

EMPOWERMENT



*Through
Dynamic Meditation*

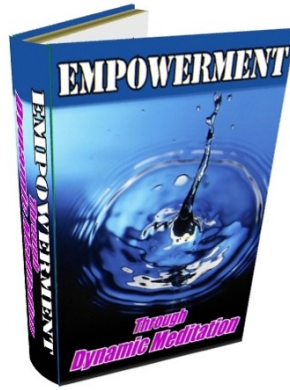


Table of Contents

Introduction.....	4
Natural Forces.....	4
The Never Ending Beginning	5
Empowerment – Why It’s Important to You	6
Meditation Clears the Path	8
The Power of Dynamic Meditation.....	10
How it Works	12
Dynamic Meditation Techniques	14
Everyone Can Do It.....	15
How Dynamic Meditation Will Help You Get What You Want	16
How Quickly Can I Begin?	18
Your Next Step Toward a Better Life.....	19
Empower A Friend.....	20
About the Author	21

01.1020.07

Page - 2

Copyright

Copyright © 2007 by Ed McDonough – Intuitive Life

All rights reserved. No portion of this workbook may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopy, recording, or any other, without the express prior written permission from the author.

The contents of this book reflect the author's views acquired through his experience in the field under discussion. The author is not engaged in rendering any legal professional service. The services of a professional person are recommended if legal advice or assistance is needed. The author disclaims any personal loss, injuries, damages or liability caused by utilization of any information presented herein.

You MAY ALWAYS Give This Book Away for Free!
You Do NOT Have the Right to Sell this Book!

Legal Disclaimer

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assume any responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

This publication is not intended for use as a source of legal or accounting advice. The Author and Publisher want to stress that the information contained herein may be subject to varying state, local and/or federal laws or regulations. All users are advised to retain competent counsel to determine what state local and/or federal laws or regulations may apply to the user's particular business.

The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state, and local, governing professional licensing, business practices, advertising, and all other aspects of doing business in the United States' or any other jurisdiction is the sole responsibility of the purchaser or reader.

The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

Any perceived slights of specific people or organizations are unintentional.

Introduction

Welcome, my name is Ed McDonough; I'm the owner of [Intuitive life](#) and the author of this book.

In the next few pages I'm going to explain why empowerment is so important to you. I'm also going to tell you how it works in conjunction with Dynamic Meditation, how you can discover how easy it is to use, and why anyone can learn to do it!

But before we get started, I'd like you to keep in mind the following analogy.

Natural Forces

The ocean is a very powerful force which continually shapes our planet. Coastlines around the world are constantly changing in dramatic ways due to the tremendous impact the energy of the water has on the land.

However, a single raindrop falling from the sky has little or no impact on the land it strikes when it reaches the Earth. Alone, this single drop of water is virtually powerless.

Now, if that same raindrop falls into the ocean, instead of the land, it now joins with all the other droplets of water which make up the ocean and becomes a powerful force of nature.

Empowerment through Dynamic Meditation works the same way.

While in the conscious awake state of mind there's only so much you can accomplish because of the perceived limitations you see around you. You're a single droplet of water.

However, through the use of meditation, and specifically Dynamic Meditation, you begin to realize that there are no limitations.

Your mind connects with the vast collective consciousness giving it access to an unlimited amount of information which isn't available to you at the conscious state of mind.

When you reach this place you recognize that you are empowered to achieve any goal you want. You're now part of the whole; a droplet which is now has the full power of the ocean behind it.

The Never Ending Beginning

If you're new to this way of thinking, then it may seem like you're at the beginning of turning a new corner in your life. For that I congratulate you.

If you are someone who has used meditation in the past (such as in a yoga class) the meditation part won't be new to you.

What will be new to you is understanding how it will set you free by empowering you to dynamically create your future.

In either case, you're at what I call the Never Ending Beginning.

My life, your life, everyone's life is an evolution. Every day is a new beginning; another chance to align yourself with the life you want in the future.

If you grasp this concept wholeheartedly you'll quickly begin to see that anything is possible.

When you signed up to come to this earth, there was a "Free Will" clause in your contract. Free Will gives you the power to control your destiny; to change the course of future events, should you so decide, so that your life will be more to your liking.

Dynamic Meditation is a tool of empowerment and it's the basis of using your Free Will.

It is my hope that you will glean that from this book.

I recommend that you slow down and take the time to go through the information within carefully, step-by-step, absorbing each section completely.

If you do so, it is my belief that when you're done you'll know whether or not dynamically creating your Future is right for you.

Empowerment – Why It's Important to You

To be self-empowered is to give yourself the **authority** to choose your path, or destiny if you will.

This “authority” may be restricted to a task, a project, a job or may encompass your whole life. The context is up to you.

The bottom line is, by empowering yourself you take full responsibility for what ever it is you have chosen to receive. In addition, you now also gain full control of the venture and are free to make all the decisions.

In essence, you make a stand, driven a stake in the ground and tell the world: “I’m going to complete this, I’m going to have this and there’s nothing which will stand in my way of achieving it.”

For most folks this works well for the small stuff, but what about when it comes to something bigger? Like your life?

Are you Self-Empowered to control your life?

Can you really create the future you want?

Can you really have, be or do anything you want?

The answer is yes.

BUT (there’s always a disclaimer), it doesn’t come for free!

By free, I mean this:

If you think you can sit on your couch for 12 hours a day, every day for a month and just meditate with the intention of manifesting a happy and abundant life, you’re probably not going to have great success.

On the other hand, you **can** have, be or do anything you want if you’ll “empower” yourself to reach your goal *AND* you’ll take action towards achieving it.

So, creating your destiny, and changing your life for the better, and receiving the things you want start with you making a decision to “take responsibility” for your actions.

Anyone who's ever achieved any goal; an athlete, a doctor, an astronaut, a composer or the student who won the local spelling bee, were all self-empowered.

They all had a desire to obtain something and they stay focused on until they received it. And, they took action towards obtaining it.

Empowerment is important because without it, you will never reach your goal. If you don't start you can never finish. And, you will never get started if you don't make the decision to begin.

I want you to know that I sincerely believe it's no accident that you're reading this. I bet you feel that way too.

Just like me, you want to know the secret. You want to find that “1 thing” that will turn your life around; that will bring you the happiness and abundance you so desire.

I can't promise you that you'll find the “1 thing”, but I can promise you that with a little practice, and the right guidance, you can learn to achieve even the most seemingly unattainable goal.

No matter how big or how small, whether it's something physical you want or nonphysical, like better health, you can easily learn how to become self-empowered and dynamically create your future.

Just stick with me for a few more minutes.

Meditation Clears the Path

Meditation is the most powerful self-improvement tool available to mankind.

It's been proven time and again to help relieve stress, strengthen the immune system, instill calmness, inspire creativity, and bring forth peace of mind, just to name a few.

It also has another benefit which is rarely discussed. It allows you to connect to an unlimited source of information which can help you find the answers to your questions and guide you in solving complex problems.

It empowers you to use your mind in the natural, more genius-like way it was intended to be used.

You see, by learning to quite and relax your mind while connecting to the vast resources of the universe, you can now work from the **inside out towards** achieving your life's desires, no matter how big or small they are.

In addition to being able to effortlessly focus on your goals and obtained them, you'll also experience side effects such as greater self-esteem and increased emotional stability along with improved concentration, alertness and greater memory power.

The physical rewards are tremendous too.

A practice of regular meditation is known to strengthen the immune system and can also decrease muscle tension and eliminate headaches.

It also puts you more in-tune with your body, giving you a truly holistic approach to healing yourself.

Although it is not scientifically proven that meditation can heal people of their physical problems, it is a good way for people to concentrate on their physical health and tune into the problems they are experiencing.

In a nut shell, meditation is the recipe to finding true inner balance and harmony with yourself and your environment. It's the simple key to living a better more fulfilled life and to living life the way you want to.

Simply stated, it gives you the confidence to achieve your goals because it allows you to connect with your source, your higher intelligence if you will, and clearly align yourself with things, conditions and circumstance you want.

It allows you to put your Free Will to work and become more and more self-empowered as you consistently make your goals, dreams and desires come to fruition.

The Power of Dynamic Meditation

By definition, “meditation” describes a state of concentrated attention or awareness which many times is focused on some object of thought. It usually involves turning one’s attention inward to the mind itself.

Generally meditation is thought of as a way to relax the body and mind, and it is often used to achieve inner peace.

Dynamic Meditation goes one step beyond because it allows you to actively connect with your subconscious mind, while in a meditative state, and instruct it to help you solve problems, answer questions and obtain guidance from higher intelligence.

This added benefit gives you the ability to more accurately control your life through the simple process of making better decisions.

Decisions which can lead you to getting and staying healthier longer, having long-lasting loving relationships, relieving stress and relaxing more easily, finding lasting inner peace, looking and feeling younger, concentrating with total focus and clarity whenever you choose, finding your mission in life and much more.

Dynamic Meditation puts the “power” in empowerment!

It helps you easily concentrate on the things you want in your life so you can begin to actively attract them; so you can begin to live life the way **you** want.

As the Law of Attraction states:

“Anyone who concentrates, with belief and desire, on a particular thing, condition or circumstance, will manifest that into their life.”

It’s a known law of the universe without any exceptions.

So, whether you want to learn how to relieve stress and relax more easily, look and feel younger, get and stay healthier longer, create great abundance in all areas of your life, stop smoking, find the right career, make more money and alleviate financial burden, or just

something simple like control and maintain your weight, when you become self-empowered **the impossible becomes possible**.

Things that once seemed to be out of your control, you now consistently control.

Dynamic meditation gives you the ability to become self-empowered at will by making you the Commander and Chief of your destiny.

It's puts you in charge of you!

How it Works

When working towards our wants and our goals, everyday we make decisions which typically lead us down a path where once again we need to make additional decisions before moving on.

As we progress through this process, a bad decision can be devastating, causing us to lose time and money and often making us fail to achieve our goal altogether.

Now imagine if you could make the right decision more times than not. Imagine if you had a tool you could use to consistently guide you down the right path and help you solve complex problems.

How much better would your life be when you're always "**choosing correctly**" and getting the things you want?

The simple process of Dynamic Meditation, coupled with two easily-learned techniques, is all you need to get on the path of better decision making, detailed problem solving and accurate manifesting.

And, the best part is anyone can learn it in as little as one day.

The first step of the process is being shown how to reach a controlled state of meditation where you are totally relaxed and have complete conscious awareness at the same time.

It may sound like an impossible task to you but in reality you naturally reach this state (in very short intervals) several times a minute all day long. In addition, just before you fall asleep each night and again when you awake each morning, you pass through and sometimes linger here for several minutes without even knowing it.

This is the meditative state known as Alpha. Just as your heart (on average) has a frequency of 60 beats per minute (or cycles per minute) your brain also works at a measurable frequency which ranges from ½ cycle per second in very deep sleep to over 20 cycles per second when you're wide awake.

You reach the Alpha state when your brain frequency slows down from its normal rate of 20 cycles per second (when you're awake) to between

7 and 14 cycles per second. The Alpha state is where you'll make the connection to your subconscious mind and begin to utilize it in a more productive way.

The second step to achieving your goals is learning how to connect with your subconscious mind and your source, or Higher Intelligence, while in the Alpha meditative state.

Although many forms of general meditation can teach you how to reach the Alpha state, only the Silva UltraMind System gives you the techniques needed to actively participate in communicating with and instructing your subconscious to work for you.

The process of Dynamic Meditation was pioneered in the late 1960's by a gentleman named Jose Silva.

After 22 years of relentless research, Mr. Silva developed the Silva UltraMind System of Dynamic Meditation; a straightforward process which anyone can learn in as little as 8 hours.

Although sometimes confused with the method Mr. Silva released to the general public in the late 1970's, known as the Silva Method, the Silva UltraMind System offers a much more efficient and broader approach to Dynamic Meditation.

For the Silva UltraMind System, Mr. Silva developed two "easy to use" powerful techniques which will guide you almost effortlessly towards achieving any thing, condition and circumstance you desire.

Through the simple process you'll learn in hours (instead of weeks and months) how to accurately reach the Alpha Level of Dynamic Meditation; a level where you'll be totally relaxed and focused yet completely awake and in control.

Once at the "Alpha Level", you'll harness the power of your subconscious mind so you can actively participate in instructing it to guide you towards achieving all your goals.

You see, at the Alpha Level of concentration, things like affirmations, visualization, healing, intuition and clairvoyance all work hundreds, if not thousands of times better.

Dynamic Meditation Techniques

The UltraMind System has two scientifically developed meditation techniques that will help you attract all the things, conditions and circumstances you want into your life.

The first is called the **Three Scenes Technique**. This is the more like a tool than a technique and you'll use to instruct your mind to launch you towards a goal anytime you want.

But the best part is, this technique is not just a way to create self-motivation internally, it will actually bring forth external coincidences (things otherwise considered beyond your control) to help you achieve what you desire. You'll quickly begin to notice that "Luck" is something you attract into your life and control.

The second technique is called the **Mental Video Technique**. Nothing you've tried before, read about or even "heard supposedly works" will come close to this amazing technique.

With this meditation technique you'll instruct your mind to tap into higher consciousness, while you sleep, to bring you answers to complex problems, provide you with guidance in life and help you make better decisions.

You'll see this guidance as dreams, ideas that pop into your head or physical coincidences in the form of meaningful signs. This powerful technique will help you to make the right decisions, 70%, 80% even 95% of the time

With these simple and highly effective meditation techniques, you'll have everything you'll ever need to connect to your subconscious mind, tap into a higher level of awareness, obtain guidance and help from higher intelligence, become truly self-empowered and start living a happier more intuitive life.

So, I bet you're asking yourself, "Can I learn to do it?"

The answer is...

Everyone Can Do It

You see, you can have, be or do anything you want if you'll just take the time to align yourself with those desires. And, it's not rocket science, it doesn't take a complete change of your lifestyle and there are **No Prerequisites**.

As a matter of fact, it only takes **1 day** to become proficient at.

In reality, when guided by a certified instructor, anyone can learn how to become proficient at reaching the Alpha meditative state and use the Three Scenes and Mental Video techniques to their advantage.

In the first few hours of my class you'll not only learn exactly how to reach the Alpha state, you'll enter into it and begin to experience its innate ability to communicate with your subconscious mind.

You'll also instantly benefit from the mental and physical relaxation which comes along with it as calmness comes over you and stress quickly melts away.

During our time together you'll be guided step-by-step through several relaxing meditation sessions which will allow you to easily reach and recognize the Alpha state (it's called finding "Your Center").

In addition, you'll gain a complete understanding of the Three Scenes and Mental Video techniques and how and when to use them. I'll also help you prepare you to utilize these tools in every aspect of life.

You'll find that the interactive guidance from the instructor plays a key role in helping you to gain and retain this knowledge because they use their experience and skills to make the transfer of this information fun, efficient and easy to learn.

Something which you could never accomplish using a DVD, CD and book or via an online course.

How Dynamic Meditation Will Help You Get What You Want

Whether it's a particular thing, condition or circumstance you're looking to attract into your life, "knowing" which path to follow is the way to success.

By expanding the use of your mind through the process of Dynamic Meditation you'll naturally use intuition as your guidance system.

This means that coincidences become commonplace, you easily recognize ideas that pop into your head as something you should focus your attention on, making the right decisions become easier and problems are solved more efficiently.

When you accurately direct your attention to manifesting something, and use the guidance of your higher consciousness (or higher intelligence), you begin to align "what you want" with "how it will come to fruition" on a subconscious level.

This "alignment" now starts the flow of ideas, coincidences and intuitive feelings to you so you can choose the shortest, most direct route towards obtaining what you desire.

You've most likely already experienced this without even knowing it.

Have you ever had someone intently on your mind and seconds later the phone rings or an email pops up on your computer and it's that person? This is your intuition at work.

The Dynamic Meditation you'll learn through the Silva UltraMind System will not only give you the tools to help you attract the things, conditions or circumstances you want into your life, it will also guide you to becoming more in-tune and responsive to the intuitive ideas that help direct you.

For most of your life, you have lived with the effects of your experiences. Now you're invited to be the cause of your experiences.

You can develop your mind's latent abilities to better sense the information presented to you and in turn accomplish anything you intentionally set your mind on.

Happier, healthier, prosperous, better relationships and more fulfilled.

Not just one, **ALL**.

Dynamic Meditation works for everyone.

There are no secrets, there's nothing mystical. It's not reserved for the "chosen" few.

Dynamic Meditation is for everyone.

I invite you to experience it first-hand because...

***"What you focus your thoughts on today
becomes your reality tomorrow"***

How Quickly Can I Begin?

As I mentioned earlier, anyone can learn how to use the UltraMind System of Dynamic Meditation to their greatest advantage.

Remember, it's not rocket science, it doesn't take a complete change of your lifestyle and there are **No Prerequisites**.

As a matter of fact, it only takes **1 day** to become proficient at.

Although you could try and learn it on your own by reading one of the many UltraMind System books or listening to the CDs, the best way to learn is from an instructor.

Here's why I say that:

Speaking from my own experience, when I first tried to learn how to meditate, I attempted to do it on my own. It was a very tedious process and my initial success was slow coming.

Plus, it seemed to be somewhat frustrating, because I didn't want to wait weeks just to learn how to do it - I wanted to start using it right away which wasn't really possible because you really can't use it and learn it at the same time.

Within just a few hours of taking a class with my instructor Rebecca, I saw the light at the end of the tunnel. I was able to master it in days instead of weeks or months, which was pretty good for a highly analytical left-brain thinker, like me.

Another benefit of taking a "live" class is that you can't ask a question to a book or CD. Having an instructor there with you, and having the presence of their energy to guide you, is far superior to any other method of learning.

I'm not sure I would have been able to learn it on my own, that's why I put so much emphasis on taking the class with a certified instructor who can guide you.

It's easy, it's fun and it will be the single greatest thing you can do to help yourself experience all the wonderful things life has to offer.

Your Next Step Toward a Better Life

I started Intuitive Life, and became a certified UltraMind System Dynamic Meditation Instructor and Coach, because I'm dedicated to helping people become self-empowered towards living the ideal life of their choice.

There are no exceptions - Everyone is entitled to the free flowing peace, love, joy, good health, abundance, kindness and generosity of the universe.

I've made a commitment to spend the rest of my time here as a mentor, guide and teacher; helping people to re-establish their link to higher intelligence, become self-empowered and enjoy living a better way of life.

I promise you, if you take the time to learn the techniques in this unique Dynamic Meditation course, and you practice them faithfully for 10 to 15 minutes a day - you will discover that you can live an amazing life that's beyond anything you've ever imagined.

Over 10 Million people use meditation because it works!

And today, you can join them and begin your journey towards living life exactly the way you want.

In just a few hours you'll see first-hand how to master the art of Dynamic Meditation and use more of your mind in a special genius-like way.

You'll quickly and easily reach the Alpha Level of meditation and concentration, connect with your subconscious mind and learn the two scientifically developed meditation techniques which will help you attract all the things, conditions and circumstances you want into your life.

To learn more and register for your Dynamic Meditation class, visit the Intuitive Life website by clicking here:

www.AnIntuitiveLife.com

Empower A Friend

Don't keep this valuable information to yourself, share this book with your family and friends.

It's simple to do, just click the link below and fill in their email address and I'll take care of the rest.

Click here to: [Empower A Friend](#)

Please note: I don't like spam either so rest assured that I promise to NEVER sell, trade or rent any information to a third party!

About the Author

Ed McDonough is an energetic, self-motivated person who is constantly aware of his spiritual surrounding. He is an enlightened individual whose main focus in life is to make the world a better place by helping people reconnect to their source of spirit and inspiration.



Powered by the belief that everyone is entitled to the free flowing peace, love, joy, abundance, kindness and generosity of the universe, Mr. McDonough has made a commitment to spend the rest of his time here as a mentor, guide and teacher; helping people to re-establish their link to higher intelligence and a better way of life.

Mr. McDonough spent over 25 years in the corporate world as an Electronic Engineer, Technical Educator, Software Development Manager and Senior Project Manager Consultant before leaving in 2002 to become a business owner.

Since 2002, he has started 2 profitable businesses: a custom furniture and cabinetry studio and an internet based business which markets instructional products he developed and produced. Mr. McDonough has seen tremendous success with each business and currently remains happily self employed.

Late 2005, at age 47, Mr. McDonough's life's purpose was redirected when he discovered his objective is to help other people have a better way of life. For several months he went on a fact finding mission where he connected daily to his source energy through meditation.

Seeking a more intuitive, logical approach to achieving his life's purpose, he became a Silva UltraMind System graduate in 2006.

Through the teachings of Jose Silva he reconfirmed his new life goal and found the UltraMind System training course to be the most sensible and intelligent tool to help him accomplish this task.

He became a certified professional Silva UltraMind System Instructor in 2006 when he was personally trained by the Director of Silva UltraMind

Systems, Alejandro Gonzalez Silva, the first nephew of UltraMind founder, Jose Silva.

In 2006 Mr. McDonough opened the doors to his latest company, **Intuitive Life**, through which he currently teaches the Silva UltraMind System course.

Mr. McDonough's courses can be found throughout the Boston and greater New England area. He also privately coaches and instructs folks one-on-one on a limited basis.

Online: www.AnIntuitiveLife.com

Email: info@anintuitivelife.com

Phone: 508-308-8224