

MIND TRAINING SESSIONS

SUMMARY

Learn Foreign Languages Faster

- # Word Substitution is turning the words that you want to memorize into pictures and linking them via intensifiers
- # Your Brain cycles through different brain wave states throughout the day
 - * Beta - when you are most awake
 - * Alpha - relaxed state of awareness
 - * Theta - state of creativity
 - * Delta - fast asleep
- # Alpha state is the best state for learning languages
- # Meditation, Deep Breathing, Visualization , Baroque music will put you in an Alpha State
- # Music can enhance your learning experience
- # Today's Action Step
 - * Learn the top 10 words in a language of your choice
 - * Share the words in your respective groups
 - * Listen to Baroque Music when doing the exercise