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Welcome to Lesson 1 - Silva UltraMind Online Course

Living Your Alpha Life

A Nine Lesson Online Training Program on
How You Can Harness the Power of Your Mind to Create
the Ideal Life You Deserve



Introduction

What's Your True Potential?

Welcome to the first chapter of our nine-part multimedia e-book on understanding and using the power of your mind to create a better, happier, more fulfilling life.

Let's begin with a question.

Imagine how you would feel if you **had it all...**

- ↳ the business fulfillment,
- ↳ the loving relationships,
- ↳ vibrant health,
- ↳ creative expression,
- ↳ abundant friendships,
- ↳ a skyrocketing career.

Wouldn't that be wonderful?

Look at your life - **do you have what you really, really want?**

Or are you settling - have you given up on creating the ideal life you once dreamed of?

Nobody has to live a life that is ordinary - yet most people do.

By doing so they miss out on their true potential.

The Silva UltraMind System is about discovering your purpose in life and using your creative energies to fulfill this purpose. A life built around a greater purpose is a life that is truly fulfilling and exciting.

A Road Map to Success

Different people have different definitions of success.

For you, **success** could be:

- ↳ starting a profitable business
- ↳ starting a loving family
- ↳ writing a book
- ↳ owning a beautiful 3-bedroom home in the country
- ↳ running a marathon
- ↳ spending 2 years abroad with the Peace Corps
- ↳ earning your first one million dollars
- ↳ recovering from a life-threatening illness

No matter what your definition is, it's important to dream big and set a goal of what you're seeking to accomplish.

Once you know what you want, the next step is to manifest it into your life.

This is what this training program is all about.

[Let's begin the lessons now.](#)

What You'll Learn

This e-book will take you through nine guided lessons involving the written word and audio recordings.

You will learn to reach deep levels of mind using advanced audio exercises developed by Jose Silva. While at these levels of mind we will teach you various techniques you can use to empower yourself and move you toward your purpose and goals.

Here's what you will learn over the next few days:

- ↳ How to **reach deep levels of meditation** with supreme ease.
- ↳ How to use affirmations to **create immediate attitude shifts**.
- ↳ How to **accelerate healing** and achieve vibrant health.
- ↳ How to **develop your intuition**.
- ↳ The art of **creative visualization** to **manifest dreams**.
- ↳ How to **create a life plan**.
- ↳ The art of **goal setting** and thinking big.

This program was developed with the purpose of reminding you of the latent powers that lie within you; and inspiring you to begin to use them.

I use the word *remind* because if you found this program you're probably aware of these abilities. But like most people, you have waited - procrastinated in learning to use them.

You will receive nine lessons over the next few weeks. A new lesson will be sent to you every few days. Each lesson will contain an explanation of a new technique.

The techniques will get more advanced with each new lesson.

By breaking this program into several fragments and spreading them out over a few weeks we allow you to retain and understand the material presented better.

This program will show you how to tap into your latent mental abilities using not just written text but also **specialized audio recordings** developed by Jose Silva. These recordings are designed to guide you into a state of deep, focused meditation.



During this meditation you will be wide awake but your body will be asleep. Your **subconscious mind** will be **brought to the conscious level** and you will be in **full control** over your mental abilities and thoughts.

You can use this time to **program** your mind to accomplish anything you desire. This is the Silva UltraMind System.

The Multi-Purpose Mind

Before we begin, let's take a glimpse at what the mind is really capable of accomplishing.

A well known figure once said:

 **The greatest discovery of the 19th century was not in the realm of the physical sciences, but the power of the subconscious mind touched by faith. Any individual can tap into an eternal reservoir of power that will enable them to overcome any problem that may arise. All weaknesses can be overcome, bodily healing, financial independence, spiritual awakening, prosperity beyond your wildest dreams. This is the superstructure of happiness.** 

These words were said not by a guru on a mountaintop, nor a self-improvement writer, but by William James, the Harvard psychologist known as the Father of American Psychology.

To the untrained mind, William James's statement may seem far-fetched, but modern discoveries are finding his words to be true.

Let's look at some examples of what happens when this **"eternal reservoir of power"** is harnessed properly.

Case #1 - Using the Mind in Sports

Dr. Charles Garfield, former NASA researcher and current president of The Performance-Science Institute in Berkeley, California, talks about a startling experiment conducted by Soviet sports scientists.

The study examined the effect of mental training, including visualization, on four groups of world-class athletes just prior to the 1980 Olympics in Lake Placid, New York. The four groups of elite athletes were divided as follows:

- ➔ Group 1: did 100% physical training.
- ➔ Group 2: did 75% physical training, 25% mental training.
- ➔ Group 3: did 50% physical training, 50% mental training.
- ➔ Group 4: did 25% physical training, 75% mental training.

What the researchers found was that group 4 - **the group with the most mental training - had shown significantly greater improvement** than group 3.

Likewise, group 3 showed more improvement than group 2, and group 2 showed more improvement than group 1.

The results were astonishing. Who would expect that athletes training mentally would be able to advance further than their counterparts who were training physically?

Garfield said, "During mental rehearsal, athletes create mental images of the exact

movements they want to emulate in their sport. **Use of this skill substantially increases the effectiveness of goal-setting**, which up until then had been little more than a dull listing procedure."

If mental exercises and visualization could
have such a profound impact on athletes, what kind of impact could it have
on you?

Can you use the same principle to improve your attitudes, confidence and skills? Could it impact your learning ability; your golf swing; your ability to shed weight and stick to a diet?

The answer is yes.

We will explore these topics in a later chapter and show you **visualization techniques you can use** to improve the quality of your life.

Case #2 - Miraculous Healing

The following story will challenge your idea of just how much your mind influences your body.

In 1950, a new drug called Krebiozen had received sensational national publicity as a "cure" for cancer and was being tested by the American Medical Association (AMA) and the US Food and Drug Administration (FDA). One of the researchers involved in this testing was a doctor named Bruno Klopfer.

One of Dr. Klopfer's patients, Mr. Wright, was suffering from cancer of the lymph nodes. All standard treatments had been exhausted, and Wright appeared to have little time left. His neck, armpits, chest, abdomen, and groin were filled with tumors the size of oranges, and his spleen and liver were so enlarged that two quarts of milky fluid had to be drained out of his body each day.

When Wright discovered that Dr. Klopfer was involved in research on Krebiozen, he begged to be given Krebiozen treatments. At first his doctor refused because the drug was untested and only being tried on people with a life expectancy of at least three months. Wright begged so hard, however, that Klopfer decided to give him one injection on Friday, though he secretly suspected Wright would not last the weekend.

Dr. Klopfer was in for a **big surprise**.

On the following Monday, Klopfer found Wright out of bed and walking around. Klopfer reported that his tumors had "melted like snowballs on a hot stove" and were half their original size. This was a far more rapid decrease in size than even the strongest X-ray treatments could have accomplished.

Ten days after Wright's first Krebiozen treatment, he left the hospital, and as far as his doctors could tell, with no signs of cancer. When he entered the hospital, he had needed an oxygen mask to breathe, but when he left he was well enough to fly his own plane at 12,000 feet with no discomfort.

Wright remained well for about two months, but then articles began to appear asserting that Krebiozen actually had no effect on cancer of the lymph nodes. Wright, who was rigidly logical and scientific in his thinking, became very depressed, suffered a relapse, and was readmitted to the hospital. This time his physician decided to try an experiment.

Dr. Klopfer told Wright that Krebiozen was every bit as effective as it had seemed, but that some of the initial supplies of the drug had deteriorated during shipping. He explained, however, that he had a new highly-concentrated version of the drug and could treat Wright with this. Of course, the physician did not have a new version of the drug and intended to inject Wright with nothing more than plain sterile water.

Again the results were dramatic. Tumor masses melted, chest fluid vanished, and Wright was quickly back on his feet and feeling great. Yet he had been injected with nothing more than sterile water.

Wright remained symptom-free for another two months, but then the American Medical Association announced that a nationwide study of Krebiozen had found the drug worthless in the treatment of cancer. This time Wright's faith was completely shattered. His cancer blossomed anew and he died two days later.

Wright's story is tragic, but it contains a powerful message: When we are fortunate enough to bypass our disbelief and tap the healing forces within us, we can cause tumors to melt away overnight.

The patient's mind alone, independent of the value of the medication, produced his recovery.

This event proves that your mind is so powerful that it can literally bring wonderful or tragic events to bear within days. Most people do not learn how to tap into and control this powerful force.

Many people do have their minds working for them, but in negative ways. Doctors call this psychosomatic illness - an illness caused by a person's negative belief system.

In this course we will teach you how to create positive belief systems and how you can use visualization to accelerate your body's rate of healing and recovery.

Case #3 - Creating Positive Coincidences

It is an undisputed fact that the mind can influence the physical body but can the mind influence the world beyond your body?

In other words, can the mind create coincidences and influence reality?

People all around the world have experienced this in their own lives and will say that the answer is yes - your world can be shaped by your thoughts and beliefs.

The following story describes one such incident - how one man discovered the power of his mind in creating coincidences. He went on to use this ability to become so successful that his work is almost a household name in America.

For the purpose of this story, let's call this man Scott. His full name will not be revealed until the end to make this story more intriguing. This story was told in a book Scott wrote in 1998.

In the early 1980s, Scott had heard of a process called affirmations from a friend. The process he learned was simple.

Visualize what you want and write it down fifteen times in a row, once a day, until you obtain it.

Scott was told that the process did not require any faith or positive thinking for it to work. Even more interesting was the suggestion that the technique would influence the environment directly and not just make you more focused on your goals. In other words, it would spawn amazing **coincidences to move you toward your goals**. The coincidences could be things that were seemingly unconnected to you and beyond your control.

Scott was very left-brained and logical in his thinking. He had his doubts about the process but figured that there was no harm in trying.

"Within a few weeks, coincidences started to happen to me." wrote Scott.

"Amazing coincidences, strings of them. I won't mention the specific goal I was working on, as it was a private matter, but within a few months the goal was accomplished exactly as I had written it."

But Scott was not yet convinced that affirmations helped. Coincidences do happen on their own and Scott considered the test inconclusive.

So Scott picked another goal - to make some gains in the stockmarket. He wrote his affirmation down every day and waited for some inspiration. It came to him in a dream. He woke up one night with the words "Buy Chrysler" repeating in his head.

He bought shares in the inspired company during one of its most bleak periods yet it began to rise soon after and he made some good returns on it. He repeated the experiment again and managed to pick another successful company, with stock symbol "Ask".

Armed with this confidence in the power of affirmations Scott decided to apply it to a more challenging goal - getting into the highly competitive University of California at Berkeley MBA program.

The problem was that he had already taken the entrance exam, the G.M.A.T, and only hit the 77th percentile score. He knew he needed to be above the 90th percentile to at least have a chance of being accepted.

Scott picked the outlandish target of 94 as his goal and again applied the

affirmation technique.

Despite not being able to go much higher than the 77th percentile in the practice exams Scott was surprised to learn that he did indeed hit the 94th percentile for the G.M.A.T - just as he had written in his affirmations. He graduated with his Berkeley MBA in 1986.

A few years later he tried pursuing a more serious goal, that of being a syndicated cartoonist. He knew the odds of his cartoon submission being accepted by a major newspaper were roughly 1 in 10,000.

He beat those odds and his cartoon was accepted. He was soon earning a decent living with his cartoon strip but he wanted to achieve something bigger.

He decided he wanted the most successful comic strip on the planet. Scott felt that the best measure of "most successful" would be number of books sold.

In June 1996 his book *The Dilbert Principle* hit the number-one spot on the hardcover nonfiction list of the *New York Times*. It stayed in the top three all summer. In November his second book, *Dogbert's TopSecret Management Handbook*, also made the bestseller list, giving Scott the number-one and number-two positions simultaneously for one week. For that brief period of time, Scott indeed had the "most successful" comic strip on the planet.

As you may have guessed, the person I'm talking about is Scott Adams, the creator of the highly successful *Dilbert* comic strip. Scott writes about these experiences with affirmations in his book *The Dilbert Future*. He does not profess to know why it works but leaves the conclusion to the reader. You can buy Scott Adams' hilarious *Dilbert* books at any bookstore.



Reporters often ask me if I am surprised at the success of the Dilbert comic strip. I definitely would be so, if not for my bizarre experience with affirmations. As it was, I expected it.



~Scott Adams, *The Dilbert Future*

Scott Adams' experience with affirmations makes one wonder - **is luck within our control?**

We will explore the process of affirmations in chapter 4 of this e-book and we will look at some basic techniques you can use to manifest your goals.

Your Next Lesson - The Silva Centering Exercise

In our next lesson we will take a look at how you can apply your mind to achieve your goals, to accelerate healing and to make dramatic attitude shifts.

The technique we will teach you will be part of what many say is the most advanced set

of mind training techniques developed. Jose Silva developed these techniques over a period of 40 years with some several millions dollars worth of funding and tens of thousands of participants.

[The next email in our series will be sent to you tomorrow.](#)

The subject will be the ***The Silva Centering Exercise***.

Please look out for it.

This next email will show you how to establish the correct level of mind to start accomplishing some of the things we discussed in this chapter.

We will help you attain this correct level of mind using a powerful guided meditation exercise developed by Jose Silva.

You will listen to this exercise through your computer speakers.

[Get ready for an exciting experience. Watch out for our next email tomorrow where we'll send you the popular Silva Centering Exercise Audio.](#)

The Famous Silva Centering Exercise Download It Now



Sources for this Lesson:

1. Charles A. Garfield, "Peak Performance: Mental Training Techniques of the World's Greatest Athletes," (New York: Warner Books, 1984), p.16.
2. Bruno Klopfer, "Psychological Variables in Human Cancer," Journal of Prospective Techniques 31 (1957), pp. 331-40.
3. Scott Adams, "The Dilbert Future," (New York: HarperBusiness, 1998), p.245-251.