

Silva UltraMind's  
Remote Viewing and Remote Influencing:  
The Next Evolution in Mind Power

Guidebook/Progress Log

**With Dennis Higgins and John La Tourrette, Ph.D.**

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## Table of Contents

Introduction .....	3
Session 1. A New Evolution in Mind Power .....	5
Session 2. The Silva Centering Exercise .....	5
Session 3. Laws of Programming and the Mental Video .....	6
Session 4. The Mental Video Exercise .....	6
Session 5. Remote Influencing in Healing .....	7
Session 6. The Three Scenes Technique Mental Training Exercise .....	7
Session 7. Remote Viewing and Visual Enhancement .....	7
Session 8. The Visualization Enhancement Exercise .....	8
Session 9. Remote Viewing/Remote Influence in Your Business and Career. ...	8
Session 10. The UltraMind Remote Viewing Exercise .....	8
Session 11. Remote Viewing/Remote Influence in Relationships .....	9
Session 12. The Remote Viewing for Relationships Exercise .....	9
Session 13. Silva Principles for Abundance .....	10
Session 14. The Remote Viewing for Business Abundance Exercise .....	10
Session 15. Discovering Your True Purpose from the Higher Intelligence ...	11
Session 16. The Guidance for Purpose in Life Exercise .....	11
Goal Setting Checklist .....	12
Exercise Tracking Journal .....	14
Successes and Gratitude Log .....	25
Notes .....	28
For Further Assistance: .....	33

## Introduction

Welcome to *Silva UltraMind's Remote Viewing and Remote Influencing: The Next Evolution in Mind Power*. This guidebook/progress log has been created to assist you in further developing your remote viewing skills, along with recording any insights that you gain through the ongoing practice of these techniques.

### **HOW TO USE THIS PROGRAM**

This program is designed to be very flexible so that you can use it in the way that suits you best. For instance, some people like to listen to all of the recordings first, and then go back and start practicing. Some like to experience the whole program and then select one specific area to work on. Some prefer to master each session step by step. All of the approaches are fine.

The most important thing to remember is that Jose Silva's techniques all work at the alpha brain wave level – it is the Alpha level that gives them their power. So you want to be sure to find your level and learn to use it with conscious awareness. You do that by practicing the Silva Centering Exercise, in Session 2.

As soon as you are able to relax physically and mentally with the Silva Centering Exercise, without falling asleep, you are ready to learn the rest of the techniques in this home study course. When you have used your mind to cause an effect in your body – to relax physically and mentally – then you are ready to start using your mind to accomplish other things.

You may feel relaxed and ready to proceed after practicing the Silva Centering Exercise just once, or you may need to practice the Centering Exercise several times in order to learn to relax physically and mentally. Keep practicing until you are able to relax. Once you have accomplished that, then continue with the rest of the program.

In the UltraMind ESP System classes, we intersperse the Silva Centering Exercise with the other conditioning cycles. That is, we do the Silva Centering Exercise, then the first Mental Projection Exercise. Then we repeat the Silva Centering Exercise before doing the next Mental Projection conditioning cycle. We continue to alternate the Silva Centering Exercise with the Mental Projection Exercises.

You can simulate the course experience by doing the same thing. After you do the exercise in Session 4, then do the Silva Centering Exercise in Session 2 again. Then proceed to Sessions 5 and 6; then practice the Silva Centering Exercise again.

If you have any questions, you can log on to the UltraMind Support Group web site: [www.UltraMind.SupportGroup.ws](http://www.UltraMind.SupportGroup.ws). There you will find information to help you develop your ability, as well comments and experiences from other UltraMind students. You will also find contact information for John and Dennis, as well as other UltraMind Instructors, who will be happy to give you guidance and help.

## Session 1. A New Evolution in Mind Power

In this session, Dennis Higgins and John La Tourrette, Ph.D., describe what exactly the Silva UltraMind System is, and how you are capable of accessing incredible intuitive insights and genius through its continued use. They dispel the myth that intuition is a special gift that few have, reminding you that each and every one of us has this capability. It is just a matter of developing it. The focus of this program is a technique known as remote viewing and remote influencing (the ability to see and influence things at a distance). As you learn to use the tools that are provided in this program, you will find that your life becomes enriched with experiences beyond your wildest dreams!

1. Have you had any intuitive experiences to date? If so, describe them in your journal.
2. Are you familiar with remote viewing and remote influencing? How might you use these techniques to further enhance your life?

## Session 2. The Silva Centering Exercise

John guides you through the Silva Centering Exercise in this session.

3. Be sure to set your intention. What do you wish to gain by mastering this technique?
4. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

### Session 3. Laws of Programming and the Mental Video

In this session, Dennis and John stress the importance of choosing goals that are plausible and possible. To choose goals that are too grand to start with, may be an unconscious means that you have of sabotaging yourself. They also stress the importance of using these techniques to improve not only your life, but the lives of others as well. When you focus your energy and intention on making this planet a better place to live, you benefit all. Keep in mind that your intentions must be for the highest good of all concerned, and the solution must help at least two or more people.

5. Dennis and John assert that these techniques only work when your intentions are for the good of all concerned and that the solution must assist two or more people in their lives. How might you most wish to influence others in the world?
6. How do you currently communicate with the higher intelligence? If you do not, try to reflect on why. Write out any new commitment that you will make to connect with the higher intelligence, ideally through the techniques outlined in this program.

### Session 4. The Mental Video Exercise

In this session, John guides you through the Mental Video Exercise.

7. Be sure to set your intention. What do you wish to gain by mastering this technique?
8. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Session 5. Remote Influencing in Healing

Dennis explains the Three Scenes Technique and how it can be used to remote heal others in this session. He shares a powerful healing story about his father as an example. The visual components of the eyes are discussed, along with some ways to alleviate stress and detect your own health situations. He also explains how this technique may be used to assist someone who is supposed to cross over. This session ends with varying examples of the Three Scenes Technique and how you might best apply them in your life.

9. After listening to the description of the Three Scenes Technique, how might you best use it to influence your life and the lives of those around you?
10. Make note of the visual components of the eyes that are discussed in this session. To gain a greater understanding of how your mind works track where you most often plant your gaze .

## Session 6. The Three Scenes Technique Mental Training Exercise

In this session, John guides you through the Three Scenes Technique Mental Training Exercise.

11. Be sure to set your intention. What do you wish to gain by mastering this technique?
12. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Session 7. Remote Viewing and Visual Enhancement

You are introduced to the practices of Remote Viewing and Visual Enhancement in this session. Dennis describes how you can learn to use more of your mind, and in a special way. He discusses the myriad uses that you can apply the remote viewing technique to in your life. John encourages you to take note of all your senses beyond your sight as you practice this technique. Above and beyond all else, John reminds you that it is ultimately imperative that you trust your own feelings as you explore the vastness of this world of possibilities.

13. Have you ever had a personal experience with remote viewing? Do you struggle to believe in this technique? If so, list any blocks that you may have.

14. It is very important that you trust your own feelings as you venture into the world of intuition. How much do you trust your own feelings? How can you strengthen that trust?

## Session 8. The Visualization Enhancement Exercise

John guides you through the Visualization Enhancement Exercise in this session.

15. Be sure to set your intention. What do you wish to gain by mastering this technique?
16. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Session 9. Remote Viewing/Remote Influence in Your Business and Career

You can use the remote viewing/remote influencing technique to enhance many aspects of your business life. In this session, Dennis and John describe how remote viewing and remote influencing can be used in business. Examples they cite are these: Using remote influence when purchasing, when interviewing for a job, in sales, and in just about any area of business that you find yourself in. They explain the infinite power in being able to read the concerns of your client and subsequently meeting their needs.

17. What are some of the recurring stumbling blocks that you find yourself faced with in your business?
18. How might you use this technique to turn these blocks into opportunities?

## Session 10. The UltraMind Remote Viewing Exercise

In this session, John guides you through the Silva UltraMind Remote Viewing Exercise.

19. Be sure to set your intention. What do you wish to gain by mastering this technique?
20. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.



## **Session 11. Remote Viewing/ Remote Influence in Relationships**

It is fundamental that you understand life from the perspective of those you are in relationship with. Understanding your motives in the relationship, along with the point of view of the other individual, will greatly enhance your ability to connect with them on a much deeper level. In this session, Dennis and John discuss how remote viewing and remote influencing can assist you in attracting more love into your life, along with repelling negative energy. They describe how this technique can be used with partners and family members (especially children).

21. Joyful relationships are key in experiencing a fulfilling life. Which relationships in your life would you like to enhance and why?
22. John explains how this technique may be used to protect yourself from the negative thoughts of others. How might you apply this technique to your life? Are there any individuals that you sense are projecting negative thoughts at you? If so, practice this technique as suggested to ward off any negative energy.

## **Session 12. The Remote Viewing for Relationships Exercise**

John guides you through the Remote Viewing for Relationships Exercise in this session.

23. Be sure to set your intention. What do you wish to gain by mastering this technique?
24. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Session 13. Silva Principles for Abundance

Jose Silva's thoughts on abundance are very contrary to the belief system that most of us "react" to in our lives. In this session, Dennis and John provide you with the details of how Jose views abundance from the inside out. They explain how the law of attraction draws abundance to you naturally and with great ease. You are reminded that anything is possible in the world of the higher intelligence, and, in fact, that you are already abundant. You simply need to practice these techniques and reprogram your current belief system.

25. Dennis and John suggest that you approach the subject of acquiring abundance in your life from the inside out. What are you currently doing that is trying to "force" abundance into your life?
26. If you were to gain greater abundance in your life, how could you use it to serve others in the world?

## Session 14. The Remote Viewing for Business Abundance Exercise

In this session, John guides you through the Remote Viewing for Business Abundance Exercise.

27. Be sure to set your intention. What do you wish to gain by mastering this technique?
28. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Session 15. Discovering Your True Purpose from the Higher Intelligence

As this session opens, Dennis challenges us on what we perceive to be our true purpose in life. Too often we equate it with money. He reminds us that how we experience our lives is ultimately based on our point of view. Citing an example of a man who is tired of receiving peanut butter and jam sandwiches for lunch every day, he articulates that WE are responsible for making our lunch. WE are responsible for creating our lives. John then takes you through the Mental Video Technique so that you can apply the laws of programming to your purpose and gain a view of the big picture for your life. Your job then is simply to communicate your intentions to the higher intelligence and keep a watchful eye for clues that will lead you to that purpose.

29. Dennis asserts that it is imperative that you learn to go inside yourself and communicate with the higher intelligence. He suggests that you send messages through the delta doorway to the higher intelligence. What messages do you feel need to be sent to the higher intelligence both in your life and in the world around you? List them, then act upon each with the techniques provided.
30. To assist you in discovering your true purpose, reflect on your life from your childhood onward, and make a list of the areas of interest that you have been drawn to in your life.

## Session 16. The Guidance for Purpose in Life Exercise

It is fundamental that you have a clear picture of what your true purpose is in life. To assist you in discovering what that purpose is, John guides you through the Guidance for Purpose in Life Exercise.

31. Be sure to set your intention. What do you wish to gain by mastering this technique?
32. Practice this Silva Centering Exercise and track your progress in the Exercise Tracking Journal at the back of this guidebook.

## Goal Setting Checklist

In the space provided below, write out any goals that you would like to fulfill in your life. Remember that they should align with good intentions for all involved and they should enhance the lives of two or more individuals. As you practice the techniques outlined in this program, be sure to check off each goal as you achieve it.

### **Career**

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### **Relationships**

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### **Spirituality**

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**Health/Fitness**

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**Intuition**

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**Other**

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## Exercise Tracking Journal

In this program, Dennis and John have guided you through the following exercises:

- The Silva Centering Exercise
- The Mental Video Exercise
- The Three Scenes Technique Mental Training Exercise
- The Visualization Enhancement Exercise
- The UltraMind Remote Viewing Exercise
- The Remote Viewing for Relationships Exercise
- The Remote Viewing for Business Abundance Exercise
- The Guidance for Purpose in Life Exercise

In the space provided throughout the following pages, document and track the times that you do each exercise, what you experienced during the exercise, and any pertinent successes or outcomes in response to doing the exercise.

Date/ Exercise	Experiences While Doing Exercise	Outcomes in Response to Exercise
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Date/ Exercise	Experiences While Doing Exercise	Outcomes in Response to Exercise
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Date/ Exercise	Experiences While Doing Exercise	Outcomes in Response to Exercise
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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:

Avlis Publishing, LLC  
P.O. Box 901  
Round Rock, TX 78680  
Phone: 1-800-579-4108 or 512-762-2358  
E-mail: [avlis@avlispub.com](mailto:avlis@avlispub.com)

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](http://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](http://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](http://www.UltraMind.SupportGroup.ws)

## **Enhance Your Audio Library with These Great Titles from Nightingale-Conant!**

### **The Silva UltraMind ESP System**

By Michael Wickett, Ed Bernd, Jr., Jose Luis Romero and JoNell Monaco Lytle  
21670A / 21670CD

### **The Tao of Abundance:**

Eight Ancient Principles for Abundant Living  
By Laurence G. Boldt  
22070A / 22070CD

### **Creating Miracles Every Day:**

How to Turn Ordinary Moments into Extraordinary Experiences  
By Richard Carlson, Ph.D.  
19110A / 19110CD

### **Change Your Beliefs, Change Your Life:**

How to Take Control, Break Old Habits, and Live the Life You Deserve  
By Nick Hall, Ph.D.  
20971A / 20970CD

### **Solomon's Treasures:**

Strategies for Wealth and Happiness from the Richest Man Who Ever Lived  
By Steven K. Scott  
23200A / 23200CD

### **Energy Healing:**

An Intimate Conversational Journey into Healing Wisdom  
By Rahul Patel  
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