

MADE FOR SUCCESS COLLECTION



Mega Mind Power Comprehensive Workbook

Featuring Liv Montgomery

- Better Focus
- Speed-Reading
- Increased Retention
- Memory Skills

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Introduction



Hi. I'm Liv Montgomery. I want to congratulate you on making the choice to take control of your mind power. Right now you're holding in your hands what could truly be the turning point in your life, whether you're 18 or 80. It's possible that this could be the greatest investment in yourself you will ever make. The possibilities for you really are profound - *no matter who you may think you are right now*. You are now on an amazing journey.

Get ready for a surprisingly fun ride!

The techniques I'm sharing with you here are **not** simply good ideas that I think are neat tricks. These are **not** tepid suggestions made half-heartedly in the hopes of selling some new program to the public. **The techniques I'm offering you here are potent and keenly effective.** They have been honed over the course of thousands of years by educators, spiritualists, scientists, government agencies and modern psychologists. They can do great things for you, given the proper application.

My goal in creating this product is to contribute something of lasting value to humankind. The mind - your mind - is powerful beyond measure. The object of this program is to help you tap into your mind in ways that most people believe are only reserved for science fiction and comic books. But don't worry - I promise you won't get bitten by any radioactive spiders or have to confine yourself in some Fortress of Solitude.

I was lucky enough to be born with above-average intelligence to some scary-smart parents. I made the choice early on to leverage my intelligence, refine it, enhance it, and create shortcuts to creativity, learning, focus and memory. I have made it a personal quest to study, use and develop mind-enhancing techniques during the course of my lifetime.

Now I want to share these techniques with you, and help you tap into some of that limitless potential we all possess - and have fun in the process! Let's face it: most programs like this are pretty stuffy. But who said learning has to be boring? In fact, learning is actually easier when it's fun.

As a speaker and author, my background is a little unusual because of its scope and depth in a few different areas. I enjoyed a long career at the top of the audio industry as a producer, sound engineer and voice talent. I worked in the tech sector in international marketing and operations during the decade of the '90s. I'm a consultant to entrepreneurs and business owners in industries that have ranged from science and medicine to investment banking and high finance. I've studied physiology, anatomy and kinesiology. I'm a certified hypnotherapist, a certified life coach, a Reiki master, an ordained minister and a certified healer. I am deeply, passionately involved in the human condition in a variety of ways.

What I'm sharing with you in this package are potent methods I've learned and also have developed on my own. I have been using them myself for many, many years. These techniques work, they work well, and they work quickly. All it takes is a little effort on your part, and you will be able to make use of your mind as handily as a carpenter wields a hammer.

Don't neglect these programs! Many people will buy a book or an audio so that they feel better about themselves, and the purchase itself is often enough to put a band-aid on their dissatisfaction with their circumstances. It's human nature. So you may be tempted not to follow through on making full use of this system. Don't be that person. Put this system to work. Every minute you invest in it will yield dividends by the hour.

How To Use This Program

Here's how to get the most from your *Mega Mind Power Performance System*:

- ✦ Read this book from cover to cover. It shouldn't take you that long. Do the exercises,

use the worksheets and click the links. Fully engage. It matters.

- ⤴ Listen to the audio lessons several times. You'll get something new from them each time you listen, for years to come. Play them in your car, while you cook, when you exercise, or just hanging out at home. They're fun, easy to listen to, and they're rich in information.
- ⤴ Apply the techniques you learn, and feel free to experiment with them. Make them your own.
- ⤴ Be sure to use headphones with the hypnosis audios so you get the full benefit of the binaural beat frequencies embedded in the sound files. For a 10-minute overview of hypnosis and binaural beats, refer to the hypnosis audio CD or sound file.
- ⤴ Make time for the hypnosis programs in your daily schedule, put them to use, and you will see quantum results in your life. Use them for at least 21 days, and use them as long as you like.
- ⤴ Take time to quiet your mind on a daily basis.
- ⤴ Always keep learning. Be engaged in the world around you. Make it a point to learn something from the people you meet, the places you go, and the material you feed your head.
- ⤴ Spread it around. If you enjoy this program, **tell others about it** and encourage them to check it out at www.SpeedLearningNow.com. **Form a *Mega Mind Power* Book Club, and invite me to come and speak to your group.** Support this important work, and help others enjoy the benefits as well. (Can you imagine your friends having *Mega Mind Power*? Just think of all the "in" jokes you can share.)
- ⤴ Pursue your passions, and keep your sense of humor. Have fun! It's the only way to travel.

You've taken the step of procuring this information. Now you have the responsibility to go all the way and actually use it. Be consistent. Give yourself this gift. Don't just play along; play for keeps. Put this program into practice in your daily routine. When you do, your life will open up in ways you can only guess at right now. It's easy to do. You deserve it, and you have every reason to make it happen. So go for it!

I'm so excited for you as you begin to develop and use your *Mega Mind Power*. The road ahead for you is filled with wonderful things. Enjoy the journey.

All the best,

Liv

Liv Montgomery
Seattle, Washington

Speed Reading Power



Not so long ago, back in the Space Age, the average person could get away with reading at a leisurely pace. In spite of its futuristic name, life in the Space Age was a little slower than

Banks were only open weekdays between the hours of 10:00 and 3:00. Cars were gas guzzlers that ran on something called Ethel, and music was played on little vinyl platters that spun around at 45 revolutions per minute. Nowadays, in the Information Age, even Chevy makes a hybrid car, banking and stock trading happens around the world around the clock 24/7, and music is played back from little platters of data at 44,100 cycles per second. You might say things have sped up just a wee bit.

Back in the Space Age, the average person could keep up with the news of the world and stay relevant simply by browsing a copy of *Newsweek* once every seven days. An ambitious person might pick up the local newspaper and glance at the headlines over coffee each morning.

But in the Information Age, RSS feeds pack your Internet browser with column upon column of news, finance and fashion trends. Friends and relatives give subtle rebukes if you're not keeping up with them on the social networks.

Where the *Harvard Classics*, the famed "5-Foot Shelf of Knowledge," was once a sufficient substitute for a classical education in the humanities, these days it seems the average person is expected or even required to read more miles of prose, text and data in a year than most of our ancestors could have

accessed in a lifetime. Let's face it: great-grandma Jones just didn't have text or email, let alone an online compendium of the world's most incredible information.

Information is hot and it's everywhere. If you want to get ahead, or even keep up, you've simply got to get a handle on the reams of information coming your way everyday. But how do you do that? The average person reads at a rate of only 200 words per minute - about the rate of speech. That's hardly enough to get through the gossip column, let alone read the hard news and bone up on your business skills.

But what if I told you that you could increase your reading rate by a factor of 10 or more - and increase your comprehension in the process? Well, it's true. You can. How do I know? Well, I've done just that, and the best part is... it wasn't hard! Not at all. In fact, it was a breeze.

Before I learned how to speed read, my reading rate was 163 words per minute. That's 18% slower than average. There's no shame in that. It was just my way. Today I read at just over 3,000 words a minute - to be exact, 3,066 was my last timed test with 70% comprehension - and I've been clocked at more than 10,000 words a minute.

The single greatest objection to speed reading that I hear from people who don't know how to do it is that they're afraid they'll stop enjoying a leisurely stroll through a good novel. This simply isn't the case. In fact, you'll be able to enjoy more strolls through more good novels in less time. You see, once you

learn to speed read, it doesn't mean you feel rushed when you read. It simply means you have a new "normal". The more skilled you are, the higher that unrushed new normal is. For me, reading at 700 words a minute was once a big goal. Now it feels like a little like a casual stroll through the park.

When reading is no longer an obstacle, your world opens up in ways you haven't even thought of yet. For one thing, you can learn to long jump that *Harvard Classics* 5-Foot Shelf of Knowledge like an Olympic athlete.

Is it complicated to learn how to speed read? Not at all. Does it take practice? Absolutely! But just like any exercise program, you'll find that once you get started, you'll love it. And you'll want to keep at it every day. Lord knows, you'll have plenty of opportunities to practice in this day and age.

Here are the things you'll need for your speed reading sessions:

- ✦ A juicy novel printed in paper format
- ✦ Power Speed Reading chart in the Appendix of this workbook
- ✦ Pen or pencil
- ✦ A stop watch or kitchen timer

If you find that you prefer to use an e-book or an e-reader, that's fine. Just be aware that the contrast on the screen isn't the same as it is on a paper page, and it's much easier to learn to speed read using a physical book.

Also, be aware that while these speed reading techniques work for all types of

reading, including newspapers and business documents, you'll want to start by reading a work of pop fiction - something that you'd find in the book aisle at the supermarket, nice and thick with a good plot. Learning to speed read with a juicy novel serves two purposes. For one, the plot will pull your eyes along and make your practice times more interesting. Also, if you're reading something that's not that intellectually challenging, you won't care quite so much if you miss certain plot details. This allows you to read faster and train your brain in the habit of reading rapidly.

Now... Let's get started!

Prepping Your Mind

When you start to speed read, you'll first want to tune in to the concept. Say you're reading a book. Take a look at the book title, read the blurbs on the back, the inside jacket, the table of contents, the index. Take your time with it. Read any preliminary sections, such as the prologue, foreword, acknowledgments, everything that will give you some indication of what your book is about.

Just take it slowly at first. Then, once you get clear on the topic of the material, you can take off like a rocket.

Flash Reading

The next step is to flash read the book. Start with a chapter at a time, and

take it in at a rate of about 1 page per second. Use your soft focus, and scan the page with your eyes. Then rest for about 5 minutes.

While it may hardly seem worthwhile to scan the information so quickly, it's not as hair brained as you might think. Your optic nerve is picking up data all the time, and the data is a constant stream into your sub-conscious mind. Most people read slowly because they want to comprehend it with their conscious mind, not realizing they're making it harder on themselves.

The flash reading makes it easier, a bit like tilling the soil, preparing the mind for what you want to know. Of course, later on, you will need to go back over the material with a different technique.

Grab a chapter of your book, scan one page per second, and let your eyes take in all the text. We'll just do 30 seconds to get started. Put this workbook down, set your timer or stopwatch, and do this exercise now.

Congratulations - you're on your way! How did that feel?

Flash reading may feel a little funny at first, but in time - as you become more accomplished at speed reading - the added boost that flash reading gives you will become very apparent.

Your First Timed Reading

Our next step is a timed reading. You'll need to benchmark where you are right now. Read at your normal pace for 2 minutes, and when you're done, count the words you've read. We'll cover those steps in a moment. First, let's do the timed reading.

Grab a juicy novel, something where you won't care so much about latching onto every single word. If you're strapped for something to read, head on over to our friends at Project Gutenberg - that's at www.Gutenberg.org, and grab a free classic novel off of one of their excellent bookshelves. If you don't know what to read, well... *Dracula* should suck you right in. Or Mary Shelley's *Frankenstein*. How about a great western? A little Zane Grey or Owen Wister. You pick, but do grab something quickly and let's get started.

Now for your 2-minute timed reading. I'll show you how to calculate your reading rate when the timed trial's over. Set your stopwatch and do your timed reading now.

Counting Your Words

Great! Let's see how well you did. Count the number of words in one full line of text on your page. Now count the number of lines you read. Multiply the number of words per line times the number of lines you read. Next, take that number and divide it by two, because we read for 2 minutes. That's your reading rate.

Starting To Speed Read

Now that you have a benchmark for where you are, it's time to push yourself a little. Using your finger as a guide, underline the words as you read them. Skip over little words like "a" and "the", and only underline the middle one-third of the text as you read. Let your peripheral vision help you pick up the words that are close to the margins. Read as fast as you can.

If you are in the habit of hearing the words as you read them, turn down the volume on that voice until it's completely quiet. That voice is called sub-vocalization, and it slows you down. If you only read as fast as you talk, you'll never get past that vocal barrier. Just let the words go from your eyes directly into your brain. It may seem a little tough to do at first, but you'll get the hang of it in no time.

When you read, aim for 70% comprehension. That's a C-average, and it's how well most people comprehend what they read at any pace. Remember this is an exercise to help you develop a skill. It's not really a test. You don't have to hang on every word to get the meaning of what you're reading. As you improve your pace, you'll find that not only does your comprehension naturally go up, but you can also go back and re-read the material in less time than it would take at your original pace.

Now that you've got a few speed reading skills that you can use, let's try that 2-minute timed reading again. Grab the same book, and pick up where you left off. Remember to use your finger as a guide, underlining only the middle one-third of your text. Turn down that voice in your head, and always keep

moving forward.

Calculating Your First Speed Reading Session

Great! How did you do this time? I'll bet you did a terrific job. The important thing is, you did it. Take a moment now to count the number of lines you read, and multiply that by the number of words per line. Make sure you divide by 2, because we read for 2 minutes. Write down today's date, the duration of the timed test, and how many words per minute you read. Good job. Give yourself a pat on the back.

The 5-Minute Timed Reading

Let's do another timed test, but this time, let's go for 5 minutes. You tend to read more slowly the longer you read. That means your reading rate for the 2 minute timed reading will likely be higher than for the 5-minute timed reading. It's only natural. But do push yourself during these exercises. Make the commitment to do your best every time. Here we go...

Calculating Your 5-Minute Speed Reading Results

Great. Well, how did you do this time? Did it feel like you might have read a little more slowly? Were you able to keep up the pace? Count the number of lines you read, and multiply that by the number of words per line. Make sure you divide by 5 this time, because we did read for 5 minutes. Write down today's date, the duration of the timed test, and how many words per minute

you read.

Finding Your Speed Reading Groove

Now... let's do just one more 5-minute timed test. See how far you can push yourself. If you've chosen a juicy novel, as I recommended, this should be a real treat for you. Here we go...

Excellent! How did that feel this time? Once more, take a moment now to count the number of lines you read, and multiply that by the number of words per line. Make sure you divide by 5, because that's how many minutes we read. Write down today's date, the duration of the timed test, and how many words per minute you read.

Practice this every day, with a few different timed readings daily. Do one 2-minute timed reading as a warm-up, then do two 5-minute timed readings. Keep track of your results so you can mark your progress. If you find that your rate slips a little bit from one day to the next, well... it happens, and it's only natural. But overall, the trend you see should be upward. Pretty soon you'll want to expand your timed readings to 10 minutes, then 30, and eventually to one hour.

Also, use your speed reading technique in your daily life, even without the timed tests. Practice speed reading as much as you can. Get comfortable with these techniques and make them your own. The more you do, the faster you'll see those terrific results.

Zig-Zagging For Speed Reading Success

Over time, you'll find that your eyes want to travel faster than your finger as you read. When that happens, start moving your finger in a Z pattern over the text instead of horizontally under each individual line. Whether you're using a Z pattern or your underlining each word, your finger will still serve as a guide to draw your eyes along. In the beginning, using a Z-pattern will allow you to read at a much faster rate than reading without a guide. Likewise, using 3 fingers as your guide will help you pull in that much more information all at once.

Speed Reading Your Way Into the Future

You'll find that once you become more proficient with speed reading, the Z-pattern will naturally become narrower and narrower on the page, until your finger is moving in a straight line down the page. Before you know it, you'll be a reading so fast you'll actually see sparks flying off the page!

So at that point, you can simply stop using your finger as a guide. You'll be absorbing entire paragraphs at one time... and then larger blocks of text... and then whole pages.

If you think this will never happen for you, well... you just never know until you try. That's how it was for me. Remember I went from an average reading rate of 163 words per minute to an average of more than 3,000 words a

minute, and I've been clocked at over 10,000 words a minute. It's a great feeling to come from behind and win.

Keep at it. Who knows? Maybe one day you'll be vaulting over that 5-Foot Shelf of Knowledge like an Olympic athlete.

Speed Learning Power



As a very young woman, I worked for a construction company as an office manager on a 24-million dollar project. Times were tough in those days, and I felt lucky to have a job. When that building was finished, a job transfer took me to live in Anchorage, Alaska, and while I lived there, I made it a point to tour the south central one-third of America's wildest, loneliest state. What I saw there was truly an education!

While I lived there, I saw oddities aplenty - reindeer sausage for breakfast, moose by the dozen, standing in the middle of a major highway... the morning air turned to a solid scintillating frozen rainbow called hoar frost... and the January night sky filled with soaring curtains of shifting emerald green light called the aurora borealis, the Northern Lights.

Alaska is truly a vast, unspoiled wilderness. Still, any cheechako (or “newcomer”) can tell you Anchorage has a considerable amount of sophistication as a city - museums, libraries and other centers of culture. There is everything to suggest that Anchorage is a modern city - skyscrapers, traffic jams and all.

But the state is not what it's motto claims to be, The Last Frontier.

For whatever oddities I may have found in the wilderness of Alaska, there are

far more oddities walking the streets of New York City, San Francisco or Seattle, cities I've also called home. Though geographers would have us believe that the last frontier is Alaska, oceanographers tell us it's the ocean, and astronomers say it's the outer reaches of the billions of galaxies we know about.

But as a certified hypnotherapist and life coach, I say the last frontier is the human mind.

The mind - your mind - is elastic, self-determining and powerful beyond measure. It is as shifting as the northern lights, as fertile as the Matanuska Valley, and more sophisticated than any engineering project. Your mind is profoundly powerful.

With the advent of the Internet, you now have the ability to absorb as much information as you can possibly stand, incorporate it into your own unique thinking process, and execute new ideas and strategies into solutions the for whole of mankind to benefit from - and for you to profit from in a thousand different ways.

But there's just one problem: cramming all that data into your head! For whatever advances have been made in technology, we're still all just human beings. Until there's a cure for the common curriculum, unfortunately you're going to have to absorb information the old fashioned way: *by learning it!* But that doesn't mean it has to be hard. In fact, it can be downright fun.

Once you learn a few certain principles, you can embrace learning as a lifelong process and scout the frontiers of your mind with little more than a map, a compass and the will to explore.

Let's take a look at the different ways you absorb information and how you can develop powerful learning skills. Whether you find yourself in the remote corners of the wilderness or you're in a Manhattan coffee clutch, you can absorb more information in less time and put it to good use... for life.

How You Relate To Your World

First, let's take a look at your mind and how you absorb information.

If you're like most people, you have 5 physical senses, give or take - sight, sound, touch, taste and scent. You also have a handful of abstract senses - conceptual, spatial, relational, musical, and quantitative. With all the different ways that you relate to your world, it's only logical that some of your senses will be more highly developed than others. There's no right or wrong here. But you do need to be aware of how you absorb information in order to make the most of it.

Representational systems are the methods that people use to relate to their world. These systems include the senses - most commonly auditory, visual, and kinesthetic. But there are others as well.

✦ An auditory learner excels by listening.

- ✧ A visual learner excels through visual input.
- ✧ A kinesthetic learner excels at physical activity.
- ✧ A linguistic learner excels at words.
- ✧ A logical learner excels at numbers.
- ✧ A spatial learner excels at conceptualization.
- ✧ A musical learner excels at music.
- ✧ An interpersonal learner excels at relationships.
- ✧ An intrapersonal learner excels at working alone.

Take a look at the imagery you use in your everyday speech, and this will give clues about your primary representational system. For example, someone who relates most to auditory cues may say, "I hear you." Someone who relates most to kinesthetic cues may say, "Let's put this in motion." A visual learner may say, "I see what you mean." The object is to use a system of learning that's most in line with your own perceptions of the world. Ordinarily, you'll use more than one but there will be one that you rely on the most.

The point is, everyone learns a little differently. But there are certain commonalities in all learning processes, and you can capitalize on them to learn more quickly, absorb more information and put it to good use.

If you find that you have one specific sense that excels more than the rest, you can take advantage of this strength to boost your learning curve. You also have an opportunity to develop your other senses so that you're not so completely reliant on your strongest sense. Using all of your senses will make you stronger in many ways, including your ability to learn.

Let your senses serve as your compass. Figure out which of your representational systems is strongest for you, and take advantage of it to speed up your learning journey.

Cellular Memory and Recall

Now let's take a look at your body and how it can play into your Speed Learning Power.

It's recently been discovered that your body has something called cellular memory. That's right: the cells in your left big toe remember your life from the point of view of a big toe. Think about that one.

Why would Nature see fit to give you memories in your body when you've got such a huge storehouse sitting on top of your neck? Well, for one thing, it sure helps your reflexes, doesn't it? If you stub your toe, odds are that you're reaching for your foot and saying "ow" before your neural transmitters even have a chance to send a pain signal to your brain.

It's common knowledge that most people use only about 10% or so of their brain. We know that the brain is taking in huge quantities of data all the time from your various senses as well as internal input. But the pre-frontal lobe, the reasoning part of your brain, is only consciously processing a small percentage of what's going on around you, both from within and without. In other words, your sub-conscious mind filters out all the junk that you don't

need to be concerned with in any given moment.

Every experience you've had is impressed upon you and can be accessed through your choice to do so, whether consciously or sub-consciously. It's true that some memories are fuzzier than others, and certain memories can even be manipulated through suggestion. Still, overall if you've done it, odds are you can remember it.

Have you ever noticed that a memory can come rushing back to you simply by the trigger of a scent or the quality of light in the air? Something you hadn't thought of in years can be stirred up in a moment with the smell of fresh rain on asphalt or a whiff of the perfume your grandmother used to wear.

What this means to you in the search to improve your mental capacity is that the more senses you involve in your acquiring new information, processing it, retrieving old data, or even creating new concepts, then the more expanded your thinking ability becomes. There are lots of ways you can incorporate the physical into your mental processes.

7 Steps To Speed Learning Success

Let's set the time machine and go back a ways to the year... oh never mind the year. I was in high school. I was a typical teenager in a lot of respects, full of hormones, angst, and the product of a broken home. I had every reason to hate studying, including the fact that people made fun of me for being smart. My mom had home schooled me in topics like quantum physics and the

geometry of the Great Pyramids starting when I was only 7 years old. By the time I got to high school, I was bored out of my mind. I'd already hit the highlights on much of what amounted to a college education. I was often called a nerd by my classmates. By the time I was 13, I started to get into trouble, and my grades began to slip - from straight A's to a D-average in the course of about a year, with a major in Procrastination and a minor in Mischief.

That's when my mom really cracked down on my studying. Even when she was working nights and I was home alone, she ruled my study time with an iron fist. All that meant was I got better at procrastinating and lying about it. Still, on Sunday nights, facing a weekly test the next day, I knew I'd better feed that subject matter into my head and pronto, or I'd be looking at more bad grades and I'd be grounded one more time.

On these nights when I'd prep for my test the next day, I engaged in a ritual I'd devised to compensate for all my procrastination of the previous week. I would grab a tasty beverage and sit in a burnt orange velvet recliner - yes, really - with my English vocabulary lessons on my lap. I'd not only say the words out loud, but I would make up rhymes about them. The rhymes became songs, and I'd rock and swivel away in the burnt orange chair, dancing to the song I'd just made up about my homework. I'd also count the number of words I had to learn, and I'd classify them by the letter they started with. I'd come up with a synonym for each one, and commit the synonyms to memory with a silly sentence.

Did it work? Absolutely. By the end of an hour, I had them down cold. My test scores consistently ranked among the highest, not just in my class, but out of all the kids in my school who were studying this master list of about 800 words.

So why is that? What happened here?

Well, I literally incorporated the words into my body - into my cellular memory - and made them part of who I am. I didn't know that's what I was doing, but studies now show that holistic learning accomplishes exactly that. Holistic learning is this very method that I accidentally discovered on my own. Here are my 7 steps to rapidly learning just about any subject:

1. **Use your culinary senses - taste and smell. Make your study time palatable, or even scrumptious.** *Before I began studying, I grabbed a tasty beverage. This meant I was engaging my sense of taste and smell and incorporating it into my study process. Chewing gum, a little dessert, or even some spicy food all would have worked just about as well.*
2. **Make it visual. Make it tactile. Make it memorable.** *I sat in a chair that was not just brightly colored, but truly garish. The chair was also covered in a highly tactile fabric - velvet - impressing me with its texture, even when I seemed to be tuning it out. Remember? You're only consciously aware of about 10% of what's going on in your environment, but your brain is extremely active. I didn't need to be*

thinking about the texture of the chair. It was simply there, and my senses were alive to it.

3. **Make it physical. Get active. Use your whole body when you're absorbing the material. Practice reciting the information while playing handball. Or dancing. Or rocking in a chair.** *The chair rocked and swiveled. As I studied my words, the chair worked like a metronome, ticking the time and keeping the beat. It suggested a rhythm that I turned into a kind of song as I studied the words. Every cell in my body was impacted by the material I was learning because of the rocking motion of the chair. I was literally singing and dancing my way to a better vocabulary.*

4. **Use your head. Organize the material in a new way. Group it. Quantify it. Understand it. Make it logical. Make it your own.** *I used logic to organize the material. I classified the words into groups, I quantified the number of words in each group, and I quantified the number of groups. This used the logical side of my brain.*

5. **Use your heart. Make the material compelling, and create an emotional connection with it. Make it silly or inspiring or nostalgic. Carry it with you like a mouse in your pocket. Make a connection.** *I also responded to the words emotionally by coming up with a silly example of how to use them in a sentence.*

6. **Make something new from it. Be creative. Internalize it.** *I responded*

to the words creatively by coming up with the simplest definition possible, a synonym, making it easy to remember the essence of the word.

- 7. Let it in. Stop resisting and quit stressing. Put yourself into the flow of it. Don't try to cram. Simply receive. Amid all of these contributing factors was the crucial element of entering an alpha state of consciousness while I studied. The thing is, for all intents and purposes, the rocking motion of the chair hypnotized me while I studied these words... and I didn't even know it.**

You yourself can use these 7 steps in a number of ways to boost your learning speed and dramatically increase your retention. It doesn't matter whether you're studying vocabulary, anatomy, foreign language, or a new product line you're selling, the function is the same.

How do I know? Well, I've used this technique for a long time now in a variety of ways, and the results have been remarkable. Mind you, the results that I get correspond directly with how well I apply the technique. If I'm mentally lazy, well, then I get what I deserve. If I put the technique to good use, the material is mine for the long term.

Lock It In Place

Once you've applied yourself to the material you'd like to learn, there is an important step that you'll need to take beyond your initial exposure. As dull as

it may seem, you will need to reinforce your learning over time. That means... yes... review. At first, put the information to constructive use about once a week. Just quickly review what you've learned using this same 7-step process. In time, you'll find the information has become second nature. What was once book learning is now thoroughly part of you.

Focus For Success



According to a recent study, it's been found that if you check your email while you're doing something else creative, your IQ is suppressed in the moment by as much as 10 points. For someone with an IQ of 100, that's a whopping 10% reduction! This is equivalent to the impact of not sleeping for 36 hours.

If you're interrupting your tasks to do other things like check your email, answer the phone, reply to instant messages or text, you can actually trace the impact of distractions on your work. There's no doubt about it: lack of focus dramatically impacts your ability to be effective, and it can make you come off as a little, well, *less intelligent* than you really are, or even unprofessional. You'll get your best results by removing distractions, especially when you're in familiar surroundings.

Life is like a sweepstakes: must be present to win! It becomes increasingly easier to focus for longer and longer periods of time as you apply yourself to the task of focusing and you develop the habit of mental discipline. In most cases, focus means doing only one thing at a time. It's easier than you think. With your will to concentrate, you can develop a keen sense of discipline and become a master of focus.

Tenuous Concentration

If you have Tenuous Concentration, it means the physical environment imposes itself on your mental activity and that makes it hard to finish your main task. This happens a lot when people log onto the Internet. Perhaps the intention is to check your bank balance or resolve a customer service issue with a company. But people often find that several hours later, they still haven't completed the task.

Another cause of Tenuous Concentration happens when your job or position requires you to be available for phone calls and walk-ins. This means that supporting others is your primary task and all other objectives are secondary. It can be really frustrating, and sometimes it might feel like you're juggling bowling balls.

Try to determine where you're falling victim to these kinds of distractions - cell phone, text, Internet, personal favors - so you can meet them head on and eliminate them as much as possible. Set aside uninterrupted time to address your most important tasks, a time when you won't have to multitask.

One way to do this is to remove yourself from your regular routine, such as your office, and head to a new locale for the time that you're focusing on the task at hand. For instance, if you need to write an article or white paper, head to your local conference room, library or coffee house. This automatically imposes a deadline on you, since you simply can't stay there beyond closing time, and you must concentrate in order to get the job done.

This is especially important if your office happens to be in your home, where

family members may assume that your very presence equates to your availability for personal tasks. If you find that you can't take yourself out of the situation to focus on your task, you can handle the interruption by suggesting a time that you can handle their request. "Hey, I'd love to help you out with that, but I'm right in the middle of something. Can we check in half an hour from now?" Also, if you work at home, try keeping a time sheet, and link your productivity to a chart of accounts. Literally bill your time to specific tasks. Whatever accounting system you use, there's just no line item for water cooler time.

Mind Clutter

Another type of distraction is something that I like to call Mind Clutter. This happens when thoughts crowd on each other. It's easy enough to get distracted by external stimuli like phones and face to face conversations. But it's equally tempting to be pulled off-task by internal stimulus as well.

Mind Clutter happens when you've got several tasks that you want or need to complete, but you haven't adequately prioritized them. Some internal dialog may be rattling around in your head, demanding attention, and it's tough to get things done. One thought triggers another... and before you know it, you've got a couple of internal dialogs. Cue the music you heard last night... a chorus of crickets... a joke you heard at a party... and you've got a bona fide jumbled mess.

In that case, here's what I do: *I have a meeting with myself.*

Yep! Sounds funny, but it's true. When I've got a bunch of ideas competing with each other for my attention, I write up a brief agenda and cover every topic that's on my mind. I briefly cover the recent history, the status, and immediate objective. I do this for every point on the agenda, then I prioritize the action items. What next? I get back to work! Only if what I've been working on isn't the highest priority, I put it aside until I'm ready to come back to it.

Now, one point I want to make in all of this is that while it's great to be able to focus on doing one thing at a time, that doesn't mean you can't take on several projects at once. Famed author and adventurer Louis L'Amour gave himself the equivalent of a higher education by reading while standing in line. He took a book with him wherever he went, and he read constantly during the time he spent waiting around. And comedian, composer and talk show host Steve Allen reportedly worked on writing more than 25 books at a time.

While very few people can do that much successfully, it doesn't mean you have to take up only one hobby, only one trade, or one interpersonal relationship until you've exhausted all possibilities with it. Life would be incredibly dull if you did that.

Being focused does mean organizing your time in such a way that you set yourself up for success, and you're able to lend enough of your mental faculties to accomplishing your objective. Be clear about what a task means to you, give it the time it deserves in your schedule, and when that time's up,

move on. Allowing several short blocks of uninterrupted time for your task, such as 15 or 30 minutes a day, and you'll see the total accumulation by the end of the week. Follow through with the task until it's finished, and you'll see a mountain of results at the end of the year.

Focus Techniques

Whether you're having difficulty with Mind Clutter or Tenuous Concentration, there are techniques you can use to focus your attention and get more done in less time.

One of my favorite tools for focusing attention in blocks of time is a piece of software called The Focus Master. This is essentially a timer that allows you to organize your work into blocks of time. It may not sound like much, but there's something truly magnetic about watching the seconds tick by, knowing that the alarm is set to go off in a matter of minutes. It's truly irresistible, and it forces you to focus on your task.

Another powerful tool that you can use is hypnosis to increase your focus. Hypnosis bypasses the conscious mind to suggest new concepts to your sub-conscious mind and shift your behavior. Hypnosis is powerful and safe, and it's an easy way to overcome any unconscious blocks you may have for achieving in a certain area. This package comes with hypnosis programs, both for daytime and for night, to help put your brain on turbo.

Defining Your Values

Hypnosis programs address the need and ability to eliminate distractions, and that's good. But hypnosis by itself is not complete. Any course of action to create lasting positive change in your ability to focus needs to address the root of the problem. Many times the focus problem is not really about focus at all, but it's actually a lack of clarity about values and goals. When you're clear on what's important to you, you can better decide how you'd like to spend your time. With a clear sense of values, your focus on goals becomes only natural.

So how does that happen? How do you do that?

People have different reasons for focusing and different ideas about what it means to focus. They also have different needs. Someone who strays from his stated intentions often has what I call Vague value association. This means the value of the activity isn't clear enough to follow through. The person can't see how the activity ties in with what is truly important. We all make commitments everyday, but the ones that are kept are the ones that are in line with what we value.

Well how does that translate to daily life then? Everybody knows that a good workout leads to a healthy, longer lasting, more attractive body. So why is obesity such a rampant problem in the Western world? If we all know what's good for us, why aren't we focused on doing it? All too often, we focus on the process and not the result. We value short term gratification over long term benefit. Get clear on what you value, set goals that are in line with those

values, and focus on the benefit of having reached those goals.

Okay. Grab a pen, and take all the time you need to answer each question, but do work quickly. Trust your first answer and write it down. It's important that you go with your first impulse, because it's coming from your subconscious mind. Over time, you'll want to use this exercise again and again, and mine it for deeper answers every time. Even though the questions may be a little vague, be specific with your answers.

1. What are the 10 most important things in your life?

Come up with a word or phrase to describe what's really valuable to you. With so much going on in our lives today, there seems to be no room for even considering what the most important people, things and circumstances in our lives may be. Take some time to get clear on this, and recognize that your answers may shift from week to week, or even day to day.

2. What makes them so important to you?

Now write a phrase or a brief sentence beside each word, making a note of what each of these 10 people, things and circumstances mean to you. Think about how your life would be different without them. Think of why you appreciate them so much. Consider how they improve your life.

3. What steps have you taken to support these very important things and keep them in your life?

Explain what you have done or how you've interacted with these all important aspects of your life. If you haven't had any interaction with them, that's fine. Instead, say what you'd like to do to be involved with them.

4. Are you happy with who you are today?

Do you like that person you spend the most time with? How do you feel when you look in the mirror? When your head hits the pillow at night, do you feel content with yourself, lying there in the dark?

5. Are you happy with where you are today?

Are you pleased with the results you see on a daily basis? Do you long for some unfulfilled dream that you'll apply yourself to someday? Are you waiting for a future time to give yourself permission to be happy?

6. Are you happy with your appearance?

Do you feel confident when you get dressed in the morning. Do you feel attractive to the opposite sex? Are you comfortable with your style? If someone offered you a free makeover today, would you accept it? Why or why not?

7. Are you comfortable with what you're doing on a daily basis?

Write a few words about how you spend your time and the way it feels to you as you're doing it. Is there something about how you spend your time that annoys you or that you feel is wrong? Is there something in your daily routine that you're especially proud of?

8. What motivates you?

When it's crunch time and down to the wire, what thought or idea really pushes you to kick it into high gear? What's behind that?

9. What do you really want?

If you rubbed a magic lamp and a genie popped out to grant your wish, what would you ask for? Once the newness of it wore off, would you still want it? Can you picture yourself having it 20 years from now? What has true lasting value for you?

10. Have you done enough for yourself on a regular basis?

Do you allow yourself the necessary time and means to maintain your health, well-being, vitality, and mental state? What aspect of self-care, if any, are you neglecting? Write it down, and make an appointment with yourself to begin incorporating this activity into your routine.

11. What really makes you tick? Describe your personality in 25 words or less.

12. If you could change something about yourself, what would it be?

What's the one biggest change you'd like to make about yourself as a person? How would you be more responsive to the needs of others or yourself if you made this change? How would you change your contribution to society? What would you like the world to remember you for?

13. What's the best part about being you? What do you like most about yourself? What do other people enjoy most about you? What would you like them to?

14. List 5 accomplishments you're truly proud of. Make a note of why you're proud of each one and what they have meant for you.

15. If you could devote your full time to volunteering for a cause, what would it be? Are you involved in this cause right now? Why or why not?

Life's too short to live it in a lukewarm state. Identify and understand your passions. Go after what energizes you. When you do, you'll find that focus

presents no problem for you.

Goal Setting

Now that you've taken time to understand your values a little more clearly, you can identify and understand the activities that will launch you in the direction of your dreams. It takes a map and a compass to get you where you want to go. It starts with an assessment of where you are right now.

We're going to do another exercise. This time, we're going to take a look at deciding what you want to focus your attention on in your everyday routine. Grab a pen or use your computer. Give yourself some time to work on this, and treat it like it matters. Because it does. Ready? Good.

List five goals you have accomplished already, large or small. Don't think too hard or get bogged down in this. Just blurt them out onto your page.

1.

2.

3.

4.

5.

Now I want you to list 25 ten-year goals. Don't skimp on this. Make them really big and juicy. What's in your heart? What inspires you? These are things that usually begin with the words, "Someday I will..." Have you read a novel or a travel guide with a setting that really sucked you into its sense of place? Go there.

Do you have a dream for starting a company or providing a service? Write it

down. What do you want to own in your life? Who do you want to know? What hero or role model would you love to connect with? Where do you want to live? What do you want to drive? What skills do you want to learn? Does sailing appeal to you? Would you like to spend time rock climbing? How about taking care of animals? Maybe you're fond of dogs. Or horses. Or gorillas. Would you like to be on TV? Write a book? Learn how to heal the sick? Or learn a new hobby? Maybe you want to spend time on sports, like playing tennis. You don't need to write exactly 25. If you come up with less, you can go back and expand your list. If you come up with more, that's terrific. Get yourself inspired to live a rich, full life.

1.

2.

3.

4.

5.

6.

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24.

25.

Now take a look at your list. What are your five most important one year goals? Don't necessarily base your answer on what you think will be the easiest to achieve. Choose what inspires you the most.

1.

2.

3.

4.

5.

Now take a moment and get in touch with why these goals are so important to you. Why do these five goals really hit you where you live? What is it about them that's so compelling for you? Are they related to each other? Do they appeal to a certain part of your personality? How will they affect your life once you've achieved them? How will the act of pursuing them change your life?

Now I want you to ask yourself, "What kind of person must I become to achieve my goals?" In other words, what skills do you need to develop in order to make reaching these possible? Do you need to be more disciplined? Do you need to be a little more skilled? Do you need to be more open to the teachings of others? Maybe you already have everything you need and you just need to get started. They say the start is what stops most people. Does this sound like you? Have a mental picture of what it's going to mean for you to fully realize your heart's desire.

Now here's a little more practical question for you. Ask yourself, "What activities must I do on a daily basis to achieve my goals?" Since we're talking about your one-year goals, break it down. Where do you need to be 6 months from now to reach your one-year deadline?

What do you need to accomplish each month in order to get to your 6-month time line?

How much effort is involved each week to reach your one-month plan?

What kind of activity does that mean for you every day?

What can you do tomorrow to put this plan into action so that a year from now you have exactly what you're looking for?

What can you do today?

What can you do starting... right... now?

Memory



Maybe you want to improve your memory to enjoy a better quality of life, have fun or impress your friends. Maybe you need to improve your memory to enhance your career, your family ties or your social life. Maybe you need to improve your memory because you've noticed that your gears are starting to slip and you want to stave off the ill effects of aging or other types of health-related memory loss.

Whatever your reasons, have no fear - help is here. Following are tips for improving your memory.

First, you'll want to get the right instructions. Get all the information about what you want to remember.

Trust your first impression. Your brain gets the message that there are no practice runs, and it gets the information the first time around. It's like a webinar with no replay. Kind of a metaphor for life, isn't it?

Treat it like you've got a deadline. As you get closer to a deadline, you actually do get more focused. Focus and memory work hand in hand.

Use associations to help you remember. Categorize the information into groups or chunks of data. Your brain needs to link the information to what it already knows in order to efficiently recall it. This is where associations come

in. Group items together into packets of 2, 3 or 4 items.

Creativity is essential for memory. You've got to spend time with the information, get involved with it.

Use motion and emotion to embed information into your cellular memory. You can actually use your entire body to learn and recall new information.

No matter how organized your mind is, information needs to be associated with something else in order to have meaning and create a memory. Recalling it is a matter of understanding where you filed it away. Performing an activity and using the physical senses all play into memory function. How you feel about the material also plays a part. Repetition is useful as well.

You see, there are three steps that happen when you form and retrieve information as part of your memory. First, the information is encoded or registered as it's received by your brain. After that, your brain creates a permanent record of the information. Whenever the need arises, your brain will recall the stored information and retrieve whatever will help you in the circumstances you're in. Encoding... storage... recall.

You can keep your brain sharp by actively seeking new information through reading, learning and training. Always be learning and engaging your mind. Physical activities promote blood circulation and get oxygen to your brain. This is so vital for clear thinking. Learn to keep your stress levels at a

minimum by not thinking too much about problems and things that worry you. Also get enough sleep and eat right.

Use the idea that visual is memorable. Get your sense involved in what you're trying to remember. Use mental images, colors, and funny pictures. If you're memorizing a list, write it down. The physical act of using a pen or pencil and paper actually works to incorporate the material into your mind.

One thing that factors large into your overall results is your lifestyle. Your brain needs a good supply of oxygen, so plenty of rest, regular exercise and eating the right foods are all key. Limit the amount of alcohol you take in - keep it moderate. Skip the illegal drugs and avoid taking prescription drugs long term. If you have a chronic health problem, try to find a solution that is most in line with your body's natural chemistry. You'll feel better overall, and your brain will thank you.

If you want to keep your memory in tip top shape, then use your brain as much as you can. Read a book. Balance your checkbook by hand. Do crossword puzzles and memory games that will boost your brain power.

There are so many ways to make your memory better but the most important thing is to commit to the task and promise yourself you'll improve it no matter what.

Mind Power: Defining and Controlling Your Mental Abilities



Who are you? I mean it. Who are you really? Are you your identity, your name? Are you your address or your bank account? Are you a government tax file? Are you the clothes you wear or the car you drive... or a monthly transit pass? Or even a pair of worn out sneakers? Are you a hiker or a cyclist? A volunteer? A parent? Someone's offspring? (Gosh, I hope so.) The product of a culture? Are you the product of your own mind?

Are you a quivering mass of protoplasm, organized into colonies of specialized cells, as scientists would have you believe? Are you a field of energy linked to an enormous grid, walking on and through the earth to shift the vibration of those around you as metaphysicians would have you believe? Are you a child of an all powerful Intelligence, a microcosm of the properties of God or Nature or the Fates?

Where do you begin? Where do you end? And what can you do with yourself once you understand the answers to these questions?

While I can't define these answers for you - or at least I'm not going to try - I can impress upon you certain ideas to serve as a starting point for increasing your mental capacity, your self-awareness and your mastery of the thinking part of the phenomenon called You.

Now, if we're going to be talking about enhancing your mental abilities, why are we talking about the essence of what you are, about where you begin and end and what you're made of? Well, let's put it this way. If you're going to drive a car, you don't need to be a mechanic. That much is certain. But you do need to know that the thing has a fuel source, such as gasoline or electricity, and that it needs to be replenished periodically or you're going to be parked at the side of the road as a result of your ignorance. You'll also need to know where to add the windshield wiper fluid or things could start to look really interesting on your next road trip.

In order to use more of your mind, you need to understand a bit more about the equipment that it comes with. Whether you're driving a Ford Escort or a Lamborghini Countache, you still have to know where the ignition is. So let's get started.

I want to share an idea with you that we can use as a building block. There is a quote that I partially agree with from the late Robert Monroe, founder of the Monroe Institute located in Faber, Virginia. The institute is long known to be a pioneer in the field of mental ability, and their stated mission is investigating the evolution of human consciousness. I love their work. Several audio programs developed by Robert Monroe include what he called *The Gateway Affirmation*, featuring his calm, well-modulated voice telling the listener, "Say in your mind, say to yourself, I am more than my physical body. And because I am more than physical matter, I can perceive that which is greater than myself." That's not the entire quote, but it's the part I want to cover right now.

Let's pause here and take a look at what Monroe is saying. It's the same thing that most religions espouse, along with the so-called New Age, (which is in fact rather ancient in its origins). Whether you're an atheist or a religious zealot, it's hard to argue with the fact that we're part of a bigger reality. Science proves that our atoms are incredibly old, and Quantum Mechanics points to an overarching Intelligence that is fundamental to the creation of all matter. Priests of all religions have been calling this God, or something like that, since the dawn of time. What Monroe is saying here is that there is more to being You than being in physical form. You're part of a bigger picture. It's self-evident.

But here's the part that most people pursuing this topic blatantly overlook: You ARE in physical form. It matters. In fact, your physical form is extremely important! Let's not negate the importance of the fact that your physical form not only serves as your transport on your many trips around the sun. It stores the totality of your experience, it connects you with other forms of life, it allows you to sense the world around you and understand it. It helps you process the lessons you've learned, and it helps you devise new lessons for the generations to come. Granted, these facts are also achieved through your mind and spirit. But they are also functions of the body.

Your body is a miracle of natural engineering. Your mind is profoundly powerful. Your higher being is a wonder that not only serves as a link in the chain of humanity, it effects the whole network of humanity through the process of osmosis. Even if you feel you are not living up to your potential

today - maybe you've got a bit of a spare tire, you watch too much TV, and you haven't read a book in ages - by the very act of using this program, you are changing your reality, improving your abilities, and shifting the dimensions of your life by tapping into your limitless potential. You've started. Bravo.

While it's very true that you are more than your physical body, it's equally true that you are more than your mind - and more than your spirit. Your body, mind and spirit need to work together in order for you to reach your total potential. In fact, they do work together all the time in ways science is now only guessing at. The whole is truly greater than the sum of its parts.

Body... mind... spirit... You.

Past... present... future... You.

Experience... knowledge... intuition... You.

Putting all of these elements together in a conscious effort to improve the functioning of your mind requires that you develop your understanding of certain key principles. It also means honing techniques, practicing them on a daily basis, and combining them into your own unique mental style.

Left-brain... Right-brain... You.

These include your ability to focus, your memory, and your ability to learn. You might think that each one of these is something you're simply born with,

but each of these skills can be developed and improved, even as we age.

By developing your ability to focus, your memory, and your ability to learn, you can get the most out of your mind and take your thought processes to a whole new level.

10 Tips For Thinking Success

1. Make time to relax. Creative ideas often come when we are doing something relaxing away from our desks.
2. Develop all your senses: seeing, hearing, feeling, smell and taste. This was one of Leonard daVinci's strategies.
3. Review. Keep a daily diary or learning log to explore which ideas do and don't work.
4. Write down your goals, draw them as pictures, make collages and review them regularly.
5. Take care of yourself. Get regular exercise, drink plenty of water and get enough sleep.
6. Be aware of patterns and connections in people and projects. Be flexible.

7. Take control of your brain. You can change your internal pictures and voices.
8. Find ways to quiet or change your internal dialog. Use meditation, deep breathing, repetitive tasks, hobbies, exercise or hypnosis.
9. Maintain a balanced posture. Be aware that how you stand or sit affects your thinking process.
10. Have fun.

On the Topic of Eating

- ✦ Your brain consumes up to 30% of the calories you eat. Eat breakfast.
- ✦ Eat high protein foods for breakfast.
- ✦ Eat complex carbohydrates - whole grains, pasta for evening meal.
- ✦ Eat foods high in antioxidants.
- ✦ Eat several small meals per day OR chew each bite at least 30 times before swallowing. Both of these reduce the amount of oxygen your brain needs to digest your food, conserving brain power for alertness and memory.
- ✦ Increase your B-vitamin intake.
- ✦ Take herbs that boost your brain power.
- ✦ Drink water.

Habits To Increase Your Mind Power:

- ⤴ Sleep 7 to 9 hours a night. Take naps too.
- ⤴ Do math without a calculator
- ⤴ Do aerobic exercise - makes your body more efficient in using oxygen.
- ⤴ Use your non-dominant hand to do daily routines. It actually creates new neural pathways.
- ⤴ Solve puzzles.
- ⤴ Play games.
- ⤴ Use optical illusions.
- ⤴ Laugh, *dammit!* - it increases oxygen, increases creativity, allows you to think at a higher level. Besides, it's fun.
- ⤴ Socialize - it stimulates creativity and mental flexibility.
- ⤴ Learn a foreign language.
- ⤴ Play sports, especially team sports. You'll get plenty of exercise, develop interpersonal skills, and learn to trust others.

Visualization To Increase Your Mind Power

- ⤴ Meditate
- ⤴ Contemplate
- ⤴ Use hypnosis
- ⤴ Visualize flipping your Amygdala switch in order to activate your frontal lobe and turn on your higher brain functions.

Did you know that your genes are responsible for only 50% of your intelligence

level? It's true! The rest is impacted by what you eat and drink, how much you sleep, how much exercise you get, your hormonal state, your stress level, alcohol intake, and other environmental factors.

Principles of the Mega Mind

Be clear on your values; know thyself.

Steer clear of stigmas, such as the number that represents your intelligence quotient. Your IQ is fluid, and it changes from hour to hour. There's nothing wrong with taking IQ tests, joining brainiac groups, or benchmarking your intelligence in other ways. However, maintain perspective about your activities and results. Above all else, know thyself. Keep a sense of humility.

You are a verb, not a noun. You are a process, not an event. Your ability to comprehend new information, construct abstract concepts, and apply them practically is shifting moment by moment. There are a wide variety of factors that affect your cognitive ability, including food, hydration, sleep, alcohol, caffeine, sugar, exercise routine, oxygen uptake, hormones, emotional factors, stress, moon phase and planetary alignments. Trying to attach a label or a number to You as you are effected by these paramaters is like trying to wash a car as it whizzes by on the freeway. It's just not going to be very effective.

There are now and always will be many... many people who are smarter than you, better looking, more talented, and richer. There are also teeming masses

who are less privileged than you. Be cautious of letting other people label you. Let your own inner knowledge and self-worth be your guide. No matter how well you master the use of your mind, use it to be of service to others.

Identify and understand your passions. Have a vision of your life's direction and your goals. Identify and understand the activities that will yield for you your most fulfilling life. Use your learning ability, your cognitive ability and your relationships to launch yourself in the direction of your dreams.

Wherever it is you want to end up - and whatever process you'd like to enjoy while you get there - you will need more information than you have right now. Use these techniques for developing your mind power so that you can achieve maximum results in minimum time.

You Are Meant To Be Here

I'd like to add this one thing. This is important, and when you get this, your life will open up in ways you have yet to imagine. Give yourself this gift, and share this attitude with others.

I want you to think back to the beginning of time, to the period when the Universe was formed. Got it?

Okay, now think about the time before that...

And before that.

It's not easy to do, is it? That was a long time ago. In fact, time never really started. Time is eternal.

Now, in your mind fast forward through all that history you just thought of - through the void, through cosmic explosions and star stuff congealing into planets, the creation of the earth, the formation of water and then life and then creatures walking on the land. I want you to picture your ancient ancestor crouched beside a muddy pool, hair matted, a wild thing.

Now see that creature in a community. Picture that community blossoming into a population, cultures forming, your ancestor the carpenter, the slave, the warrior, the king.

Picture the generations unfolding through the millions of years, through time immemorial, through history on back to the present day, where you are now listening to this program.

And what I want you to know is that in all that time, there has never been another You. You are unique. You have talents and gifts that this world needs, that mankind will benefit from, even if your greatest offering is serving someone else a plate of food.

And in all this time, with all of the creatures that have ever been, God or Nature or Fate or the Universe created you because there needed be a You.

And the things that you really desire deep down are things you desire because they're a part of who you are, and the world needs you to do them.

Playing small doesn't serve you. Who are you to question the wisdom of the expansive Universe in creating you? Play your role with pride and a sense of joy and gratitude. Write your goals. Go after them. And when you get them, write some more. No one else can do all of what you can do. Live your life. Own it. Be... yourself.

In the ancient words of *The Desiderata*, “Beyond a wholesome discipline, be gentle with yourself. You are a child of the Universe, no less than the trees and the stars. You have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should.”

Next Steps

That's our look at *Mega Mind Power*. We've examined some tactics for developing your creativity, learning ability, focus and memory. We've seen what an important role each of these plays in your success. We've identified some great tools and techniques. We've also talked about using hypnosis and binaural beat frequencies to remove blocks, think more creatively and help you define a clear direction. We identified your core values, so you can clearly see how your activities relate to what matters to you. And we've identified some great new goals to get you pointed in the right direction... and keep you focused on the glorious life that awaits you.

Use the Mind Music that comes with this system while you study, learn, memorize or even meditate. Use the hypnosis audios that come with this system daily for at least 21 days each to achieve optimal results. Use the hypnosis programs sequentially - don't try to use every topic at once, or you could potentially feel overwhelmed. Just take it one step at a time.

Each component of the *Mega Mind Power* system is designed to vault you in the direction of your dreams, and they will do just that. However, there's a shortcut that I want to let you in on. Studies have shown that people are 10 times more responsive when they hear the sound of their own name. Isn't that amazing?

That's why my publisher has urged me to make custom programs available to the general public. There's a lot of wisdom in that. After all my publisher isn't just an early adopter *but my first and toughest customer!*

Offering you a custom hypnosis audio does allow me to bring you an even more highly effective method for entraining your mind and putting your brain on turbo, bypassing resistance, moving ahead and getting on with your life goals at a profoundly accelerated rate.

And so for a limited time, I've decided to do just that - make custom hypnosis programs available to a select few. Right now, for a limited number of clients, you can get a custom hypnosis program produced by me, Liv Montgomery, featuring your name along with customized affirmations and suggestions.

I have to tell you, though, there's a ton of work that goes into producing every single one of these audios. It's truly a labor of love. Each nuance of the sounds has received not only my own personal care, but also the touch of hands by a team of more than 20 professionals! Customizing them for you will be my pleasure, but it will also take a lot of care. Frankly I don't know how long I can make this offer available. I'm having to squeeze this additional work into my already packed speaking and writing schedule with a shoe horn!

So why am I doing it? Why am I bothering with such a high-touch effort?

Why would I make these custom hypnosis programs available to a select number of clients? Well, it's like I said in the Foreword to this book: my goal in

creating this program is to contribute something of lasting value to humankind. My aim is to do that as effectively as possible. That's a pretty tall order, and I've got to keep the effort in motion as long as I can. If I can help you tap into your mind in ways that most people believe are only reserved for science fiction and comic books, then it moves my goal forward, it benefits you dramatically, and it benefits every other life that you touch. Most of all, it creates tremendous value for both of us - for you and me.

For a limited time, you can get your own custom hypnosis program. Go to SpeedLearningNow.com/CustomPrograms for details and to order yours today, while this offer lasts. I'm looking forward to working with you and helping you realize your *Mega Mind Power* dreams.

All the best,

Liv

Liv Montgomery

Seattle, Washington

Mind Map:

Legend

- ★ _____
- ★ _____
- ★ _____
- _____
- _____
- _____
- _____
- _____
- _____

The diagram shows a central gold ring at the top. Two red arrows point from it to two smaller gold rings on the left and right. From each of these, two red arrows point to four smaller gold rings in a second level. A single red arrow points from the central ring down to a fifth gold ring at the bottom center.