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# Harnessing Your Intuition

## How to Develop and Use Your Hidden ESP Ability

[Welcome to Lesson 7](#)

### ESP - You have it & You can learn to use it.

The term ESP stands for ***extra-sensory perception*** and refers to communication or perception by means outside the normal five senses.

ESP was once dismissed as superstition, but its existence has been repeatedly verified by numerous scientist and researchers in leading universities around the world.

ESP, **also called intuition**, is a common faculty we all possess. Some people simply use it better than others.

A scientist by the name of Dr. J. B. Rhine conducted the first scientific experiments on ESP in the 1930's and 40's at Duke University.

Dr. Rhine had people attempt to guess which of five symbols would be on a playing card facing away from them. The odds of guessing correctly are one in five or 20%.



But Dr. Rhine found that many people had accuracy rates far beyond this.

In some experiments the odds in favor of ESP were 22 billion to one. This proved that something was occurring which was allowing people to *guess* which cards were being picked, and this *guessing* was correct to a remarkable degree. The laws of probability were being violated.

**His experiments also showed that distance, space and time played no significant effect on the success of the phenomenon.**

A highly trained subject in France could guess the outcome of a card drawn in the US just as well when she was across the Atlantic Ocean, as when she was sitting directly opposite the person drawing the cards.



Furthermore, the **subject could guess the outcome of a card drawn a year into the future** - again with the same degree of accuracy.

Dr. Rhine's experiments sent shock-waves across academia as other scientists

raced to confirm them. His book *Extra-Sensory Perception after 60 years* became required reading for the introductory psychology class at Harvard. His experiments were repeated around the world 309 times involving 50,000+ people and 2 million sessions - proving without a doubt that **ESP is real**.

## The Growing Acceptance of ESP

In the early part of the 20th century Einstein said:

 **The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.** 

Today, with the jump in empirical scientific evidence and first-hand human experiences, **belief in human intuition and ESP is rapidly rising**.

The 1990 Gallup public opinion poll found that 93% of Americans polled believed in one or more of 18 paranormal phenomena, including ESP, mental healing, telepathy and clairvoyance.

And this number is increasing.

A follow up poll eleven years later, in May 2001 found that belief had actually increased in twelve out of thirteen phenomena measured in both the 1990 and 2001 polls – and increased significantly (5% or more) in seven of them.

The 1990 Gallup Poll also asked Americans if they had had first-hand experience with paranormal phenomena. The results were surprising.

**25% of Americans claim to have experienced telepathy.  
25% claim success with mental healing.**

More and more people are not only believing in ESP and mental healing, but are also experiencing and using it.

Belief in mental and spiritual healing has increased significantly (up 8%) between 1990 and 2001.

Today, about three in four Americans have at least one paranormal belief. Some of the most professed beliefs are in ESP, telepathy, clairvoyance, and mind-body healing. The most recent Gallup Poll released June 2005, showed that extra sensory perception was the most popular belief at 41%.

"Sure," say the skeptics, "the majority of Americans may believe in ESP but this is usually the less educated majority. Educated people can't be taking this seriously, right?"

Wrong.

## Studies have shown that, as education increases, belief in ESP also increases.

The May 2001 Gallup Poll discovered that "Americans with the highest levels of education are more likely to believe in the power of the mind to heal the body". The same is true for ESP and telepathy.

One major study done in 1977 found a positive correlation between intelligence and paranormal belief - the more intelligent you were, the more you believed in a world beyond the five senses.

Another 1984 study, a sample of high school students, found higher grade point averages correlated positively with belief in ESP phenomenon.

Finally, a 1989 CBS television poll done in conjunction with *48 hours* uncovered that 75% of persons with a college degree believed in paranormal phenomena, while only 36% of people with less than a high school degree believed in these phenomena. In short, as education increased, so did belief.

**If you believe in ESP - congratulations.**

**The majority of educated Americans now share your belief.**

## The Stunning Scientific Evidence

Scientific research on ESP is still in its infancy. But the evidence being produced is highly compelling.

These are summaries of some recent discoveries...

### 1. Everyone has ESP to some degree.

In the 1960s, Dr. Montague Ullman, founder of the Dream Laboratory at the Maimonides Medical Center in Brooklyn, New York and professor emeritus of clinical psychiatry at the Albert Einstein College of Medicine in New York conducted a series of experiments that provided strong empirical evidence that *everyone* possesses psychic ability.

In Dr. Ullman's study volunteers who claimed to possess no psychic ability were asked to sleep in a room in the lab while a person in another room concentrated on a randomly selected painting and tried to get the volunteer to dream of the image it contained. Sometimes the results were inconclusive. But other times the volunteers had dreams that were clearly and strikingly influenced by the paintings.

### 2. The greater your belief - the stronger your ESP ability.

Dr. G. R. Schmeidler of the Harvard Psychological Clinic went on to show that telepathy was not only real, but was strongly affected by a person's belief in his or her own telepathic abilities. He also performed experiments that proved that

telepathic power exists in everyone.

### 3. The mind can influence matter at any distance

In the 1980s and 1990s Dr. Robert G. Jahn and Dr. Brenda J. Dunne of the Princeton Engineering Anomalies Research Laboratory showed that some humans possess telekinetic power and various forms of telepathy and that these are both distance and time independent

Dr. Jahn is Professor of Aerospace science and dean emeritus of the School of Engineering and Applied Science at Princeton (1994). Dr. Dunne is the manager of the Princeton Engineering Anomalies Research Laboratory (P.E.A.R). Their book Margins of Reality - The Role of Consciousness in the Physical World will make even the strongest skeptic think twice.



### 4. The evidence for ESP is very strong.

More recently. Professor Robert Morris and Dr. Caroline Watt of the Koestler Institute at Edinburgh University conducted experiments where over 100 subjects in a locked room were asked to pick out which of four pictures were "beamed" to them by a subject in another room. Success rates were 50%, twice the 25% that pure statistical results should have produced. The odds of this occurring are approximately 1 in 14 million.

These results are 35,000 times more significant than the level of evidence governments demand from pharmaceutical companies before a new drug is let out on the market.

The conclusion:

ESP is real.

 **Everyone who is seriously involved in the pursuit of science becomes convinced that a Spirit is manifest in the Laws of the Universe.** 

~ Albert Einstein

### A Word of Caution

When it comes to belief in ESP, people tend to fall into four different groups.

Which one are you?

Disbeliever

The first group is the *disbeliever*. They simply refuse to believe in any phenomenon that cannot be explained by Newtonian physics. **No amount of scientific evidence will convince them** otherwise.

## Skeptic

The second is the *skeptic*. This is someone who does not believe in ESP because it goes against his knowledge of science. However, the skeptic is open-minded and when given strong scientific evidence they would be willing to admit that ESP does exist. A skeptic would **cast aside testimonial evidence but will give strong consideration to the results of scientific research**.

## Cautious Believer

Third - the *cautious believer*. This person trusts that ESP exists but will not believe every claim they read about. They **demand scientific proof or testimonial evidence**. A cautious believer would find this series of lessons interesting because it is backed up with scientific evidence and references to respected outside sources.

## True Believer

The fourth group, the *true believer* **strongly believes** in ESP and is likely to also believe anything they read or hear. If you are one - we encourage you to exercise caution. Not everyone who claims to have ESP has it to an extent strong enough to charge you money for.

Phone psychics are almost all phonies. And very few street psychics are actually worth paying for.

When it comes to a little understood phenomena, such as ESP, it is better to be a cautious believer or a skeptic rather than a true believer.

## Do We Know How it Works?

A number of theories have been put forth on how ESP works but these are still nothing more than theories.

Today, it is generally accepted that ESP does exist and everyone has it but science has yet to identify how or why it works.

However, we do not need to know *how* it works to use it - we only need to know that it does work.

Think of the sun. For thousands of years we have used the energy of the sun for light and heat. Yet, nobody knew what the sun really was. It was only in the last 100 years that humankind was able to understand that the sun is a large star made up of hydrogen and helium atoms going through a thermo-nuclear reaction.

It's the same with ESP - we do not yet know how it works or why. But we do know

that it is real.

And as any Silva UltraMind grad will tell you - once you learn to use it - **you can create many positive and beneficial effects in your life.**



**There are no unnatural or supernatural phenomena, only very large gaps in our knowledge of what is natural... We should strive to fill those gaps of ignorance.**



~ Edgar Mitchell, Apollo 14 Astronaut,  
Founder, Institute of Noetic Science

## The Implications

The growing body of evidence for ESP and other unusual phenomenon is being noticed by businesses and governments.

Here's a list of some recent developments:

SONY Corp has been conducting research into alternative medicine, spoon bending, telepathy and other forms of ESP.

Dr. John Mihalasky, author of the book *Executive ESP*, has shown that success rates for executives were proportional to their ESP ability lending credence to the idea that intuition is a large factor in business success.

In November 1995 the CIA confirmed that for the previous 20 years it has been using psychics for spy operations.

In November 1998 the US Patent Office issues the first patent for a psi- effect.

In July 1993 Mutual of Omaha, the nation's largest provider of health insurance for individuals announces that it would start paying benefits for meditation exercises designed to reverse heart disease.

In 1997 the Federal Government's National Institute for Health formally endorses acupuncture.

In April 2004 researchers in Denver University found that patients who underwent a placebo surgery for Parkinson's Disease reported a better quality of life twelve months later. One woman even reported a resumption of full physical activity, having been inactive for many years before surgery.

The power of the placebo effect has been seen before in Parkinson's disease – but not to this extent. Clearly the mind-body connection is very strong in this condition and it's to be hoped that ways can be found to exploit this to benefit the patient.

## ESP in The Silva Seminar

One of the highlights in the Silva UltraMind seminar are the last two hours of training, where the students get to demonstrate ESP on each other.

You will be paired up with other students and given names and locations of random people unknown to you.

You then go to your meditative level of mind and you receive information on them and their state of health through ESP.

The vast majority of participants end up with stunned looks on their faces as they find themselves correctly "guessing" information on people and objects unknown to them.

Here is the transcript from one of the session. Two students were paired up. Student A helps guide Student B into a meditative level of mind. Student A then tells student B to attempt to "view" the health condition of a subject known to A, but unknown to B. B is only provided with the name, age and location of the subject.

This is what B reported:

"I see a lady, nothing unusual about her. But her blood looks blue. There's bluish blood flowing around her body."

"Strange. I'm looking at her head. I see a man standing in her head. He looks sad. There are three elephants surrounding him. They are colorful. They are rotating around his head."

The lady in question suffered from a smoking-related disease that prevented her blood from absorbing oxygen. She was also going through a sad time because her husband had been stationed in India for the past three months on a business trip. The *blue blood* was the subconscious mind's way of representing de-oxygenated blood. (Look at any biology text book drawing of the blood system and you will find that de-oxygenated blood is represented with the color blue). The sad man surrounded by elephants symbolized the husband in India.

Many such experiences occur during the seminar. These experiences invariably lead the participant into a whole new perspective of life and what they are truly capable of.

Some participants use this ability with healing. Others use it to help them develop empathy and understand a loved one's feelings.

Most use it in more subtle ways such as making business decisions, deciding what companies to invest in, buying a home, applying for college or guiding them into making the right decisions in their life.

Jose Silva's training is so powerful that the majority of seminar participants experience ESP by the second day of the seminar.

Sign up for a seminar today or get on our reminder list to receive an email if a seminar comes to your area.

Go here for more details: <http://www.silvaultraindsystem.com/seminars/>

Note: If seminars are too far away for you to travel to you can always try the Home Study Program.

Go here for details: <http://www.silvaultramindsystem.com/products/>

## Enhancing Your ESP

ESP is a natural ability that is heightened when you are in a state of meditation.

**One simple technique to use your ESP is to go to your alpha level and ask yourself a question.**

Let images appear on the mental screen (explained in Lesson 3). Do not analyze what you see. Simply describe what you see mentally to yourself. Focus on describing rather than analyzing. As soon as you start analyzing what you see you allow your left brain to hijack the process.

We want to stress that it takes a lot of practice to develop your ESP. In our seminars participants experience ESP after 2 days - but this is after 18 hours of intensive training and guidance from a trained lecturer.

If you are unable to get results with the technique described above, don't worry. You can still develop your ability by attending a seminar.

**Another technique is called "dream-logging"**

Louisa Rhine, the wife of Dr. J. B. Rhine conducted an ESP experiment of her own while her husband was testing ESP ability empirically in a lab. Louisa asked people to write to her about their first-hand experiences with ESP. She received almost 14,000 letters. She found that 60% of the people who wrote to her claimed that their ESP experience came to them while dreaming.

You might be experiencing ESP dreams too. But you usually forget your dreams.

"Dream-logging" is simple. Simply keep a pad and pencil by your beside and write down your dreams in the morning when you wake up or in the middle of the night if you suddenly awaken during a dream.

With practice anyone can develop and enhance their ESP. The ability, like sports or musical talent is something that anyone can train themselves to be good at.

Thanks and this is the End of Lesson 7.

Sources for this Lesson:

1. Dr. J. B. Rhine, "Scientific Evidence Man has a Soul", American Weekly Magazine, August 25, 1946.
2. Robert G. Jahn, Brenda J. Dunne and Roger D. Nelson, "Engineering Anomalies Research," (Journal of Scientific Exploration 1, no. 1, 1987): pp. 21-50
3. Dean Radin, Ph.D., "The Conscious Universe", (New York: Harper Edge, 1997).