

SUPERMIND

presented by Lee Pascoe

This seminar was created by Burt Goldman, Silva Method Instructor and Ambassador, and author of several books, including "Mental Dynamics". Always on the lookout for ways of perfecting and deepening his knowledge of the mysteries of the mind, he stumbled across an obscure little book which contained Hermetic wisdom dating from five thousand years ago, and which is still as fresh and as valid in our modern era. The Seven Principles of Hermes, once only available for the initiated, were the inspiration for SUPERMIND, where they are explained and translated into practical applications.

THE SEVEN UNIVERSAL PRINCIPLES

1. MENTALISM

The Divine paradox. All is Mind. The Universe, and everything it contains, is a mental creation of the All.

2. CORRESPONDENCE

As above, so below. As below, so above. The relationship between all things, mental, physical, mental and spiritual.

3. VIBRATION

All things are in constant motion. Nothing rests, everything moves; everything vibrates. Setting the proper mental vibration to affect the physical.

4. POLARITY

Everything is Dual; everything has poles; everything has its pair of opposites. Opposites are identical in nature, but different in degree.

5. RHYTHM

Everything flows, out and in, all things rise and fall. All things have a birth, growth, culmination, decline and demise. There is no such thing as failure, only a cycle of learning.

6. CAUSE AND EFFECT

Every cause has its effect; every effect has its cause. Coincidence is simply unrecognised cause.

7. GENDER

Gender manifests on all planes; everything has its Masculine and Feminine principles. Using the outgoing masculine and inflowing feminine principles in your everyday lifestyle.

During the seminar you will be guided through eight mental exercises:

DYNAMIC CONCENTRATION

An exercise to help you reach and maintain deep levels of the Alpha meditative state.

POSITIVE VIEWPOINT

Burt sincerely believes that this exercise is one of the most important and useful of the hundreds he has used. Transform hatred to love, accidents to opportunities, and use the mental energy to dynamise your projects.

POLARITY

When you use this exercise your attitude will go from failure to success, from poverty to abundance, from depression to enthusiasm.

INFINITE DIMENSIONS

You will get information from the biggest expert possible... your "self" in another dimension! You will help yourself achieve peak performance in whatever activity you choose.

CENTRE STAGE

For SUPER goal setting, bypassing doubts and lack of confidence in your programming. Eliminate your blocks to success.

LANCELOT'S ARMOUR

Originally created for therapists, the armour is a mental protection which blocks all negative energy, from whatever source. This exercise has achieved certain celebrity among followers of personal development.

THE UNIVERSAL BANK

The mental exercise which immediately sets in motion toward you a flow of money. Need we say more?

THE LILY POND

An old favorite, always in demand by children. A swim in the Fountain of Youth, where you can wash away past mistakes, guilt and limitations.