



## 5 steps to MANIFESTING ANY DESIRE

As human beings, we have an incredible power to "create our realities". In fact, everything that shows up in our lives is a result of what we have created through our thoughts.

By purposefully generating dear thoughts and intentions, we can literally manifest anything we desire.

The practice of meditation gives us access to this incredible field of creative potential, but it is essential to enter the meditative session with the proper mindset.

The following five steps will create the state of mind which will optimise the effectiveness of your "manifestation meditation".

If you follow these five steps prior to a meditation session, you will be amazed at what occurs in your life!

- 1 Describe what it is that you want to create. Probably the most important step, it is absolutely essential that you know exactly what you want. If it's money, what is the dollar amount? If it's a car, what kind? What colour? If you don't know what you want specifically, you are sure not to get it.
- 2 What will your life look like when you manifest this desire? Describe how your day will be different than it is now. Use descriptive language and describe any images as fully as possible. You must have a dear picture of what your life will be like when your desire is fulfilled. Spend time in your meditation creating the most vivid picture of your desire fulfilled as you possibly can. Write EVERYTHING down. This process will make your intention even more tangible.

- 3 What feelings and emotions can you associate with achieving this dream? What will you feel like when it is created? Be as complete as possible with this description. Generally speaking, there is some emotional attachment to your desires. After all, you generally have dreams and desire to fulfil some emotional need.

**The three most important things to do with the Silva techniques are PRACTICE, PRACTICE, PRACTICE**

You should experience these emotions as fully as possible as you begin your mediation session. The Universe responds most fully to any intention that is mixed with a very definite positive emotion.

- 4 Write two or three lines describing your "un-attachment" to any specific outcome. This means that while you should be very specific about your intention, you must give up any attachment to the outcome. Do not be concerned with how and when it will be fulfilled. Concentrate more on the result of the fulfilment, rather than the fulfilment itself.
- 5 When this desire becomes manifest, how do you anticipate showing gratitude or generosity as a result of having this desire show up in your life? There is a wonderful balance to the Universe, and you don't get something for nothing. The more you give the more abundant your receiving will be. During your manifestation process you should consistently express gratitude for the imminent fulfilment of your desire, and you should be conscious of how you will "give back" to others as a result of your acquisition.



All of these steps are extremely important, and pages could be written clarifying each point. You should, however, have a very good idea of how to approach your manifestation meditations.

One of the most important points to keep in mind is that the intelligence of the Universe is beyond our comprehension, which is why we need to trust fully in its process of creation and keep our egos and analysing tendencies out of the picture.

**Sam Tesfay** is a Certified Silva Method Instructor and presents the Silva Method Self Empowerment Program weekend seminars in Sydney

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## FORMAT FOR RELAXATION

- 1 Close your eyes
- 2 Enter your level by using the 3 to 1 method
- 3 Take several deep breaths while saying to yourself "relax and go deeper"
- 4 Count from 10 to 1 occasionally saying to yourself "deeper and deeper"
- 5 Relax the body from head to toes
- 6 Say positive affirmations to yourself
- 7 Program - visualize and imagine what you desire
- 8 Count yourself out of level by using the 1 to 5 method, or take a deep breath and enter sleep.



## SUCCESS STORIES USING THE SILVA METHOD

### NO PAIN

*I would like to tell you about my experience during four days in hospital whilst having a hysterectomy. I had programmed myself beforehand, saying "my successful operation will be pain free." I am delighted to tell you that i had NO PAIN WHATSOEVER. The Doctors and nurses were absolutely amazed, both with my having no pain, but also at my resilience and quick recovery, especially as I am now 86 years old.*

[Joan Ridley](#)

### WARNING CAME IN A DREAM

*I completed the Silva Method seminar in November 2002 and had an instant success with the Dream Control Technique while driving home from Melbourne to Brisbane. The trip is very long and I decided to sleep for a couple of hours near a small country town in NSW. I awoke from my slumber with a clear mental picture of a damaged front right tyre, damage on the inside of the tyre and therefore not visible unless the is a thorough inspection. I found the still tread exposed and damage even deeper. The repercussions of this dream could have been a matter of life and death because tyre blowouts at highway speeds can be fatal. Since then and because of the technique's initial success, i have found Dream Control a very reliable and profound source of knowledge.*

[Kevin MacCallum](#)

### HELP FROM THE THREE FINGER TECHNIQUE

*I have used the Three Finger Technique to give me a boost just before going into a meeting or if I am feeling down. It sends a shiver through my whole body, which starts at my toes and goes all the way to the top of my head. It puts a smile on my face that you cannot wipe off.*

[Glenn](#)



# The three most important things to do with the Silva techniques are **PRACTICE, PRACTICE, PRACTICE**

## PRIZES WON

On 18th of June 2003, Peter and Cathy Carson went to Adelaide to participate in one of the Aus-tralian trotting world's big events - the Gramel Series. At stake was the prestige to be gained for winning the wonderful Gramel Trophy and an all expenses paid trip for two to France and Sweden.

For about three weeks before setting off, Peter and Cathy practiced their visualization techniques morn-ing and night. They each devised ideal scenes of their success. Cathy saw herself in the winners circle and the chief sponsor shaking her by the hand and pre-senting her with the beautiful, shiny Win-ners Trophy.

Peter, on the other hand, visualized himself first of all in Paris. While out strolling he saw himself answer his mobile phone. It was one of the sponsors back in Adelaide, phoning to enquire if he was enjoying the trip. And again, he saw himself in Stockholm, wandering the city streets and sightseeing. Once again his mobile phone rang and it was the same spon-sor from Adelaide phoning to enquire how he was enjoying his trip.

Both Peter and Cathy won their respective prizes and are setting off for Europe early next year. It was interesting that at the pre-sentation they were greeted by the chief sponsor who tried to shake Peter's hand. But Peter's arms were full of the gear he was car-rying and so the sponsor turned immediately to Cathy and shook her hand - exactly as she had programmed it. Peter Carson

## REMEMBER in all your programming - DESIRE, BELIEF and EXPECTANCY

*Programming is not enough to ensure success in all of your activities. You must be consistent in what you think, what you say, what you do. If you are programming to sell your house, you will undermine your efforts if you keep thinking and talking about how bad the real estate market is. If you really expect to sell the house, you'll start packing.*

## Yes, I want to attend the Silva Method Self Empowerment Program Presented by Sam Tesfay.

Name

Address

Postal Code

Email

Phone

[Please tick below your answer]

- ☐ I am attending for the first time  
☐ I am a Silva Graduate and my ID number is:

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Please e-mail your registration form to:  
**[info@silvamethod.com.au](mailto:info@silvamethod.com.au)**

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