

Connection to Purpose

The goal of this exercise is to attune yourselves to a space deep within where you can experience your gift of purpose in life.

In this exercise you allow yourself to hear, feel, see, and experience in any way that is natural for you, the plan Higher Intelligence has in store for your life.

It is based on the idea that we are here on this planet to fulfill a unique purpose.

Without a connection to purpose, we are living unconsciously, allowing ourselves to be influenced by what may be going on around us whether or not it is in the best interest for us or all others concerned.

We must begin to understand that our purpose for being here is two fold – our inner purpose which is to be a joyous expression of love, and an outer purpose by which we are to express that love.

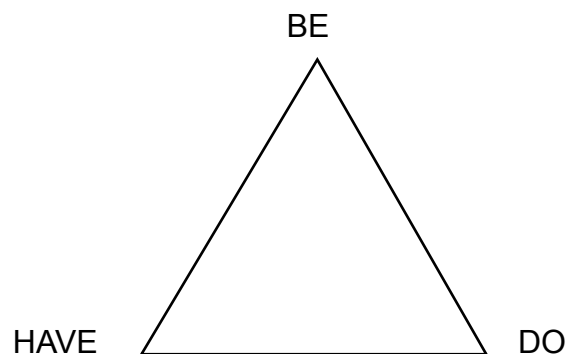
We are multidimensional beings, each one of us uniquely capable of expressing our purpose in our unique ways. By experiencing this exercise, each of us can get a glimpse of our purpose for living this life and open up to our particular manner of doing so.

There is no one way to receive the vision. It comes in many different forms. Sometimes it is just a knowing.

Avoid trying to figure out 'how' to do something that appears to you during the exercise. Just accept it as your life's finger print. Once you receive information you must be willing to fulfill your purpose.

Discussion on Being, Doing and Having

(Use a triangle with BEING on the top point, DOING on the bottom right point and HAVING on the bottom left point) We work hard on DOING and HAVING, yet forget who we truly are and the nature of our Being. It is in recognizing our true BEING that we are able to discover and fulfill our life's mission by living a life driven by purpose.



We are unique and special and each of us has unique talents and gifts. Our work can be a channel for the experience of mind and soul. Take the time to discover what you love, where your heart lies, how to serve others.

Follow your inner voice. Find the best that is within you and that has greater meaning and a fullness that is deeply satisfying. It is about following your inner voice; about preparing and cultivating your inner consciousness to make it fertile for new ideas and concepts.



To experience love, live a loving and love filled life; to experience joy and creativity, live a joyous and creative life; to experience deep fulfillment, follow your heart and give the gifts that are inside you.

Imagine what it would be like to be living on a daily basis, the work you were born to do? What do you expect it would feel like? What experience would it involve? How would you feel when you woke up in the morning? What would be the purpose of your life? What would your goals be? How would you measure your success? Keep these questions in mind, as they will help you build up positive motivation as you become more excited about the possibility of the work you were born to do.

Where is your joy? Where is your passion and motivation? What makes you feel most energized?

What experiences, throughout the whole of your working life, have you found most rewarding, inspiring, touching and meaningful?

What work would you love to do if you had all the money and time you needed already, or if all the work paid the same?

How much time do you spend thinking about what you don't like about your existing work situation?

Think about when you were a child. Remember what you were told you were good at, or what you remember doing easily and effortlessly. What about when you were a teenager? What do you find easy now?

What would you call work you truly loved – creative expression, permission to play, JOY?

Remember four occasions as a child you experienced real joy?

When was the last time you experienced real joy? What were the circumstances?

What ideas come to mind when you think how you could create more joy in your work life?

Who are three people that you know who are happiest in their work?

Who are your role models for enjoying and loving their work?

What would truly inspire you in your work?

Know in your heart with total certainty that there is a special place in the world that only you can fill. You are determined to create or find this place.

Your attention is to find what you love, are inspired and excited by; to use your talents and strengths to be the fullest and most joyful that you can possibly be.

You are committed to discovering your bliss and following where your heart leads.



Attunement

You can attune yourself to anything or anyone, including Higher Intelligence by stating your desire to do so and then counting on a descending scale from 10 to 1. While counting slowly on a descending scale experience yourself honing in on whatever it is you desire to attune yourself to.

At the count of one, take it for granted that you have attuned to the time, place, or dimension you desire.

"You are in the process of releasing inhibitions, limitation, false concepts, and all the other baggage that prevents your greater yet-to-be self from expressing. There is already order in the universe."

Rev. Dr. Michael Beckwith,
December 1996 issue of
Science of Mind®



Visioning Exercise

Seventh Exercise Connection to Purpose

(Turn on the Theta sound.)

A. DEEPENING (Physical relaxation at level 3)

1. We will start this exercise with the 3 to 1 method.
2. Find a comfortable position, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize the number 3 three times. (Pause)
3. To help you learn to relax physically at level 3, I am going to direct your attention to different parts of your body.
4. (Lecturer: pause after every mention.) Relax your scalp; relax your forehead; relax your eyes; relax your face; relax your throat; relax your shoulders; relax your chest externally and internally; relax your abdominal area externally and internally; relax your thighs; relax your knees; relax your calves; relax your feet.
5. You are now at a deeper, healthier level of mind, deeper than before.
6. This is your physical relaxation level 3. Whenever you mentally repeat and visualize the number 3, your body will relax as completely as you are now, and more so every time you practice.

B. DEEPENING (mental relaxation at level 2)

1. To enter mental relaxation level 2, take a deep breath and while exhaling mentally repeat and visualize the number 2 three times, and you are at level 2, a deeper level than 3. (Pause) Level 2 is for mental relaxation, where noises will not distract you. Instead, noises will help you to relax mentally more and more.
2. To improve mental relaxation at level 2, practice visualizing tranquil and passive scenes. (Pause)

C. TO ENTER YOUR CENTER

1. Take another deep breath and while exhaling, mentally repeat and visualize number 1 three times. (Pause)
2. You are now at level 1, a deeper, healthier level of mind where you can function from your center.



D. DEEPENING (routine cycle)

1. To help you enter a deeper, healthier level of mind, I am going to count from 10 to 1. On each descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.
2. 10 - 9 Feel going deeper,
8 - 7
6 - Deeper and deeper,
5 - 4
3 - Deeper and deeper,
2 - 1
3. You are now at a deeper, healthier level of mind, deeper than before.
4. It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

D. EFFECTIVE SENSORY PROJECTION STATEMENTS

1. Effective Sensory Projection statements for success.
2. 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.
3. 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.
4. I am now able to detect abnormalities whenever such abnormalities exist within any kingdom, any level, any depth
5. I am now able to apply corrective measures and to bring back to normalcy any abnormality found within any kingdom, any level, and any depth.
6. Quantum Energy is available at any level to be acted upon to create through the Subjective and Objective Dimensions.

F. LAWS OF PROGRAMMING

1. Your intent is to become the very best you can be.
2. You treat others as you chose others to treat you.
3. Solutions enhance you and are the best for all concerned.
4. Know and live that the greatest happiness is in serving others and making this planet a better place in which to live.



G. PRINCIPLES TO KEEP IN MIND WHEN PROGRAMMING

1. The following principles apply to programming.
2. Objective physical communication takes place at the beta, left-brain dimension using the objective, physical senses. Hearing is used for perception and voice is used for transmission
3. Subjective, spiritual communication takes place at your center, the Alpha, right-brain dimension by using the spiritual senses. Visualization is used for perception and detection; imagination is used for transmission.
4. In the objective, physical dimension, the past is behind you, the present is your present position and the future is ahead of you.
5. In the subjective, spiritual dimension, the past is to your right, the present is centered straight ahead, and the future is to your left.

H. IMPRESSION OF NEW MATERIAL – CONNECTING TO PURPOSE

1. In a moment I will count slowly from 10 – 1 so that you can attune yourself to Higher Intelligence and your life's purpose.
 - a. (Slow count) 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 – You have now attuned yourself to Higher Intelligence and your life's purpose.
 - b. Open yourselves to thoughts, feelings, sounds, sights or sensations that give you a sense of your purpose in life.
 - c. Ask Higher Intelligence, "What is your vision for my purpose in life?"
 - d. Continue to deepen and experience what comes to you; what does it look like, what does it feel like and sound like.
 - e. Pay close attention to symbols or other type of representations.
 - f. When something comes to you, write it down. (Pause) Remember to write down anything that comes to mind even though you feel you are making it up. Write down images, thoughts, colors, ideas that surface for each question. Then simply take a deep breath and return to your center.

(Allow 3 minutes or more of silence between each question.)

2. Next ask Higher Intelligence, "What is it that I have to become in order for this purpose to manifest?" Write down anything that comes to mind.

(Allow 3 minutes or more of silence between each question.)

3. Now ask Higher Intelligence, "What must I let go of or release in order to fulfill my purpose? Write down anything that comes to mind.

(Allow 3 minutes or more of silence between each question.)



5. Finally you can ask, "Is there any thing else I need to know? Write down anything that comes to mind.

(Allow 3 minutes or more of silence between each question.)

6. Imagine yourself with the qualities you need in order to fulfill your life's purpose by being joyous and loving.

(Allow 3 minutes or more of silence between each question.)

7. While in a deep meditative state, begin to experience your life's purpose from deep within; what you have to know, what you have to become, what you have to embody and change.
8. Imagine doing what you are meant to do in order to express that joy and love.
9. Remember this feeling.

I. POST EFFECTS - PREVIEW OF NEXT SESSION

In the next session, we will program information for your benefit in the animate matter kingdom with reproductive intelligence, the plant life kingdom, at different levels and different depths, "projection to a fruit tree through seasonal changes," and "a study of leaves."

Also in the next session we will program subjective points of reference with the animal life kingdom with reproductive intelligence – Anatomy of a Pet.

J. POST EFFECTS - STANDARD

1. Every time you function at these levels of the mind and at these points of reference, you will receive beneficial effects physically and mentally.
2. You may use these levels of the mind and these points of reference to help yourself, to help your loved ones, and to help any human being who needs help physically and mentally.
3. You will never use these levels of the mind or these points of reference to harm any human being; if this be your intention, you will not be able to function within these levels of the mind nor will you be able to use these points of reference.
4. You will always use these levels of the mind and these points of reference in a constructive, creative manner for all that is good, honest, pure, clean, and positive. And this is so.
5. You will continue to strive to take part in constructive and creative activities to make this a better world to live in, so that when you move on, you shall have left behind a better world for those who follow.

You will consider the whole of humanity, depending on their ages, as fathers or mothers, brothers or sisters, sons or daughters.

You are a superior human being; you have greater understanding, compassion, and patience with others.



K. BRING OUT

(Gradually lower the volume level of the Alpha Sound to zero.)

1. In a moment, I am going to count from 1 to 5 and cause a sound with my fingers. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before. You will have no ill effects whatsoever in your head, no headache; no ill effects whatsoever in your hearing, no buzzing in your ears; no ill effects whatsoever in your vision and eyesight; vision, eyesight, and hearing improve every time you function at these levels of mind.
2. 1 - 2 - coming out slowly now.
3. 3 - at the count of 5, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before, feeling the way you feel when you have slept the right amount of revitalizing, refreshing, relaxing, healthy, wonderful sleep.
4. 4 - 5 (snap fingers) eyes open, wide awake, feeling fine and in perfect health, feeling better than before.

SEVENTH EXERCISE - THIS CONCLUDES THE CONNECTION TO PURPOSE EXERCISE FOR JOSE SILVA'S ULTRAMIND ESP SYSTEMS

(Rewind tape so it will be ready for next exercise)

Recommended: Allow a 5-minute stretch break at this time





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