

NIGHTINGALE • CONANT

The Silva
ULTRAMIND
ESP System

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W O R K B O O K

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DISCLAIMER: The contents of this guidebook are solely the opinions of the authors. Individuals who are delusional or severely emotionally disturbed, unless they are done under close supervision should not attempt these exercises. Should any painful or difficult memories arise as a result of any technique discussed in this program, it is recommended that you seek the aid of a licensed therapist.

Jose Silva's UltraMind ESP System consists of powerful tools that you can use to dramatically change your life. What is unique about the work that is done with the Silva System is that you can approach any life changes that you wish to make while in the Alpha state. Ninety-nine percent of us function on a regular basis in the Beta state, which is not highly effective. With the Silva UltraMind ESP System you will learn to re-program your subconscious mind in the Alpha state as well as bring feedback from your subconscious into your conscious mind. By using this revolutionary method, you will discover how to truly transform your life, removing blocks that you may have been struggling with your entire lifetime.

Michael Wickett, Ed Bernd Jr., Jose Luis Romero, and JoNell Monaco Lytle each play a part in taking you through this powerful journey. Both Ed and JoNell guide many of the exercises. Feel free to choose whichever guide best suits your needs, or interchange guides for some variety in the experiential exercises.

You are given many opportunities throughout the guidebook to record your experiences with the exercises you have done, along with the results. You are strongly urged to use this guidebook to record both the experiences you had while doing the various exercises as well as the outcome of the work that you have done. Describe how each exercise has affected your goals, desires, and overall lifestyle. You greatly enhance the effectiveness of each exercise by writing down your experiences and the consequent outcomes. You may wish to continue charting your progress by starting a journal in which you may record any further experiences that you have. Enjoy this journey of discovery as you uncover a myriad of communication, experiential, and intuitive tools that can powerfully affect the rest of your life.

Session 1 – The Silva UltraMind ESP System

In this session you are introduced to the Silva UltraMind ESP System. You are given a basic description of the Beta, Alpha, and Theta brain frequencies and the pertinence of each in the development of the Silva System. You will explore the many benefits that doing the prescribed exercises in the Alpha state can have in your life and future endeavors.

1. Check the areas of your life in which you would you like to see changes take place.

- Career
- Relationships
- Spirituality
- Social life
- Health
- Fitness
- Intuition

2. Do you believe that you have a higher intelligence that you could tap into that could improve your life?

3. Have you ever tried to do you do anything such as meditation or any Silva tools to help you break out of your fast-paced lifestyle? What was the outcome? Describe any related experiences, in the space provided below.

4. Have you ever experienced functioning at the Alpha brainwave level? If so, describe your experience, in the space provided below.

5. **Beta Frequency** - The brain functions at approximately 20 cycles per second at this frequency. This is an ideal level in which to take action in your life.

Alpha Frequency - The brain functions at approximately 10 cycles per second at this frequency. This is ideal for thinking and deductive reasoning.

Theta Frequency - The brain functions at approximately 5 cycles per second at this frequency. This is ideal for correcting problems of biological intelligence.

Delta Frequency - The brain functions at below 4 cycles per second at this frequency. This is the level where we have connection with higher intelligence. It is the first frequency experienced by infants, and the last frequency experienced before death.

In the Alpha state individuals make better decisions, attain happier relationships and greater success in business. This is done by bringing the subconscious to the conscious level. Some of the benefits you will discover if you practice these exercises on a regular basis are

Reduced stress

A strengthened immune system

Slowing down of the aging process

More acute intuitive abilities

Greater receptivity from higher intelligence

An ability to communicate at a distance

The ability to remote-view (see things at a distance)

Aid in discovering your purpose in life

From the list above, mark each of the benefits that you would like to acquire or improve in your life in the order of your desire (1 being the most important and 8 being the least).

6. In what area of your life would you most want to improve? Clearly write down your purpose in the space provided below, before doing The Long Relaxation Exercise.

Session 2 – The Long Relax

In this session you will be guided through the Long Relaxation Exercise. It is suggested that you listen to it first; then close your eyes and do the exercise as described.

7. Try this exercise at least once every day for two weeks. Record your experience during the exercise, along with any pertinent events that seem to relate to it each subsequent day, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 8:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 9:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 10:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 11:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 12:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 13:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 14:

What I experienced during the exercise:

Highlights of any pertinent related events:

Session 3 – Developing and Maintaining the Correct Attitude

To introduce this session, Michael Wickett describes the importance of an “other-centered” attitude to make this process work. According to Jose Silva’s research, the greater your desire to serve others and the world, the more effective your life will be. He suggests that you ask higher intelligence how you can make a difference in the world; then use this powerful Silva Mind Training System to create a more prolific and extraordinary life for yourself and others.

8. Given Jose Silva’s theory regarding creating a “Paradise on Earth” with his methods, describe in as much detail as possible what a “Paradise on Earth” would look like to you, in the space provided below.

9. How much do you believe you focus on serving others as compared with serving yourself? Michael informs us that to become “other-centered” in our attitude profoundly changes our lives. To manufacture being “other-centered” does not, however, come from the heart, but more from the head as an attempt to ultimately get what you want in your life. If you struggle focusing on serving others, do the Long Relaxation Exercise, asking higher intelligence what you need to do to become more “other-centered” in your life. Write about your experience and any response you received, in the space provided below.

10. Do you pray for other people? Based on the theory, “Whatever you do for others comes back to you tenfold,” on a scale from 1 to 10, how much do you feel you give to the world, and consequently receive? If this number is not your desired goal, write in the space provided below an action plan that you could follow in order to change the outcome (remember to include going into Alpha level to achieve your goal).

11. Michael gives several examples of how individuals have used the Jose Silva's mind training system to change a situation in their business lives. What aspect of your business life would you change if you could? Practice the Long Relaxation Exercise with this business goal as your motivation and focus. Write about the exercise and any subsequent experiences in your business problem solving, in the space provided below.

12. If you could change anything to improve the current condition of the world, what would that be? Describe it in the space provided below.

13. Try doing the Short Relaxation Exercise, with the above desire as the goal and focus of the exercise. Chart any notes about the exercise or subsequent experience, in the space provided below.

14. Do you communicate with your higher intelligence on a daily basis? If not, could you commit to doing so for at least 5 minutes each day for the next month? Ideally, communicating with it through the Relaxation Technique would be very effective. Record your daily experiences, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 8:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 9:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 10:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 11:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 12:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 13:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 14:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 15:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 16:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 17:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 18:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 19:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 20:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 21:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 22:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 23:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 24:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 25:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 26:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 27:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 28:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 29:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 30:

What I experienced during the exercise:

Highlights of any pertinent related events:

15. Are you as compassionate as you would like to be? Are you first and foremost compassionate with yourself? If you feel that you could improve on your compassion, write out your intent, in the space provided below. Intention has great power and is the first step toward change.

Session 4 – The Short Relax

In this session Ed guides you through the Short Relaxation Exercise. You are encouraged to listen to it first, and then close your eyes and do the exercise as described.

16. Practice this exercise every day for at least two weeks and record your experience and any outcomes, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 8:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 9:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 10:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 11:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 12:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 13:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 14:

What I experienced during the exercise:

Highlights of any pertinent related events:

Session 5 – Guidance From Higher Intelligence

Michael reminds us that everything created in the physical world is first created in the mind. Any new experience in our lives must first be created in our mind. In this session we are taken to a world in which we delve further into communication from higher intelligence. Using the Silva UltraMind System tools, you will be able to unveil the teachings of your spiritual tutor, enabling you to improve all aspects of your life.

17. Michael cites the following quote, “Every thought is a prayer...and they are all answered.” Reflecting on this quote and the many thoughts that you have had throughout your life, what has been the focus of your “prayers”?

18. If by changing your thoughts, you change your prayers, how would you like your thoughts to change and affect the rest of your life? Write any ideas that you might have, in the space provided below.

19. Do you currently have children? If you do, is your relationship with them fulfilling? If you feel it could be improved, go to level (as described in the audio program or in the Definitions on Page 64) and use the Silva Mind System and ask higher intelligence what you need to do to get closer to your child(ren). Write the response you received and about the experience, in the space provided below.

20. JoNell speaks of a situation in which she has an intuitive thought that she struggled with. She ultimately went to level, asked her higher intelligence what she should do, and was instructed to follow that intuitive voice. Have you ever had an experience where you struggled with an intuitive voice and did not follow it? What was the outcome? What do you think the outcome might have been had you followed it?

21. JoNell discusses a technique known as Psychometry, in which an item carries vibrations from any individuals who have had contact with it. Have you ever had an experience in which you felt or sensed energy in an inanimate object? If so, describe it in the space provided below. If not, would you be open to experiencing or exploring this theory?

Session 6 – The Mental Video Technique

In this session Ed Bernd Jr. takes you through the Mental Video Technique that aids you in establishing communication with higher intelligence. This is a simple technique in which you actually imagine creating a video of a particular problem that you have. You then continue by creating another video, a possible solution to the problem. After both of the Mental Videos have been completed, go to sleep with the intention of delivering the Mental Video to your mental tutor while you sleep. Take for granted that the delivery will be made. During the next three days, look for indications that point to the solution. Every time you think of the project, think of the solution that you created in the Mental Video, in a past tense sense.

22. What is the most immediate problem that you would like to solve in your life? Write the details down in the space provided below.

23. Take yourself through the Mental Video Exercise as described by Ed Bernd Jr. with the above problem as the subject of the exercise.

24. Write in as much detail as possible the content of the problem-solution video to this situation that you created in the Beta state, in the space provided below.

25. In the space provided below, record any problem-solution indicators that you may have received during the three days after doing this exercise.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

26. After compiling and processing any solution information you may have received during the past several days, record in the space provided below, the problem-solution response that your higher intelligence has sent you in response to doing this exercise.

Session 7 – Removing Impediments to Your Success

Michael opens this session reminding us that life is not based on what is available in the world, but is based on what is in our creative minds. He discusses how many of us are not attaining our heart's desires because we have blocks or impediments that keep us from attaining our goals. Unfortunately, in the conscious Beta state we cannot remove and often cannot recognize these blocks. By using the Silva techniques, however, you can go to the Alpha level and actually remove these impediments.

27. In the space provided below, write a list of the changes that you would like to make in your life that you are struggling to make.

28. What negative beliefs or emotional blocks do you currently have that you are aware of. List them in the space provided below.

29. Michael speaks of learning forgiveness and unconditional love through using the Silva methods. In the space provided below, list anyone whom you are currently struggling to forgive or accept in your life.

30. Many of us carry belief systems that greatly impede our success, such as “money is the root of all evil.” These beliefs can be cultural or personal. List below any beliefs that you have that could block any success in your life.

31. JoNell speaks of seeds that are planted in our earlier lives that often have a profound effect in our future. These seeds can be both positive and negative. In the space provided below, list any seeds that were planted in your childhood that you believe have had a profound effect on your life.

Positive Seeds

Negative Seeds

Session 9 – Interacting With People

In the introduction to this session Michael explains how we can use the Silva Techniques to interact with people more effectively. He explains that you can go into the Alpha level, project the kind of energy that you want to experience in an interaction or meeting with someone, and actually experience it.

34. Is there anything that you do on a regular basis, such as public speaking, meetings, performances or proposals that you feel you could improve upon? List below anything that you do in your career or personal life that requires focus, calm, or charisma.

35. Go through the above list and make note of any feelings that you have when you are performing these tasks. Make note of those feelings below.

36. Ed introduces us to Jose Silva's Instant Rapport Technique, which enhances your charisma and your ability to connect with others. Choose someone whom you will be seeing sometime in the next week with whom you would like to enhance your connection. Write his or her name and the situation in which you will be meeting him or her, in the space provided below.

37. In the Instant Rapport Technique you simply touch the palm of your hand with your little finger when you want to connect with your intuition. At least five times in the next week use this technique whether to connect with another individual or to awaken your intuitive radar. List your objectives and the outcome of the experience, in the spaces provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

38. Ed suggests that you practice the Long Relaxation Exercise at least once a week. For the next three months chart your weekly exercise and any potentially corresponding outcomes in your life that may have come from performing this practice.

Week 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 8:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 9:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 10:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 11:

What I experienced during the exercise:

Highlights of any pertinent related events:

Week 12:

What I experienced during the exercise:

Highlights of any pertinent related events:

39. In order to remind you of the significance of doing these exercises in the Alpha state, listed below is a further breakdown of the four types of brain frequencies.

Brain Frequencies:

Beta - 14 cycles per second and up - action level (90% of individuals think and act here)

Alpha - 7 to 14 cycles per second - thinking (ideal level for thinking and analyzing problems, but only 10% of people use this level for thinking)

Theta - 4 to 7 cycles per second - where biological intelligence resides

Delta - .5 to 4 cycles per second - deepest sleep connection to higher intelligence (to other side)

Session 10 – Best Time to Program, Mental Rehearsal, and Instant Rapport

JoNell guides us through the Best Time to Program, Mental Rehearsal, and Instant Rapport Techniques of Jose Silva's UltraMind ESP System in this session. It is suggested that you consciously listen to the exercise first, and then proceed to do it as instructed.

40. Try practicing the Best Time to Program and Mental Rehearsal Techniques each day for one week. Chart your progress, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

41. Try practicing the Instant Rapport Technique guided by JoNell each day for one week. Chart your progress, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Session 11 – Detecting and Using Psychic Information

In this session Jose Romero describes how the development of intuition is impacting the world at large, especially in the area of business. He explains how honing in on intuitive skills aids businesses in better serving their customers, positively effecting morale among staff, aiding in acquiring accurate projections, and improving production.

In this session JoNell continues instructing on various tools to aid you in detecting and using psychic information. These tools include the practice of Psychometry, dowsing rods, and pendulums. With Psychometry she describes the powerful benefits one can attain by intentionally programming energy into inanimate objects. With the dowsing rods and pendulums, you can receive feedback on questions that you would ask higher intelligence.

42. Is there any area in your life in which you may lack some willpower? In the space provided below, list any areas, such as smoking, alcoholism, drug or other addiction, overeating, or any other obsessive behavior, that you may want to improve in your life.

43. As suggested by JoNell, find an inanimate object that relates to at least one of these behaviors, and program it for the desired change that you would like to make. Describe this exercise in detail, explaining what the behavior is, what the object is, and what you verbally programmed into that object.

44. Write about any results to this technique, in the space provided below.

45. On a scale from 1 to 10, how intuitive do you feel that you are?

46. Have some fun and make a dowsing rod and/or a pendulum. Experiment with each of these tools for at least one week, asking questions throughout the day. Record your responses and their accuracy in the space provided below.

Session 12 – Psychometry

In this session JoNell guides you through how to program inanimate objects with willful intentions with the Psychometry Technique of Silva UltraMind ESP System. You are encouraged to practice this exercise with positive intentions that would be to the highest good of all involved in the exercise.

47. Try practicing the Psychometry Technique each day for one week. Chart your progress, in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Session 13 – Coincidences and Advanced Communications Skills

In this session JoNell describes communication through thoughts, a technique Jose Silva called Broadcasting. This has proven to be a powerful tool that goes far beyond the limited resources of a telephone, letter, or e-mail and is a fun and practical tool to develop with loved ones.

48. Have you ever experienced reading the thoughts of a loved one or vice versa? If so, describe some incidents, in the space provided below.

49. Experiment with the Broadcasting Technique. Is there any message that you need to get to an individual or a group of people in your life? Write at least three messages that you would like to broadcast, in the space provided below.

Message 1:

Message 2:

Message 3:

50. Do the Broadcast Technique with each of the messages above and record the exercise and the outcome, in the space provided below.

Message 1:

Message 2:

Message 3:

Session 14 – Best Time to Program and Broadcasting

This session includes the Best Time to Program and the Broadcasting Techniques of Jose Silva’s UltraMind ESP systems, guided by JoNell.

51. Try practicing the Best Time to Program Technique with JoNell each day for one week. Chart your progress in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

52. Try practicing the Broadcasting Technique with JoNell each day for one week. Chart your progress in the space provided below.

Day 1:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 2:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 3:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 4:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 5:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 6:

What I experienced during the exercise:

Highlights of any pertinent related events:

Day 7:

What I experienced during the exercise:

Highlights of any pertinent related events:

Session 15 – Finding Your Purpose in Life Through Developing Your Psychic Ability

Michael reminds us that life is not coming to us in a haphazard fashion, but is coming from us, emotion to emotion. He describes how good people are often alone because their minds are not programmed with a vision of a wonderful relationship. Becoming aware of your own personal power to change your life by reprogramming your mind is the first step toward drastically changing your life. Where most of us in the past have tried to make changes while in the Beta level of brain functioning, he emphasizes that making these changes from the inner conscious Alpha state really transforms our lives.

53. Ed informs you of how the Mental Video Technique can aid you in discovering your purpose in life. Take some time to go to level and into the Mental Video technique to discover what your function or purpose is in life. Record any experiences you have of the exercise or the outcome, in the space provided below.

54. Have you had a dialogue yet with your tutor in the spiritual dimension? If not, got to level and see what directions he or she gives you regarding improving your life. During the next three days, look for indications that point to the solution. Record any responses and related experiences, in the space provided below.

55. Jose Silva suggested that you also include your needs in your vision of what your purpose is in your life along with the betterment of humankind. List all of the personal needs that you feel you have, in the space provided below. Be sure to include them in your techniques.

Jose Romero introduces how to develop your intuition further in this session. He suggests that you do the following:

- Whenever you have a hunch that you act on, and it turns out to be accurate, go to level and analyze what happened, especially how you felt when you had that hunch. This will allow you to discern intuitive hunches that are effective and other ineffective thought processes.
- Note that Jose Silva strongly recommended that the use of your intuition should not be for ego gratification or for fun, but for constructive, creative purposes.
- If you continue to use ESP as a game, Jose Silva asserted that you will ultimately then lose the ability.
- You could use your ESP to remotely view whether or not an individual that you would like to telephone is home or not. If you are accurate, enter level and again review the feeling so that you will recognize it in future instances.

56. After listening to the above suggestions regarding how you use your intuition, in the space provided below, write your personal commitment as to how you will continue to explore your intuition, keeping in mind these guidelines.

KEY ACTION STEPS

1. Use the Mental Video Technique every night to get guidance on your mission in life.
2. Daily go to level and focus on your ideal outcome along with the other things you want to accomplish.
3. Make going to level a habit by doing it for the next 21 to 30 days. Once it is a habit in your life you will be able to become an exceptional person.
4. Be patient. It may take several months to develop the habit of going to level every day, but it's worth the effort!
5. Model the principle of making a difference in the world, being "other-centered". While at level, ask higher intelligence what you can do to improve this planet for others.

57. Read and follow the principles of the **Key Action Steps** each day for the next month. Chart your progress with each step in the space provided below.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

Session 16 Enhanced Awareness

The Enhanced Awareness Exercise is introduced by Ed in session 15 and is guided by JoNell in this session. In this exercise you imagine projecting yourself into an object so that you can experience it subjectively with your mind. You will experience the chosen environment most effectively by utilizing all of your senses in the exercise.

59. List at least six objects that you would like to experience projecting yourself into, in the space provided below.

Object 1:

Object 2:

Object 3:

Object 4:

Object 5:

Object 6:

60. Practice the Enhanced Awareness Exercise with each of the above objects and record your experience, in the space provided below.

Object 1:

Object 2:

Object 3:

Object 4:

Object 5:

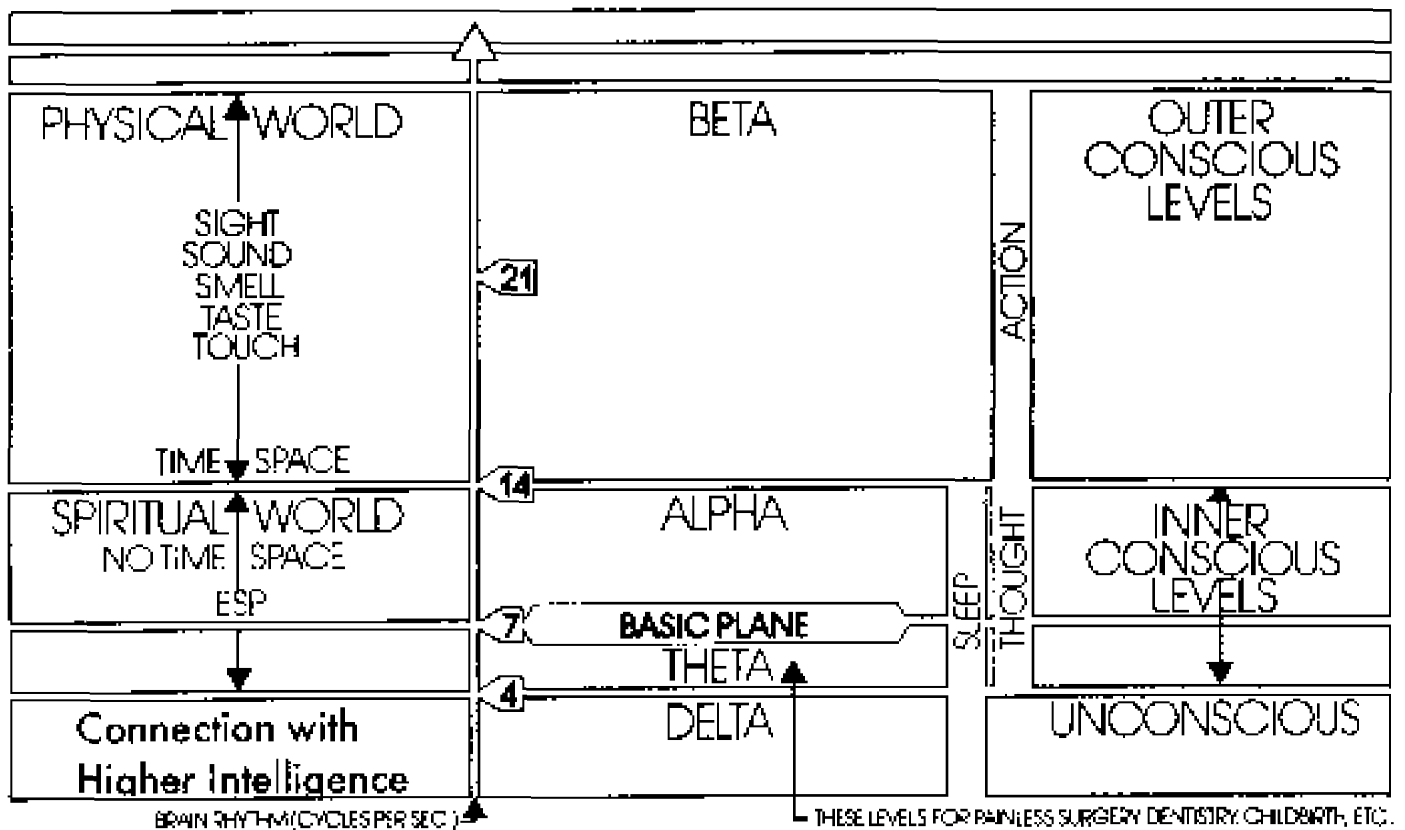
Object 6:

DEFINITIONS

- Defocused Vision:** Being in a daydream-like state, one's attention is not on the physical world, but on the mental world, where they are open to psychic awareness.
- ESP (Effective Sensory Projection):** The use of your intuition or sixth sense in order to connect with individuals, or viewing at a distance and through telepathic means.
- Frequencies:**
- Beta* The brain functions at approximately 14 cycles per second or higher, ideal level to take action. (90% of individuals do their thinking and actions at this frequency).
 - Alpha* The brain functions at approximately 7 to 14 cycles per second, ideal level for deductive reasoning, thinking (the most effective frequency for thinking, but only 1% think in this brain frequency).
 - Theta* The brain functions at approximately 4 to 7 cycles per second, ideal for correcting problems of biological intelligence.
 - Delta* The brain functions at below 4 to as low as ½ cycle per second, experienced during sleep.
- Higher Intelligence:** The aspect of yourself that is in tune with divine energy, that is in an enlightened spiritual state that transcends the ego and the physical world.
- Imagination:** A creative process – thinking about what something looks like that you have never experienced (seen or imagined) before.
- Inner Conscious Level:** The level of awareness that originates in the subconscious realm and may be attained in the Alpha Frequency. Learning to use the subconscious consciously converts it to an inner conscious level.
- Level:** Going to level is the basis from which each Silva UltraMind ESP Technique begins. By a simple means of counting from 3 to 1, repeating each number three times while listening to alpha sound waves, you will change your brain wave function from Beta to the more effective Alpha state. From this state you can launch into a number of exercises that will further enhance your success in life.
- Mental Screen:** An area that you perceive with your mind, out and away from your body, where you project mental images.
- Tutor:** A spiritual guide that resides in the spiritual, subjective dimension who can inform and instruct you in the spiritual realm. Your tutor may be accessed through any of the Silva UltraMind ESP Systems exercises.
- Visualization:** Memory – remembering what something looks like that you have experienced (seen or imagined) before.

If you would like further information on Jose Silva's UltraMind ESP System, you may contact the following:
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For Further Assistance:

If you would like further assistance on how to use the techniques provided in this program, or additional information on Jose Silva's UltraMind Remote Viewing and Remote Influencing system, you may contact the following:

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For more information and for stories by and about John, Dennis, and Jose Silva, you are invited to visit the UltraMind web site:

www.UltraMind.ws

To contact John or Dennis, or to find an UltraMind Instructor in your area, please visit the UltraMind Directory web site:

www.Directory.UltraMind.ws

Also visit the UltraMind Alumni Association at the UltraMind Support Group web site, where you can network with others who are using Jose Silva's UltraMind ESP System:

www.UltraMind.SupportGroup.ws

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