

FOR IMMEDIATE RELEASE

Contact:

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Lamar Irwin, founder of mind technology, to discuss the science of educating more of one's mind and the pioneering Silva Method subjective educational system on the Ask Dr. Lynn Show. May 12, 2009.

OVERVIEW:

Mind Technology interview about the science of the mind's potential and facilitating peoples' abilities to control their internal state of mind, relax their mental and physical states on cue and use this science to achieve goals, change behaviors, study easier and more. He will include aspects of the Silva Method mind educational system that teaches how to generate creative ideas on cue, re-learn natural processes like going to sleep easily and access more functions of the mind.

CONTENT:

Lamar Irwin will discuss the burgeoning science of the mind including the Silva Method Mind Development system and facilitating peoples' abilities to control their internal state of mind, relax their mental and physical states on cue and use this science to achieve goals, change behaviors, study easier and more. He will include aspects of this educational system that teaches how to generate creative ideas on cue, re-learn natural processes like going to sleep easily and access more functions of the mind. Call-in questions are encouraged. May 12, 2009 8:00-9:00 PM CST. Listen online at www.AskDrLynnNow.com/livecall. There is a link to a 4 minute pre-show interview on YouTube. Phone in to listen and/or ask a question by calling 724-444-7444, enter ID 29240#.

Lamar Irwin is the Silva Method Instructor for Central Texas including the Austin and San Antonio areas. Jose Silva, founder of Silva International and father of whole brain education, began researching how to help his children do better taking tests. Mr. Silva's research led him to develop the first ever Mind Development system where students learn simple and effective methods to direct their minds, tame their thoughts and tap into their creativity. Silva International has educated millions of people, sold millions of home study courses, has teachers in more than 110 countries and holds the record for the best-selling Knightingale Conant series.

In addition to teaching the *Silva Life System* and *Silva Intuitive Mind* trainings Lamar Irwin is a Dynamic Life Coach and Licensed Spiritual Coach. He also teaches the *Relax Your Way to Success* Seminar, a 3 hour class designed for companies, medical groups and individuals where participants learn how to de-stress in just moments in order to be more effective and make wiser decisions.

For an interview and to learn more, go to www.mindtechnology.com or contact Lamar Irwin at 512-340-0530, lamar@mindtechnology.com.