

2

**Getting Into An
Effective Reading State**

The ABC's of State

Attitude

Attitude includes both your feelings about something and the conscious adjustment of your physical posture to reflect those feelings. Before you can read at top speeds, you must think and act like a Quantum Reader.

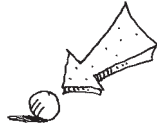
If you dislike reading or find it a chore, you must first dump all the old, negative ideas you may be carrying around with you. Imagine yourself tossing away thoughts like, "I'm a slow reader; I hate reading; I always did poorly at reading in school; I hate those boring reports I have to read; I get embarrassed when I have to read to others." Open the window, pretend you're physically picking up these thoughts one by one, then "toss" them out and watch them drift away. Be sure all your old ideas about reading have been tossed. Then sit up straight, tall and proud. Adjust your posture to reflect your new attitude. Open your mind to new possibilities and get ready to take on some new beliefs.

Belief

As with most Quantum Learning activities, to read faster and comprehend better you need to engage the limitless power of your mind. You must believe that you can do it; you can change the way you read; you can read four books a night if you choose to. In the words of Henry Ford, "If you believe you can, you can, and if you believe you can't, you can't. Either way, you are right."

Replace the old beliefs you just tossed out with these new, positive, effective thoughts: "I am a powerful reader! I read quickly and understand thoroughly." Close your eyes, relax, and repeat these words out loud. Let them sink into your subconscious mind. Imagine yourself powering

Think and act like a Quantum Reader.



The ABC's of State:

Attitude – Sit up and open your mind to new possibilities.

Belief – Replace old beliefs with new, positive thoughts, such as “I am a powerful reader”.

Concentration – Focus your mind by accessing the alpha-brain wave state.

Commitment – Commit to practicing your new skills.

through assignments and reports quickly and effortlessly. See yourself having time to read the newspaper and other publications, and being up to date on the latest breakthroughs. How much time can you save through Quantum Reading and how will you spend it? Believe in the power and potential of using your whole brain, and you'll read faster and with greater comprehension than you could ever have imagined.

Concentration and Commitment

Focused concentration is a key ingredient if you want to read at Quantum rates and understand what you read. It's part of the state of being a Quantum Reader. In earlier chapters we mentioned how people learn more quickly and easily when they're in a relaxed, focused state. To focus your mind you need to access the alpha brain wave state. The alpha state is one of four states of brain wave activity measured on an electroencephalograph (EEG). As you may know, electrical activity in the brain fluctuates from high to low. Here's a quick run-down on the four brain wave states and their corresponding activities.

Beta

Awake, alert, and active. In beta, your brain is attending to many different stimuli at once and activity is scattered. You may be thinking of many things at the same time or jumping from one activity to another, such as reading a report, thinking about other things that need to be done, half-listening to someone else's conversation, and jumping up to answer the phone.

Alpha

A state of concentration or daydreaming. You're relaxed and alert; you're absorbing material. You're focused on one activity, such as playing a challenging

Electrical activity in the brain fluctuates from high to low.

Brain Wave States:

Beta

Alert and active, thinking of many things at once

Alpha

Relaxed and alert, absorbing information

Theta

Almost asleep, dreaming to deep hypnosis

Delta

Deep sleep

game of chess. This is the state we want to access for optimum Quantum Reading.

Theta

Brain waves are slowing down. You're almost asleep, in a light sleep, dreaming, or in deep hypnosis.

Delta

The slowest brain wave state. Your metabolic processes have slowed and you're in a deep sleep.

The alpha state is the best state for learning. In order to quickly access a relaxed state every time you read, start by doing the following visualization:

Close your eyes and think of a place and time where you felt relaxed and at peace. It could be a favorite vacation spot or a special room at home. Picture yourself in this place and feel yourself relaxing. Do this for a few minutes to anchor this thought in your mind. You're now entering into an alpha brain wave state.

You should be able to return to this state quickly just by closing your eyes and thinking of the special place you pictured in the visualization. Try it again now.

Your brain takes cues from your body and the position you're in. To improve concentration, try adopting a focused physiology. If you're slouched in your chair, your brain interprets this as boredom. If you're lying down, your brain thinks it's time to sleep and chemicals are released that make you sleepy. Just as skiers or tennis players take a certain stance to perform their best, you must adopt the stance of an excellent reader.

Now, sit up straight in your chair with both feet on the floor. Take a deep breath. Think of your peaceful place. Close your eyes and roll them up in your head; this puts you in a visual mode. Then open your eyes and look down

The Alpha brain-wave state is the best state for learning.



To quickly access an alpha state:

Sit up



Take a deep breath



Close your eyes and roll them up



Think of your peaceful place



Open your eyes and look at your book

at your book. Practice this a few times, so that you can go into alpha quickly. Remember to go through these steps every time you're about to read.

Learning any new skill takes a certain amount of practice and commitment. How much are you willing to commit? To find out, take a sheet of paper, and copy the formula on the page to the right.

Under the word "Commit," write the number, on a scale of one to ten, that represents how much you'll dare to commit to your new reading skills. A "10" means you're willing to apply yourself at your top capacity; you're willing to commit your best efforts, without hesitation or reservation. A "1" means you're not that keen on it, or that you'll put a little effort into it if you have nothing else to do.

Now, under the word "Change," indicate the amount you'll dare to be open to changing your old ways of reading, again on a scale of one to ten. How much will you dare to believe that you'll learn new ways to read, read faster, and with greater comprehension? How much will you dare to believe in yourself, in your untapped potential? Multiply these numbers together and you'll get your ABC's Quotient of Reading Success.

You are responsible for your reading success. How much are you willing to commit?



Your ABC's Quotient of Reading Success

Commit _____
(write a number from 1 to 10)

Change x _____
(write a number from 1 to 10)

Quotient _____ %
(this is the level of your commitment)