

Relax First

A simple daily practice from the Silva Method: the 100 to 1 relaxation

Why I'm sharing this

I recorded this practice for myself, so I could listen to it whenever I need it. Now I'm sharing it with you. It is a way to pause, slow down and come back to yourself, nothing more complicated than that.

Without putting yourself into a relaxed, stress-free state, you can't expect your mind to serve you at its best.

The core teaching

Jose Silva taught that the key to his method is **relaxation**. Not passive relaxation, but an active kind: you use your mind to relax, and then to picture something positive. He also taught that we interfere with our own natural balance when we react to events with worry and stress, and that we can step back from that interference by responding with relaxed reactions.

Think of it simply. A mind running on tension is busy coping. A mind that is calm has room to think clearly, to create and to solve problems. Silva described the relaxed state as a way of using slower brain rhythms to expand awareness and problem-solving. The practice below is how you get there, one number at a time.

What people value about it

- A short, daily pause that is easy to repeat
- A calmer, more relaxed way of responding to everyday events
- A quieter mind, ready for clear thinking and creativity
- A simple structure: eyes closed, counting backward, positive mental pictures
- Silva taught that it is simple and becomes more effective with practice

How to practice

1. Choose a quiet moment, ideally in the morning. Sit comfortably in a chair.
2. Close your eyes and roll them slightly upward, toward your eyebrows (about 20 degrees).
3. Take a deep breath, and as you exhale, relax your body.
4. Press play and count silently along with the recording, from 100 down to 1.
5. Follow the guidance in the recording until the end.

The 10-day progression. Silva suggested using the full count from 100 for ten days, then counting from 50, then 25, then 10. As you practice, you reach the same state in less time.

Please note. This recording is a relaxation practice shared for personal use and self-development. It is not a medical, psychological or therapeutic treatment, and it does not replace professional care. Listening is entirely voluntary: use it only if and when it feels right for you. Do not listen while driving or operating machinery. If you have health concerns, please speak with a qualified professional.

If you find free resources like this useful, or you have requests, suggestions or feedback, please send me a note through soulbridge.eu. I would really appreciate it.