

# HYPNO-LEARNING

Neuro-techniques to plug in and switch on  
your bio-computer brain.

- presented by Lee Pascoe -

LEARN WITH THE WHOLE BRAIN - LIBERATE YOUR GENIUS POTENTIAL!

**Are you experiencing:**

- Information overload?
- Memory lapses?
- Can't concentrate?
- Emotional blocks?

We are well and truly in the Information Age. Today's technology gives us instant access to all the information we need - and much, much more! Those who will SUCCEED are those who have the ability to learn and recall vast quantities of information, while retaining their sense of discrimination.

If ever you have felt panic or despair when faced with a mountain of written material, study or professional work, this workshop is made for you. This is not about artificially "cramming" the brain, but recognising how it functions - recording and processing data - and learning specific practical techniques to tap into its full potential, using it in a way that is more efficient, more rapid - and more fun!

This workshop is derived from the different fields of neurology, psychology, philosophy, education, accelerated learning, hypnosis and suggestion, and draws on research from leading learning and memory specialists (Tony Buzan, Peter Russel, Dr. Georgi Lozanov, Bruno Furst, Colin Rose, Ostrander and Schroeder, Paul Scheele.)

The brain is an amazing mechanism, *"capable of infinitely more complex tasks than has been thought... The reason why our performances do not match even the minimum potentials is that we are given NO INFORMATION about what we are, or about how we can best utilize our inherent capacities."*

Tony BUZAN, "Using Both Sides of Your Brain"

**YOU WILL LEARN:**

- To understand and exploit the multi-levels of your brain
- How to avoid sabotage from the "lower" brain
- How to achieve the "optimal learning state"
- To reprogram false, limiting beliefs
- Instant techniques to re-harmonize brain hemispheres
- The Laws of Remembering - and Forgetting!
- Memory Pictures, almost impossible to forget
- How to zip through piles of professional reading
- How to scan and zero in on essential information
- How to save up to 80% of reading time
- How to take more efficient notes, using the right brain
- How to use the distribution effect for long-term retention
- What music can make you more intelligent
- How to learn a new language in one month

## **SEMINAR AGENDA**

### **YOUR BRAIN**

#### **(A) SPECIFICATION SHEET**

- Construction and Storage capacity
- Brain-wave Frequency
- Sections: 2 hemispheres, 3 levels
- Functioning: parallel/serial, holographic, 8 intelligences
- Upgrades

#### **(B) INSTRUCTION MANUAL**

##### **HOW TO ...**

- plug into the correct (Alpha) frequency and attain the optimal learning state - effortless concentration
- check for and delete bugs, viruses, programming errors (limiting beliefs, emotional blocks)
- re-program with positive suggestions at trance level
- use SYSTEMS for recording, saving, organising and retrieving data
  - (a) Memory functioning. Visual images. Association. Forgetting. Van Restorff effect.
  - (b) Faster input. Speed Reading and Beyond - Hypno-Reading: Supersonic reading in Trance, using defocussing and subliminal perception, at speeds of one-page-per-second.
  - (c) Organising learning time and material - a holistic, non-linear approach. Study and revision techniques. The Zeigarnick effect.
  - (d) Mind-mapping. Practical applications of Tony Buzan's system for note-taking, remembering, planning and idea-generating.
  - (e) The Mozart Effect, for a higher I.Q. and brain nourishment. Music in language learning (Suggestopedia and Accelerated Learning)

**IMPORTANT:** Bring a book to practise speed reading.

#### **WHO SHOULD ATTEND?**

Professionals and students who want to learn better

Parents and teachers who want to teach better

Anyone who wants to tap into their brain's vast unused potential

#### **SEMINAR LEADER:**

Lee Pascoe is an Australian in Europe who lectures worldwide. University-trained in Psychology, Languages and Drama, she spent 16 years teaching, lecturing and counselling for the Australian Government.

Since 1988, she has been Silva Method director in France, Belgium, Luxembourg and the French Colonies, teaching and organising mental development seminars, winning their Top Foreign Directors' Cup in 1995.

An Certified Instructor for NGH since 1995, Lee has helped train hundreds of hypnotists, has won an award for translating the training manuals into French, and has appeared as the cover article of *The Journal of Hypnotism*. She is Board certified, a Fellow of the NGH and a member of the Order of Braid. One of her particular interests is increasing brain learning potential.

Having herself worked within a western educational system, she devised this workshop to help reverse the negative effects of childhood education and to free the mind's true genius capacities.

**IMPORTANT** - Bring a paperback book to practise Speed and Hypno-Reading.