

Silva Intuition System



w o r k b o o k



**The
Silva Method™
Silva Intuition System**

workbook

www.SilvaMethod.com

© Copyright 2009 Silva International, Inc.

It's Your Book

This workbook is yours. Throughout its pages are spaces for you to keep notes and write observations. It is your personal program diary.

Fine Print

The information contained in this manual is intended to be educational and not for diagnosis, prescription, or treatment of any health disorder whatsoever. This information should not replace consultations with a competent health care professional. The author and publisher are in no way liable for any misuse of the material.

Copyright © 2009 Silva International, Inc.

This edition is published by Silva International, Inc.

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without the written permission of the publisher.

2009 Silva International, Inc.

Printed and bound in the United States of America

This manual was created in Adobe Creative Suite CS4 using InDesign, Illustrator and Photoshop, and Microsoft Office on a Macintosh iMac G5S computer.

Fonts used are Helvetica, Impact and Minion Pro.

Press-ready document made with Adobe Acrobat Pro

Dear friends

If there is one amazing gift I would offer to my dearest friends and family, it would be the Silva Intuition System.

Listen to CD #1 before proceeding to CD #2. By following the sequence and answering the questions in your workbook, you will discover the depth of your intuition.

Imagine living your life flowing smoothly, as if in a dance with the universe and everything in it, knowing that your choices and decisions are the right ones. You respond appropriately to circumstances that come your way, courageously moving forward with confidence in a world of uncertainty. You live your life with purpose and experience your intimate connection with source energy.

It may sound a too good to be true, but its not!

You can create this life for yourself by listening to the program, following all the exercises, answering the questions in your workbook and practicing case working.

Close your eyes and experience how wonderful it feels to be called "lucky" by your peers. Everything you touch turns to gold. Opportunities seem to come your way. Love surrounds you. You are healthy and happiness flows from you.

As Albert Einstein said, "The only real valuable thing is intuition."

So open your mind, allow your thoughts, feelings and emotions to work for you and be amazed!

A handwritten signature in black ink, reading "Laura S. Quesada". The signature is fluid and cursive, with a large initial 'L' and 'Q'.

Your Journey Begins

The two most valuable concepts you will get from this program:

- Find your purpose in life.
- Have a constant connection to universal source energy.

There are four parts to this program:

- Establish your connection to source energy.
- Begin to sense your purpose in life.
- Establish points of reference.
- Apply these points of reference.

Concentrate more on thoughts, ideas and hunches that come to you. These feelings are subtle.

We have a lifetime of training for physical senses, but none for mental senses. Prepare yourself for a lot of mental training.

When you work on your mental senses, you will enhance your intuition.

You will learn how to experience three-dimensional imagery. You will engage fully and completely subjective state of mind. You will notice small differences between one meditation and the other, subtle distinctions which will help you develop your intuitive abilities

Differentiate colors, densities, temperatures, sounds, and other details. This procedure will further improve your ability to isolate and discern feedback.

ESP is not an extra sense. Everyone has it. The goal of the Silva Intuition System is Effective Sensory Projection.

Bring forth your child-like qualities, open-mindedness, laughter, curiosity, an eagerness to learn and explore the unknown. It is important to have these qualities present within your experiences.

It may take a week or two of listening per disc, but listen to them in numerical order. Practice the exercises as many times as you need.

To lock in your intuitive sense, write down the answers to the questions on the following pages.

Remember to listen to CD 1 before you listen to CD 2.

Ask Yourself...

List some past decisions you made that were not necessarily rational but were based on feelings, such as hunches, gut feelings, or dreams. Were the results positive or negative?

From these results, what was the feeling of knowing like, physically, spiritually and mentally?

List some past decisions when you ignored your hunches, gut feelings or dreams, and followed the logical choice. Were the results positive or negative?

Remember and write down some of your fondest childhood memories.

What does universal source energy mean to you?

Have you ever thought about someone and then unexpectedly you hear from them?

Have you ever sensed information from someone? Have you ever answered a question before it was asked?

They say that a mother and child have the strongest bond possible. Has your mother ever known something about you that you did not tell her?

List any intuitive experiences you may have had. They can be experiences that are known only to you.

Four components for your success

- Establish your connection to source energy.
- Begin to sense your purpose in life.
- Establish points of reference.
- Apply these points of reference.

Effective Sensory Projection Statements for Success

I am now able to attune my intelligence by developing my sensing faculties, and to project Mind to any point, place, level or depth so as to be aware of any actions taking place.

I am able to function in non-locality regarding time and space.

I am aware that intelligence exists at all levels and depths in the universe and therefore I can attune to all information.

I am now able to use my sensing faculties and to project Mind to the mineral, plant, animal and human kingdoms, if this is what I desire to do. I am now able to detect abnormalities which exist within any kingdom, matter, plant, animal, human at any level or any depth.

I am now able to apply corrective measures and bring back to normalcy to any abnormality found within any realm, any level, any depth.

Quantum energy is available at any level to be acted upon to create through the subjective and objective dimensions.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Illuminate Your Path with Significant Points of Reference

Learn how to live your life as the dualist being you are.

Gather information through your physical senses and gather information with your mental senses, not bound by time or space.

You want to live life with confidence as a problem-solving being. This will help you contribute to a positive outcome for humanity and the world. To serve humanity better you must start with yourself.

The goal is to give you the feeling of confidence when you make choices and decisions and the feeling of knowing that you are doing the right thing, and to be able to apply information that you gather so you can solve problems.

We want you to enjoy a purpose-driven life by enriching the planet and empowering the people.

Meditation is a broad science, because it is an injunction. Once you go through the process you gather information and data and check the information with others and compare notes.

The Three Wings of Science as postulated by Ken Wilber

First Wing: An *injunction* follows this definition; If you want to know ‘this’, you must do ‘that.’

Second Wing: An *Experience or Illumination*; Data gathered from the injunction.

Third Wing: *Confirmation*; An hypothesis isn’t scientific until you can falsify it. Defining what is not, creating “*Paupers*”

Questions to Ask Yourself:

What problems do I face?

What information do I need to solve these problems that I currently do not have access to?

What areas of my life are driven by fear? What areas are driven by love?

What in my life is a source of stress? What is a source of relaxation?

Describe in detail your ideal place of relaxation.

Questions Before the Long Relax Exercise

Make sure it is a memory you are able to recall.

What is your favorite place of relaxation?

How does it feel?

How does it smell?

Does it have a taste?

How bright is it?

Points of Reference After the Exercise

How did you experience your meditation? How would you describe the depth of the experience?

Describe your feelings of physical relaxation.

Describe your feelings of mental relaxation.

Describe the images you created.

What feelings did you experience during this exercise?

What does going deeper mean to you?

What does relax mean to you?

The Source Connection Exercise: Discover Your Inner Potential

How to make the most of your living experience.

The Delta Doorway

Delta is the slowest brainwave frequency, 0.5 to 4 cycles per second. It's a seemingly unconscious state. It is difficult to wake someone from delta and there is little or no recall of our experience during delta.

When we are born and in the first three years of our lives, we primarily operate in delta. As we grow and mature, we operate less and less in delta. But as we reach final stages of life, we return to predominantly being in delta.

Every night when we sleep, we come close to the delta doorway, that other side, or source energy. What is lacking in the objective dimension can be found on the subjective side, past the delta doorway. All of creation comes from that side.

When you consciously have an understanding and relationship with that other side, we can access and tap into that information to help better our living experience.

We are all connected by one source of energy and higher consciousness.

If you stay connected to source, synchronicity and coincidences will guide you.

Its important to be one with and connect to this energy. Your source energy is within you and you are one with source energy.

During this part of the program, we are going to go through an exercise that will connect you with your source energy. You will imagine a symbol that when recalled will help you connect with source energy within you. It will be your own personal representation.

Blank lined paper for writing.

Questions to Ask Before the Source Energy Exercise:

Do you truly believe that we are more than we appear to be? If not, do you think it is possible? Why or why not?

Have you ever had dreams, images or insights that you have followed?
What was the outcome?

When do you feel most connected to universal source energy? How does that make you feel physically, emotionally and spiritually?

Briefly describe how have things evolved and manifested in your life?

Blank lined area for writing.

Questions to Ask After the Source Energy Exercise:

Describe how you felt...

...as a cellular body. (Notice the differences between before an after.)

...as a molecular body,

...as a body of systems,

...as a body of atoms.

It is important to connect with source energy, and be one with it.

What is the symbol that represents your droplet of source energy?

Describe it in detail.

The Visioning Exercise to Find Your Purpose

One your most valuable goals is to find your purpose in life, why you are here and the meaning of your existence.

When you live with personal worth you live a full life.

When you follow you life’s passion you connect with your inner self.

It doesn’t matter what you do, as long as you feel you were meant to do it. When you live like this you will never lack for anything and you will live with abundance, love and happiness.

Exercises that will help us find our life’s purpose:

Focus on the outcome and let the universe handle the details (the perfect blueprint).

The Eternal Garden Exercise: The purpose of this exercise is to help you fully understand and manifest your life’s purpose.

The Connection To Purpose Exercise: This exercise is to attune yourself to a space deep within where you can experience your gift of purpose in your life.

Questions to Ask Before You Do the Exercises

What are your talents and skills? What makes you a unique individual? If you wanted to, you could ask your loved ones, friends or parents for some insight.

Questions After the Eternal Garden Exercise:

Describe the garden in detail. What emotions did you experience?

When you ask yourself the following questions, write down your first thing that comes to mind. It is okay if you are not sure of your answer, but its important to keep track of your progress.

What is my unique gift I have to give to this world?

What is my life purpose?

What can I do to make this world better?

How can I serve humanity and be the best I can be?

What dreams do I need to fulfill to make this a better world?

Questions to ask Before the Connection to Purpose Exercise

What would it be like to live daily the work you were born to do? What would it feel like?

What experiences would it involve?

How would you feel when you wake up in the morning?

What would be your life's goals? How would you measure your success?

If you had more money than you could spend, would you continue to work?

Questions to Answer During the Mental Exercises

Remember to write down everything, images, thoughts, colors and ideas.

What is my vision for my purpose in life?

What do I have to do in order for this purpose to manifest?

What must I release in order to fulfill my purpose?

What must I embrace?

Is there anything else I need to know?

Problem Solving with the HoloViewing Technique
(A nighttime exercise)

This is a very powerful exercise used to manifest positive energy.

To help you achieve your dreams and desires, its important to understand the Silva laws of programming.

The secret to the laws of programming is just to ask. We can ask for assistance that lead us down the path of actualization.

Here are important affirmations that will help you become successful at manifesting:

- Your intent is to become the very best you can be.
- Treat others as you want others to treat you.
- Make solutions which enhance you and are the best for all concerned.
- Know that the greatest happiness is in serving others to make this a better planet in which to live, and live your life accordingly.

So the tele-mind technique is to visualize a 360-degree mental screen with your past on the right, your present in front of you and your future on the left.

Remember that the best time to use the HoloViewing Technique is just before you go to sleep.

Blank lined area for writing.

Questions to Ask Yourself Before the Mirror of the Mind and the HoloViewing Technique

What goals are you trying to achieve?

What emotions and feelings do you have associated with each goal?

What are you currently doing to move towards these goals?

What information do you need to reach these goals?

Blank lined area for writing.

Questions to Answer the Following Morning

What did the solution image look and feel like? Describe all your impressions in detail.

Write down last night’s dreams. Who was there? What were you saying and doing? How did you feel? What sort of information was being presented to you?

Write down any information you may receive in the days following that will help you solve your problem.

Blank lined area for writing.

The Projection Exercise: Ignite Your Senses

Every human has extrasensory abilities, but only a few use those abilities effectively. The Silva projection exercises help you awaken and develop effective sensory projection—ESP—to enhance and harness your intuition.

Remote Viewing also known as the projection exercise is essential in developing your subjective senses. Heightened subjective senses strengthen our intuitive nature.

Here are a few things to keep in mind before the exercise:

You will use both your objective senses and subjective senses. When you are told to reach and open the door, it is more effective if you physically do it with your hand as well as visualizing yourself opening the door.

The purpose of this exercise is to go from recalling memories to using and strengthening your imagination.

You will first be asked to recall your home, with all its sights and sounds. This will establish points of reference. Then once these reference points are established you will be asked to use more of your imagination to make these reference points stronger.

Make sure you use your subjective senses throughout the meditation. You are developing your imagination so you can control your intuition.

You must go through this process to heighten your intuition. This process will lead to desirable outcomes.

This is a lengthy exercise, so make sure you are comfortable and completely receptive.

Establishing Points of Reference After The Projection Exercise

What is the light intensity when you were inside the wall? How much light do you perceive?

What is temperature, is it cool or warm? How does it compare to being outside the wall?

What odor did you sense within the wall? What comes to mind? How strong?

How solid was the wall? When you knocked on the inside of the wall, what kind of sound did you hear? This is an indication of the composition of the wall.

Intuition and Inanimate Objects

All existence is comprised of energy fields. They all give off a radiation.

We have more rapport with animate matter rather than with inanimate matter. The more complex the system the greater our rapport.

Inanimate matter, which contains the least amount of intelligence, is the most difficult for us to sense with our subjective senses.

It is recommended that we start with the most difficult, inanimate matter, and work towards the easiest, the human body and mind.

We are going to learn how to discern between sensing accurate and inaccurate information.

When establishing points of reference for this exercise, keep in mind to use all your senses, subjectively and objectively.

Most people are inclined to be either visual, auditory or kinesthetic. Even though we may be predisposed to have a dominant mode, its best to use all three This will help develop your mental abilities and establish many subjective points of reference.

Tips for Projecting Into Inanimate Matter:

Get three different but similar objects (glass, ceramic or porcelain, for example) and create objective points of reference. Make sure you note which is object #1, object #2, and object #3.

During the exercise, remember that snapping the fingers of the right hand increases the size and illumination of what you sense, while snapping the fingers of the left hand decreases it.

Remember to compare objects. Notice the differences and subtleties between objects.

Using your hands will help you attain more information, so be sure to use your hands to make the physical movements.

Remember that whatever you perceive during this exercise is a valid point of reference for you.

Questions to answer after the exercise:

Describe what you felt, the intensity, color, amount of light for each object.

What is the temperature in each object ?

What was the aroma you sensed in each object?

Describe the solidity of each object.

How do objects #1, #2 and #3 compare?

What are the differences that indicate the uniqueness of each of the objects?

Psychometry

All matter is made up of atoms. Even a piece a metal has a common denominator with us, an atomic structure.

One definition of psychokinesis the detection of information in matter. Inanimate matter absorbs energy, and that energy can be detected with your mind. We, as human beings, with desires, beliefs and expectancies can attune to inanimate matter and sense that energy.

We have a perceptive capability, and through desire, you can attune to the energy of others. We can learn how to interpret these signals accurately through practice.

In the following exercise we are going to practice how to receive and properly interpret energy from inanimate objects.

This exercise is best done with two people.

Instructions

Turn off the home study CD, make sure you're not driving

Have someone with you, preferably one who also has been listening to the program.

Have that person bring a meaningful object, like an heirloom or a favorite childhood toy.

It is helpful if you do not know the person who provided the object. This will help activate heightened intuition.

One person will be the psychic, one will be the orientologist. The psychic enters alpha and the orientologist places the object in their left hand. The psychic allows himself to be impressed with colors, sounds, feelings or images.

The psychic exchange places with the orientologist and repeats the process with a different object.

Tips

The psychic enters alpha using the three-to-one method.

The psychic remembers their most recent success with intuition.

The psychic tell the orientologist when ready and allows the orientologist to place the object in the psychic's left hand. The psychic feels the object, senses it and allows impressions to enter their mind.

The orientologist ask questions. What age is the owner? Where does the owner live? Describe their home, appearance or any impressions that come to mind.

The orientologist will indicate when correct, and when you are not.
Remember how you felt when you were right and when you were wrong.

Readings

Tips for Projecting Into Plant and Animal Life:

Get two different leaves and create objective points of reference. Make sure you note which is leaf #1 and which is leaf #2.

During the exercise, remember that snapping the fingers of the right hand increases the size and illumination of what you sense, while snapping the fingers of the left hand decreases it.

Remember to compare leaf #1 to leaf #2. Notice the differences and subtleties.

When selecting a pet to work with during your exercise, choose one that you are familiar with and have bonded with in some way.

Using your hands will help you attain more information, so be sure to use your hands to make the physical movements.

Remember that whatever you perceive during this exercise is a valid point of reference for you.

[illegible]

Establishing Points of Reference for Projecting into Plant Life

Questions to answer after the exercise:

Describe what you felt, the intensity, color, amount of light for each leaf.

What is the temperature in each leaf ?

What was the aroma you sensed in each leaf #1?

Describe the solidity of the leaves.

How do leaves #1 and #2 compare?

What were the differences between animal life, plant life and inanimate objects?

Intuition and Helping Others in Case Working

You have within you everything that you need to correct any problem you detect, to cope with any situation you encounter, provided you are willing to work at it, and use the tools and talents you possess.

Case working serves as an ideal example of how to deal with problems, and provides an excellent form of practice for improving your subjective skills.

Information is always available to you when you have a need for it. You must be able to recognize it and convert it to a form that you can use to help you correct problems and provide solutions.

Working health cases offers you an ideal way to learn to sense information accurately through the use of your visualization, and then to practice subjectively correcting problems with the use of your imagination.

How to Improve Your Problem-solving Ability

Working health cases helps you develop the skills you need to correct every other kind of problem; finances, relationships, self-image, decision-making, stress management, and anything else you can think of.

To correct problems, you need first to be aware of exactly what the problem is. Then you need to make decisions about steps to creatively correct the problem. Then you need to believe in the corrective measures you apply. Working health cases is a powerful way to improve your problem-solving ability.

When you are told that you have accurately determined the problem, then you can be sure that you have contacted the correct level to obtain information subjectively.

At first, you learn to use your sensory faculties to detect information. You become aware of many impressions. Some of these impressions are information that is accurate; other impressions may come from your own preconceived thoughts. As you practice working cases, you learn to tell the difference. You become more and more accurate at telling when you have correct information as you continue to practice.

The information is there for you. It comes as a representation in one or more of the developed subjective senses.

That is why the orientologist tells the psychic to first sense an image of a body, to create an image of a body. When you begin to work a case, create a mental image of a body. You create it yourself. If it seems to come spontaneously, then you are creating it at an inner conscious level.

Use your subjective sensing including visualization to consider problems at

various parts of the body. When you have the feeling that a certain image fits, the information feels right, then that is an area you will want to investigate more closely.

As you investigate that area in more detail and again visualize various problems, you note that you sense some areas differently than others.

Tell the orientologist everything you detect. After you have given a complete report, the orientologist provides feedback. That way, you can review and note the feelings you had when you were correct, compared to when you relayed information that was not accurate.

After you have practiced several dozen cases, and correctly detected several dozen problems, you begin to be much more confident and much more accurate as you will be better able to determine when you are sensing accurate information.

When you are working on other kinds of problems, you will know exactly when you are at the ideal level to do your subjective work. You will know exactly when you are detecting and receiving accurate information. Once you know you are at the correct level and tuned in, then you will be confident that the corrective measures you create with your imagination are effective.

Practice working human health cases on a regular basis. When you are very confident in your ability, you then practice working other kinds of cases such as animals, plants, and the inanimate.

Always remember to work on real problems, not hypothetical, make-believe. Intelligence is designed to correct real problems, not to play games. People who play games lose their accuracy, while those who put their abilities to work on authentic problems that need to be corrected increase their ability to correct problems and achieve their goals.

Continue to practice working health cases on a regular basis, and you will continue to maintain and increase your abilities. Form the habit of working a case on each member of your family every night. Whenever you detect a possible problem, correct it.

Case working is one of the most unselfish acts you can perform, and at the same time, one of the best things you can do to help yourself.

Keep in mind that all the exercises and techniques are goals unto themselves. In case working you are using all your senses to direct your mind at a distance to solve problems. By recognizing your ability, accomplishing the case work gives you the belief system to excel in other areas of your life.

The key to success is recognizing the power of your mind when you direct it towards a desired goal. The key to maintaining a winning belief system is practice, practice and more practice.

Notes

Notes

Notes

Silva International
P.O. Box 2249
Laredo · Texas 78044
www.silvamethod.com

Product # 3002