

PART 8



HOW TO TAP THE INCREDIBLE SECRET Powers of Your Own Mind

No effort was made to pick him up. Instead, as he paused for breath for fresh screaming, he was told quickly, simply, sympathetically, “That hurts awful, Robert. That hurts terrible.”

Right then, without any doubt, my son knew that I knew what I was talking about. He could agree with me and he knew I was agreeing with him completely. Therefore he could listen respectfully to me, because I had demonstrated that I understood the situation fully.

Rather than reassure the boy, he carried on in the same way:-

Then I told Robert, “And it will keep right on hurting.” In this simple statement, named his own fear confirmed his own judgement of the situation, demonstrated my good intelligent

grasp of the entire matter and my entire agreement with him, since right then he could foresee a lifetime of anguish and pain for himself.

The next step for him and for me was to declare, as he took another breath, “And you really wish it would stop hurting”. . Again, we were in full agreement and he was ratified and even encouraged in this wish. And it was his wish, deriving entirely from within him and constituting his own urgent need.

With the situation so defined, I could then offer a suggestion with some certainty of its acceptance. This suggestion was, “Maybe it will stop hurting in a little while, in just a minute or two.”

This was a suggestion in full accord with his own needs and wishes and,

because it was qualified by “maybe it will,” it was not in contradiction to his own understandings of the situation. Thus he could accept the idea and initiate his response to it.

What you have just read is a case where the son of master hypnotist, Milton H. Erickson M.D., had fallen down the back stairs of his home and had split his lip and dislodged an upper tooth. To continue:-

Robert knew that he hurt, that he was a damaged person: he could see his blood upon the pavement, taste it in his mouth and see it on his hands. And yet, like all other human beings, he too could desire narcissistic distinction in his misfortune, along with the desire even more for narcissistic comfort. Nobody wants a headache; since a headache must be endured, let it be so colossal that only the

sufferer could endure it. Human pride is so curiously good and comforting! Therefore, Robert's attention was doubly directed to two vital issues of comprehensible importance to him by the simple statements. "That's an awful lot of blood on the pavement. Is it good, red, strong blood? Look carefully, Mother, and see. I think it is, but I want you to be sure.

When Robert looked at the blood he was able to confirm what his father had told him. While doing this he stopped crying and his mother was able to clean him up. When he went to the doctor Robert asked if he was going to have as many stitches as his sister had once had. Apparently no anesthetic was used while he was stitched up and he was totally absorbed by the whole procedure.

Milton Erickson was acknowledged to be the leading hypnotherapist of his day and many would say he was probably the most brilliant this century!

By training he was a psychiatrist and a psychologist and was a fellow of the American Psychiatric Association, the American Psychological Association, and the pathological Association, as well as being an honorary member of many medical societies of hypnosis from around the world.

Dr. Erickson placed great emphasis upon learning how to observe people. He himself had legendary powers of observation which he partly attributed to an attack of polio when he was seventeen. He had lost all sense of body awareness and couldn't even tell the position of his arms or legs. He spent many hours trying to

find a sense or feeling in his toes and feet so that he became acutely aware of his movements when his senses started to return. This knowledge enabled him to gain better use of his legs and he was able to walk again albeit with a limp. In the use of hypnosis, being able to accurately observe a subject's subtle movements is very useful in gauging their progress as a hypnotic subject. (*“people use those little telltale movements, those small movements that are so revealing if one can notice them.”*)

Hypnotic Induction Techniques:-

Last month I said that these days we no longer rely on gimmicks or paraphernalia in order to induce trances in people. Many experiments have shown that imaginary aids are much more effective. In one experiment one group of subjects were taught to induce a trance by staring at a crystal ball six inches away and

slightly above their range of vision. When the same group were induced without a crystal ball they had problems and found it difficult. However when they were told to imagine looking at a crystal ball they went into a trance more quickly and the depth of the trance was more profound.

Your imagination is a very powerful tool when used in hypnosis. The problem with external props is that they can actually distract you as you move into a trance. The regular pulse of a physical metronome can disturb you whereas an imaginary one will speed up or slow down, get louder or quieter, depending on your needs. While you concentrate on the imaginary prop your conscious mind is busy.

The skill of the professional hypnotist depends on his ability to interpret a subject's reactions

and body movements while they go into trance. In this way he can ensure that his suggestions have the greatest effect. A bad hypnotist will concentrate too much on what he is saying to a subject and not pay enough attention to what the subject is actually feeling and experiencing. For example expressions like sleep, sleepy, and sleeping should be timed to coincide with the movement of a subject's eyelid movements and breathing.

Erikson was acutely aware of this and he would go to great lengths to co-operate with a subjects own desires. On one occasion a subject who seemed unable to go into deep trance after several hours of effort asked if she could advise on the techniques being used. She was a graduate in psychology but had no experience of hypnosis. Erickson readily agreed and she would say things like:-

“You’re talking too fast on that point; you should say that very slowly and emphatically and keep repeating it. Say that very rapidly and wait a while and then repeat it slowly; and please, pause now and then to let me rest, and please don’t split your infinitives]’

With her help she obtained a profound almost stuporous trance, which was achieved in only thirty minutes.

Confusion Technique:-

As with most hypnotic induction techniques what you are trying to do is suspend the critical factor. When using the confusion technique you present a whole series of individually differing, contradictory suggestions, which are at variance with one another. The aim is to cause the subject to make a constant shifts of orientation in order

to try and make sense of it all. While the conscious mind is grappling with all this a simple emphatic suggestion to sleep is welcomed by the conscious mind.

If we take hand levitation as an example. I might give someone strong suggestions to raise their right hand while also giving suggestions of immobility of the left hand. Then you give suggestions to levitate the left hand and immobility of the right hand. This is obviously contradictory. As the subject gets used to his confusion, and in so doing starts to co-operate with the suggestions, more suggestions are then given of immobility of both hands at the same time as suggestions of one levitating and the other remaining still, then a return to the original suggestion.

It is important to give your suggestions quickly, insistent, and confident in this way it is hard for the subject to make any sense of it all. What you want is for him to get used to his situation and co-operate as best he can. In this way he learns to yield to the situation you are creating. Eventually he will welcome any positive clear suggestion you make.

Rehearsal Technique:-

This was often used by Erickson with people who he thought were good potential subjects but who had initially made little response to hypnosis. There are different ways it can be used. Here is one example:- There was once a medical student who said he didn't think he could develop amnesia in trance. He wanted to go into trance but at the same time didn't want to co-operate with Erickson by developing amnesia. The student decided to take part in a

demonstration but selected his own proof of amnesia namely the removal of his right shoe.

He achieved a good trance and was given a large number of instructions such as borrowing a student's cigarettes, another's glasses, etc. While he was doing this Erickson repeatedly told him to forget the simple tasks he was carrying out. At some point Erickson slipped in the suggestion that upon awakening, while talking to the class about whether or not he had developed amnesia, he would cross the room, write a sentence on the blackboard, sign his name, while still talking to the class.

When he awoke, he stated that he remembered everything that was said to him and what tasks he had performed. This remark was challenged in the class whereupon he then gave a heated account about what had taken place. While he was still talking to the class he strolled up to the

blackboard, wrote the sentence signing his name and returned to his seat.

When the writing on the board was brought to his attention he denied he had written it and triumphantly showed the class his right foot with the shoe still on it and declared that this proved his earlier statement that he had no amnesia. Continuing his remarks he absentmindedly removed his shoe from his right foot! He was unaware he had done this until after Erickson had dismissed the class. He finally agreed that he had indeed developed amnesia without conscious knowledge of the fact. The class returned and he was asked to write out the sentence once more. While he did this Erickson made a few suggestions and the student went back into a deeper trance.

So what happened here was that the student was given a large number of simple tasks to perform seemingly to produce amnesia but in reality to allow him to succeed again and again which was what he really wanted. What he thought of as failures, i.e. that fact that he could remember these acts, were successful rehearsals leading up to the main theme the development of amnesia. The careful way in which the main suggestion, the writing on the board, made it different from the more emphatic instructions used for the other acts. The little successes of not developing amnesia fueled his desire for more success which was to actually develop amnesia. The process of writing out the sentence again placed him once more in same situation by that fact that he had already rehearsed this event before, and so a deep trance was made possible.

Multiple Dissociation Technique:-

Another technique Erickson often used to induce a deep trance and maintaining it is called the “Multiple Dissociation Technique”. What happens is the subject is invited to induce multiple hallucinations where different, but connected, objects are visualized. What he sometimes did was ask a subject to create in their mind a crystal ball while in a light trance. In one case he was dealing with a woman in a very depressed state and what he did was ask her to imagine a happy image or incident from her past.

Soon she had several crystal balls in existence at the same time each representing a different part of her earlier life. Once she was co-operating in this way he found it easier to help her develop a deep and consistent trance necessary to help her therapeutically. The same technique was used with a musician where he was asked to think of

a past experiences while at the same time putting a haunting sound track with it in his mind. The repetitive nature of this technique is very helpful to those people who are normally unresponsive to hypnotic suggestion.

Post - Hypnotic -Techniques:-

This is a technique where a hypnotist introduces a subtle or unobtrusive suggestion which will allow the subject to develop a spontaneous trance at a later stage. We have already seen an example of how a post hypnotic suggestion worked when the medical student repeated an act he had done previously while in trance, i.e. writing on the black board, which made him much more amenable to going into a second trance. Sometimes a subject finds it difficult to go into a deeper trance and so a post hypnotic suggestion can be a very useful ploy in these cases. If the subject can develop a spontaneous

trance by executing a simple post-hypnotic act they can often be taught to deepen it. This method can be repeated at each stage making it easier and easier each time.

“The more casual hypnotic work can be done, the easier it is for the subject to adapt to it”.

As you can probably see there is no hard and fast rule as to how a hypnotic trance should be induced it depends on you the subject and how you react to the hypnotist. With self-hypnosis by regularly practicing you will be able induce a trance by being more and more aware of your mind and body. Sometimes you might feel too agitated to develop a trance which is fine and perfectly natural. The point is you cannot force it. Try to be relaxed and natural.

Utilization Techniques:-

Sometimes you find a subject will resist the techniques of induction. By this I don't mean they are being hypnotized against their will. Often they are desperate to be hypnotized, for whatever reason or problem they have, but their conscious mind frustrates any co-operation. Suggestions to respond to given directions like relax or simple hand levitation exercises are blocked.

By accepting and utilizing the resistance and working with it positively you can turn it to your advantage and induce hypnosis. For example someone who is resisting hand levitation might be told:-

Shortly your right hand, or it may be your left hand, will begin to lift up, or it may press down, or it may not move at all, but we will wait to see what happens, Maybe the thumb will be first, or you may feel something happening in your little finger, but the really important thing is not whether your hand lifts up or presses down or just remains still; rather, it is your ability to sense fully whatever feelings may develop in your hand”

This kind of wording down plays actual motion, i.e. the lifting up, and pressing down, or no movement at all, cover all eventualities. So a situation is established whereby the subject can resist the process in a constructive and co-operative way. Whatever happens to a subject's hand, whether it moves up, presses down, or just rests there, they are now co-operating with the induction process. The hypnotist could go on a little later to give suggestions that the right hand

will levitate, but the left hand will not. To resist this the subject must exhibit contrary behavior. This makes it easier for the subject to co-operate.

“I’ve made no progress at all in three years of psychoanalysis, and the year I spent in hypnotherapy was a waste of time. I didn’t even go into a trance. I tried hard enough. I just got nowhere. I’ve been referred to you and I don’t see much sense in it. Probably another failure. I just can’t conceive of me going into a trance. I don’t even know what a trance is.”

From these remarks and the notes made by her doctor it was decided that the best way of getting her to go into a trance was to utilize her own words during the induction.

*You really can't conceive of what a trance
is---no, I can't, what is it? ----- yes,
what is it?----a psychological state, I
suppose----A psychological state you
suppose, what else?-- -- I don't know---
you really don 't know---no, I don't---you
don't, you wonder, you think---think
what yes, what do you think, feel sense?
(Pause)*

*I don't know----but you can wonder----do you
go to sleep? so tired, relaxed, sleepy----
really tired so very tired and relaxed, what
else?----I'm puzzled----puzzles you, you
wonder, you think, you feel, what do you
feel?----my eyes----yes, your eyes, how?--
--*

*they seem blurred----blurred closing----
(pause)----sleep, tired, relaxed, sleep,
breathing deeper----(pause)----eyes
closed, breathing deeper. Relaxed,
comfortable, so very comfortable, what
else? (pause)----I don't know you really
don 't know, but really learning to go*

*deeper and deeper----(pause)----Too tired
to talk, just sleep----*

*maybe a word or two----I don't know (this
was spoken laboriously) breathing*

*deeper and you really don't know, just
going deeper and deeper, sleeping
soundly, more and more soundly, not
caring just learning, continuing ever
deeper and deeper and learning more and
more with your unconscious mind.*

Once a trance was established she was given **a**
post hypnotic suggestion to create future
trances.

Pantomime Technique:-

The name “pantomime technique” was coined after a visit Doctor Erickson made to a seminar in Mexico City in 1959. It is certainly one of his most impressive efforts in hypnotic induction. As a technique it has some similarities with the confusion technique; in so far as the subject has to be willing to accept any clear, unmistakable suggestions.

A nurse was chosen as a subject for a demonstration of hypnosis. She had no previous knowledge of hypnosis, she knew next to nothing about Doctor Erickson, and could not speak or understand English. Erickson could not speak or understand Spanish! She had been told that the Doctor was from North America and would need her silent co-operation and that neither of them would be able speak to each other because of their language difficulties.

The nurse was obviously uncertain as to what to expect but was eager to help and wanted to understand what was needed of her. She was brought out on to the stage to meet Erickson and he walked quickly towards her with a broad smile and his right hand outstretched. He slowly shook hands with her staring at her fully in the eyes and gradually stopped smiling. As he did this he slowly let go of her hand in an irregular way by increasing pressure a little on her thumb, little finger, and then the middle finger. In this way she did not have any clear cut idea as to when he had completely withdrawn his hand. As he did this he altered the focus of his eyes and appeared to look through her. This minimal clue caused her eyes to dilate at which point he let go of her hand completely.

This had the desired effect of leaving her hand resting in mid-air in a cataleptic position. He raised her hand slightly by putting a little upward pressure on the heel of it. Her other hand also

showed signs of catalepsy and she remained staring unblinkingly at him. He then slowly closed his eyes and as he did so she followed his example. He then immediately opened his eyes and walked behind her and explained to the audience what he had done in English. The subject appeared not to hear him while he did this.

She did not even react when he touched her ankle and lifted her foot up *a* little meaning she had to stand on one leg. He then put gently upward pressure on her eye lids which she then opened. Her pupils were still dilated and he pointed to his feet and then her raised foot and hands at which point she looked puzzled even embarrassed. He then gestured to her to lower her foot but the hands remained in catalepsy. A few of the audience were invited to talk to her in Spanish but she still stared fixedly at Erickson and made no response to the others. She also seemed to forget about her hands.

At this point one of the other doctors asked whether she could see the audience as she did not seem to hear them. Erickson then pointed to his eyes and then to hers bringing his fingers close to them making a pointless sweeping gesture towards the audience; as if to say where are they, and pulling a suitably surprised face. She did the same thing and asked in Spanish “where are the doctors, they are supposed to be here?” She appeared confused and frightened and a few of the doctors spoke to her trying to reassure her but she still seemed unsettled. Erickson then quickly got her attention by putting his fingers close to hers and then to his own, lifted her hand, admiring a ring on her finger as he did so, and gave her a big, pleased, smile. At this point she lost her fear.

Then a member of the audience asked how could he awaken her? Erickson then showed the girl the second hand on his watch and silently

counted out ten seconds with his fingers, synchronized with the watch. Then she saw Erickson close his eyes, count out ten more seconds, and then open his eyes with an assertive nod of his head. He then smiled brightly at her and indicated that he wanted her to do the same thing.

As she closed her eyes Erickson walked back to the far end of the platform where he was originally standing when she first came out on stage. As she opened her eyes she could see him where he originally stood and he walked up to her in the same manner. This re-established the link to the start of the induction and she achieved full awakening consciousness.

They shook hands and he thanked her very much and bowed as if telling her he was finished with her. One of the doctors translated his remarks. She was very confused at being dismissed in this way because she could not remember any of the

experiences of being in trance. She had total amnesia of the whole experience.

Until I had read about this account of the pantomime technique I never thought it was possible to put someone into a hypnotic trance unless you could speak to them in their own language. This just shows what a consummate exponent of the art of hypnosis Erickson was. Of course he made it all look so easy!

The question of amnesia is an interesting one. Some subjects who can easily develop amnesia in a light trance might fail to do so in a deeper trance. Such anomalies arise because of a person's psychological orientation. In *a* light trance there is a mixture of conscious understanding and co-operation in what is going on. As the trance goes deeper we function much more in the subconscious state. In a deep trance subjects will behave in accordance with their

subconscious patterns of awareness which very often differ from their conscious ones.

What can happen is that where people find it difficult to move into deeper trance states because they unwittingly interfere with the process because they have no experience of it. It is for this reason that a hypnotist might need to train a subject how to respond to hypnosis for a few sessions before any therapy or experimentation can take place. Eventually there will be a mixture of understanding between the conscious and subconscious, a kind of co-operation. However once a deeper stage of trance has been reached a subject will function directly at a subconscious level of awareness without interference by the conscious mind.

HOW TO SPEED UP YOUR READING:-

Before I start to teach you how to drastically speed up your reading we must first find out at what pace you read now. Most people are normally categorized as either slow, average, above average, and fast readers.

What I want you to do is find an ordinary book, preferably a hard back because it will make things easier. Now I want you to find a page to begin reading from and read for exactly one minute. Use a timer of some sort. Make sure you read in your normal fashion. Don't try to speed it up for this test it does not matter whether or not you are a slow reader or a fast reader at this stage.

When you have finished reading I want you to mark the page with a paper clip. Now I want you to find out how many words you have read in a

minute. Don't worry you don't have to count them all. Just add up the words in three typical lines and divide that number by three. This will give you an average. Now count up the number of lines you have read, multiply them together and you will have your answer. Please write this number in the box below:

Now I want you to think about the level of understanding you achieved while reading your passage. Was it good, average, or poor. Now I want you to put a tick inside the appropriate box:-

☐

Good

☐

Average

☐

Below Average

Most people read between 200 and 350 words a minute. If you managed to get between these figures then you are considered to be an average reader.

There are some people who can naturally read over 1000 words per minute with excellent memory and comprehension. President Kennedy was reputed to have been able to read more than 2500 words per minute naturally. He would read up to six newspapers from cover to cover over breakfast every morning.

The British economist and philosopher John Stewart Mill said that the only thing that prevented him from reading faster than he did already was that he could not turn the pages over quickly enough.

Incidentally the intelligence of a person does not have any direct effect on the speed at which they read. Some slow readers are people who have managed to obtain a Ph.D. while some fast readers have been known to have low IQs. So there is no connection between a person's intelligence and how fast they can read. The

difference between a fast reader and a slow reader is the way in which they look at the page. To see what I mean open your book once more at random and get ready to read a line from the left hand side. Now just think about how you are focusing on the page. You probably find that your eyes are focused on one line, and perhaps on two or three words in the line.

Now I want you to use an old painters trick, I want you to turn the page upside down. Painters did this with their canvases because it helped them see if they had made any glaring errors in perspective or whatever. What this does is help you see the page in a different way. Obviously I don't expect you to read it like this but I want you to look at the shapes the paragraphs make on the page. See how the different sections of the page are set out.

Now turn the book the right way up and feel how your eyes respond. I expect that they probably

start focusing again on the one or two words in the line you were looking at before. The strange thing is there is no reason why you should naturally do this. You do it because you have been taught to read in a particular way many years ago.

Singular Word Reading:-

What trained speed readers do, and naturally fast readers do, is read groups of words at a time with each fixation of their eyes. This greatly speeds up their reading and also makes it easier to understand and remember what they have read.

Psychologists have discovered that most of us have a short term memory which can naturally absorb up to seven, plus or minus two, units or items at any given time. If you read one word at a time then the chances are that you probably consider each word as a unit. What this can

mean is that if the sentence is more than seven words it is possible to forget what you had just read at its beginning. This is why we sometimes have to re-read certain sentences from time to time. If you learn to scan four words at a time then the chances are that each of your seven units you now will contain four words.

This not only increases your memory but also dramatically increases the speed at which you read by three or four times. In actual fact the effect is to increase your reading speed much more than that because if you read one word at a time it is easy to become bored which means we lose our concentration. This has an adverse effect on our comprehension and memory.

SUB-VOCALISATION

This is another major reason that many people cannot read very quickly. I want you to start

reading a short passage from your book again. Can you hear a little voice inside your head speaking the words to you as you read? This is known as sub-vocalization. If you pronounce each word silently inside your head as you read you effectively limit your reading speed to the speed at which you speak and not the speed at which you think!

In some people so deep rooted is this tendency to vocalize what they are reading that they actually mouth the words as they read. *Incidentally it is for this reason that doctors will not allow patients to read if they have just had a delicate operation on their throat or vocal chords.*

There is an interesting statistic which states that there are over one million words in the English language. Out of all those words we have about four hundred structure or linking words like, *(and, but, the, of, etc.)* These words don't carry

any significant meaning on their own, however, amazingly those four hundred words make, on average, up to 60%-65% of what you have ever read or will read in the future.

So if you could stop sub-verbalizing these relatively insignificant words while reading you will be able to focus on the other more meaningful words. In this way you can improve your speed and comprehension at the same time.

This does not mean I want you to leave these words out because that would change the meaning but see them but don't try to pronounce them. A lot of our problems we have with reading have to do with the way we view the page.

Regression in this context has nothing to do with hypnosis. What we mean here is the situation whereby we sometimes re-read the same sentence twice. Our eyes simply make a mistake. It is estimated that the average person will re-reads about one sixth of what he is reading. What this does is not only slow down your reading, because your eyes have to re-adjust but it affects our understanding and concentration as well.

Another factor which is closely linked to regression is called:-

SLOW RECOVERY TIME:-

This is the time it takes for your eyes to move from the end of one line to the start of the next one. Incredible as it sounds it is estimated that the average reader will spend about one third of their time just trying to find the next line. So if you have just read for an hour you

might have spent twenty minutes just staring at empty space looking for the next line. That means you have spent twenty minutes looking at nothing. This not only slows down your reading but disrupts your short term memory by fragmenting your ideas as the information is fed into the brain.

So to recap on the main obstacles to fast reading, they are:-

- 1. Singular Word Reading.**
- 2. Sub-vocalization.**
- 3. Regression.**
- 4. Slow Recovery Time.**

Now I am going to show you how you can deal with these obstacles. The technique you about to learn is very simple but very effective, but you must practice it

regularly over a period of time. What we want to do is improve the following:-

1. **Speed at which you read.**
2. **Your understanding of what you read.**
3. **Concentration.**
4. **Memory of what you have read.**

In a short space of time you will be able to more than double the rate at which you read. Not only that you will increase your understanding and recall of what you read.

To get started all you need is an index finger. If you are right handed you will use your right index finger and if you are left handed you will use your left one. Fold your other fingers into your hand to make a fist leaving your index finger sticking out.

What you do now is take the book you had earlier and underline each of the lines you read earlier with your finger while focusing your eyes on the words directly above the tip of your finger.

Only go as fast as you feel comfortable. I do not want you to actually read or necessarily understand what you are looking at, you are simply practicing a technique at this stage. While you are underlining each line in this way you should move your finger back to the beginning of the next line as fast as you can without making any jerky movements. Try and make your actions as smooth as possible. If your finger makes too awkward a movement this will cause you to be distracted. Let it glide across to the next line.

Fast is good. Smooth is better!

Practice this for a while in order to develop the necessary fluidity before going on to the next step.

Once you have mastered this try the next step. What you are going to do now is do an exercise that widens your range or field of vision. I want you to divide each line into three sections. You are still going to underline each line with your finger but this time there will a minute pause between each section. You must put all your concentration into expanding your field of vision. This exercise is a little harder but you will get there if you practice.

Again you are not trying to understand what you are reading. It is purely an exercise to expand your vision. You should concentrate totally on seeing three or four words at a time. Your eyes are trying to scan each section. They are trying to scan them simultaneously in

one swoop. Don't rush this pad but spend about three seconds on each line i.e. one second over each section.

Practice this exercise in one minute bursts and then rest in between. You should spend about ten to fifteen minutes a day for the next month or so. You should notice a big difference after this time. You will no longer grope around for individual lines but select small phrases.

Speed Drill Exercises Step One:-

This next step is a little similar to the last exercise except that you will be concentrating on building up your reading speed. You will not be concerned with comprehension at all at this stage. In fact you will be forcing yourself to scan the lines at speeds so fast that comprehension will be impossible. Why do this?

Speed, as Einstein knew, is entirely relative. When the first trains were invented people were terrified at travelling at speeds of 25 miles per hour. It was even considered dangerous and un-natural. However today this speed would seem unbearably slow. When you first join the motorway, after crawling along at thirty miles per hour the speed of seventy miles per hour, *more likely ninety*, seems very fast even scary. However after a few minutes you adjust to it and the speed feels quite normal, even slow. If there is a hold up or some congestion on the road you might have to reduce your speed to fifty or even forty miles per hour. How fast does your speed feel then? It feels very slow after travelling at seventy five. It is exactly the same with your reading speed.

So how does this apply to speed reading? Well what you are going to do is practice seeing words at rates as high as ***five thousand words each minute***. Now you are not going to be ***reading*** at this rate just seeing that number of words. The reason you are doing this is that when you

slow your rate down to only one thousand or perhaps eight hundred words a minute you will be able to read, comprehend and remember what you are reading.

Now mark the book where you want to start from. Now using your index finder again you are going to scan the lines as before but this time you will go at a much faster pace. You don't want to go so fast that the words are just a blur but certainly faster than you think you can understand them. Remember this is a speed practice not an actual reading practice.

For two minutes just scan down the lines remembering to move quickly and smoothly from the end of one line to the other. If you find that you can actually comprehend what you are scanning then you are going much too slow. So speed up!

Remember the words should appear clear to you and not blurred.

Now when you have been doing this for two minutes, use a kitchen timer or something similar, mark the place in the book where you eventually stop.

Don't worry too much if you felt that you didn't see every single word clearly or that your eyes didn't always keep up with your finger. This is normal when you first try this exercise. You may even feel a bit tired, this is also normal. In time these problems will go eventually, the thing is to keep practicing.

Step Two:-

Now I want you to go back to your first marker. What you are going to do now is repeat the same exercise except this time you are going to cover the same ground in only one minute. That's right only one minute. This is very important. You must get to your marker by the time one minute is up even if you have to scramble through the lines and you experience all the problems

mentioned above. You will probably find that some of the words do appear blurred and you lose your hand to eye co-ordination this does not matter, just keep going.

You will be moving at twice the speed. If you have trouble keeping track of time get someone to count down the seconds for you.

If you don't manage to get to your marker in time do this section again. If you past your marker all well and good just move your marker to that point.

When you have got used to practicing step two you can go on to the next stage. Now you are going to cover the same ground in only thirty seconds.

At this stage you may well find the words appearing blurred to you. In fact you will probably think you can only see part of each line. You will almost certainly have

to underline three or four lines which each sweep of your finger.

To make the exercise easier imagine your index finger is like a paint brush. Simply sweep across the page as fast as you can. Now set your timer for thirty seconds. Keep your eyes focused as best you can as you sweep down the page. This exercise should be practiced for about fifteen minutes each day for at least three weeks.

If you make it a daily routine to go through these exercises your reading speed and comprehension will increase dramatically. However there is another technique that I am about to tell you about which can give you extraordinary power to process information into your brain:-

Subconscious Reading Power:-

The technique I am going to outline now is different from the exercises mentioned above. The speed reading exercises are based mainly on using your conscious mind however they will help with you with next technique.

You might remember me telling you that your mind can absorb over two million pieces of information every second. Well it is possible to use this fact to your advantage. Since you will be utilizing your subconscious mind you will need to relax your conscious mind sufficiently in order to allow your subconscious the freedom to act.

This technique is not like reading a book in the usual way and you will not necessarily know consciously whether or not you have absorbed any information. You

might be wondering why use this technique at all in the first place. Having learnt to scan the book while in a deeply relaxed state your subconscious mind will see and absorb the words on the page at an incredible rate. Having just scanned the book in this way you just seem to obtain knowledge intuitively. It is not a conscious thing. Someone asks you a relevant question about the book and you just seem to know the answer.

Some highly placed sales personnel are now learning this technique in order to get an edge over their competitors. By scan reading it is possible to absorb an astonishing amount of information that would take a hundred times longer doing it the conventional way using conscious effort. It means a sales person could mug up on a particular topic relevant to a customer's needs and be able to converse with them and make the appropriate responses.

Step One:-

Let yourself drift into a light trance using whatever method works best for you. Imagine your mind being opened up to receive information. It feels relaxed and responsive. You want to be in as quiet a room as possible without any possibility of being disturbed.

Stay in this pleasant state for about ten minutes. In your imagination have a book in front of you and turn to page one. Imagine your eyes acting like a camera, a bit like a spy who photographs documents turning the pages calmly and efficiently. Your eyes simply absorb what on each page. Imagine it feeling perfectly natural and effortless. Don't force it.

Come back to a kind of semi-waking consciousness. Try to retain that feeling of calm and focus. Find a book you

would like to practice with and open it to the first page. Now simply turn the pages over as calmly as you can, like you did in your imagination a short while ago, and at a speed which feels appropriate for you. Just keep turning the pages until you finish the book. As you turn the pages silently chant to yourself “*Read----Relax Read Relax.*”

Don't try to read in any conventional sense of the word, simply photograph each page as you go. In that sense it is similar to the earlier exercises. *However with this method it is possible to achieve incredible speeds.*

It is as simple as that. Remember you will not be consciously aware that you have read anything at all.

This exercise can be used in conjunction with the earlier ones. It will probably take a little time for you to accept that you are actually processing this information. Tests

have shown that this technique works. People who have read a book in this way, in a matter of just a few minutes, are then given a multiple choice questionnaire. They are generally able to achieve 70% accuracy. This is a figure which is much higher than could be achieved on the basis of pure chance.

Using specially designed computer program some people have been able to absorb 690,000 words a minute. What they do is provide the conscious mind with a 3D magic eye picture to look at on a computer screen. At the same time hundreds of pages of words are flashed on the screen at great speed. The subconscious mind simply processes the information because the conscious mind is kept busy elsewhere.

Of course it is all a question of practice. The more used you get to trying these techniques the more you will learn to accept them. If you don't believe you are capable of doing them the chances are you won't. Your

critical factor or belief factors might prevent you. However perfectly normal ordinary people have learned to do these things so you can too! Remember keep positive.

KEEP PRACTISING!!