

BONUS: Silva's Most Wanted Healing Exercises



Silva practitioners spend thousands of dollars to attend Silva Seminars and learn our most powerful, effective healing exercises.

But with this convenient 4 CD set, you'll be able to learn and practice a handpicked selection of our most powerful exercises from the comfort of your own home.

Millions have found better health, peace, enlightenment and happiness through these exercises, and they're now yours FREE to use whenever you want:

- Enter the Alpha State of mind instantly and effortlessly with the Alpha Sound—this is the original, most requested audio in the history of Silva, and it has helped millions discover the peace, tranquility and enlightenment offered by the Alpha State
- Manifest your ideal self by understanding your past, and how it influences your self esteem. With this ability, you'll be able to accomplish all your goals, dreams and hopes—even in areas you once thought impossible
- A potent variation to the popular 3 Scenes Technique—how to solve your health problems and gain peace of mind, body and soul, once and for all (perfect if you're going through any form of medical treatment like surgery, radiotherapy, dialysis, etc.)
- An alternative to the powerful Theta Night Time Exercises. Listen to this during the day for a deep Theta meditation that will reveal otherwise hidden answers to your health, personal and professional issues—and eliminate anything that may be holding you back from total enlightenment

Coupled with the exercises within the Silva Mind Body Healing course, there will be no disease you cannot conquer, no ailment you cannot heal.

Better and Better,

A handwritten signature in black ink, written in a cursive style. The signature appears to read "Laura Silva" followed by a flourish.

Laura Silva