problems."

The Silva course starts with sessions of simple background in brain waves, elementary psychology, and positive thinking. In many of the later sessions, the instructor repeatedly implants suggestions in the minds of his students.

They include a variety of suggestions to get students to relax, but to retain full control of their faculties. Other sessions involve the implanting of suggestions for problem solving, achieving greater depths of awareness, controlling physical pain and bleeding, ESP, and solving physical problems, such as overweight.

The most repeated message of all is to practice the SMC techniques. Silva said SMC abilities improve only with constant practice.

Silva says SMC does not involve hypnosis. "In hypnosis, you turn yourself over to the hypnotist," he said. "In our system, we repeat over and over that the subject is his own boss. He is always in control."

"It is highly essential that we train all human beings to use the alpha region of the brain to become superior human beings. We can really start making this planet a better world to live in. This could truly be the beginning of the second phase of human evolution on this planet!"

Mind Control Classes CAN Improve your Mental Power by Bill Starr

"Welcome to the next phase of human evolution on this planet. Productivity, problem solving, habit control, improved memory, health, controlled ESP, increased vitality. Silva Mind Control, the science of tomorrow, today."

That's what the brochure says. True, it sounds like a shortcut to instant happiness, yet Silva Mind Control is offered in every state of the United States, Mexico, Canada, and throughout the world.

According to scientists who use a sensitive amplifier to record brain frequencies, the human brain puts out four basic type of impulses:

1. **Beta:** 14-40 cycles per second when the eyes are open and you are awake, like now.
2. **Alpha:** 7-14 cycles/second, meditation, daydreaming, ESP and hypnosis. It is a relaxed, pleasant condition.
3. **Theta:** 4-7 cycles/second, the borderline of sleep, possibly man's most creative, problem-solving range.
4. **Delta:** 0-4 cycles/second, the brain waves of deep sleep.

After years of experimentation and research and practice, Silva says, “We can now state as fact that within 40 to 48 hours we can train a group of people to function at lower, more stable, energetic and very valuable frequencies of brain for specific applications. Not only can a subject become aware of information relative to problems, but he can also become aware of information relative to the solution of such problems.”

So, I sign up for the Silva program and am introduced to Ray Glad, South Texas District Manager for Silva Mind Control. Glad struck me as a fast-talking super-salesman, very enthusiastic in his free lecture to explain mind control to anybody who’s interested.

“Nobody’s ever asked for their money back,” Glad said. “We have a money-back guarantee to anybody who’s not completely satisfied with the course for any reason--even if you don’t like the color of the instructor’s tie--we give you your money back, no questions asked. Does that sound like we are afraid of failure?”

“I, for one,” I explain, “have found no substitute for money, friends, and health. Given these, who needs Mind Control? Are not most of your students society’s outcasts, misfits, mental cases, and failures who are looking for a magic formula?”

“No,” Glad explained. “We screen out anybody who’s got signs of a dangerous imbalance. Sure, lots of our students are looking for something to make their lives less humdrum, many of them are bored, unhappy -- who isn’t? But we train thousands of salesmen who want to improve their sales, many people who want to be more creative in their work. Many doctors take our course to find ways to help their patients.”

“Success in mind control is like success in anything else. You’ve got to keep at it, practice it and use it.”

Our class instructor, Tom Bland, about 30, was heavy set. He claimed to have come down from 300 pounds weight with mind control. I judged him still some 40 lbs. overweight.

Our sessions lasted some four hours each night. The first two sessions consisted of a simple background in brain waves, some general elementary psychology, and positive thinking, with a few home-spun pieces of advice and much quoting of the Bible to back up the premises of Silva Mind Control.

Bland then went through page long readings of suggestions, which to me, appeared to be almost 100% hypnotic suggestions to get us to relax. Many times he repeated the suggestion that we keep full control of our faculties at all times. I remembered that Silva pointed this out as distinguishing Silva Mind Control from mere hypnosis.

I found that one does relax, one does have hope,

one does catch some of the super salesman’s enthusiasm, just as one would do anywhere with anything under such conditions. But it wears off.

During one of our 15 minute breaks every hour, Bland said “Our biggest problem is back-sliders. We have difficulty keeping people interested, getting them to continue practice. Their interest fades, and they don’t practice. Without practice all is lost.

“For this reason, all our graduates are invited to attend all Silva Mind Control lectures free once they complete the course. It keeps up their interest. We have a tightly knit little core of true believers who continue to meet and practice, and these can do fantastic things through mind control -- almost limitless.”

I figure I’m paying some \$4.00 an hour for my instruction, most of which I’ve read or heard before. The only time I feel I’m really getting my money’s worth is during the hypnotic sessions which Bland call, ‘descending into Alpha.’

While in Alpha we are given suggestions on how to relax the muscles of the body, how to relax the spinal and involuntary systems, for better physical and mental health. We are given suggestions to go into normal, natural and healthy sleep, how to awaken ourselves naturally at any time without a clock and how to stay awake without drowsiness.

At no time, I note, is there any kind of a suggestion given of which one could not approve. All suggestions are positive, clean, and designed to make one a better, healthier, happier person.

I began to look forward to the hypnotic sessions, and I do feel relaxed, wide-awake and refreshed after each session, as suggested.

In fact, after the first day, I noted increased calmness, the flowers are brighter, I seem to be more aware of everything, just as the suggestions said I would. I work and move at a more relaxed gait, seem to get more done.

Next night we go into Alpha and have implanted in our minds, suggestions for improvement of memory, suggestions against disease and sickness of any kind. “I will never suffer from cancer, TB, arthritis,” etc.--a long list of some 30 diseases, which according to the suggestions, we will never develop. We are also told never to use Silva Mind Control for any bad purposes, for it will never work in such a manner.

We are given suggestions, while in the Alpha state, for better memory, better study habits, how to solve problems, in short, a general course in self-improvement, made more effective by the fact that are under hypnosis when the suggestions are given, thus, imbedding them in our minds with far more effectiveness.

By now, I have no inclination to ask for my money back.

These suggestions alone, given under hypnosis, are worth every cent of the cost, I feel.

Further sessions give suggestions for effective problem solving, for achievement of greater depths of awareness, for controlling physical pain, and bleeding, ESP, solving over-weight and smoking and drinking habits.

The last two sessions, we take off into the wild blue yonder. We begin mental projection into metals, using cubes of copper, stainless steel and wood for reference pegs. We concentrate, while in the Alpha state, on these cubes, receiving impressions from their inner molecules so that when we concentrate on an unknown quantity, and receive the same impressions, we will know they are copper, steel, or whatever.

Then comes mental projection into plant life, as per suggestions while in the Alpha state. We talk to plants to calm them and soothe them and make them grow faster -- they do, too! And lastly we project into animal life, especially humans, to try and find out what's wrong with them and to tell them how to cure it, Edgar Cayce-like.

Along about here I had to hold on tight. It gets hairy along in this area, but by now, old-time graduates of the course are scattered about the room to guide and encourage and stimulate with their casual tales of successes.

Bland brings out a sheet with names, addresses and medical diagnoses of sick people. He gives a name to a student and implants the hypnotic suggestion that the student will examine the patient and tell what's wrong with him. Distance from the patient means nothing.

Time and again, I saw students correctly diagnose the illness as it was outlined on the paper. Was it mind reading? Was the student reading Bland's mind, or did he actually diagnose the far-away patient? Either way, something was going on here that smacked of the supernatural.

"But that's what I've been telling you along." Bland explained. "We can do these things, have been doing them for years, quite normally and naturally."

Well, all right, I'm a little shook up. It's one thing to talk about such things, even to tell yourself you believe them, but it's something entirely different when you see the impossible pulled off right before your eyes. You kind of think maybe the world's not as familiar as you had thought it.

Anyway, I had a fool-proof test which I would try on them. Before that, however, I must, in all fairness state that no student of Silva Mind Control has ever shied away from any challenge to demonstrate his or her powers. They'll try, not always guaranteeing success. But many times they do succeed, and almost always they have partial success, just as they claim in their literature.

On the last day of the course, I found myself in the study room with some 10 students and 15 graduates who had come from nearby towns along the Texas-Mexican border to be

with the class and enjoy a general talk session. According to the other graduates, George Haynes of Harlingen, Texas, a graduate of Silva Mind Control some three years previously, who was supposed to be one of the best when it came to diagnosis an illness at a distance. I had never seen Haynes before.

On this particular day I had just come from visiting my 12 year old son, Bill, Jr., who was in the hospital in Harlingen, some 25 miles to the north. My son had fallen off a fence and stuck a stick into his belly, tearing his intestines. He had been operated on and had a plastic tube running down his nose and throat to keep his stomach pumped out. I noted on my visit that he had a roommate. I knew nothing about the roommate except that he had what appeared to be green foam rubber pads strapped about the heels of his feet.

I approached Bland. "By their fruits you shall know them," I said, according to Christ. "So let's see what your best graduate can do.

"I Just came from the hospital room of my son. Today he received a new roommate and I only know the fellow's name, the room number and the name of the hospital where he is at. I know nothing about the nature of his illness, so you can't read my mind. Since it's another town, it's unlikely that anybody in this room knows the fellow.

"How about George Haynes trying to find out what's wrong with my son's roommate, and when I leave here, I'll rush back to the hospital, and get the details of his illness and phone them to you."

Bland and George Haynes were both quick to accept the proposition.

"If this works, you've made a believer of me," I said. "There's no way you can come up with the correct information except by super natural means. Even I don't know what's wrong with the roommate and I'm going to stand by the telephone here, so nobody's going to call the hospital."

George Haynes sat down in a chair, closed his eyes and relaxed. Bland took over. After putting George into the Alpha state, Bland began to give suggestions.

"You have before you the body of Moses Flores, Room 259, Valley Baptist Hospital in Harlingen, Texas. Scan the body, sense it, feel it, and visualize it."

George's hands went out in front of him as if were feeling the tissues of Flores' body with his fingers.

"Tell us what you find wrong with the body," Bland said. "Your information will be exact, there will be no mistakes."

George began to talk. "There's something wrong with the right leg, sort of paralyzed," he said. He hesitated and seemed to be searching some inner space.

"I find difficulty in breathing in the patient," he said, then paused again as if confused.

George's head moved up and down as if he were scanning the entire body of the patient. "The vertebrae in the back is fused together. He is stiffer than normal in the arms and shoulders."

"Is this abnormality due to old age?" Bland asked.

"No. To degeneration. It's due to disease," George paused again, then took a deep breath and went on.

"There's trouble in the stomach area. The throat is inflamed and is a bright red. The patient has difficulty to swallow and eat."

"His intestines are rough, like sandpaper, red and inflamed. He is about five feet, six inches, weighs about 105 lbs.

What the heck is going on here? I wonder. George is giving almost an exact description of what is wrong with my boy. The kid had told me in the hospital that the tube made his throat raw, and I knew for a fact that his intestines were inflamed. George also gave a perfect description of the boy's size and weight.

I said nothing, preferring to wait it out and see what developed.

George paused again for a long while, then: "There's something wrong with his right leg."

I thought about the green rubber pads on Flores' feet. "Ask him what's on the man's feet," I said.

At this George balked. He couldn't get it, showed signs of tiring, and I told Bland to bring him out of it and let him rest.

To my surprise, I found some other graduates, including Bland himself, had been trying to ascertain what the man had on his feet.

"Something green," Bland said. "Some sort of green sock." The others agreed.

I rushed to the hospital, puzzled. Most of the description given by George had almost exactly described the condition of my son. His inflamed intestines, the difficulty eating, and breathing, and swallowing, the inflamed throat. Could it be that George had mixed up the two occupants of the same room? Had George read my mind about my son's condition?

Moses Flores, I found out from the man himself, was a life-long victim of polio since the age of 8, and had fallen out of his wheelchair, breaking his right hip. I remembered George's explanation of the vertebrae in the back being fused together. Stiffer than normal in the arms and shoulders, George had said, due to disease. "There's something wrong with his right leg," George had said, which, of course, described perfectly the broken right hip.

The pads on Flores' heels were indeed green foam rubber, to keep his heels off the floor when the doctors raised him to a sitting position on the side of the bed frequently, to give him a rest and to keep his blood circulating.

I have no explanation. I only saw it happen.

Later, I went back and talked to some graduates of Silva Mind Control.

"Some students are helped. Some drift away. Some practice, some don't," says Mrs. Carmen Cuellar of Brownsville, Texas. "Every suggestion in Silva Mind Control is kind, constructive, designed to help the student in every possible way."

Mrs. Cuellar claimed, and has witnesses to back her up, that she was cured of angina pectoris in 1 and a half years.

Mary Jane Stetar of Brownsville claimed to have been cured of high blood pressure, which was damaging her kidneys and making her a diabetic. She put her house in order, expecting to die. Yet Silva Mind Control's suggestions cured her. She's been perfectly healthy for the past two years.

"You can use Alpha for anything," says Betty O'Brien of Brownsville. "I was driving along the highway while in Alpha--I don't get tired that way. It also keeps me more alert on long trips--when something told me to slow down. Just as I did, a truck up ahead went out of control, hit an exit sign, and part of the sign whisked by just in front of my windshield. If I hadn't slowed down just when I did, it would have come through the windshield."

"Call it what you will," Bland said. "Alpha hypnosis, a spiritual state--it is all the same. The only thing that matters is it works."

"We're not like other self-improvement systems," he said. "We don't beat around the bush. We give you a week's course and if you can't do what we say you can do--if you're not satisfied, you can get your money back--no questions asked."

"We can operate like that, because we know; have demonstrated time and again, that while in a state of Alpha, the sky's the limit," he said.

After having taken the course, I for one, have no inclination to argue with him.