**Modified Silva Method – Beginner**

**Alpha level Centering Exercise**

**Put on a relaxing music/sound (alpha)**

**Trigger;** A…B…C

**Countdown;**

* 100 to 1 (for 7 days)
* 50 to 1 (for 7 days)
* 20 to 1 (for 7 days)
* 10 to 1 (for 7 days)

As you count down…

* + 100 to 90 ….“I am now at 16 Hz”
  + 90 to 80 ….. “I am now at 15 Hz”
  + 80 to 70 ….. “I am now at 14 Hz”
  + 70 to 60 ….. “I am now at 13 Hz”
  + 60 to 50 ….. “I am now at 12 Hz”
  + 50 to 40 ….. “I am now at 11 Hz”
  + 40 to 30 ….. “I am now at 10 Hz”
  + 30 to 20 ….. “I am now at 9 Hz”
  + 20 to 10 ….. “I am now at 8 Hz”
  + 10 to 1 ….. “I am now at the alpha state of my brain.

I am fully relaxed and aware.

I am getting better and better every day in every aspect of

my life”

**Deep relaxation;** Continue to relax for 30 seconds in the alpha state while doing the following;

* Listen to the recorded suggestive statements
* Continue deep breathing with your abdominal muscles. Inhale through the nose and exhale through the mouth.
* Focus on relaxing your eyelids, facial muscles (cheeks, mouth, and teeth), and neck muscles. Also relax any other noticeable muscle tension in your body.

**Countup;** Count up from 1 to 5 slowly. Open your eyes wide open. You are fully awake and refreshed.

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