



Advanced  
**Manifesting**

Online Masterclass with The Silva Method

# The “**Advanced Manifesting**” Masterclass on Mindvalley Academy

Join Vishen Lakhiani, Laura Silva and 30,000 other live participants to learn the Advanced Manifesting techniques that can manifest your wildest dreams in the shortest time possible.

# YOUR OFFICIAL ONLINE EVENT WORKBOOK



## 5 Simple Tips To Get The Most Out of This Live Session:

1. Print out this Online Event Workbook before the masterclass starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for.
3. Make sure you've set aside 90 minutes of private time for this session so you'll be able to focus and fully receive the benefits of this masterclass.
4. During the event, write down ALL the interesting and new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Think of how you can quickly implement the secrets revealed in this session to manifest your wildest dreams.
6. Be in a comfortable position (ideally not driving) so you can fully take part in the meditation and visualization exercises Laura will be guiding you through.



The biggest difficulty for people in creating amazing, epic lives is

\_\_\_\_\_

Usually we stop ourselves in our tracks because \_\_\_\_\_

The solution to this difficulty is \_\_\_\_\_

What are the areas in your life that you want to improve?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The biggest pitfall is that people know about this but \_\_\_\_\_

The best thing you can do to get started is start being \_\_\_\_\_

The outer world is a cue for the \_\_\_\_\_

When you feel fear, lack or anger - then you need to start

\_\_\_\_\_

Such questions would be:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The quickest way to manifest is with \_\_\_\_\_

The shortest one is just \_\_\_\_\_ long.

You don't need to \_\_\_\_\_ or \_\_\_\_\_ to manifest.

Select a goal that you want to manifest.

\_\_\_\_\_



The 3 essential components are \_\_\_\_\_

\_\_\_\_\_

Somatic meditations are more about

\_\_\_\_\_

When you practice these techniques, you will want to \_\_\_\_\_  
your eyes.

E2 meditations are about \_\_\_\_\_

E3 meditations are about \_\_\_\_\_

The 3 E's are \_\_\_\_\_



## SELF REFLECTION :

The right questions can spur your subconscious to feed you the right answers...so ask yourself.

*What your life will be like if you apply these techniques daily?*

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*What things / experiences do I want to rapidly manifest in my life?*

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*How will my world views change once I remove some of my childhood blocks?*

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## THANK YOU for joining Mindvalley Academy's Masterclass!



To take your manifesting skills to the next level please visit <http://MindvalleyAcademy.com/store/Silva-Manifesting/> for info on the remarkable Silva Manifesting program. But do not sign up for the course until May 13th...at the end of the webinar the price will be reduced as a thank you for webinar participants.

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**Use this space for your own notes**