

You're Viewing the Printable Version

Living Your Life Purpose

How to Make Sure You've Set the
Right Goals and Direction for Your Life

Welcome to Lesson 9

The Power of Intuition

Welcome to the last chapter of Silva UltraMind's Online Training Program - ***Living Your Alpha Life***.

In this lesson we will cover one of Jose Silva's most important ideas. The idea that we are all here to fulfill a certain higher goal - our purpose in life.

Before we proceed with this lesson let us take a quick look at what we have covered so far.

In the previous lessons you learned the following:

- ➔ How to reach a state of the **Alpha Level** (Lesson 2).
- ➔ How to **Gain Inspiration** while at the alpha level (Lesson 3).
- ➔ How to use **Creative Visualization** to shape your world (Lesson 4).
- ➔ How to trigger **Healing** while at the alpha level (Lesson 5).
- ➔ How to develop your **Intuition** (Lesson 7).
- ➔ How to set **Goals** and create a life plan (Lesson 8).

If you missed any of the chapters above you may want to read them again.

We now come to one of the central principles on which Jose Silva built his system - the importance of using your intuition to help you make correct decisions in life and fulfill your life purpose.

Silva said, "The reason we were given psychic ability is so we can use it to get information from higher intelligence to find out what we are supposed to do, and how to do it."

Silva was not the first person to suggest this.

The author Napoleon Hill, who conducted more than 20 years of research on the

wealthiest and most successful people in the world, wrote the following insight in his book *You Can Work Your Own Miracles* (Fawcett Gold Medal books, 1971):



I began to make inquiries of the hundreds of successful men who collaborated with me in the organization of the science of success, and discovered that each of them had received guidance from unknown sources, although many of them were reluctant to admit this discovery.



~ Napoleon Hill, Author of "Think & Grow Rich" & "You Can Work Your Own Miracles"

Napoleon Hill explained that he believes that successful people including pioneers like Andrew Carnegie and Thomas Edison, are able to tap into a higher power to source ideas and inspiration. This, he felt, was one of the main keys to success.

Now this idea has also been tested scientifically. Professor John Mihalasky, Professor Emeritus of Industrial Engineering at the New Jersey Institute of Technology performed studies of ESP ability among company CEOs. He observed that the CEOs who performed the best in tests of intuition also tended to be the ones with the best success rates at running their business (measured in terms of 5 year profit growth).

ESP is a powerful way for us to connect with higher intelligence to help us source ideas, make better decisions, and find our path in life.

Napoleon Hill's discovery has now come full circle.

Hill, who lived 50 years before Jose Silva, could not determine how to train people to gain this ability.

Jose Silva changed that when he pioneered the Silva Mind Training Method and made Napoleon Hill's observations a reality for the average person.

Shakti Gawain, author of numerous books, including *Creative Visualization* (Bantam Books, 1983) and *Living in the Light* (Bantam Books, 1993), wrote of Jose Silva: "One of the earliest workshops I took was the Silva Mind Control course...The most important technique I learned in that course was the basic technique of creative visualization... Our rational mind is like a computer...The intuitive mind, on the other hand, seems to give access to an infinite supply of information. It appears to be able to tap into a deep storehouse of knowledge and wisdom..."

Today, anyone can learn to tap into this source of knowledge and wisdom to get intuitive hunches, creative ideas and divine inspiration. If Napoleon Hill and Jose Silva are correct, then it may well be the most powerful and useful gift you possess.

Albert Einstein may have summed it up perfectly when he declared:

"The only really valuable thing is intuition."

Your Purpose In Life

Many self-improvement systems tell you that you can achieve anything you desire through the use of your mind.

Obviously, this is not completely true.

But if this were true - wouldn't we all be driving luxury cars and dating movie stars.

Silva's theory is this: You are entitled to have every success, happiness and fulfillment you can dream off.

We are all sent here with a job to do and the resources to fulfill that task.

So why then do so many people not receive the things in life that they are naturally entitled to and deserve?

The answer is a simple one.

Many people try to achieve what they think they should do, instead of what they were sent here to do. Many goal-setting techniques claim to teach you to manifest anything you desire - but all these systems have a common flaw:

If you're aiming for a goal or outcome that is not part of the greater plan for you then you may fail.

You can achieve anything you desire if what you desire is part of your Soul's plan for you. Everyone is put on this planet for a reason. Find out what that reason is - and doorways will open for you.

Jose Silva believed that we are all put on Earth to fulfill some greater purpose. This purpose usually involves the betterment of humanity to some degree. He believed that when you start working towards this purpose, your life moves smoothly and elegantly and you find yourself easily fulfilling your dreams.

Life purpose should not be confused with *'lack of free will'*. We do have free will - we can choose to take our life down any path. We can choose to ignore this purpose completely too.

Within a lifetime, there are certain milestones you are meant to reach. These could be: meeting someone, maybe a soul-mate; starting a business or a foundation; raising some great kids; or even producing a book or a work of art.

Silva believed that we should all try to fulfill this purpose. Sometimes we do things that take us away from this purpose - without realizing it, we miss out on beautiful opportunities. We may get trapped in roadblocks - a lousy job, a troubled relationship, or a poor financial condition.

But when you find your life mission, then no matter how bad things look now, you will be on the path to greatness. Silva UltraMind teaches you to tap into your intuition to understand what your purpose in life is. You then learn how to use your mind to create all manner of coincidences to propel you towards this goal or purpose.

Silva developed a technique called the mental video technique to help people get in tune with their higher self and get the guidance they seek.

The technique is performed at night before going to bed and sets your mind working for you while you are in the delta level of mind, the unconscious sleep stage. The answers come to you within the next few days - sometimes as a stroke of inspiration, sometimes as something you see or overhear, or through a conversation or chance encounter with someone else.

Silva felt that this was the most powerful and useful technique he developed. You can learn this technique in the Silva UltraMind seminar.

Principles to Keep in Mind When Using the Silva System

When using Silva to program for a solution to a problem or to manifest a reality you desire, you should always keep the following principles in mind.

1. Build Up Your Reservoir of Faith

Remember the concept of *Desire, Belief and Expectancy* that you learned in Lesson 8?

You need to believe that whatever you are programming for is in the realm of the possible. You must also expect it to occur. This can be hard if you're new to Silva or related methods.

You may want to start on smaller, believable goals first. Each time you achieve one of these smaller goals you will find your self-confidence and belief system improving. This will give you more faith in your ability to create your ideal future. As your reservoir of faith fills up, you have greater ability to do even bolder and greater things.

Remember the stories we provided in Lesson 1 about Scott Adams and Lesson 8 about Sam Walton. Both of them started with smaller goals and achieved these first before tackling truly amazing things. Keep this idea in mind if you are just starting out.

2. Develop a Feeling of Prosperity

It's very important to cultivate a feeling of prosperity throughout the entire creative manifesting process. This means understanding that the universe is abundant and almost everything you want or need is there for the asking. There is no lack of abundance.

A very common reason for failure is *scarcity programming* - you were trained early in life to believe that there are barriers in your way. As long as you continue to believe that you

have a cultural disadvantage, or that money is the root of evil, or that you were born a sinner - you will be hijacking your own creative process.

Take an honest look at yourself and see if you are holding yourself back by not believing sufficiently in the possibility of prosperity.

Understand that you already have more prosperity than billions of people elsewhere in the world.

The average North American today lives better than the prince of medieval Europe.

If you could go back in time and approach a medieval prince and tell him how you live today, with access to all the information in the world (the Internet), magic story boxes (TVs), self-propelled carriages (cars), the ability to cross the continent in 5 hours (airplanes), and all the food you desire (supermarkets) - you can bet that prince is going to want to trade places with you.

You see - you aren't average or even poor - in the annals of history you are probably one of the richest people who ever lived. But if you're like most other people, you still compare yourself to the Bill Gates' and the movie stars of the world who just happen to be even richer.

Cultivate the feeling of being prosperous and thanking the universe for what you have. You will find that this mental attitude will cause even more luck and coincidences to arise in your life and lead you to even greater prosperity.

3. Some Things are Meant to go "Wrong".

Sometimes we program for a certain situation or goal but for some reason we do not seem to move any closer towards it. Jose Silva suggested that when this happens it sometimes means that the goal is not right for us - it may be something that would actually take us away from our life purpose.

Sometimes what appears to be a negative situation may actually be good luck in disguise.

The Example of Millard Fuller.

By the age of thirty Millard had made his first million and was aiming for \$10 million more. He owned everything he could hope for - 2,000 acres of land, speed boats, luxury cars. But, as his business empire grew his marriage was crumbling. One day he received a letter from his wife Linda declaring that she had fallen out of love with him and was seeking a divorce.

The week that followed was one of the most agonizing weeks of his life. He called Linda and begged for a second chance. Reluctantly, with tears in her eyes, she agreed. Together they decided to get rid of everything they owned and start anew. They sold everything - the business, the homes, the cars. But what next?

Somehow Millard and Linda found themselves in Georgia a few years later. While doing volunteer work they were struck by the dilapidated shacks many impoverished families

had to live in. Millard and his co-workers started building homes for these needy people. Moved by the powerful impact these homes had on the people who moved into them, Millard decided to see if these simple concepts could be applied around the world.

He knew that 25% of the world's population lacked decent housing.

Millard's goal was once to make \$10 million - he now had a new goal - could he build homes for 10 million people? Convinced that he had a concept that could work worldwide he launched *Habitat for Humanity International* in 1976.

Habitat has already built more than 60,000 houses around the world for 300,000 people. *Habitat* now coordinates 800 building projects in fifty-one foreign countries.

[Millard and Linda now see themselves as two of the luckiest people alive.](#)

A single event - the threat of divorce led them onto a completely different path, one that has not just made them happier, but benefited thousands of people around the world.

Sometimes, like Millard, people pursue a goal that they think is correct - but this goal may be out of line from what their life purpose is. This is why in the Silva UltraMind seminar we always encourage people to use their intuition to first determine if they are on the right path - and once they get an answer, only then do they set their goals.

4. Always Ask The Greater Question.

A student in one of our classes once told the instructor, "I can't wait to go home and start using these techniques to achieve my goal of mastering the use of a computer for data entry."

The instructor asked, "Well, why do you want to master using a computer?" The student said that learning this skill would allow her to get a promotion at work.

"Why do you want a promotion," asked the instructor.

"So I can get a raise" she replied.

Why do you want a raise", the instructor asked again.

"Because I need the money to buy a larger home".

"Why?"

"Because I want my mother and sister to move in with me".

"Why?"

"Because it has been our dream to own a big house together and live together as a family."

"Good," said the instructor.

"Now you have identified what you really want. It's a large house with your family living

with you. You don't really want to learn data-entry. What you want is the house."

"So when you go back and practice visualization - **aim for the greater goal** - the house. Let that goal manifest in any way. Be open to different ways it could manifest - it may not come through you learning data-entry. You might get another job, in a completely unexpected field. Be open to all possibilities".

When you create goals keep these principles in mind:

- ↳ First ask yourself **why do you really want what you want**. Keep asking until you reduce the desire to its elementary need.
- ↳ Now **focus on this desire or need** in your mental programming.
- ↳ **Be open to coincidences**. Don't be locked into having the solution come from any one direction.

The Final Words - Begin at Once!

We hope you have enjoyed this series of lessons and that this brief glimpse of what Silva techniques can do for your life will motivate you to attend a seminar or listen to the home study course.

We'd like to offer one final bit of advice.

Once you decide on what you want to do, begin at once. Take a step, even the smallest step towards that goal.

Begin today. Read Lesson 8 on goal-setting if you have not already done so and start putting down your goals on paper.

Figure out what you need to do this month to make your dreams a reality and then begin at once. As soon as you take that first baby step towards your goal you start the wheels in motion to manifest your dreams into reality.

Scottish Explorer, William Hutchinson Murray, offers his sagely advice in the splendid poem below.



Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.


Concerning all acts of initiative, there is one elementary truth, the ignorance of which kills countless ideas and endless plans:

That the moment one definitely commits oneself, then providence moves, too.



 **All sorts of things occur to help one that would never otherwise have occurred.**

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would come his way.

**Whatever you can do or dream you can, begin it!
Boldness has genius, power, and magic in it.** 

~ William Hutchinson Murray

We hope you enjoyed this course.

May the Rest of Your Life be the Best of Your Life

Congratulations!
You've completed the Free Basic Course.
What Next?

We now invite you to go beyond the basics and master Advanced Silva UltraMind Techniques.

Select an option below to begin:

Training at Home with the Home Study Program



If you are seeking to expand your healing skills we recommend trying the Silva UltraMind Home Study Program by Nightingale Conant. You can get full details on this page:

<http://www.silvaultramindsystem.com/products/>