

AlphaLearning

Accelerated Reading and Learning Techniques

In introducing the subject of accelerated reading, let's begin with how we learn to read in the first place. You learned something by five years old that was one of the most challenging learning tasks that you've ever faced, and it was called The Alphabet. You might think, "what are you talking about, The Alphabet, that's as easy as ABC". But if you examine it you will realize that it is an incredibly complex learning task. Let's explore the process. The first thing is learning the noises of the letters. Most people learned it the same way, by singing: the "Alphabet Song". ABCD EFG HIJK LMNO P, at first I thought "LMNO" was one letter.

We first learned the sounds of the letters through the song. But then it starts to get complicated, when they show us A and they say to us: that's pronounced "aye". And we think, OK, if you say so, great. But realize, they could have shown us one of these Œ and they could have said that's pronounced "aye", and we'd have gone, OK, if you say so, sure.

It's not like we knew what an "aye" looked like. It's not as if we would think, "well of course that A is an "aye", it looks just like an A-frame house. We simply didn't know. A is just a funny looking squiggle. Then they draw twenty six of these funny looking squiggles. And they named them all: aye, bee, cee, dee, etc. What if right now I drew a bunch of funny looking squiggles that you'd never seen before (£ § Σ ¥ π Ø Ç Ω ∫ μ ¶ æ) and I pronounce the first one "blar" and second one "ung" and third one "rvv", and the fourth one zkk, how would you learn that? In order to learn it you'd have to make up a song: blar, ung, rvv, zkk, or something like that. In essence that is the first task in learning the alphabet. You have to memorize all these funny looking squiggles and all the names they are called. That however is not the hard part in learning the alphabet.

After we memorize all the funny looking squiggles and their names, they show us one of these a. Of course we run through our twenty six funny looking squiggles and we think, well it looks a little bit like a q, but it's not a q, and so we figure that it's not a letter! We know every one of the twenty six letters in the song, and that's not one of them. Then they tell us, well, actually that a is an "aye". And you think "What!?! How can this a be an "aye"? You said this A is an "aye". The two "ayes" don't look anything alike. This A is all straight lines, this a doesn't have any straight lines. And so they tell us this A is a big "aye" and this a is a little "aye". Wait a minute! If this A is a big "aye" than this A is a little "aye".

Wait a minute, you mean to tell me that there are twenty six other funny looking squiggles that have the same name but look different? So they reply, no because you see little c looks just like big C. Little b looks about half like big B. Little d is half backwards compared to big D and little e shows no resemblance whatsoever to big E. What's the rule here!!??

I'm sorry, we don't have a rule, we just have twenty six other funny looking squiggles that may or may not resemble the original, except of course that they are totally interchangeable. Now we've got fifty two funny looking squiggles to memorize but we still haven't got to the hard part. Then they show us one of these A again, and they say "what's that?" and we say "aye". And they say, "good, what noise does it make?" And we say "aye", and they say well yeah, but it also happens to sound like "ahh", "aeh", or "auh".

The letter C, could be pronounced "cee", or "cah", or "chh". Somehow when you put the letter P together with the letter H it's not pronounced "p h", it's pronounced "f". And when you put these together T H R O U G H it is not pronounced "Ta

ha ra oh yu ga ha” Somehow, that's pronounced “thru”. Take off the TH from the front and then it is pronounced “ruff”. Take out the R from through and what is left, “though”, is pronounced “Tho”. By the time you end up memorizing all these letters, and all of the noises they make, with all of the strange combinations, permutations and variations, you've memorized tens of thousands of pieces of information, or independent variables.

Mastering the alphabet and learning to read involves learning more new information than anything you have ever faced. Not only did you learn it, you learned it so well, that you've never forgotten any of it, Not for one moment. Never once in your whole life did you wonder what was that letter after B. Never once in your whole life did you accidentally pronounce through as “Ta ha ra oh yu ga ha” You learned this information perfectly and permanently. It was one of the most difficult things you've ever learned, and you know it as well as your ABCs.

There were two reasons it seemed so easy. First, when you learned the alphabet you were in Alpha. You know how I know? Because five year olds live in Alpha. They are almost always in Alpha. Second, when you learned the alphabet, taught to you by your parents or perhaps a teacher, they taught it to you, thinking/feeling, “Of course you're going to learn the alphabet, everybody learns the alphabet.” It never occurred to them that you wouldn't learn it , and therefore it never occurred to you. After the alphabet comes the next step, where they take a few of those letters and they put them together, to make a word. CAT was my first spelling word, I don't know why, since we had a DOG, but nonetheless, it was my Mom's decision and she decided that CAT would be my first word. She asked me what it spelled, and of course I knew what it spelled, I knew my alphabet - I told her, “It spells C - - A - - T”. And she said, “yeah, but what does it spell.” I said, “I told you, it spells C - A - T.” And then she said that phrase that you heard thousands of times growing up. You remember the phrase? It goes like this, “Sound it out!”

So we pronounce the noises that each of the letters make, c a t, c a t,.. CAT! Oh yeah, that feline four legged creature that goes Meow, I know what that is. But at five years old you could have looked at the letters C A T and had no idea what it was until you sounded it out. You had to make the noise, because the picture the letters made was meaningless. You hadn't seen that before.

So, in order to read there's four things that you have to do:

First you see the word

Then you hear the word

Then you recognize the word

Then you connect the word to it's meaning.

SEE, HEAR, RECOGNIZE, CONNECT

That's how you learned to read and that's how you still read today. To this day, nothing has changed. You look at the word, you sound it out, you hear it in your head, you recognize that you know what that means, and then you move to the next word.

At twelve years old I began developing my own accelerated reading program. I loved the idea of reading fast but the traditional speed-reading classes that I'd had, took all of the joy out of reading.

So what happened was, I had a dream. A very powerful dream, and in my dream there were these two voices competing for attention. There was this one voice telling me, "You've got to read more. There's so much knowledge out there. You've got to learn more from all the brilliant men and women that have ever lived. Read more. Read more. Read more.

However this other voice was saying, "You've got to do Alpha more. You've got to learn from yourself. Know thyself. You're your own greatest teacher. Go inside and learn from yourself. Do More Alpha, More Alpha, More Alpha.

So one voice said "Read More", the other voice said, "Alpha More", back and forth, "Read More, Alpha More, Read More, Alpha More". Then this really loud, deep, voice that came right from the core center of my being said, "Why don't you do them both at the same time?" And I woke up and I thought, "What a great idea." So I knew the basic idea of speed reading, learning to read more than one word at a time. We began by reading individual letters, we moved to reading groups of letters or syllables, and then to reading groups of syllables or words. The next step is reading groups of words. Reading whole concepts or ideas. When you read the phrase "in the house", First you read "in", you see the word "in", you say it to yourself, you recognize what means, the opposite of out, and then you move to the next word. You look at the word "the" and you ask yourself what does "the" mean, and of course you don't know. I never knew anybody who knew what the word "the" meant. It's one of the most common words in the English language and we have no idea what it means. My best guess is that it means "proceed to next word".

Then we see the word "house" and most people first see the image of the outside of a house, before they correlate the data and recognize, oh, "in the house", and what that whole concept means. It takes three looks to recognize "in the house".

Yet whenever you read one single long word, for example "Psychologist", one look and you can instantly recognize what that is. It takes three times as long to read "in the house" as it does to read the single word "psychologist" though they are both the same size. If you know a word, regardless of it's size, you can instantly recognize it and then move on to the next word.

The idea is training the mind/spirit/heart to read phrases such as “in the house” all at once, moving out of reading the way you talk, and into reading the way you think. No matter how fast you talk you can't say more than one word at a time, but you can think many. So, no matter how fast you read, you'll still hear words in your mind, but you'll hear them as thoughts instead of as self talk. Thinking happens at a speed much greater than talking does. Thinking doesn't seem faster, but it certainly is. The only thing you notice as you develop these accelerated reading techniques is that you're turning pages quicker, and finishing books sooner. Exceptional readers are the ones who go beyond, and see several words, even several paragraphs in one fixation.

The ability to move beyond the old “one word at a time” technique is the key to mastering the art of accelerated reading. The movement pattern of the eyes, a very powerful habit unchanged in most since adolescence, is the single most basic sub-habit of reading. It is therefore very closely related to all the other sub-habits. By changing that one most basic reading sub-habit, we create a “blank slate” effect. The other sub-habits such as comfort, posture, breathing, concentration, retention, level of interest and attention span are no longer automatic as when they were connected to and triggered by the “one word at a time” eye movement technique.

By learning to read in a “new way” (more than one word at a time) we can discard any of the old sub-habits that no longer serve us and integrate anything we choose into the new reading habit. Just knowing that we can take a habit as intensely ingrained as reading one word at a time, and, through the use of Alpha programming, change it permanently can be a very powerful tool.

The first new step in accelerated reading is to break the habit of focusing on each word individually. The key is learning a new habit of focusing on several words at the same time. The first step is the “tri-focus” technique. This means to focus three times per line. To focus on a third of a line at a time.

First focus left, then the center, then to the right.

I could tell people to read with this tri-focus technique, and they could, but when you divide your attention between how you are reading (the new way of moving your eyes in the tri-focus), and understanding what you are reading (comprehending the information) it makes reading hard work, and takes all of the joy out of pleasure reading. This is the fatal flaw in traditional speed reading programs.

Reading in a state of divided attention (the Beta State) is ineffective. So instead of consciously trying to tri-focus, what we will do is program the mind/spirit/heart to tri-focus automatically. We will utilize Alpha to reprogram the movement of the eyes. Doing this allows the new eye movement (tri-focus) to happen automatically, leaving the mind free to pay total attention to comprehending the material.

The first step is to go into Alpha (eyes closed, deep breath, peaceful place), focus and relax. In the Alpha Brainwave State we begin the process of recreating our reading by imagining the vehicle that we will use to create the change, and that vehicle is an Imaginary Book.” This Imaginary Book is the key to changing the reading habit.

The secret to empowering this Magic Book is very simple. Just how much are you able to L O V E this book. One of the things that I've done with mine, is imagined that every time I pick up my imaginary book, every hungry person in the world gets fed. So of course I Love my Magic Book. It could be anything, anything at all. No law of the physical universe has anything to do with this book. It could look like solid gold and yet it could float, and smell like roses, and it could feel like raw silk.

It can be anything, real or imaginary, that you choose. But remember, the key is just how much can you L O V E this book.

Other things I did to L O V E my book included remembering times from my life that I felt the most love ever. One time, when I was 5 years old and I was walking down the sidewalk with my Mom, and I looked in this big plate glass window of a pet shop, and there in the Pet Shop was the cutest little puppy dog you've ever seen. I turned to my Mom and I said, "Mommy, PLEASE can I have this puppy dog?", and she said yes. She'd sort of been thinking about getting me a dog and so we walked into this Pet Shop and they sold me that doggy in the window, and I walked out carrying that puppy, and she was licking my face, and I L O V E D that puppy, and I took that feeling of LOVE, and I put it in my Magic Book, so I L O V E my Book.

As we open up this "magic book," we notice is that this book has no words in it. Each page has instead of words, a very special exercise that was specifically designed break the old one word at a time reading habit and to create in its place the more effective tri-focus.

TRI-FOCUS EXERCISE

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We imagine the page filled not with words but instead with the tri-focus exercise. No words as this Magic Book isn't about "what" to read, it's about "how" to read. To practice this tri-focus exercise, just focus your eyes three times per each line.

Focus left,	then center,	then right.
Focus left,	then center,	then right.
Focus left,	then center,	then right.

The imaginary book must be read with the tri-focus exercise at every opportunity. After X number of repetitions, it becomes a habit. The number of repetitions necessary becomes much less when combined with very high emotional amplitude or passion. Time means very little, times (repetitions) means a lot. Once the habit (automatic behavior) is established, it is no longer necessary to practice with the imaginary book tri-focus exercise because the habit reinforces itself.

Create the tri-focus in Alpha and allow it to spill over automatically into regular reading. Intentionally tri-focus only in your "Magic Book". Whenever you are reading anything for real, allow your eyes to do whatever they do all by themselves. It is very important to remember to intentionally tri-focus only in your "Magic Book."

Once the tri-focus begins to happen automatically, it is time to program the other preferred sub-habits associated with reading. Focused concentration, comfortable posture, holding the book at eye level, and rhythmic breathing are a few of the basics. Along with enhanced attention span, efficient page turning, and reading with eyes opened wide.

Programming a powerful positive belief that “I will understand and recall everything I need from everything I read” is also a must. Program all this by going into the Alpha Brainwave State and imagining reading with these sub-habits already in place. Feel your intense connection and get a sense of how quickly the pages are turned. By investing a little bit of time now (lots of 20 second Alpha exercises) to read three to five times faster, you will save yourself months, even years over the course of the rest of your life.

I knew the basics of accelerated reading techniques, and I knew the basics of Alpha Programming. Going to my peaceful place, and imagine what I truly want, over and over, as if I already have it, and do it with GREAT PASSION! So I went to Alpha through my peaceful place and I asked myself how to program my mind/spirit/heart to read faster and read better. to automatically read more than one word at a time. This is exactly what I imagined.

ALPHA EXERCISE

I saw myself in my Peaceful Place, my calm, serene, and tranquil space
I slowed my pace, I stopped the chase, as a great big smile came upon my face
And the from my quiet place of peace, I saw ahead a trail,
That winds into the forest, over hill and dale.
A trail that leads me to learning. To my special spot that awaits.
Up ahead, round the bend is my Learning Lab, behind two golden gates.
I walked up to those gates, gates of gold, reached out my hand and I grabbed a hold,
I opened those gates and I stepped inside, to where accelerated learning resides,
This is where I write my story, here inside my Learning Laboratory.

I felt I was getting smarter, with every single breath I'd take.
Getting ready for the changes that I was about to make.
As I looked into my Lab, across the room over there,
What I saw was what looked like a most comfortable chair.
So I went and sat myself down over there.
Next to the chair on the floor was a safe, the heavy metal kind,
With a combination dial and I checked it out to find,
That the first three numbers that came to my mind would open the safe.
So with those three numbers from my mind, I opened the safe.
I opened it up, and took a look, what I found inside was my Magic Book.
Not solid gold, nor encrusted with jewels, not ancient leather made of ancient tools.
My cover was of a substance that I'd never before seen,
I let my imagination create the very vivid dream.
A liquid rainbow cover, my Magic Book possessed,
And every time I touched it, I knew that I was blessed.
For every hungry person everywhere, my Magic Book would feed
Every time I touched it, I helped billions who were in need
That's what it took to help me LOVE MY BOOK
Yes that's what it took to help me LOVE MY BOOK
I took a look at my Magic Book, I opened it up inside,
As I knew I would, what I then saw, was the tri-focus exercise.
Three lines where in a book there would have been words before
But this Magic Book has three lines, no less, and no more.
So left, center, right, I moved my eyes, doing the tri-focus exercise.
Basking in the passion that I would feel, pretending my Magic Book was real.
Again and again I moved my eyes. Doing the tri-focus exercise.
Moving my eyes with great emotion. Doing the tri-focus with great devotion.
Feeling the PASSION I moved my eyes, repeating the tri-focus exercise.
Then I imagined I was able to read, with great comprehension at very fast speeds.

With magnificent retention of everything I'd read, and brilliant recollection of anything I'd need, I imagined it true, that my reading skills grew, great reading was something I could already do. The Tri-focus exercise I did adore. I woke up, went back, and did it several times more.

Tips For Accelerated Reading

In Alpha, program with passion, "every time I read I read in the tri-focus." Then again with even more passion, "every time I read I read in the tri-focus." When I read with the trifocus my concentration is total and complete. Every time I read I read in the tri-focus."

Whenever you read always hold the page up at eye level, and not down on your desk or in your lap. This is very important because when you hold the book down in your lap or flat on a desk, and you look down at the top of the page, your eyelids are half shut. What happens as you read down the page is that your eyelids are slowly closing. When you finally reach the bottom of the page, your eyelids are 90% shut. You almost always fall asleep at the bottom of a page. Rarely do you fall asleep at the top of the page. If you have enough energy to turn the page and look up to the top of the next page, then you're awake. You virtually always fall asleep at the bottom of the page.

People fall asleep not necessarily because they're bored, but because of the physiology involved in reading like this. Your head nods, breathing gets shallow. When your brain gets short of oxygen, you yawn. What happens when you yawn? You think/feel either bored or tired. Always read with the plane of the page parallel to the plane of your face, never perpendicular. When you hold the page parallel to the plane of your face, all the words are pretty much equally distant from your eyes

parallel to the plane of your face. But when you hold the page perpendicular like on a desk, the words on top of the page are three times as far away from your eyes as these words on the bottom of the page are.

That means that you are asking your eyes to work much harder reading this way, because in addition to moving left and right and down the page, you are asking your eyes to adjust frequently in yet another way as every line was closer they had to telescope in, telescope in, telescope in, adjusting for distance with every new line. This telescoping muscle of the eye is the very weakest. We are not used to looking far, then closer, then closer, then closer. That muscle's the weakest of the eye muscles. So always hold the plane of the face parallel to the plane of the page when you read.

One of the keys to comprehension when you are reading is interest. Interest is a fascinating concept, but interest has little to do with what you're doing. Interest comes from the past or the future. You are interested in something now because something happened in the past leading you to believe that learning this now is going to feel good. Or you're interested in something now because you think by doing this now, something that feels good is going to happen in the future. Interest has little to do with what you're doing. It comes from memory or fantasy.

Quite often we are not conscious of these memories or fantasies, they are below our level of conscious awareness. Real or imaginary things that feel good create the phenomena called interest. One time, to create passionate interest in a physics class I feared would be boring, I imagined I was walking out of my class carrying my physics book in my hand and walking across campus to my bank. I walked in carrying my physics book in one hand and my check book in the other and as I got in line in the bank, I noticed that standing in front of me in line, the next person in line, was the woman of my dreams.

There she was, Venus in blue jeans, Aphrodite in a halter top. Everything, everything, everything I'd ever dreamed of in a woman was standing right in front of me. Even from the back I knew, she was the one for me. I'm imagining that I'm staring at her, and she turned around and she looked at me, and her eyes met my eyes and my eyes met her eyes and cupid's arrows were shot into both of us and there were flowers and hearts and angels and rainbows and it was love, it was love at first sight, it was the most incredible love, it was the most wonderful love. We stared at each other, wondering where we had been all of each other's lives and then all of a sudden I noticed she started looking down at my physics book, and so for the first time I looked down and I noticed she was carrying a copy of that same physics book!! What an amazing coincidence!! She looked at my physics book I looked at her physics book, our eyes met once again and she said to me, "Oh you're taking physics, I'm having oh so much trouble with that." I said "Well fair maiden allow me to be of assistance." So we went over to this coffee shop across the street from the campus and she said "Do you really understand physics?" and I said, "Well of course I do." At that moment, I opened my eyes for real, I picked up my physics book for real, and opened it up and I read the first paragraph, for real. I closed the physics book, closed my eyes, imagined my peaceful place and then, the restaurant, and there she was again and she said "What did it say?" and I told her what it said and she said "Oh you're so smart" and she started holding my hand as we started studying together. We studied together for our first physics exam and we both got As and came back together and congratulated each other and we started studying together all semester long. About half way through the semester I had a really brilliant idea and I decided to make her a better physics student than I was. Now all of a sudden she's picking up on this stuff faster than I am and she's saying, "What's the matter don't you get it?" I'd say, "Well give me a minute" my male ego's being challenged. This exercise with my Physics Girl changed my academic life dramatically. To this day I truly love physics.

Six Part Study Skills System

1. **Scan:** Look over the material before you read it. Warm up the mind on the subject matter before you begin to study.

2. **Psyche up:** Get yourself interested in the material that you are about to study. Imagine why it actually is important to you or else make up a reason that motivates you to pay attention.

3. **Read:** Read with total focused concentration in alpha using the tri-focus technique for the duration of your attention span.

4. **Process with confidence:** In eyes closed Alpha, imagine that you are fully confident that you know the information and will be able to recall it anytime, especially under pressure.

5. **Review:** Go back over what you just read, very quickly over what you realized that you already knew. Go very quickly over what you totally understood. Go very quickly over what you don't need to know, and stop and study only what is left. Review what you know, study only what you didn't get the first time through.

6. **Rehearse:**

Imagine watching yourself taking a test. Watch the smile on your face as you successfully answer questions. See yourself checking your answers knowing you got them right. Imagine in and received back the corrected test. Imagine the A or 100% and finish by congratulating yourself on a great performance.

Perhaps the single most dangerous thing our school system does, is force children to take classes they're not interested in. When you attempt to learn something you're not interested in you usually don't learn it very well and therefore you feel less intelligent, your self esteem goes down, and so does your ability to heal. We don't need to force children to take classes they're not interested in. We already have existing today, the technology to entice them to.

Just hire creative people like those who come up with ideas like Teenage Mutant Ninja Turtles to make commercials for English classes. Kids will be saying, "please, please, let me take English. A key to taking in information is paying attention.

We know several things already about paying attention. We know that Alpha is the state of attention, so before you read anything, technical material or difficult material, close your eyes and go to your peaceful place first. You always focus your attention on your peaceful place so now you have a focused attention state to shift over to the material you're about to read.

Now, instead of hoping the material will bring you into a focused concentration state, you focus your concentration first on your peaceful place and then shift over to the material you are learning. Another thing about paying attention is that it is much easier to pay attention to something when you have some kind of idea what you're going to pay attention to before you pay attention to it. Its much easier to move into the process of learning, when the mind/spirit/heart is warmed up. So step one, you scan the material. This is not reading, or even skimming. You take a look at what you're about to read, just looking at a few words on each page, the words that pop out at you, just thinking about what subject this is, before you read it.

The reason for this is that one of the most basic of all human experiences is the fear of the unknown. When you take a book that you haven't read before and you look at what you're about to read your eye is a camera it actually takes a picture. We all have a photographic memory, though some of us develop the film better than others, we all take pictures. Go back to actually read the material and it seems no longer unknown. There is an instant recollection, an immediate affinity for what feels familiar. Always look over the material before you read it.

If you're already interested in what you're about to read then get in touch with that interest and amplify it. If you're not interested in what you're about to learn then create interest in it. When you read, you read for the duration of your attention span. It's fine that we have a limited attention span because it doesn't really matter. Five minutes is as good as twenty minutes, because regardless of the duration of your attention span you have an incredibly rapid recovery rate. You can pay attention to something for five minutes, then take ten seconds off (Imagine your heart/head induction) and you're ready to go again for five more minutes. Pay attention for five more minutes, take ten seconds off and you're ready for five more.

It doesn't matter how long your attention span is. Because you have an incredibly rapid recovery rate. When you study, distractions and interruptions can be GOOD. If I'm studying and all of a sudden I hear this truck go by, that's good, because my attention had begun to fade enough so that the truck captured it. I didn't hear the previous trucks go by. I only heard that truck because I wasn't giving my full attention to what I was reading any more. When you get interrupted, or distracted, that gives you an opportunity to go to Alpha and get a brand new attention span.

If you are reading and you have this internal distraction, this thought that says, "You need to do your laundry!" What you need to do then (to keep the distraction from reoccurring) is to make a decision. You need to decide when you are going to do laundry (Thursday 4 PM) or decide when to decide when to do your laundry (after this chapter).

It is important to effectively process the information. One of the most interesting things about the process of memory is that when information comes in there is short term memory and long term memory. Short term memory is very temporary, lasts for just a few moments. Long term memory is anything that lasts more than those few moments and what happens with long term memory it goes into permanent memory storage.

There is no middle term memory. If it makes it into long term its there forever. Memory is perfect, the ability to recall is what breaks down. Where information goes in the memory bank, has nothing to do with the information itself at all. If you imagine your memory bank being like a file cabinet drawer with the easy to remember stuff in the front and the hard to remember stuff in the back, where information goes in that memory bank has nothing to do with the information. What it has to do with entirely is something I call the emotional rider.

The emotion you feel about the information is what determines where in the memory bank it goes. You remember what you love, you remember what you hate and you remember what scares you, you remember what excites you, what you don't remember is what you didn't care about, what bored you, what you were apathetic about. The more emotion, the easier anything is to remember, and the less emotion, the harder everything is to remember. The key to processing information is doing it with emotion. This works with real emotion or pretend emotion because the subconscious mind doesn't know the difference between imagination and reality.

As I finish reading, I stop for a moment and I say to myself, with great passion "GOT IT". I put that emotion of intense confidence onto the information I just learned and then it files into my memory bank along with everything else I feel that confident about.

It goes right next to, how to tell time, how to tie my shoes, what my brother's name is. Process information, put an emotion on it, before it goes into your memory bank. The real key to learning technical material is effectively reviewing what you've learned. When you're reading this material go through it once and let yourself miss stuff, its okay because you know you're going to go back. Get the basic idea, the first time through. Let yourself miss stuff, don't reread, continue to read onward, feeling it's okay to come back and get it next time through. When you go back you go very fast over the material that when you realized you already knew that. You go very fast over the material that you realized you definitely understood. You go very fast over the material that you realized doesn't matter, and you stop and you carefully study what you still need to learn. "Great students only study what they don't know, they don't study what they know."

Read it once through for the purpose of getting most of it and then go back really quickly and only stop and pick out the pieces you missed the first time. If you like to underline or overline or take notes on what you are studying, this is where you do it.

You need not underline the first time you read something. The purpose of underlining is to prioritize, to determine what's more important than what. How are you going to do that effectively, when you don't know what you've got to work with yet. Finally you practice remembering. This is an example of Mental Rehearsal in the Alpha State to create Peak Performance.

If you were a student and you had a history test on Friday, you would start your practicing a week before. You would close your eyes, take a deep breath, and go to your Peaceful Place. Next you would imagine yourself laying in your own bed waking up in the morning. Imagine your first thought is, "Today is Friday", today's my history test, and I'm ready." So you imagine getting up, feeling very confident, and going to school. As soon as you get to school you imagine that you sit down at your desk and the teacher passes out the exam, and as soon as you get the exam you imagine that an invisible part of you steps outside of yourself and is watching yourself from over there taking that exam. Imagine that you are a little to far away to see what questions are on that exam or what answers you are writing.

What you can see as you watch yourself, is your pen zooming along answering every question, and you can see that smile on your face, and that gleam in your eye. You know just what you look like when you are doing great, and that's what you looks like. Imagine finishing with lots of time left, put down the pen, pick up the answer sheet, checking your answers, nodding smiling, saying, yes, yes, yes, yes. You hand in the exam, the bell rings and you walk out of the room. As soon as you get out of the room you imagine that it's the next class day, you walk back into your class, the teacher passes the corrected exam back with a big red A on top and you say to yourself, ALL RIGHT!! Imagine this about fifteen times a day for a week before the exam. When you walk into that exam on Friday for real your subconscious mind is going to think/feel "Oh this exam again - I've taken this exam a hundred times, I always get an A on this exam.

I've got a habit of getting an A on this exam." What happens is, that all the answers that are in your mind will come out. Now of course this only works if you study, but if the information is in there it knows how to come out. This virtually eliminates the tip of the tongue syndrome.

ALPHA EXERCISES

MAGIC BOOK

Close your eyes, take a deep breath, and imagine your heart drifting up into your head. Then imagine a peaceful place. Make this quiet peaceful place you've chosen seem as real as you can. Imagine that in this place there is your magic book. Pretend that this book has magical properties. It can feed the hungry, or heal the sick, or end war for all time. Imagine that you LOVE this book, as much or more than you have ever loved anything. Hold this magic book in your hands. Realize the amazing treasure that it really is. This book has the power to change dramatically the way that you read forever. This book can help you learn to be excited and interested in everything that you read. Whenever it feels comfortable for you, take a deep breath, open your eyes, come wide awake. Then get yourself up and with passion, take your next action step.

READ WITH SPEED

Close your eyes, take a deep breath, and imagine your heart drifting up into your head. Then imagine a peaceful place. Make this quiet peaceful place you've chosen seem as real as you can. Imagine that you are about to read a wonderful book. Imagine that before you read you scan the material very, very quickly. You move your eyes over the material at a rate far beyond your reading speed. Faster and faster you exercise your eyes, preparing them to read. When you finish and actually begin to read, you notice that you are reading at a rate far beyond what you have been able to do in the past. Be aware of the fact that you are paying excellent attention to the material in part because of the faster speed. Imagine how many more books you will now be able to read. Whenever it feels comfortable for you, take a deep breath, open your eyes, come wide awake. Then get yourself up and with passion, take your next action step.

ATTEND TO COMPREHENSION

Close your eyes, take a deep breath, and imagine your heart drifting up into your head. Then imagine a peaceful place. Make this quiet peaceful place you've chosen seem as real as you can. Imagine that you are reading another wonderful book. As you finish, pretend that you are discussing it with someone who has also read it. Be aware of how excellent your comprehension is and how brilliant your recollection is of the material that you read. Imagine how this skill will serve you in the future. Realize the wisdom that could come from all the knowledge you are receiving from all of the brilliant writers you are able to explore. Whenever it feels comfortable for you, take a deep breath, open your eyes, come wide awake. Then get yourself up and with passion, take your next action step.

BEST ON THE TEST

Close your eyes, take a deep breath, and imagine your heart drifting up into your head. Then imagine a peaceful place. Make this quiet peaceful place you've chosen seem as real as you can. Imagine that you are being tested on something that you have read. Get the feeling that you understood the material perfectly and that you are able not only to remember everything that you read, but to also understand what the author was saying between the lines. You get a sense of the writer's motivation for doing this work, and a feel for the message that was being expressed. This feeling of being an excellent learner combines with the feeling of confidence that you get from performing your best under pressure. Feel that you always do your best when the chips are down, you always remember best when it comes to the test. Whenever it feels comfortable for you, take a deep breath, open your eyes, come wide awake. Then get yourself up and with passion, take your next action step.

Accelerated Learning involves Mindful Reading which has two basic components:

First, reading in a mindful state; taking in information in the state of Narrow Awake, a relaxed state of focused concentration brought on by amplified passionate interest.

Next, reading mindfully; reading ideas or concepts instead of individual words and processing information in the way that you think instead of in the way that you talk.

Just as we once evolved from reading letters to reading syllables and then to words, we can quickly evolve from reading words to reading groups of words, which translate more directly into ideas or concepts. In the state of Narrow Awake, students reprogram their eye movements to automatically take in small groups of words at once instead of one word at a time. This allows the mind to move out of a talking mode and into a thinking mode and to focus entirely on comprehension. Reading faster, at the speed of thought, keeps the mind from wandering. Being focused and free from distractions allows reading to become a much more intimate and mindful experience.