

PhotoReading®

Step 1: PREPARE:

State your purpose- Ideal state of mind
(breath, purpose, tangerine, smile)

Step 2: PREVIEW:

Look over the material- Appraise the Value-
Decide to go on or stop- Revise purpose

Step 3: PHOTOREAD:

Enter resource level- Affirm concentration, impact,
and outcome- PhotoFocus- Chant:

Re-lax ... Re-lax ... 4 ... 3 ... 2 ... 1 ... Re-lax ...

Re-lax ... Keep the state ... See the page ...

Step 4: POSTVIEW:

Survey- Trigger Words- Formulate Questions

Step 5: ACTIVATE:

Incubate- Review questions- Super read and dip
(rhythmic perusal)- Skitter- Mind map- Rapid read

Questions for Reading Purpose:

- What is my ultimate application of this material?
- What do I expect to notice or be aware of?
- How important is the material to me?
- What value does this material create for me?
- What level of detail do I want?
- Do I want the big picture?
- Do I simply want the main concepts?
- Do I want to recall specific facts and other details?
- Is understanding the entire document relevant to my purpose?
- Could one chapter or section fulfill my purpose?
- How much time am I willing to commit right now?

Example of an Effective Purpose:

To absorb this material and apply these techniques and concepts in my life.

PhotoReading Affirmations:

Before:

- As I PhotoRead, my concentration is absolute.
- All that I PhotoRead makes a lasting impression on my inner mind and is now available to me.
- I desire the information in this book, (say the title), to accomplish my purpose of (restate your purpose).

After:

- I acknowledge the feelings I have received from this book.
- I release this information for my body and mind to process.
- I am curious about how many ways my mind can demonstrate that this information is available to me.

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Book Title and Author:

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Purpose for PhotoReading:

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Trigger Words and Phrases:

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

- 1.
- 2.
- 3.
- 4.
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- 10.

- 1.
- 2.
- 3.
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- 10.

Questions:

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- 1.
- 2.
- 3.

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- 2.
- 3.

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- 2.
- 3.

Purpose for Activation:

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