

Comprehension Comes In Layers

Four levels of comprehension that can be attained with any text you want to read. First is the awareness you develop from a simple preview. You know the main point of the topic contained in the text without knowing any details about it. Second is the sense of familiarity that comes from PhotoReading. You have the feeling that you know it implicitly because you exposed the details to your mind -- a feeling that you have read it before but do not consciously recall it. It is an emotional connection to the text.

The third level of comprehension is knowledge. That is explicitly knowing that you know it. And at a conscious level, you are going for knowing 4-11% of the text with your activation techniques. Fourth is expertise. That is not derived from reading, but from applying what you have learned from reading in your personal or professional life.

Begin To Activate

The first few activation sessions with a book give you "some but not all" of the information. This "Sombunall" effect is important to remember, so that you stay open to getting more with each step of activation.

Of course we all want full conscious comprehension right away. But the effort to

attain that is what has caused all your reading problems and limitations up until now. The shift to the new paradigm begins with realizing your nonconscious mind is the information processor and the conscious mind is the information manager. You are relying on the brain's superior speed and capability to handle complex information at a nonconscious level first. Then you are asking for its assistance in guiding you consciously to the details that will fulfill your reading purpose.

Seven Secrets Of Strong Activation

When giving a follow-up seminar to graduates of the PhotoReading Personal Learning Course in London, England, I offered a summary of seven ideas to improve all activation.

TIP 1: Set the Stage with Good Input. Establish clear purpose with affirmative statements at the beginning of your PhotoReading session. Use a strong affirmative closing statements at the end of your PhotoReading session. Especially important is the closing statement, "I acknowledge all feelings evoked by this experience." Be still and notice all internal sensations. This will make sure you dismiss the information at a conscious level and allows your inner mind to do the work for you.

TIP 2: Increase Access to the Nonconscious Mind. Increase your connections to the place where information goes by maintaining relaxed states

of alertness during activation. Let go of performance anxiety, a sense of urgency, or the pressure to know it all right away. Force can only lead to frustration. Using the words "I'll try to activate this" is a subconscious command to fail. There is no try, there is only do or not do. The conscious mind was not designed as an information processor. It is a manager of information that has already been processed by greater intelligence of your nonconscious mind.

TIP 3: Ask Effective Questions. Good questions open access to the nonconscious memory web. Questions are predictions of what the author is writing. When you activate you look to confirm or refute your prediction. Either way, you learn more. Be sure to construct good questions that are to the point. If the author of your book walked into the room and offered to help you understand the information, what would you ask? A bad question would be, "Tell me everything about the book. I need to comprehend 100% now!" A good question might be "What are your most relevant suggestions to help me solve the communication problem I'm having at work."

Chunking information to create questions is a quick way to develop clear directives to the mind. "What is this (key word) an example of?" "What are examples of this (key word)?" "What are other examples besides this (key word)?"

TIP 4: Use Multiple Intelligences. Always use at least three or more of the intelligences with each activation. That way you will use logical,

linguistic, and at least one other. Find intelligences that you prefer; visual-spatial, bodily-kinesthetic, musical, interpersonal, intrapersonal, and naturalist. Certain techniques like discussing and mind-mapping are consistent winners.

A common mistake new PhotoReaders make when deciding to mind map is that they attempt to mind map immediately after PhotoReading, before activating with super reading, dipping, or skittering. They sit blank minded with a fistfull of markers in front of a large piece of paper. WRONG! A general guideline is to activate books for 30-45 minutes before mind mapping. The mind-map should be a way to capture ideas on paper that connect to your purpose. When you have an idea you want to remember later, mind mapping will help. After creating a mind map, get away from it for a time. Your map will make far more sense the next day.

TIP 5: Be in Primary Consciousness. Stay aware of your present experience, not judging or analyzing. Avoid reflective consciousness until later stages. As you notice your inner pictures, inner dialog, and present feelings, you remain connected to your peripheral awareness. Information from the nonconscious can be most easily recognized on the periphery of your conscious focal awareness. For example, as you read this, notice how your feet feel, or become aware of sounds in the room that you have tuned out. The same thing happens when you super read or skitter. Your mind highlights those visual

cues in the text that is relevant. Your mind works to give you the answers to questions you ask. It connects to information contained within the text that matches with your purpose. It can accomplish this because of your prior exposure from PhotoReading.

TIP 6: Maintain Expectations. After the first few activation sessions it is common to feel like you don't know it all even though you might think you should. For some people, that is an emotional crises, when their expectations do not match their performance. If you let your expectations drop at that point, then your performance will surely drop to match your lowered expectations. Keep your expectations high and your performance will soon pick up. Follow the path of mastery which says, "love the plateaus" where it feels like not much is happening. Keep on doing the techniques and progress soon follows.

TIP 7: Use a New Model of Memory. Rather than trying to recall what you have read, go for a sense of recognition. Recognition is a doorway to further recall, a way for the conscious mind to call up deeper memory stores. Relax in the confidence that your mind has learned implicitly. Activation is the process of connecting your conscious mind to the guidance your inner mind can offer to help achieve your purpose.