

THE
SILVA  METHOD™

THE SOULMATE SECRET

Silva's Surefire Guide To Finding
Love...And Keeping It

By Laura Silva Quesada



Some years ago, I invited a long-time friend who

had gone through a difficult divorce out to dinner. I wanted to treat her to a very nice restaurant in hopes of lifting her spirits. I pick her up right after work, which meant I was still all dressed up in my work clothes. To my surprise, when I arrived at her home, she was wearing a tied-dyed T-shirt, leggings and a pair of old tennis shoes.

Her hair was a bit unruly and needed combing. It was obvious that she had been going through a bit of depression. I figured it was not my place to comment on her attire and that maybe she simply wanted to feel comfortable. We got into my car and drove towards the restaurant. When we arrived, the after-work crowd had poured into the restaurant and we were asked to wait for our table at the bar. The bar was filled with business people who wanted to enjoy happy hour. Many of them were men and some of them were acquaintances of mine. Several

of these professional men, handsomely dressed in their fine business suits, came up to me with lively greetings such as, "Hi, I haven't seen you in a while. Let's get together and have dinner one of these evenings."

With every greeting, my friend looked more and more depressed. Finally, she blurts out, "Every one of these men has gone up to only you. None of them have approached me or have even looked my way." I looked at her and asked her, in a very serious way, "Are these the kind of men you are hoping to meet? She then replied, "Yes, it would be very nice to meet and have a serious relationship with a man who is a professional, has a great job, dresses great and is handsome? At that point I told her the following story:

According to an old Sufi tale, a man by the name of Nasruddin and his friend were sitting in a cafe drinking tea and talking about life and love. At one point during their conversation, the friend asks, "How come you never got married, Nasruddin?" "Well," said Nasruddin, "to tell you the truth, I spent my youth looking for the perfect woman. In Cairo I met a beautiful and intelligent woman, with eyes like dark olives, but she was unkind.

Then in Baghdad, I met a woman who was a wonderful and generous soul, but we had no interests in common. One woman after another would seem just right, but there would always be something missing. Then, one day, I met her. She was beautiful, intelligent, generous and kind. We had everything in common. In fact she was perfect.

"He is greatest whose strength carries up the most hearts by the attraction of his own."

Henry Ward Beecher

"Well," said Nasruddin's friend, "what happened? Why didn't you marry her?"

Nasruddin sipped his tea reflectively. "Well," he replied, "it's a sad thing, seems she was looking for the perfect man."

My response to her in the form of the above story must have sunk in because in the weeks that follow my friend went on a quest to reduce a good amount of weight, resolve many of her emotional issues, work on a financial strategy that would help her get out of debt, started an exercise program and put more attention to her appearance both internally and externally. Within a year, she met a very nice accountant and they were married a year after that. That was almost fifteen years ago and they are still happily married.

Likes attract. A negative, depressed, pessimistic, untidy, emotionally challenged person will more than likely attract a mirror reflection of him/her self. Too often, people believe they can hide their “defects” forever from a Mr. or Ms. perfect who is going to relieve them of their miseries, instead of working on every aspect of themselves to the point that they are happy with who and how they are fully and completely.

We often want our idea of the perfect partner to enter our lives and stay forever, yet we are not willing to do what it takes to be the “perfect” partner for someone else. We can prevent ourselves from painful experiences as well as the loss of precious time and energy if we begin by first working on our selves.

Take some time to evaluate what you believe are the negative aspects of yourself and your life. Areas about yourself and your life where you lack love, respect and admiration? Take them one at a time, write them down and then write down a more positive outcome for each area and use that as a goal to manifest.



The following are areas you may want to evaluate:

“Distance makes the heart grow fonder, and familiarity breeds contempt. According to this my soul mate should be in Thailand”

Jason Zebehazy

Health – Do what you can to improve every aspect of your health. Improve your nutrition; begin an exercise program, and stop smoking and excessive drinking. Consult your health caretaker as soon as you feel the need. Without your health you have little means to enjoy all the goodness life has to offer, and that includes your perfect partner.

Weight – Find a good nutritional plan and reach your ideal weight for maximum health. There are many efficient methods for reducing. Work with your health caretaker and find the right one for you.

Family issues – Approach family members you may have unresolved issues with and search for the best way to resolve those issues. Work on this until you find genuine comfort in your heart and soul.

Career – Improve your talents and skills so as to improve the quality of your work, your value in the work place, your chances of getting promotions and pay increases and secure your career.

Finances – Tighten the belt if necessary and work on a plan to be debt free and financially comfortable.

Emotional issues – Look for the root of your emotional woes, and seek help if necessary in order to understand and overcome them. You do not need to do this alone. Get some support or find a good therapist if necessary.

Attitudes – Having a positive attitude over a negative attitude will result in more positive outcomes and relationships. Be a realistic optimist! With nearly six billion people on this planet, there has got to be many people that would qualify as perfect partners. You only need to attract one of them.

Beliefs – Beliefs are statements you make to yourself about everything in your living experience. Do your beliefs bring more of what you desire into your life or do they keep them out of reach. The belief “I’m unlovable” or “I’ll never find my perfect mate” will not help you achieve that outcome. Your thoughts (Beliefs are expressed in your thoughts) precede physical manifestation. Modify your beliefs by simply changing them to something more positive, and repeat your new belief over and over until you come to own it.

Habits – There are good habits and there are bad habits. Work on eliminating your bad habits or modifying them a little at a time so that they no longer have a negative effect on you and your future plans with your partner.

Self-esteem – You are a sum total of all your past experiences. Some experiences lifted your self-esteem and others dampened it. Address and deal with old issues; develop your talents, practice standing up for who you are and what you believe in, and set clear boundaries for yourself and those you deal with.

General appearance – There may be some aspects of your general appearance that can improve with a little change here and there. Seek some professional advice if you believe it will help. Makeovers can be a lot of fun.

The idea is to put some conscious effort in becoming the best you that you can be. A “you” that you come to love, admire and respect. A “you” that instead of being a “broken present”, is a wonderful, attractive, healthy and desirable gift to give to your perfect partner, the love of your life. When you transform yourself into the “you” that you love, admire and respect, you lose the “part” of you that is needy and often has a repulsive effect on those you have relationships with. That needy part of you is instead transformed into a genuine desire for sharing your life with your perfect partner. A desire to live in a relationship with someone as wonderful as you, where the outcome of the two of you coming together is two people who are of your union.

Once you feel you have reached a good place, a place that can only get better through time (Since you have come to learn how to think, believe, and behave in ways resulting in enough evidence to know you are on the right path), then it is time to begin your mental programming and broadcasting.

At night, before going to sleep, enter a deep meditative state and initiate your programming by broadcasting the following thought (Or something similar) in a universal manner:

“I am going to begin programming to attract my perfect partner. I am hoping to meet him/her within”

(State anywhere from 1 – 6 months. Give your partner enough time to find you. They may be half way around the world).

“I am healthy in spirit, mind, body and emotions and I am ready and eager to meet him/her. I promise to be fully committed to our relationship and be a perfect partner as well”.

(For those who believe in God, Higher Intelligence, or a Higher Power then add the following)

“I am requesting your assistance in finding my perfect partner for you know exactly who he/she is. Thank you for your help”.

Then, simply go to sleep from there. The following night, again enter a deep meditation and mentally say to yourself the following:

“I will awaken when my perfect partner is most receptive for me to make contact with him/her”.

Then, simply go to sleep from there. Sometime during the night or in the morning, you will awaken. When you do, take it for granted that it is time to make contact with your perfect partner. Again enter a deep meditative state and mentally say:

“I am going to count from 10 – 1. By the time I reach the count of one, I will have attuned myself to my perfect partner”.



As you count on a descending scale toward 1. Imagine zoning in on your perfect partner. Once you reach the count of 1, take a deep breath and introduce yourself to him/her. Tell your partner everything about you, your family, interests, hobbies, likes and dislikes, etc. Tell him/her how great your life is and how much you are looking forward to meeting him/her. Talk of daily happenings as if you were face to face with your perfect partner. Make sure you also let your perfect partner know where you like to hang out, work, shop, or eat. This will help attract him/her to one of those places so that you can meet. You may also want to select a special event for your initial meeting. Do this programming every third night.



Good Luck!

(This type of programming can be modified to attract the perfect business partner, employee, client, nanny, etc)

Allow yourself to remain open to possibilities and let us know when you meet your perfect partner.



NOTE: With this application it is not important to make a list of the qualities and characteristics you desire in your perfect partner. Your own higher intelligence or self “knows” what perfect means. In addition, for those who believe in God, or a Higher Power, then the belief is that God knows all including who your perfect partner is.