

## **The Silva Ultramind System**

Jose Silva was a radio repairman who lived in the border town of Laredo, Texas in the 1940s. He had 10 kids and his kids were not doing very well in school. Now, Jose Silva had a crazy idea. You see, he had served in the US Army and he was fascinated by the psychological questions that the army psychologist would ask new recruits.

So he decided to look at psychology and then look at what he knew about radio repair and figure out how he could change the mindset, and the brains of his kids, so they could do better in school. As a radio repairman, he knew that if you reduce the resistance of a wire, more electricity flows through it.

So he wondered, what could I do to reduce the resistance in the human mind? He decided to experiment with reducing any form of resistance in his children's brain. He experimented with biofeedback. He experimented with hypnosis, and sure enough, his children's grades started improving at school, but then something astonishing happened.

He was sitting down with his daughter Isabel, reading a history book and asking Isabel questions, so he would guide Isabel into a restful state of being. She would have her eyes closed. He would read her the important dates. She would be able to absorb that, and then he would ask her questions and then something strange started happening.

Isabel was able to answer a question, before he verbally spoke it. Now let me explain this. He would think of the question in his head, a question such as, who was the 16th president of the United States? Before he could verbally say it, Isabel would answer the question. Abraham Lincoln.

Jose Silva was mind-blown, and so he wrote to Professor JB Ryan at Duke University.

JB Ryan was famous for his research into a concept called ESP, Extrasensory Perception and Silva told Ryan: "Doctor, I think I trained my daughter to have E S P."

JB Ryan replied back in a letter and said, no, that's absolutely not true. No one can be trained to have this. Your daughter must have been born with it.

Jose Silva disagreed. So he continued training the rest of his kids to develop a high degree of intuition. So now over the next 10 years, Jose Silva trained 39 Laredo children on this approach. He documented the results. He made everything hyper precise, and he proved JB Ryan wrong. This was a trainable skill, but then, adults started noticing an adults started coming to him in Laredo, Texas to get trained.

Jose Silva decided to call his approach the Silva Mind Control Method, and what happened next was astonishing.

A man wrote in a newspaper how after learning Silva's method, he was able to cure his persistent migraine headaches for good.

The migraines just disappeared. The next class Jose wrote in his autobiography was absolutely flooded by. And the Silva Mind Control Method ended up expanding all across the United States.

So here's what Jose Silva discovered as the root cause of all our problems. We are powerful beings, but from the time we are born, from the education system we grow up in from our parents and caretakers who may not know better.

We take on so much negative programming, we actually suppress our inherent human abilities. There was a famous study done that showed that all children under the age of four are naturally hyper creative and genius, but the percentage of kids who show genius ability gets lower and lower and lower as they get older.

Something about our modern way of life removes these unique abilities from us. The solution Jose Silva discovered is the act of being able to consciously access altered states of consciousness.

What is altered state of consciousness? Well, Our consciousness actually operates at different frequencies. You can measure this using a scientific device called an EEG machine.

There is a frequency called beta, which is the waking state frequency. Most of us are in beta as we go through our jobs, but when you get into a relaxed state of mind, you go into a hyper creative state called Alpha. Alpha is known for creativity, for problem solving, for accelerated healing. meditators, monks go into alpha as part of their daily routine.

Athletes are proven to go into Alpha before they take a shot, before they shoot an arrow. The alpha state is what you are in when you practice relaxation or meditation, and this is why there are over 15,000 studies today that show that being relaxed and being in a meditative or mindful state actually improve your health and wellbeing.

But you can go further than that. You can access the next state, which is called Theta. Now, theta is a really curious state. Scientists who study theta say that this is the state that gives you inspiration, Eureka moments, difficult problems suddenly get solved with a great insight. Let me give you an example.

Thomas Edison, the great inventor, was known for his afternoon naps, but he napped in a really curious way. Legend has it. He would sleep on a sofa holding a metal ball in his

hand, and when he drifted off into deep sleep, his hand would drop. The ball would hit a metal plate next to the sofa, causing a loud clang that woke him up.

In short, he was dipping into sleep and waking up, dipping into sleep, and waking up. Why did he do this? Because Edison was dipping into the theta level. The theta level is the level of light sleep, and he was dipping into it to get inspiration and insights. He wasn't the only one. A famous American inventor by the name of William Gates II would create some of the most incredible patents and trademarks.

He had dozens of them, but his method was to go into theta by locking himself in his darkened basement, closing all the lights, sitting on his desk, and going into a deep state of relaxation where ideas and eureka moments would flow to him. Now, while beta is the waking frequency, all of us can learn to tap into alpha and theta, and the next level is the most curious of all Delta.

Delta is the level that you are in when you are asleep. But Silva found that you can learn to program your mind just before going to sleep and have your mind solve problems for you while at Delta. Scientists who study Delta have noticed this. People who are able to operate at the Delta level of mind. Often tend to be incredibly lucky.

Miracles happen, crazy serendipities occur. You might call it magic or good luck, but it's something different. It almost seems like these people who are trained to access Delta can bend reality.

Jose Silva went on to create this incredible movement called the Silva Mind Control Movement. It was one of the first personal growth programs in America.

His book, the Silva Mind Control Method, sold millions upon millions of copies. Everyone from Opera singer, Margarita Piazza to the Chicago White Sox spoke about how Silva techniques were allowing them to improve their skill on stage on the ball field. Silva went deep into pioneering new techniques, including the centering exercise to rapidly take you into the alpha level.

And then he created techniques to amplify focus, creativity, and intuition. His mental video technique, which he created in the mid 1990s, as he's layed in his deathbed, was designed to help you bring in higher intelligence to help you solve the most difficult problems. He also created the three scenes technique to help you see your life unfolding exactly as you want it to unfold, and also to accelerate healing and manifest your deepest desires.

His case working technique was designed to train people to learn the sciences of mind body healing as the Silva Method grew, of course, there were skeptics.

Newspapers sent journalists to go into Silva classes and see what this man was talking about. Silva classes were absolutely mobbed by people filled with Wall Street types and executives, and they were loving it because they were learning to conquer stress.

But what they did not know, Jose Silva was not gonna stop at something so simple. Stress was just one aspect. By day four of the class they were learning to tap into intuition, to access deep states of meditation and to manifest their future. An entire marketing company was organized by graduates to use what they learned in Silva to invent new products and decide new ways to market them.

In its third year, the company had 18 products on the market. Furthermore, one advertising man used to need two months to create a campaign for his clients. This was quite average in the field. Applying the Silva method, he brought the process down to 20 minutes. The rest of the work was done in two weeks. Now, the famous Chicago White Sox had 14 players take the Silva method.

All their individual averages improved, most of them dramatically. The husband of a woman who was suffering from obesity suggested she tried the Silva method because all the diets she tried had failed. She agreed, provided he took Silva too. She lost 20 pounds in six weeks. He stopped smoking. A professor at a College of Pharmacy thought Silva to his graduates.

Their grades are going up in all their courses he said, with less studying, and they are more relaxed.

Everybody knows how to use their imagination. I just get my students to practice it more. I show them that imagination is valid and there's a form of reality and imagination that we can use with all of the success.

Jose did not become a celebrity, not a guru, not a spiritual leader with followers. He's a plain man of simple ways. Speaks with a soft lost accent of a Mexican American, a kind man who smiles easily whenever he hears. Jose, you changed my life. And he replies, no, I didn't do it. You did with your own mind.

Now are you ready for this?

Because this is the craziest story of all. You see this, this is the cover of Time Magazine and on this cover you see the author Richard Bach, who wrote the famous book, Jonathan Livingston Seagull. This time magazine is from November 13th, 1972, and I got this on eBay. Richard Bach made the cover of Time Magazine because his book Jonathan Livingston Seagull struck such a chord.

It took off and sold millions of copies. But here's the thing.

In an interview with Harper's Baar magazine, Richard Bach said that this book had been sitting in his basement for years until he took a Silva class. And as he went into his alpha level of mind, the final closing chapter of the book came together.

He was able to complete the book submitted, and it became one of the best selling books off his generation. Putting him on the cover of Time Magazine.

I interviewed his daughter to validate. And sure enough, Bach's daughter confirmed the story saying that her father had the manuscript for five years in their basement.

She also said that her father would come back from these classes, sit down with her and teach her techniques, and now she understood that these were Silva techniques.

Before I show you how to change your mind, to change your life. Let me first say, my name is Vishen Lakhiani, and many people call me one of the luckiest people alive.

I built my dream company Mindvalley into a massive valuation.

My book, the Code of the Extraordinary Mind, became the number one book in the world on Amazon, September 16th, 2017.

My second book hit number one in the Wall Street Journal.

I run multiple companies around the world in just a few hours a week.

And I live a life that I consider "blessed".

Now, while on the outside, all of this seems like luck. The truth is I've been using the Silva method for the last 20 years to reprogram my brain, to manifest the life I designed.

And once you begin to understand it, synchronicities become part of your life.

Magic seems to infuse your life. It almost seems as if the universe has your back just like Helen Hansel did you see Helen was doing what all us Silva graduates know.

She was a master at "Bending reality".

It wasn't until I stumbled upon the Silva Method that everything changed for me. It started when I was 26. It was April, 2001 when I landed in San Francisco, and my timing sucked

because the Dot.com bubble burst. I lost my savings. I lost the job I had, and I was forced to get a dialing for dollars job selling software to lawyers and making absolutely nothing.

The economy was so bad they were not paying a base salary. It was either sell a software and get a 20% cut or you don't get to eat that week. I was seeing my bank account get lower and lower and lower, and I couldn't afford rent, so I was sleeping on a friend's couch and one day in desperation, I decided to get on Google and ask for help.

Google was the hot new search engine in Silicon Valley and I can't remember what I put in. Maybe it was: "Dear Google, why does life suck so bad?" Or it was: "Dear Google, how do I get out of this rut?" And what I remember happened next is that I saw a search result for a Jose Silva class happening in Los Angeles.

I decided to put together the few hundred dollars I have. Fly to LA and take this class, especially because it seemed to promise so much improving sales, manifesting your dream life, bringing you out of a depression. And boy, I needed that because I was so down. Now, this class in LA was called Silva Ultramind.

It was Jose Silva's final creation. He had produced this program and released it in a limited way to the world in around 1990. Jose died in February, 1999, and this program was his last creation, and the seminar in LA was being taught by a pharmaceutical salesperson. When I met her, she explained that she had used these techniques to overcome the agony of a tragic divorce.

She had built her life back. She had transformed her sales in her company and to prove it to me, she showed me the beautiful red sports car that she was driving.

Furthermore, she said she had used it to meet the man of her dreams, and that's why in addition to all of this, she decided to give back to others by getting trained in the Silva method so she could teach this class.

That was enough for me. If I could get just 10% of the success she had, I would be ecstatic. And so I took the class with her. I was the only person who showed up for this two day class, and so as I went through this class, she made me understand why I was so stuck. I was using just a limited portion of the faculties of my mind.

I was programmed with beliefs and ideas that were holding me back, and I'd literally shut myself down to human abilities that Jose Silva had showed that we all have, but so few use.

I flew back to San Francisco Sunday night because I had to start work on Monday and my life was never gonna be the same again on Monday morning when I woke up before going.

I used my Silva techniques to program my day, and then at work I used the technique to go into the theta level of mind and tap into intuition.

You see, back then we had to check out the yellow pages. Remember that big heavy book? We had to check out the yellow pages from the San Francisco Public Library, and I had to call every law firm in my designated territory, San Antonio.

We have to go from A to Z in order, but I decided to try the Silva technique. As I read the yellow pages, I would check my gut for an impulse or a feeling that this was the right lawyer to call, and I would call only the lawyers where I felt an intuitive "Yes".

Now, something really strange happened that day.

That day itself. I did double the sales average, I attributed this to pure luck, right?

So I didn't make much of it, but at the end of the week, I continued having double my sales average. And now I knew something interesting was happening.

Two weeks later, I doubled my sales again using a different Silva technique called subliminal programming.

And two weeks after that, I doubled my sales again using, uh, yet another Silva technique called a three scenes technique. My boss came to me and I'll never forget what he said. He said, Vishen, what are you doing? I said, I honestly don't know how it works, but I think it's called EESP.

And he replied, nah, that's bullshit.

But um, but can you keep doing it.

I grew so fast in that company that in the next four months I was promoted three times. I was 26 years old and made Vice President of Sales, and they shipped me out to New York to start the company's New York office on September 11th, 2002. I worked at that company operating a gorgeous office in Chelsea Market, New York, and I loved my life, but 18 months in to it, I began to feel a calling.

I began to feel that the corporate world wasn't for me. I wanted something where I could make an impact. And that's when I remember the quote, by Nelson Mandela:

Mandela said, if you want to change the world, change education. So I thought, wow, I want to go into education, but what would I teach?

And then this dawned. The most valuable education I had in my entire life was the Silva Method.

This is what I wanted to teach, and so I decided to contact Jose Silva's family, get the license to teach the Silva Method to promote its products. And start a company around that. I became a Silva instructor. I traveled the world teaching small Silva classes for five years before I decided to go bigger and start a company to transform humanity.

That company is called Mindvalley and today we are the biggest personal growth company on the planet.

None of these accomplishments would've been possible if it wasn't for Silva. This is just one of the many goals that I was able to see in my mind. So picture perfect using Silva's mental screen technique.

Every time I think back, it's incredible how my life moved towards these goals with so much ease in fluidity. I started working with Jose Silva's family in around 2004. I helped take the Silva Method to a wide audience again, and in 2018, Jose Silva's daughter, Diana asked me to be the face of the New Silva Method to make sure that Jose's knowledge never left the earth.

In 2020, we took Jose Silva's most powerful two-day seminar, Silva Ultramind, and we transformed it into an online program that transforms lives everywhere.

It is the most advanced Silva program in the world right now, and it is only available on the Mindvalley platform to translate Jose Silva's work and legacy for a new generation.

Silva Ultramind is a 28 day program hosted by me with core ideas from Jose Silva's work. Every day you go through a 15 to 20 minute training designed to layer on advanced mind power techniques into your consciousness. You learn how to tap into altered state of consciousness with such ease and fluidity that they become second nature

Your journey begins with Silva's core mind exercise, it's called the Mental Screen, and it's designed for enhanced visualization. This is perfect if you've struggled to manifest things in the past. The mental screen is a powerful tool that you use when you're able to tap into the alpha level. You can use it in so many ways.

I used it to create healthy relationships with everyone around me to build a team for Mindvalley to connect with some of the most amazing people in the world. There is the world famous Silva centering exercise. This is a 22 minute audio designed by Jose Silva

with a particular language pattern that allows you to go into the alpha level of mind easier and easier every time you listen.

And soon you are able to tap into that alpha level of mind instantly using a simple finger movement that you program into your brain.

Then you'll discover how to access your subconscious mind's full intuitive ability. Once you learn to get to the alpha level of mind, it's then just an extra step to get into the theta level of mind.

The theta level of mind is where ideas and creativity flows to you. I work with engineers and we specifically go into the theta level of mind to design the user interface and the algorithms for complex apps and AI projects because the idea flow when you are at theta is incredibly powerful.

Then, in Silva you learn how to use a powerful tool called the Three Scenes Technique.

This is an incredible way to tap and speak into your subconscious to reprogram different aspects of your life. People have used the three scenes technique to reprogram their behavior towards food or exercise to give up smoking, and you can even use it to program your body to heal. We've seen people use this technique for so many amazing things.

Camilla Hansen is a former Miss Sweden and a Swedish entrepreneur. She spoke about using the three scenes technique to heal her skin. Bianca Andreescu was a 19 year old Romanian girl who beat Serena Williams and won the US Open in September, 2019. She used the Silva programming technique of creative visualization to see herself winning that trophy.

This stuff is powerful. Now, as you go deeper into the program, you learn the most powerful tool of all the mental video technique. The mental video technique is so unique because, It shows you how to work with your mind at the Delta level. You see most people are asleep. If your mind slows down to the level of the delta level, you typically are asleep.

You're unconscious, but there is a technique that you can use just before going to sleep to put a problem that you wanna solve into your mind, and the next day when you wake up over the next 72 hours, you start to notice synchronicities that seem to make this problem resolve. This is what the mental video technique does.

It's a little strange, but once you get the hang of it, this is one of the most powerful mental tools you can use in your arsenal and people who use it square by it.

The mental video technique is useful for problems that you don't know how to specifically solve. It's useful for relationship issues. It's useful for problems such as growing your finances, even though you don't have an idea on what action to take next.

It seems to connect you, to a higher source that guides you to the right park.

All of these techniques are layered onto you. Day by day by day using a unique methodology of speaking to your conscious.

You see, when you take this program, you aren't just learning true lectures. I'm reading out Jose Silva's specific word for word scripts that guide you into altered states.

And as you are there, programs your consciousness to unlock these abilities. You are not asleep. You are not being hypnotized. You are fully awake and you understand every word, but as you say these words to yourself, something shifts and new abilities unlock. For example, when you first start, it may take you five minutes to train your mind to get to the alpha level.

By day 20, you can get there in 30 seconds because we've programmed your mental attitude to going into altered states. Some of the things our graduates have accomplished are wild, but I told you about the Helen Hansel story, the Richard Bach story.

Here's another. Burt Goldman. Burt Goldman is another Silva legend.

In his eighties bet Goldman became an accomplished photographer, an accomplished artist.

He learned to play the piano. He was able to pick up skills with such ease. But know this about Burt. Burt was a close friend of Jose Silva was a Silva graduate and went so deep into Silva. He became an instructor himself. And then there are all of these stories from ordinary people around the world that have been submitted to our website.

So in total, this is what it looks like. You're gonna get 28 individual lessons over 28 days. Before the pandemic if you wanted to learn Silva Ultramind. You'd only be able to attend a seminar maybe once, maybe twice a year.

You'd probably spend thousands of dollars flying to a seminar location like LA or Tallin, booking a hotel room, staying there for three to four days as you go through this seminar.

When I last taught a Silva seminar in Tallin Estonia, there were 500 people in the audience, and these were CEOs, Startup founders, but the pandemic made us change the way we presented this because we had to shut down seminars.

We decided to make the entire program digital. It took us almost a year to think about how to take what was a seminar experience and turn it into a digital experience delivered on a beautiful platform that could have the same efficacy.

And I'm proud to say we were able to do that. And because it's delivered online, the enrollment price is nowhere close to the original seminar.

Now, here's the best part. Silva Ultramind is part of Mindvalley, the world's biggest personal growth company with 60 plus unique programs in every aspect of human transformation.

And when you become a Mindvalley member, you don't just get Silva Ultramind, all other programs are unlocked for you as well. Now you might want to start with Silva Ultramind and go through this 28 day experience, but after that you might want to jump into another program.

I worked with Jose's family to make Silva Ultramind, not just a program that teaches you how to use your mind, but teaches you to dream and think bigger about your life, to be unstoppable in your quest for amazing health, amazing relationships, having an amazing career.

And as those become clearer for you, you might want to jump into one of our other programs, maybe Mindvalley's programs on focus and entrepreneurship, so your career can grow.

Maybe Mindvalley's programs on relationships so you can have the love life you've always dreamed of, maybe Mindvalley's programs on energy healing and spirituality so you can further unleash your inner Buddha.

And all of these are freely available to you on the platform so you never stop growing.

And all of this is available when you sign up for Silva Ultramind on Mindvalley today.

Now, in addition, there's something really special. You see, I'm a big believer in the power of community. When you become a Mindvalley member, I promise you one thing, you will never feel lonely again. Because our community is a living, thriving community of over a hundred thousand people all around the world who are so dedicated to improving their lives and each other's lives.

You'll be able to make new friends and even attend community meetups happening across the planet. You are part of a society of people who understand that being human is so much more than traditional education made it to be and want to become the best humans they can be so they can uplift others.

Now, this entire package being trained directly with me and Jose Silva, becoming a Mindvalley member, could be as high as five figures.

But it's not going to be \$8,000 or \$4,000, or even two grand.

In fact, I'm going to tear that price into shreds for you, and then I'm going to tear those shreds into further shreds.

You can get all of this for less than a 1,50 a day when you take advantage of our one-time yearly offer.

And the best part is you don't have to risk a thing with Mindvalley. You get to try Silva UltraMind risk-free for the next 15 days. At any point in the next 15 days with one click, you can give yourself a full refund.

You can go through the entire program if you want, in 15 days, and then with one click, get a full refund.

No email, no phone call needed. Why are we being so generous?

Well, because Mindvalley's platform sells itself. Just read the 16,000 case studies that we have on our website. Once you experience the divine spark within you and you see just what you are capable of with the right training you can never go back to your old self, and you'll constantly have a desire to grow, become better and better, and improve your experience of the world.

In addition, when you become a Mindvalley member, you're gonna get a string of bonuses to help you with this Silva Experience. Bonus one is a library of live calls where I answer common questions.

Bonus two is even cooler. Before I produced Silva Ultramind, I produced a program called Creative Visualization. Creative visualization used to sell for \$249, and I co-produced this with the famous speaker, Lisa Nichols. You might remember her from the movie "The Secret".

She was the most sought after speaker in that movie.

It provides 12 specific guided creative visualization audios that help you manifest in 12 unique areas of your life. Money, love health, success, fame. You are gonna get this entire program free with Silva Ultramind after you learn to tap into the alpha level of mine and then the theta level, and you can comfortably be there.

You wanna listen to these 12 creative visualization scripts to help you manifest incredible things in your life. Lisa Nichols narrates all of these audios.

Here are the specific details on how to order. Simply click on the link around the video. Now, you'll be taken to a site where you can choose your membership option, either monthly or yearly.

After that, all you have to do is enter your regular details in our secure checkout, and you are part of the Mindvalley family.

As soon as you do, within a minute, you'll get an email with your login instructions and you can access the Mindvalley platform on your computer or download the iPhone or Android app.

But I do have to warn you, this one time offer, is giving you a pretty big discount, so it's only for people who have had time to sit through this entire video.

It is a thank you for spending this much time with me, and as soon as you click off this page, it will be gone. So please don't close this page because you may not see this again.

Silva is the single most impactful thing I've ever done. It is the method I teach my children to do, and it has been one of the most important parts of life for thousands of graduate. That's why I urge you to take a stand today. Say that you are no longer going to accept a life that's less than magical and miraculous.

Click the link below to join Silva today.

There's only one favor I ask, and that is this. When you see the results, this gives you. Let me know. Leave a story, tag me on Instagram, or even better, go to [stories.mindvalley.com](https://stories.mindvalley.com) and submit your story.

Now it's up to you. You can carry on as you've always been, or you can try Silva Ultramind risk free for 15 days.

You have absolutely nothing to lose and a whole incredible, magical new life gain. My name is Vishen. I'm the founder of Mindvalley. I'm the face of the Silva Ultramind system, and I cannot wait for you to take action and finally achieve the success you deserve.

Just click the button below this video to get started.