

Silva Life System Personal Empowerment

3-Day Empowerment - Durham, NC on August 21 & 22, 2010

The Hilton Raleigh-Durham Airport Hotel at Research Triangle Park, Durham, NC



Experience the world's most effective personal development system!

Presented by Certified Lecturer, International Motivational Speaker and Author, Jessie Bowen

Recession-Proof Wealth and a Life Awakened to Your Purpose! 6,504,587 Grateful Users Think So...

Learn to use more of your mind and use it in a special manner...

- **Alpha Level Mental Functioning:** Dissolve accumulated stress, revitalize your immune system, accelerate healing processes, and improve energy
- **Dynamic Meditation:** Enhance Energy, Health, Concentration, Memory and Mental Clarity
- **Mind Power:** Program your mind for Health, Happiness, Achievement, & Success
- **Intuitive Functioning:** Develop and enhance intuitive functioning for greater success in relationships, business, sales, and life.
- **Network:** With like-minded people



Meet your instructor/coach Jessie Bowen is a Silva Method Lecturer, Life Success Coach, Sports Performance Coach, Motivational Expert and Author. He is also the Executive Director and Owner of USA Workshops, and Elite Personal Coaching located in Durham, North Carolina.

He holds degrees in business management, sports hypnosis and martial science. As an educator, he has been on the Duke University Physical Education staff for 20 years, influencing thousands of students in mind- body training.



Four secrets of a happier, healthier more productive life...

There are four keys to developing the qualities necessary for happiness and success - four abilities that anyone can learn. Direct your personal energy and manage stress:

Stress destroys productivity and ruins your health

1. If your health, productivity, longevity and relationships are important to you, learning how to manage your personal energy and control stress 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 result. Scientific studies prove that *productivity increases by over 50%* when people learn to manage their stress levels. But lack of productivity caused by stress is not the major concern. From hypertension to stomach ailments, headaches to gum disease, research shows that over 76% of all health problems are either caused or made worse by stress.

Can you imagine how many relationships could be saved, how much substance abuse could be avoided, and how many violent crimes could be prevented, if we all knew how to control our emotional energy and manage our stress levels? After attending the Silva Method seminar, you will be able to do that and a lot more. You will be able to relax your body and mind 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.

Reach your goals quicker with less effort

2. **Discover the art of Dynamic Focus**

To achieve what you want out of life, you first need to *know* what you want! Then comes the challenges of staying focused, positive and motivated – a quality I call 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 face the obstacles on your path. Less than 3% of the population possesses this second key – but most can acquire it by learning proven techniques taught in the Silva Method.

Make better decisions and recognize your opportunities...

3. **Tap into 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?

Free yourself from beliefs and behaviors that are holding you back

4. **Overcome the negative programming and belief systems that hold you back**

Any message repeated often enough, especially during childhood, forms the seeds of deep-rooted beliefs. From the time you were an infant, you have been unconsciously “programmed” by your parents, teachers, siblings, media, and society, most of whom have good intentions. As children, for example, many of us were told, “If you want to be successful in life you 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 the victim of other people's programming. Own your life! In this two-day course 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.



“Changed My Life...Nothing Has Been The Same Since”

“In 1972 I changed my life. I went to a class to learn the Silva Method and nothing has been the same since. I credit that as **one of the most important things I have ever done in my life**. Above all, it helped me learn how to use more of my mind for a positive, special life.”

~ Neal Boortz, Nationally Syndicated Radio Host, The Neal Boortz Show from Atlanta, Georgia Neal's Testimony

Get more control over your life

The program was the brainchild of Jose Silva, who is recognized as a genius in mind development. The program was originally designed to help children get smarter. The Silva method has documented more successes than any other self-development program in history. The program teaches the easiest, most wonderful formulas to solve problems, change unwanted behaviors, expand belief systems and experience the joy in living everyday.

Fourteen million people have used the method to reduce and control stress, improve their health, and well-being. They have improved their relationships with family members, friends, and business associates. They have raised their income levels and advanced their education. And many have risen to the challenge of pursuing life-long dreams.



Jose Silva, 1914 - 1999

Too good to be true?

You may think this sounds too good to be true. That's what I thought too.

"I invite you to experience the first day of the program, learn all the techniques and formulas. And at the end of the day, if you are not entirely satisfied for any reason I will give you a full refund. Keep all the benefits from the program and STILL get your money back!!" How could I refuse?

How could the same formula that helps a kid improve his grades, reduce anxiety in an adult? How can the same program help some participants improve sales and others get into great physical shape? What is behind the claims of tumors disappearing, migraines cured, and lives being transformed? The answer lies in the power of the mind.

What is the difference between you and the person you want to be?

Think of a person you admire, someone who is both happy and successful. I bet the person you pick is inwardly calm and confident, and outwardly positive and happy. A successful, happy person has a life filled with opportunities, goals, and dreams. They also face challenges and problems every day. But they have an internal reservoir from which they draw solutions, energy, strength and courage. They are able to overcome obstacles and bring their vision to life. Now you can change your life for the better by attending my two-day seminar, based on the world-famous Silva Method and discover tools and techniques that will help you upgrade your lifestyle and become the person you want to be

Benefits you can expect from the program:

- * Reduce stress and stay relaxed
 - * Gain focus, concentration and memory
 - * Improve relationships
 - * Increase creativity and intuition
 - * Stop smoking without weight gain
 - * Improve sports performance
 - * Improve health
 - * Joyfully reduce weight
 - * Improve communications
 - * Make better decisions
 - * Increase energy and vitality
 - * Get rid of headaches
 - * Increase income
 - * Achieve peace of mind
- What other people say about the course**

Best-Selling Author Dr Wayne Dyer on the Silva Method



"I've used the Silva Method for many years. It has helped me overcome my own illnesses. I urge you to attend Mr. Silva's training sessions that are presented around the world."

~ Dr. Wayne Dyer, best-selling author of 'Real Magic' and the 'Power of Intention'

I had so much fear to talk to an audience... I would get confused and 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 communications often... it works!

Lyda Shehadch, Financial Services Representative



A Forbes Magazine "Entrepreneur of the Year", trains his staff with the Silva Method

"By offering the Silva Method to (our) employees we provide an opportunity to experience for themselves the power of the mind... Experiencing the Silva techniques, rather than just hearing people talk about it, is very powerful. It's like the difference between seeing a travelogue about the Grand Canyon and personally standing on the edge of it... Silva demonstrates that there is no limit to what the mind can do."

~ Robert Stiller, President & CEO of Green Mountain Coffee Roasters and Forbes Magazine 2001 Entrepreneur of the Year

Fifty seven year track record of success

The Silva Method began as a research project in 1944, and became available to the general public in 1966. There are over 13 million people currently using these methods in 109 countries. While we continually strive for growth and improvement, the formula type techniques taught in the Silva method remain as pure and effective as ever. The successes are well documented.

Lifetime repeat privileges

Repeat the course, anywhere in the world, as many times, as you like for life! What I am offering is not your normal, run-of-the-mill seminar, but life-long positive growth. Unlike most seminars you have probably attended, mine includes follow-ups! After you have taken the course, you may attend graduate meetings and workshops to keep you on target. And when necessary, you can call me for help. Best of all, you will be entitled repeat privileges anywhere in the world, for the rest of your life.

100% Unconditional Money-Back Guarantee

If you are dissatisfied for any reason, you can get a full refund. That means you can stay to the end of the course, learn all the techniques to improve your health, relationships and career. If you don't think it's worthwhile you get all your money back!

If you knew how much better your life would be after taking this course, you would not want another day to go by without realizing the benefits. Take the first step to a better life by filling out the enclosed registration form today. You have nothing to lose. **Some of the highlights of years of research show:**

- * A study of the Silva Method RCA Record executives determined that "Indications of change were very positive in terms of personal development as well as viewed from the perspective of characteristics that should make for effective management."
- * On the influence of the Silva Method on personality factors the Department of Psychology of Autonomous University of State of Mexico: "The Silva Method motivates positive change in the subjects...a feeling of healthiness, with less physical discomfort...an increase in self confidence, feeling more optimistic and useful; a certain advance in the process of physical maturity...a decrease in susceptibility, fear and apprehensions...becoming more open and sociable."
- * Grades improve by 17% from one term to another—University of Tasmania, Austria,
- * More than 100% improvement in athletic skill when Silva Method techniques were combined with athletic practice—Nyack, N.Y.,

Silva Life System Seminar will be held at: The Hilton Raleigh-Durham Airport Hotel at Research Triangle Park

USA Workshops

5324 New Hope Commons Dr. Suite 304
Durham, NC 27707

Saturday & Sunday August 21, & 22, 2010
9:00 a.m. - 6:00 p.m. (hour and a half for lunch)
The Hilton Raleigh-Durham Airport Hotel at Research Triangle Park
4810 Page Creek Lane
Durham, NC 27703 Telephone: 919-941-6000

Register Online

<http://usaworkshops.com/sls/silvalifesystemaugust.html>

Mail to: USA Workshops

5324 New Hope Commons Dr. Suite 304
Durham, N.C. 27707

Phone (919)489-6100
Cell (919)-618-8075
Fax (919)-493-6896

STUDENTS MUST BE PRE-REGISTERED - Registration Deadline is August 12, 2010

Name _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Email _____

Total seminar cost \$595.00 at the door- Payment options:

- Enclose a \$75.00 deposit for the Silva Basic Program. Balance of \$420.00 is due at the door *SAVE \$100.00*
- Paid in full at time of pre-registration by June 7th - \$440.00, *SAVE \$155.00*.

Payment may be made by check payable to: *USA Workshops* or bill to your mastercard or visa.

Amount \$ _____ Card Number _____ Expire _____

Signature _____ Date _____

Do You Need A Personal Coach? Contact Business and Life Success Coach Jessie Bowen (919)-618-8075