

MEDITATION CLASS

SILVA Life System

OMAHA / LINCOLN



A Personal Note from Fr. Justin

The Silva Meditation Class will be given in July 2011
The schedule of lectures and classes is as follows:

Monday, July 11, 2011 - 7:30 pm - 1st Hour of the Class
Free and open to the public
Hampton Inn at Westroads

Saturday, July 16, 2011 - 9:00 am - 6:00 pm
Sunday, July 17, 2011 - 9:00 am - 6:00 pm
Hampton Inn at Westroads

Limited seating available. To register, complete the form below or call Jody at (402) 203-3514 or (402) 334-8154. A \$100 deposit (non-refundable) must be received on or **before Monday, July 11th, 2011** in order to qualify for the \$50 discount and to secure your seat in the class. **GRADUATES MUST REGISTER.** Please bring your membership card. A graduate donation of \$30 is appreciated to help cover costs of the class.

GET AWAY WEEK-END

This class is being presented at the Hampton Inn to make it convenient for students from outlying areas to find weekend accommodations easily. For those of you who wish to make this a "Get-away Weekend" please inform the staff at the hotel that you are attending the Silva Class. This information will merit you a discount on your room. The phone number for the **Hampton Inn is (402) 391-5300.**

Dear Friend:

Our world is rapidly changing and so is our perception of the world! Scientists, theologians, medical professionals, educators and even philosophers understand that our world is basically Energy. Films like *What the Bleep Do We Know* and *The Secret* demonstrate that we are Energy, immersed in Universal Energy!

The Silva Method is a meditation program designed to help any human being tap into this Unlimited Energy. It is the **premier** program of its kind! Its techniques are proven to give you specific results (and with a money-back guarantee!). Do you want to tap into the Unlimited Energy within **you**? If so, here is your opportunity!!!

If you are a graduate of the Silva Method, you know how powerful this program is. Please spread the good news about this upcoming class and bring a friend or family member to the 1st hour of the class on Monday, July 11. The Silva Life System is one of the ways you can use your Energy to make it all happen. Be a part of this worldwide movement!

Sincerely in the love of God and St. Francis,



The Hermitage
c/o Jody Garretson
17033 Colleen Lane
Gretna, NE 68028-6948
(402) 203-3514 or (402) 334-8154
(402) 334-8154 (FAX)
Email: jodygar@cox.net

MEDITATION Class

Silva Life System

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Class Registration

Name _____

Address _____

City _____ State _____ Zip _____

Phone - Day () _____ Evening () _____

Amount Enclosed \$ _____ Check # _____

MC/VISA# _____

Exp. Date _____ Silva ID Number _____

E-mail _____

INVESTMENT

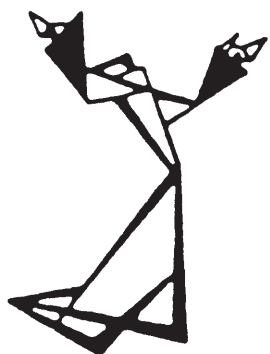
At the door	\$425
Additional family member(s)*	\$375
Prepaid	\$375
Additional family member(s)*	\$325

*a \$100 deposit will insure your discount and reserve your seat.

Please make checks payable to **The Hermitage** and mail to the above address. For written confirmation, include a self-addressed, stamped envelope. You can register by phone at **(402) 203-3514 or (402) 334-8154** or by FAX at **(402) 334-8154** or E-mail **jodygar@cox.net**

***Additional family member price applies to spouse and dependent children, 18 or younger, living at the same address. This price also applies to full-time students (ID required), and senior citizens (60 and older)**

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The Hermitage
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Indianapolis, IN 46205
(317) 545-0742

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POSTMASTER: PLEASE EXPEDITE
DATED MATERIAL

MEDITATION CLASS

SILVA Life System

*Unlock the Power of your Mind
with Justin Belitz, OFM*

The mind is your greatest resource and tapping into its unlimited potential can help you develop genius ability. The Silva Method of Meditation has been validated scientifically. It teaches skills of physical and mental relaxation coupled with visualization. With these tools, you can create positive results in your life.

Award-winning Silva instructor Fr. Justin will explain how this program can help you achieve goals, no matter how difficult they may seem. In the same way as you plant seeds and then wait for the flower or tree to sprout, so too can you plant ideas in your mind and, in time, they become reality. You can take control of your life by taking control of your mind!

Silva graduates the world over have found that amazing things happen when they meditate regularly. Results common to many are these:

- **Recognize and control stress**
- **Create and maintain a positive mental attitude**
- **Actualize potential talent**
- **Improve memory and concentration**
- **Develop creativity and intuition**

The Silva Method has helped millions of people gain greater happiness and personal peace as these comments attest:

Personal testimony of Wayne Dyer, Ph.D:

“Jose Silva, the founder of the Silva Method, is a man I have admired for a long time. I have used the Silva Method of visualization for many years. It has helped me overcome illnesses and accidents, and avoid surgery. I urge you to attend Silva’s training sessions.”

Jack Canfield (co-author of *Chicken Soup for the Soul* and featured teacher in *The Secret*) recently stated on You Tube that *“after 39 years of experience, I see the Silva Method as one of the most profound approaches of human potential development that I have ever discovered.”*

“Our whole family has taken the course. The difference it has made in the lives of our sons is so noticeable and measurable we feel truly indebted. I’ve discovered the program at the right moment and it has really changed our lives for the better.”

“I took part one in California. Fr. Justin has made part two such a wonderful experience, a feeling which will be with me forever. I look forward to using Silva and progressing on to other stages.”

“Using the Silva Method, I have been able to lower my blood pressure without the use of any medication.”

Silva Graduates are welcome to repeat the course at any time, free of charge, anywhere in the world.