

Boost Learning Capacity 60min

Introduction

This sound boosts learning capacity, increasing our memory and stabilizing the brain waves to a perfect rhythm for studying.

This is a binaural sound of mental training category, therefore its effects are cumulative. The use of this sound causes the brain waves to vibrate at the desired frequency. If we use this sound periodically this frequency will be produced naturally by our brain.

Description

In the 1960's several soviet physiologists mentioned that we only use 10% of our brain capacity, however, we can learn to use the deepest parts of it in its full potential.

Bulgarian scientist, Georgi Lozanov, discovered a series of techniques that let us use our mind and body at a maximum level of efficiency, to the point of developing a faster and better learning.

This learning system is called "Suggestopedia".

Suggestopedia are a series of techniques that will help you to reach the deepest systems of the mind.

Its objective is to put to work the different human qualities from the left hemisphere and the right hemisphere in a united way, like a whole, so the individual can do better in everything that he propose.

Suggestopedia has its deepest roots in the system of raja-yoga, and it is, essentially, the use of altered states of consciousness to learning.

Lozanov convinced himself through his investigations, that in a certain way, we all have a super-memory, the problem is that it's very difficult to us to recall memories with every detail.

He believes that the brain, free from all distractions, is like a sponge capable of absorbing knowledge and information of any kind.

Researches done regarding the brain by doctor Wilder Penfield from the Montreal Neurologic Institute, back up this ideas. This research shows, in fact, that we have a natural "recording machine" in our brains. Doctor Penfield elaborated the hypothesis that every experience (visual, auditory, olfactory and gustatory) is recorded in structured models in our brain and that this models remain there after consciously forgetting the experience.

Doctor Lozanov agrees with Penfield when he says that we record every detail that our senses could feel. But there is even more, he thinks that we are constantly recording information that we perceive in an intuitive or telepathically way.

It's difficult to achieve an instant learning, for example when we try to learn a different language we listen to tapes, we listen to music in that language, movies, and so on, but we

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still have a hard time learning the language correctly, so how do we learn to recall everything we perceive? How to access to this “natural recording machine” in our brain so we can accomplish a faster and very efficient learning?

There are two basic secrets:

- The Relaxed State of Mind.
- Synchronized Rhythm.

Relaxed State

The Supreme Learning is an holistic method that lets body and mind to work together in harmony. It is based in the idea that we can learn faster if the body works together with our minds in a synchronized rhythm.

Physiologists discovered, that if a person relaxes before and after studying he can recall efficiently and easily what he had studied.

A slower and relaxed heart rhythm gives our heart, literally, a “vacation”. The heart normally beats in a range of 60 to 80 times per minute. Specialists believe that if we could reach a constant range of 60 beats per minute, our health would improve and also we would achieve a greater mental capacity. Notice that slower heart rates are also achieved during deep periods of meditation.

There are many known methods for relaxing that can make body tensions disappear and relax our body completely. However, scientists got to the conclusion that a basic relaxation wasn't enough. It must be a special type of relaxation that kept the mind in a state of awareness and also with the capacity of concentration.

Synchronized Rhythm

The principles of yoga says that rhythm: “Situates the whole system, including the brain, under control and harmony. In this conditions we can deploy our latent faculties”.

Lozanov studied rhythm and its relation with learning.

His studies consisted in showing to a group of people didactic material in different periods of time. If the material was transmitted in fast periods of one second, people could recall only the 20% of it.

In periods of 5 seconds, they retained a 30% of the content, approximately.

With an interval of 10 seconds between each material, they could memorize over the 40% of it.

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He concluded that a continued rhythm of 10 seconds between each fragment activates the mental capacity of people to recall.

The problem was that this rhythm was very monotone and distracted almost every person, they got bored.

Lozanov solved this problem with speaking the material instead of just showing it, and using three different rhythmical intonations, alternating between them.

- Normal intonation
- Soft whispering
- Strong intonation, imperative voice.

This gave rhythm to the material, and kept people synchronized with that rhythm that was being projected through his words, accomplishing better results and understanding of the material.

Breathing

If you want to use the supreme learning techniques and the synchronized rhythm, one of the first things that you have to learn is to control your breathing. Breathing is essential for rhythm.

The brain needs approximately three times the oxygen that our body needs to work correctly. If we pay attention to our breathing and try to maintain a regular rhythm, intelligence and concentration sharpens automatically. Also, if we hold the air a few seconds between inspiration and expiration our mental activity balances and it's much easier to concentrate on a single point or idea.

Altered states of consciousness caused by music

It has been discovered that music and sound can also modify the activity of the brain waves. The effect produced by sound is described as a "sonic massage", it eliminates the tension of an intense mental work. Music helps to focus in the inside rather than the outside.

The music used in this learning techniques is a very important element. If the music is not at a special rhythm, the desired altered states of consciousness will not happen and the results will be poor.

It is not a personal choice and has nothing to do with personal musical tastes. It is a specific type of music for a specific objective.

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Classical music helps you to achieve perfect states and conditions for learning, as it has a rhythm of sixty beats per minute, that corresponds to the beats of our heart when we are calmed and relaxed.

While listening to this music the brain sends a signal to our body to keep it in the desired state of calmness but also very alert.

How to use it

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused only on the sound, in a place where you feel comfortable and without distractions.

Make sure that you are not going to be disturbed during the audio session. Go to the toilet, drink water if you need to and assure that you have no pending things to do while you are listening to the audio therapy.

When the audio therapy starts, close your eyes and relax. Your eyes must be closed even if you are using led goggles. During the session you must be as relaxed as possible. Any worry that you might have may interfere with the pattern of brain waves of the sound and decrease or even null the desired results.

This session requires the use of headphones. It is very important that you put your headphones in the right way, always using the right channel for the right ear and the left channel for the left ear. This is because the audio might have information for the right hemisphere of the brain or for the left hemisphere in each channel.

Turn the volume to a comfortable level. If you are using led glasses you may also want to adjust the brightness.

Remember, it is highly recommended to drink a glass of water before each session, especially if you are using led glasses.

Must not use

We recommend people who have any of the following conditions not to use this audio:

- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.
- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.

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- Photosensitive people must not use led goggles.

Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.
- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.