

3D Speed-Reading Workshop

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2WISEUP

Reality doesn't exist

* There's only OUR own perception of reality

Our brain constantly asks itself 2 questions:

What is it? What do I have to do?

The key voluntary question towards change:

What do I want to achieve?



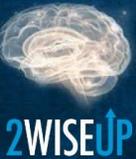
Your brain understands before you do

40 hundredths of a second
Almost **half a second!**

This is the time it takes you to be conscious of what you've understood and define it....



**There's a part of you that is
more intelligent than you!**



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Your brain understands before you do

What would they do with half a second?

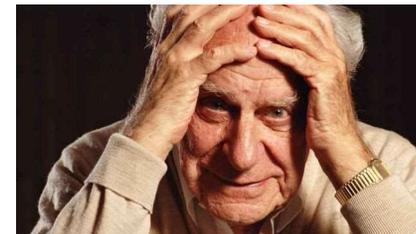


How does our brain perceive reality?

"In order to give an example, we could refer to auscultation, which means researching our interiority through the ear and the Stethoscope. This is a research that is done by doctors. If someone, who is not a doctor, would put his ear on my chest, he would hear only noises which have no meaning; He could may be hear my heart beating, but this, too – which is not at all simple – would in any case be a result of a former knowledge.

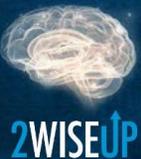
It is the former knowledge of the fact I have a heart and that it beats that enables me to recognize and interpret what I heard. Bur for a doctor, listening to my heart beat and to the inner noises has a lot of meaning, because he already knows how to interpret them. Knowledge, therefore, doesn't begin with mere observation."

Karl Raimund Popper (1902-1994)
Interviews(1989)



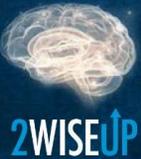
If you can dream it, you can do it"

- Walt Disney - 1901 - 1966



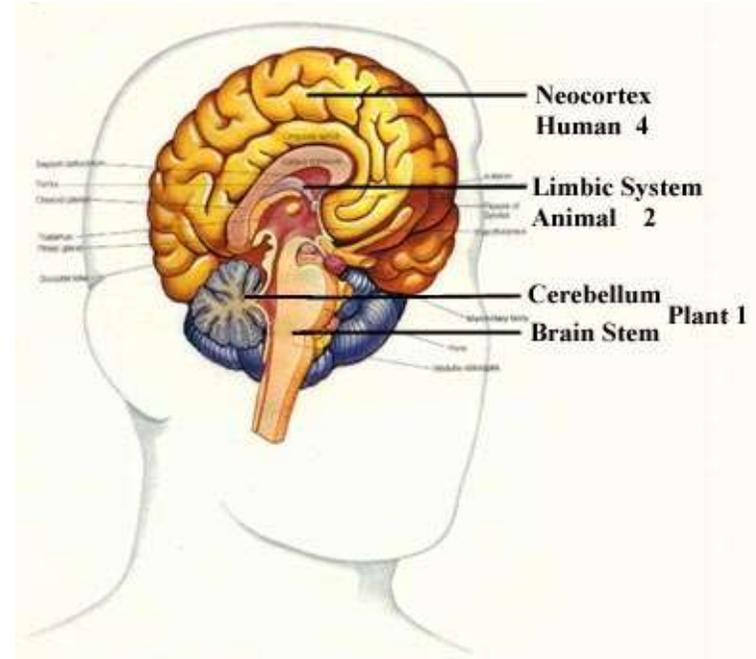
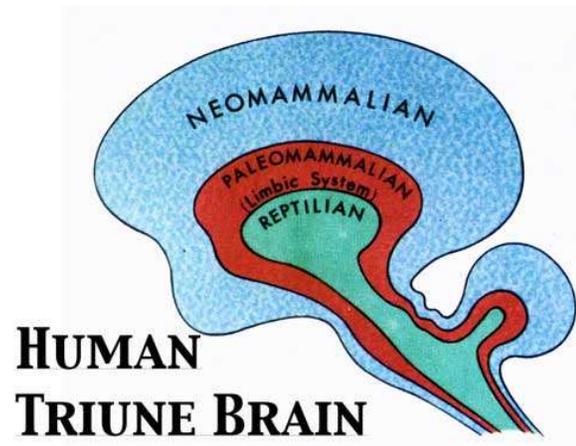
How does our brain perceive reality?

1. Our brain understands through the context
2. Our brain seeks patterns
3. Our brain organizes data
4. Our brain seeks for and relaxes when recognizes familiar data
5. Our brain learns quickly
6. Our brain is conditioned
7. Our brain looks for the interpretation it uses more often
8. Our brain distinguishes central from peripheral
9. Our brain filters and corrects data

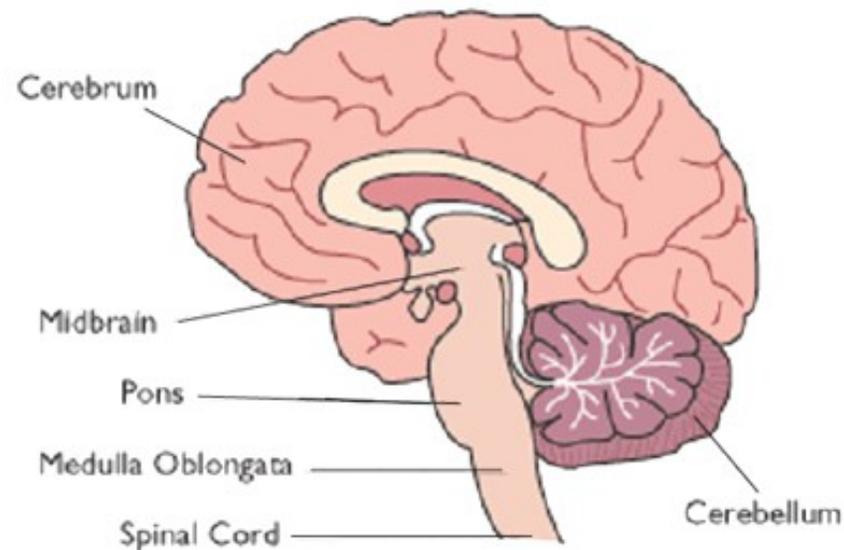


3 brains

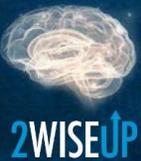
Paul McLean (1952)



Reptile brain – Create the conditions



In order to enable a more effective reading, we have to take into consideration that the conditions can make the difference:

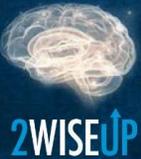


Reptile brain – Create the conditions



What do I do with this?

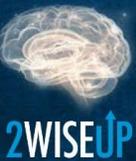
- Dedicate some time to prepare a quiet environment where you won't be disturbed for the necessary period
- Turn off your cell phone or give it to someone else who can answer on your behalf
- Prepare a comfortable chair, a table free of stuff, and a good reading light. Sit properly: your back in upright position (but not tensed), your chest open.
- Don't forget to breath!
- Start reading being relaxed, not hungry or thirsty, not tired, but also not after eating a lot



Reptile brain – Create the conditions



Even if you don't have a fancy space, there's always something you can do to improve the impressions that surround you

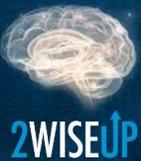
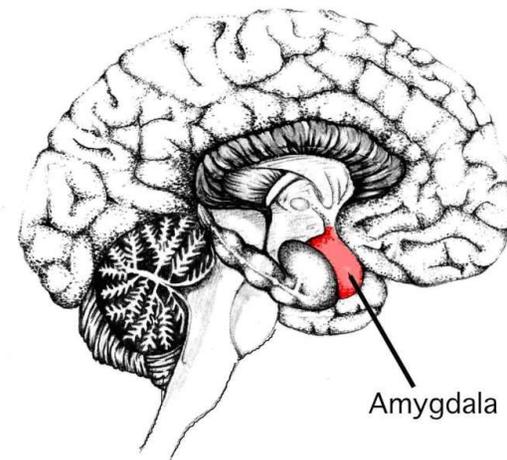


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The limbic system – the emotional brain

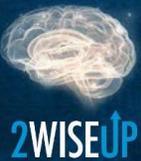
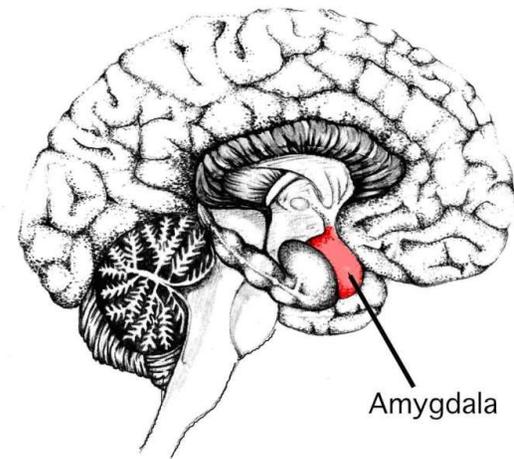
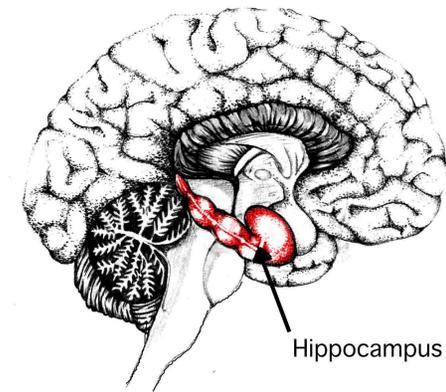
The **Amigdala** (literally: almond) is the “Welfare Office” of the brain. It is responsible of the well being of the body and its survival while managing the basic emotions: joy, fear, anxiety, serenity etc.

This is the location of the “3xF mechanism” (Fight, Flight, Freeze) which activates the Immunity System., and also... The **Guardian**



Hypocampus and Amigdala – emotion and memory

Scientific researches have demonstrated that when something is emotionally underlined, we remember it better.

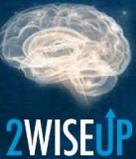


Hypocampus and Amigdala – emotion and memory



What do I do with this?

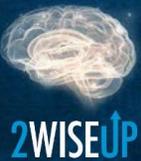
- Read and study in a room where you feel at ease and inspired
- Choose the best company to read with
- Underline to yourself what is your purpose: what is the goal of your reading? What will happen to you when you'll know the contents of the book? What will happen if you won't know them?
- Reward yourself for success



The Guardian

It's purpose is to defend us from danger and it starts acting automatically whenever the levels of Adrenalin, Nur adrenalin and Cortisol rise in our blood.

As a consequence it prevents changes, due to the excitement and fear that accompany them, even when ther is no real danger to our survival

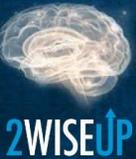


The Guardian



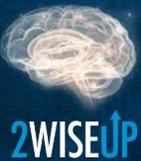
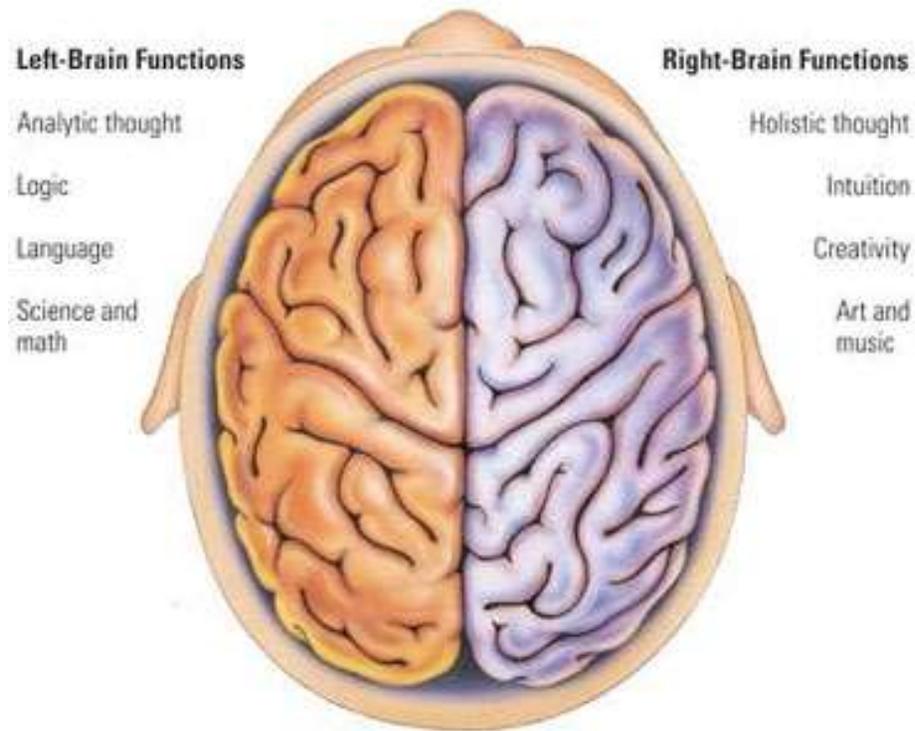
What do I do with this?

- Take a deep breath – change your chemistry
- Smile!!!
- Use the strategy of “one last time”, “5 more minutes”

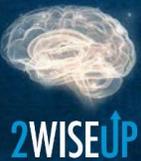
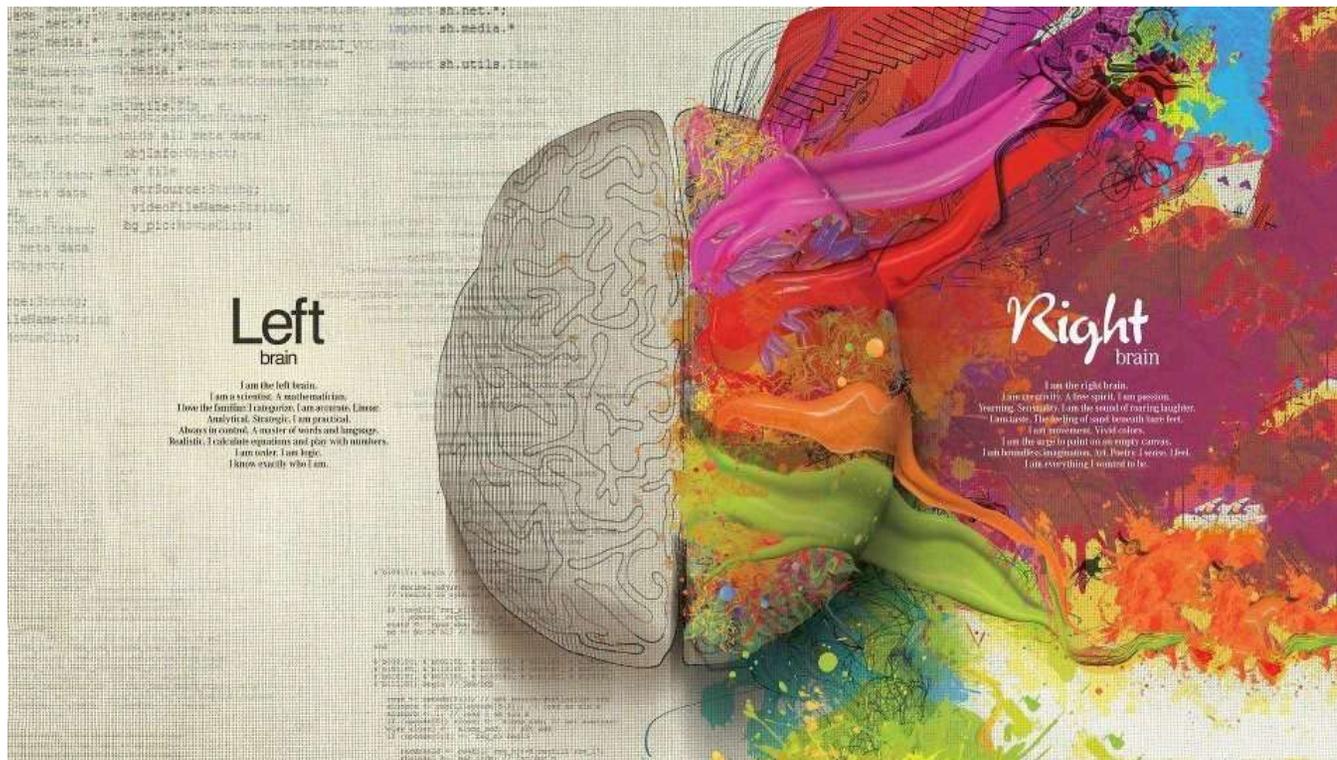


2 Hemispheres – 2 different perceptions

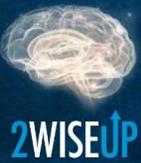
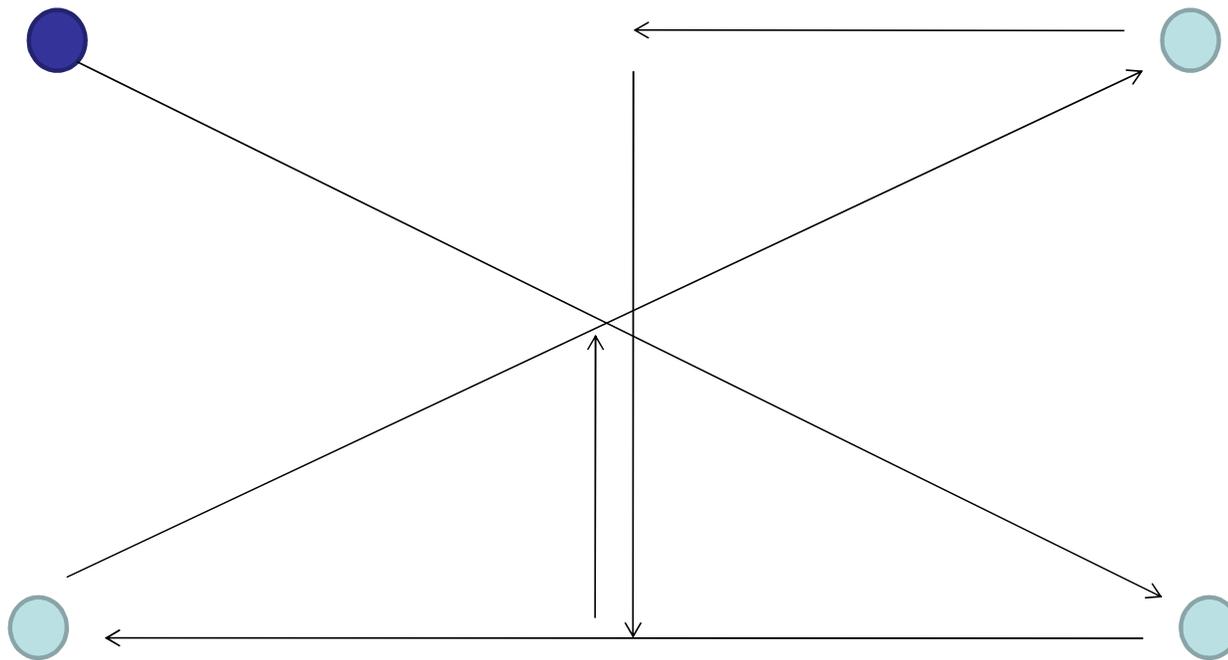
Left and Right Brain Functions



2 Hemispheres – 2 different perceptions



Relax your eyes



Organizing text



On printed magazines the text is always arranged in columns for easy reading

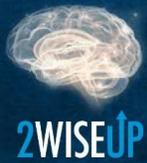
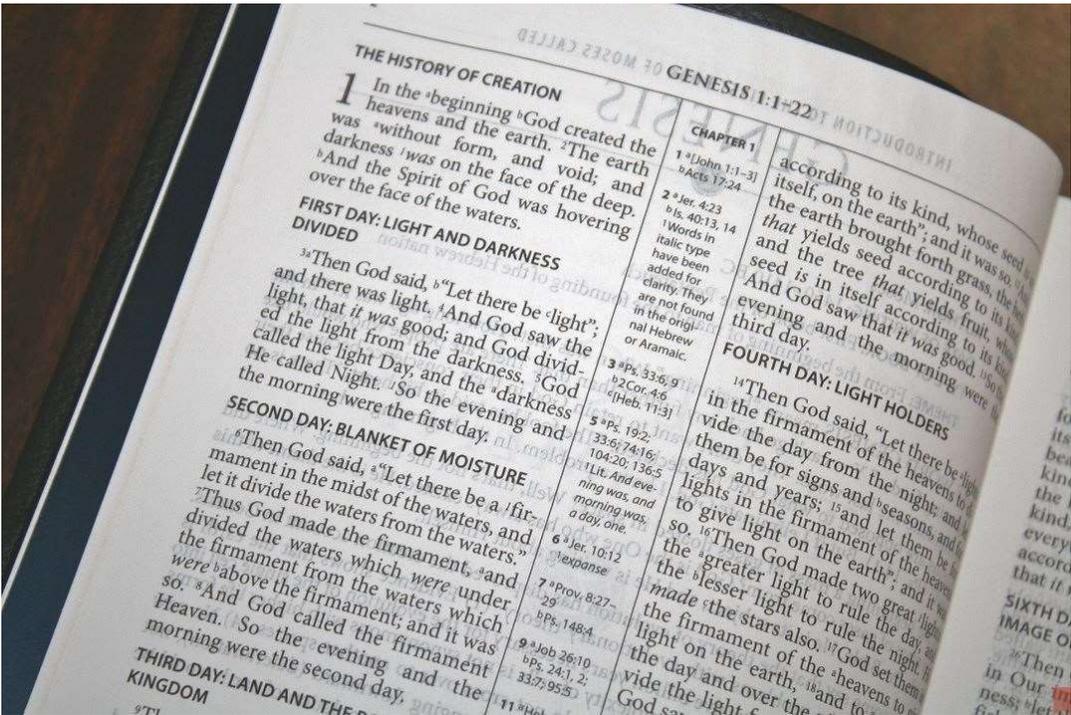
Organizing text

The screenshot shows the top portion of the New York Times website. At the top, there are navigation links for 'SECTIONS' and 'SEARCH', a language selector for 'ENGLISH', '中文 (CHINESE)', and 'ESPAÑOL', and a 'SUBSCRIBE NOW' button. The main header features the 'The New York Times' logo, the date 'Tuesday, February 27, 2018', and weather information '48°F | S. & P. 500 -0.48%'. Below the header is a horizontal menu with categories like 'World', 'U.S.', 'Politics', 'N.Y.', 'Business', 'Opinion', 'Tech', 'Science', 'Health', 'Sports', 'Olympics', 'Arts', 'Style', 'Food', 'Travel', 'Magazine', 'T Magazine', and 'ALL'. The main content area is divided into several sections: 'ART LEADERS NETWORK' (with a red and purple graphic), 'THE 52 PLACES TRAVELER' (with a photo of a large white house), 'Opinion' (with a list of articles including 'Can the United States Search Data Overseas?' and 'Goldberg: Either a Conspirator or a Sucker'), and 'TIMES INSIDER' (with '20 Years of 'Help Me!' Tech Questions'). There is also a 'THE CROSSWORD' section with 'Play Today's Puzzle'.

... also on websites



Organizing text



Just before we start, let's
disprove some assumptions
about Speed Reading

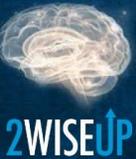


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Why doesn't everybody read fast?

The 3D Speedreading technique is easy!
It's just about applying some actions and
comprehensions.

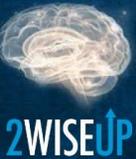
It is simply because we haven't been taught to
and our brain just tends to recycle old habits...



With 3D Speed-reading you understand more

Today you start reading and then your mind starts wandering. You arrive to the end of the paragraph and wonder what was written there...

With the **3D Speed-reading** techniques you have a better concentration. You are more present and don't get lost!



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With 3D Speed-reading you understand more



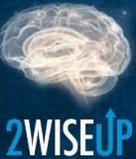
What do I do with this?

Before you begin, dedicate some time to create the best conditions for yourself:

Make your space cosy, avoid as you can noises and distractions, choose a comfortable chair, good light level, suitable temperature.

Before you start reading, take a deep breath!

Have a glimpse at your book and tell yourself what do you want to read now and how much time you are about to dedicate for it.

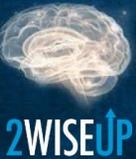


With 3D Speed-reading you remember more

The first phase of the memory is to be active while perceiving data, meaning to want to remember.

When you read with a clear goal, like we do in 3D Speed-reading, you are already signalling your brain what you'd like to retrace in the future.

You do that by writing down some **key-words**.



With 3D Speed-reading you remember more



What do I do with this?

Before you start reading, have a glimpse at your book and figure out what it is about.

Write down some key-words on a paper you keep beside the book and then write also some key topics you've found in the book.

This will allow you later to better remember the contents.



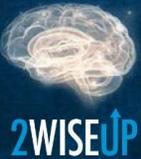
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Anyone can succeed in 3D Speed reading!

3D Speed-reading is easy!
No special skills are required.

You just need, first of all, to want to, you need to dedicate it time and energy, practice.

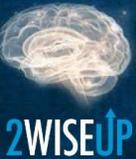
We each have our starting point, but there is **ALWAYS** a space for improvement!



Anyone departs from a different starting point

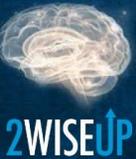
well, you might really read a little slower than others, but this is only your starting point, it is YOUR starting point.

The fact that others read faster shouldn't bother you – we start and we improve (and we might even surpass the others along the road)



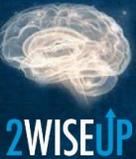
The advantages of 3D Speed-reading

- Velocity improves comprehension
- It tires less and help you stay concentrated
- It helps you get the whole picture
- You remember more of what you've read



the finger - the magic wand

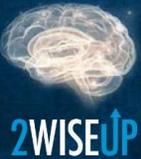
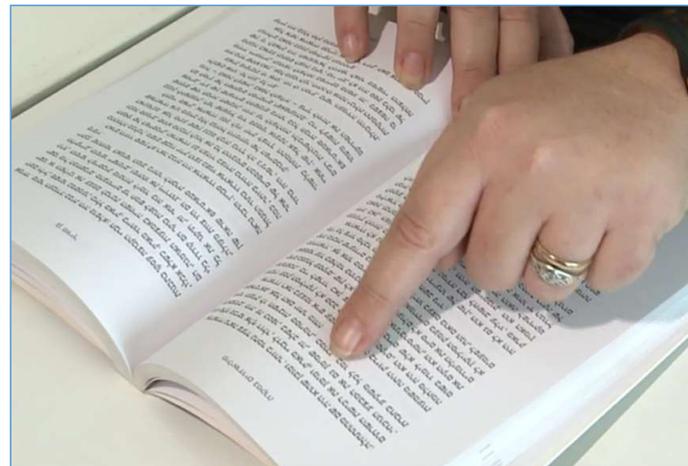
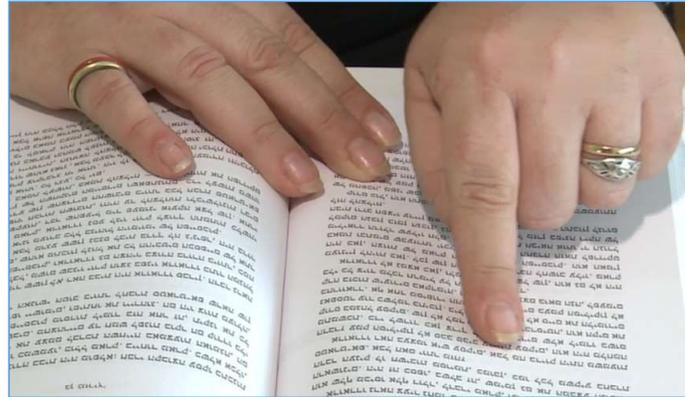
1. Show you where you are
2. Create a movement for your eyes
3. Sets the new pace



the finger - the magic wand

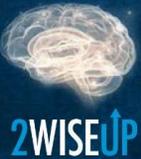
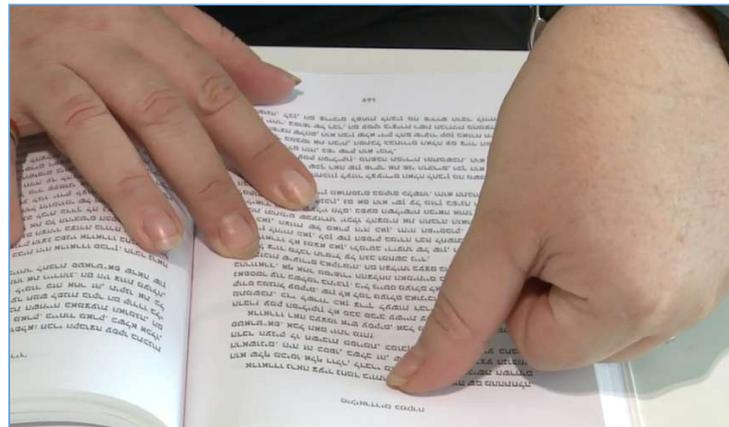
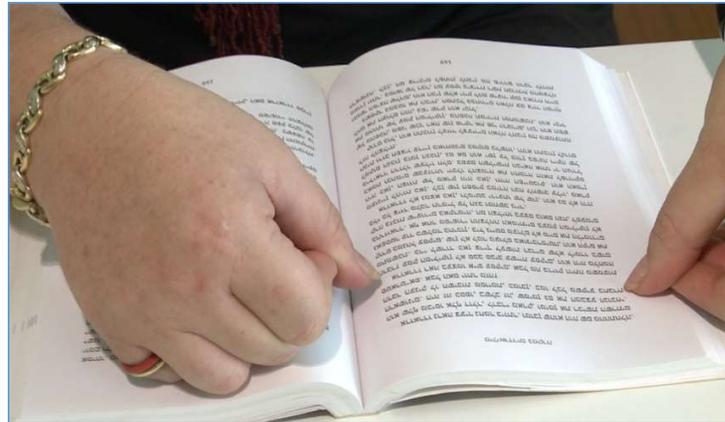
There are infinite ways to use the finger for 3D Speed-reading.

Choose the one more suitable for you, the one that will make you feel comfortable



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the finger - the magic wand



the finger - the magic wand



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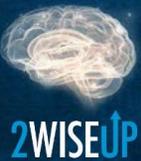
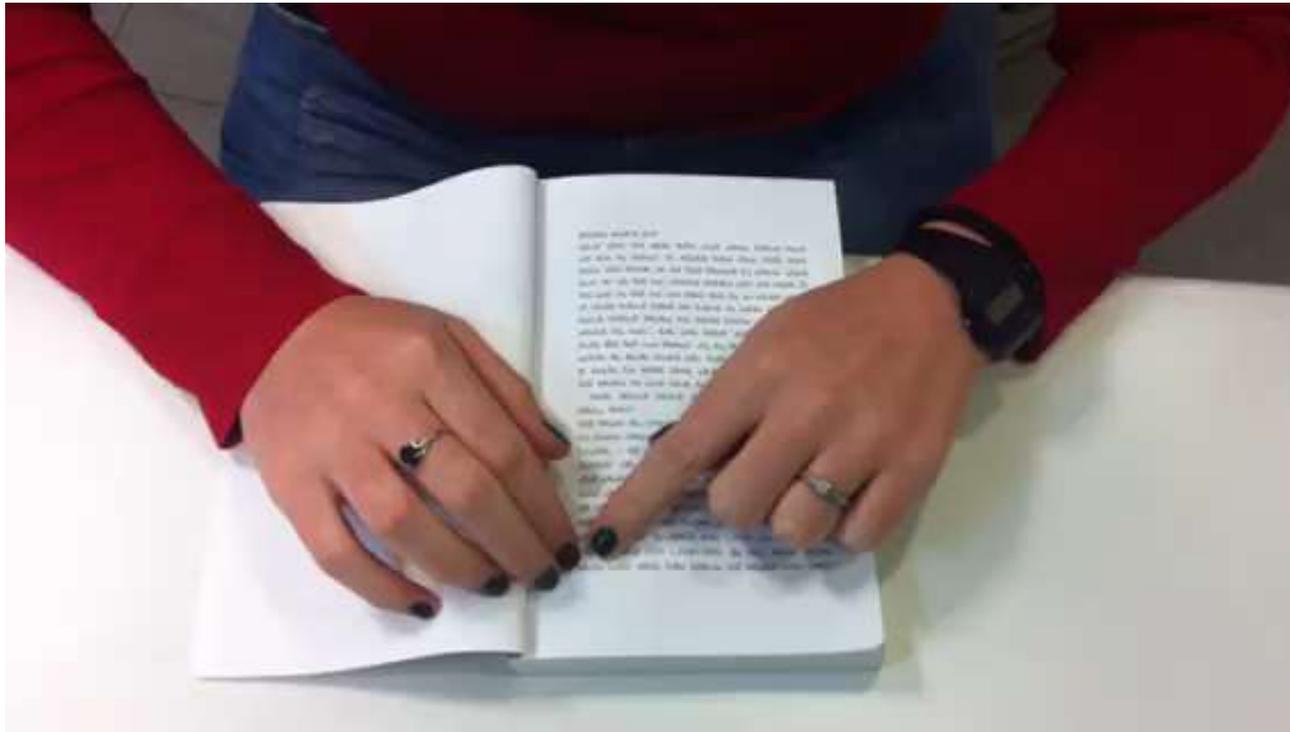


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the finger - the magic wand



3D Speed-reading – summing up

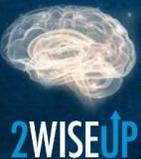
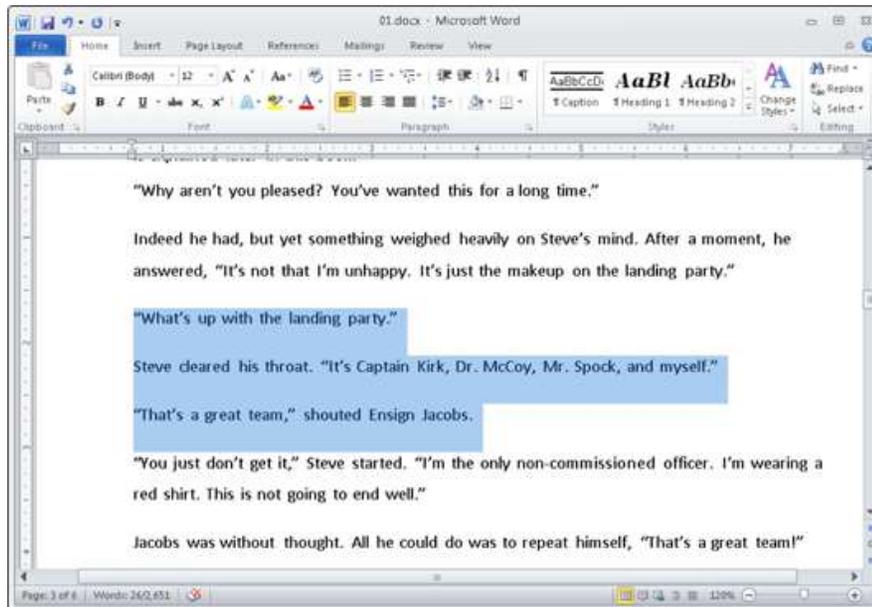
- **Create the conditions:** a suitable place, right temperature, chair, light, food / water, freshness. Breath!
- **Relax.** Be pro-active
- **Work with your hand:** set the new pace
- **Link the contents to comprehension:** wait a little, ask yourself questions about what you've read.



3D Speed-reading on your computer

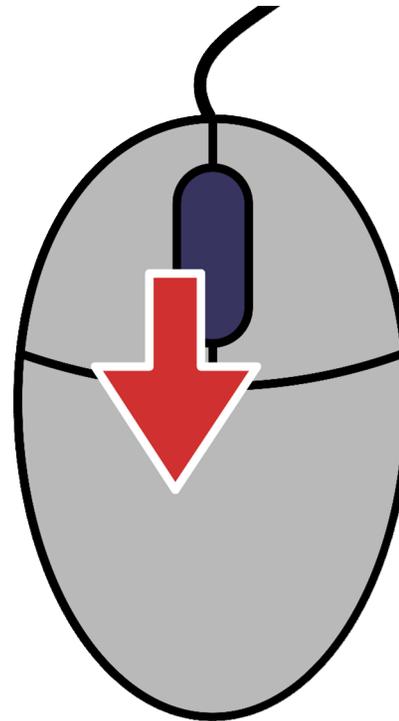
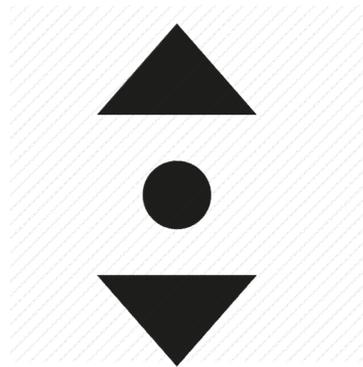
You can easily use the 3D Speed-reading on your computer, speeding up the pace of reading documents, Internet sites, e-mails etc..

Instead of the hand we use the cursor (moved by the mouse). We can use the cursor to follow the text. We can also color the lines.



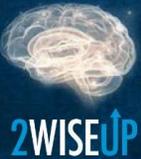
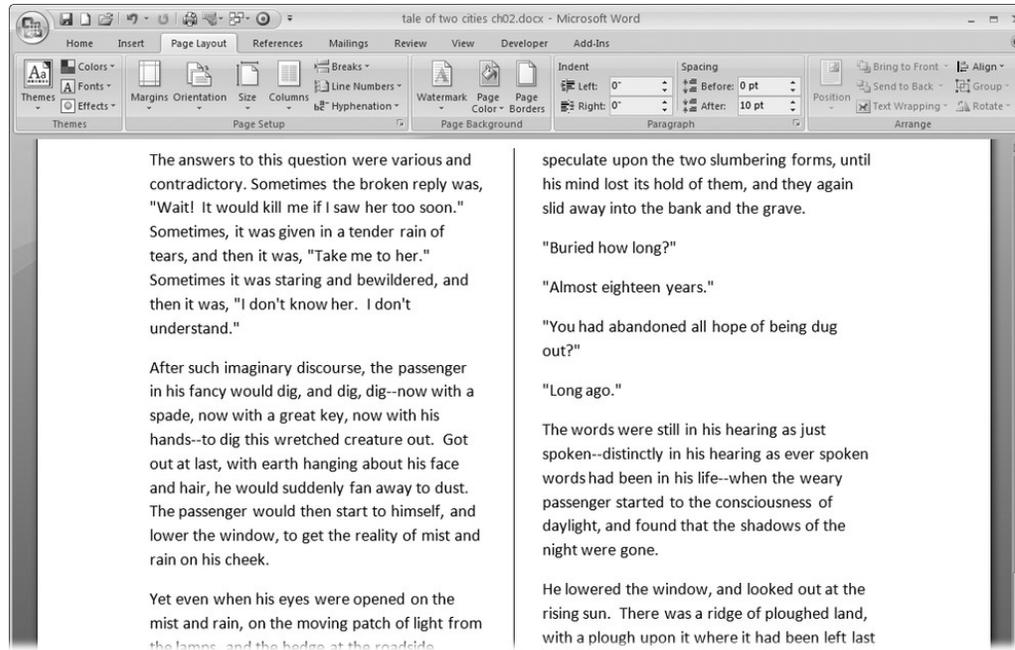
3D Speed-reading on your computer

Instead of moving your hand on the text, you can use the Middle Click of your mouse (keep in pushed) in order to let the text scroll while your eyes stay don't move. You can set the pace by tilting down the hand



3D Speed-reading on your computer

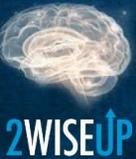
While reading a Word document, you could set the page in columns. The shorter the line is, the quicker you read. It is better, though, to just increase the margins and create one column at the center



3D Speed-reading- how to practice

There are 2 main strategies to proceed with the practice:

1. The “**Way of the Braves**” – also called “throw your bag over the fence”
2. The “**Safe way**”: small, gradual, consistent steps ahead



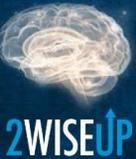
3D Speed-reading- how to practice

“Way of the Braves” – “throw your bag over the fence”

Get our brain used to the new velocity, force it to adjust itself and at the end, turn the new speed into our normal speed

Advantages: it is the fast lane, the shortest way to reach high reading speeds.

You create commitment and thus overcome the fear. You just DO

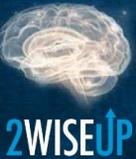


3D Speed-reading- how to practice

“Way of the Braves” – “throw your bag over the fence”

Disadvantages: for a certain period of time you must take into consideration that you might not fully understand what you're reading. This way requires persistence and insistence until it finally happen and you might give up while in process.

Who is it suitable for? for those who are not afraid of “jumping into the cold water”, for who likes to challenge oneself and win, those who can withstand a momentary failure and insist until success.

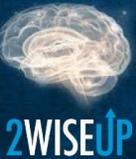


3D Speed-reading- how to practice

“the Safe Way” – “small, gradual, consistent steps”

Not to fight with yourself, no fear, no missing, just proceed step by step on your way to the goal.

Advantages: You understand everything you read from day one, miss nothing, skip nothing, just proceed. You don't have to deal with resistance, you just know it IS possible



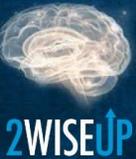
3D Speed-reading- how to practice

“the Safe Way” – “small, gradual, consistent steps”

Disadvantages: progress is slow and once in a while you have to remind yourself what was your starting point in order to assure yourself that you are actually increasing your speed.

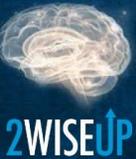
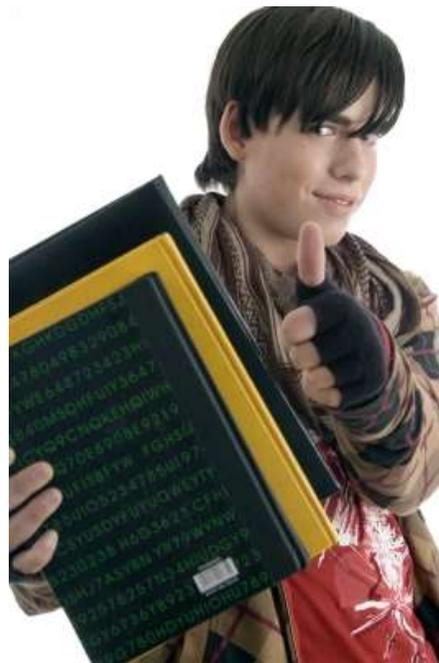
The danger is to get satisfied with lesser results

Who is it suitable for? Those who are worried they might not understand what they are reading and so, while practicing, the mind dwells more on the fear than on the contents. To who doesn't manage to detach oneself from the equation: if you read fast you don't understand.



Repeating is the mother of all skills

Remember to have fun!



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