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“THE COMPLETE GUIDE TO GENIUS™”

This e-book is dedicated to the millions who wish to pursue excellence in research, scholarship, education and life. Its objective concerns the primary ways, techniques and procedures which should be used in order to increase BRAINPOWER and RAW INTELLIGENCE. It is not an ideologically biased document which aims to purport ideals of society, relationships, self-image, or business practices, and how these should or can be achieved based on subjective definitions of what intelligence is.

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Sorry to all those honest people out there but the above is directed towards bad guys and girls who want to cheat their way through life. Phew!
Enough of all that seriousness. Let's head straight to the contents page!

CONTENTS

THE EXPLANATION OF THE THREE STEPS TO GENIUS	4
STEP ONE: YOUR OBJECTIVE	5-6
STEP TWO: THE TECHNIQUES	7-8
PSEUDO TELEKINESIS (P.T) FOR CONCENTRATION	9-13
IMAGE STREAMING FOR MAXIMUM BRAINPOWER	14-24
BRAIN HARMONICS FOR OVERALL BRAIN POWER	25-28
2 DUALIST MENTAL EXPANSIONS (DME) FOR THE MENTAL EDGE	29-34
OPTICAL ENHANCEMENT FOR VISUALIZING	35-36
MENTAL ROTATION FOR STRENGTH OF INSIGHT	37-39
THE SCAMPER TECHNIQUE TO GENERATE IDEAS	40-41
THE VAK TECHNIQUE FOR DEEP THOUGHT PROBLEM SOLVING	42-44
QUANTUM WAVE STREAMING FOR MAXIMUM BRAINPOWER	45-47
THE HALF PTMR TECHNIQUE FOR INTUITION	48-49
THE KOINONIA TECHNIQUE FOR GROUP THOUGHT	50-51
LEARNING AND EDUCATION FOR OVERALL ABILITY	52-54
STEP THREE: BRAIN NUTRITION AND BEHAVIOUR	55-63
THE SECRET STEP	64-80
THE FINAL WORDS	

INTRODUCTION

Here are the three steps to genius intelligence:

STEP ONE – Figure out your objective and goal

STEP TWO – Follow the techniques that will allow you to achieve this objective

STEP THREE – Follow adequate nutrition and behaviour patterns

AND THEN APPLY THE SECRET STEP - How to manifest your dreams

The three step structure is the structure of this guide. I'll explain each step in their relevant section. The secret step is actually an extension of step one, so as to provide the most information for you to make intelligence gains, and manifest your dreams.

You need to do all three of these steps and not avoid any of them.

If you simply follow step two (i.e. just the techniques) without paying attention to anything else, your intelligence gains aren't going to last. You'll end up back where you started with lower intelligence which is exactly what you don't want.

What you'll also find from this guide is no fluff. Everything is straight to the point so you can make intelligence gains quickly.

So, FOLLOW THE STEPS!

STEP ONE: DEFINE YOUR GOAL



You need to think about why you want to increase your intelligence in the first place. Everyone will have a different motivation for wishing to increase their intelligence, and so the final level of intelligence which you wish to achieve should reflect the desired level which you wish to work at.

For example, if you want to use your higher levels of intelligence to enhance your personal qualities, then intelligence which would correlate on professional IQ tests as scoring between 140-150 is sufficient. If on the contrary, you wish to use your increased level of intelligence to embark on intellectual endeavours, then the higher your intelligence, the better.

I think it is very wise to consider what level of intelligence you want to aim for. There's no great value in having an IQ of 120 if your aim is to be a Nobel laureate, since it's obviously going to help if your IQ is at the 160+ level. That's not to say you can't be a Nobel Laureate with lower intelligence, but it's obviously going to help if you're smarter. On the other side of the coin, there's no point in having an IQ of 160+ if you're not going to do anything with it.

So really think about what level of intelligence you really want. What is it that you want to achieve with a genius IQ? Do you want to be a Nobel Laureate? Or build a successful company? Or invent a flying car for example? You need to know what you want if there is going to be any chance of getting it. You don't get out of bed and just let your feet wander wherever. You get up with certain goals in mind, and what you want to do in that day. This also applies to your life.

Here is a useful table of various professions and the corresponding typical minimum IQ of its professionals at their highest prestige achievement in life. Obviously, these are generalizations and not scientific laws as such so it will give you a rough idea of what level you want to be at.

Mentally Handicapped Individual	70-
High School Pupil/Minimum Wage Worker	80-
Degree Student/Decorator/High Street Worker/Joiner	90-110
Masters Student/Manager/Journalist/Accountant/Professional	120+
PhD Student/Ivy League or Russell Group Students/Chief Executive	130+
University Professor/Top Government Official/Gifted Individual	140+
Nobel Laureate/Chess Grandmaster/World Debating Champion	150+
Rhodes Scholar/Army General	160+
Genius	170+

So once you have defined your goals, you next need to set up a realistic time scale for when you want it achieved. This will put pressure on you to keep moving and progressing upwards. Without pressure, you will be too relaxed to make progress.

The final and most important thing to do is to write your goal down. The reason for this is that we as humans are prone to forget, and this includes the goals we have set for ourselves in life! It is easy for us to get bogged down on the road to success and genius intelligence so writing your goals down on paper will act as a way to strengthen your resolve and clarify your vision. Write your goal down on paper, and tie it down with sticky tape in a place where you will see it.

STEP TWO: WITH YOUR GOAL DEFINED, USE THE APPROPRIATE INTELLIGENCE INCREASING TECHNIQUE

Technique One: Pseudo Telekinesis (P.T) for concentration and focus
Technique Two: Image Streaming for maximum brain power
Technique Three: “Brain Harmonics” for overall brain power
Technique’s Four/Five: Dualist Mental Expansion (DME) for the mental edge
Technique Six: Optical Enhancement for visualizing
Technique Seven: Mental Rotation for deep insight
Technique Eight: Scamper for idea generating
Technique Nine: The VAK Technique for deep thought problem solving
Technique Ten: Quantum Wave Streaming for brain power
Technique Eleven: Half PTMR Technique for brain power
Technique Twelve: Koinonia for group thinking
Technique Thirteen: Learning and Education for overall ability
The Secret Step

In this chapter I’m going to explain various techniques to allow you to increase your raw intelligence, also termed brainpower. I’m going to explain various schedules of intensity as recommendations to allow you to increase your intelligence steadily, or quickly. We’ll conclude with a talk about possible problems of the techniques and how they can be resolved.

The last thing I want is for you to read and only practise half this book, because then you’ll find that your new found intelligence gains aren’t going to last.

If you were to put the techniques in order of usefulness for increasing raw intelligence, I would put the secret at the top, followed by

1. image streaming and quantum wave streaming
2. brain harmonics
3. mental rotation and PTMR
4. pseudo telekinesis
5. dualist mental expansion (this is actually two techniques under one name)
6. scamper and the VAK technique
7. koinonia
8. optical enhancement

I recommend that you use image streaming for 3-4 weeks to begin with, before considering the other techniques. Also, don't forget that all of the intelligence gains are effectively useless unless you apply the master secret step at the end of the guide. Let's begin....

TECHNIQUE ONE: PSEUDO TELEKINESIS (P.T)

Maximum IQ increase: IQ=elevated by 5-15 points



You should use this technique in order to increase your concentration and focus abilities which will in turn lead to an overall increase in intelligence. The technique is as follows:

- 1/ Obtain a coin and place it on a table in front of you.
- 2/ Make sure you are in a comfortable sitting place and in a location in which you will not be disturbed.
- 3/ Look at the coin from a distance of 30 or 40 cm away and concentrate your full attention on the look of the coin. Try and concentrate on its shape more than its particular features. Do not touch the coin.
- 4/ Next, you should imagine that your concentrated look on the coin is the force to try and make the coin move. By this, I mean imagine that **the force** of your concentration and attention on the coin's edge is attempting to make the coin move.
- 5/ Mentally push with your concentration to the edge of the coin and keep your attention on the edge for the whole session. (Btw, if the coin starts moving physically you have awesome telekinesis powers! Switch to a non-metallic object)
- 6/ You should maintain your concentration on the shape of the coin by looking at it, but also force *your whole attention* onto the edge of the coin as well. Really push your mind as hard as possible to look at the edge, and maintain a very narrow minded look at *only the edge of the coin*.

6/ You should also become unaware of your surroundings if you are performing the technique correctly. If you become distracted, turn your attention back to the process and doggedly attempt to maintain your concentration on the object. **Do not go around thinking about random things or other thoughts. This is going backwards and will lead to 0 gains.**

7/ You can repeat for any object of your choice, but a small metal object is desirable since this attracts the waves which your brain emits to allow them to become easily concentrated.

END OF TECHNIQUE

The Schedule For P.T

OK, the schedule for this particular technique is exceptionally basic compared to other ones you're going to see in this manual, yet this is because the consistency of gains that you'll make is unparalleled, rather than any weakness existing in the technique, or in the application of the technique itself.

I simply recommend that you practise for half an hour everyday for five days out of seven without fail (except if you are ill or tired). Anything else, and the gains are not going to last, or be minimal.

What To Expect

This technique should primarily be used if you wish to maximise the intensity of your concentration ability, which is the major precursor to intellectual ability. To make this clear again, **THIS IS THE PRIMARY TECHNIQUE WHICH YOU SHOULD USE IN THIS MANUAL TO HELP YOUR CONCENTRATION.**

Its other affects include increases in:

- 1/ listening ability
- 2/ mathematical ability
- 3/ ability to sustain complex arguments
- 4/ ability to extract relevant information from sources
- 5/ memory ability

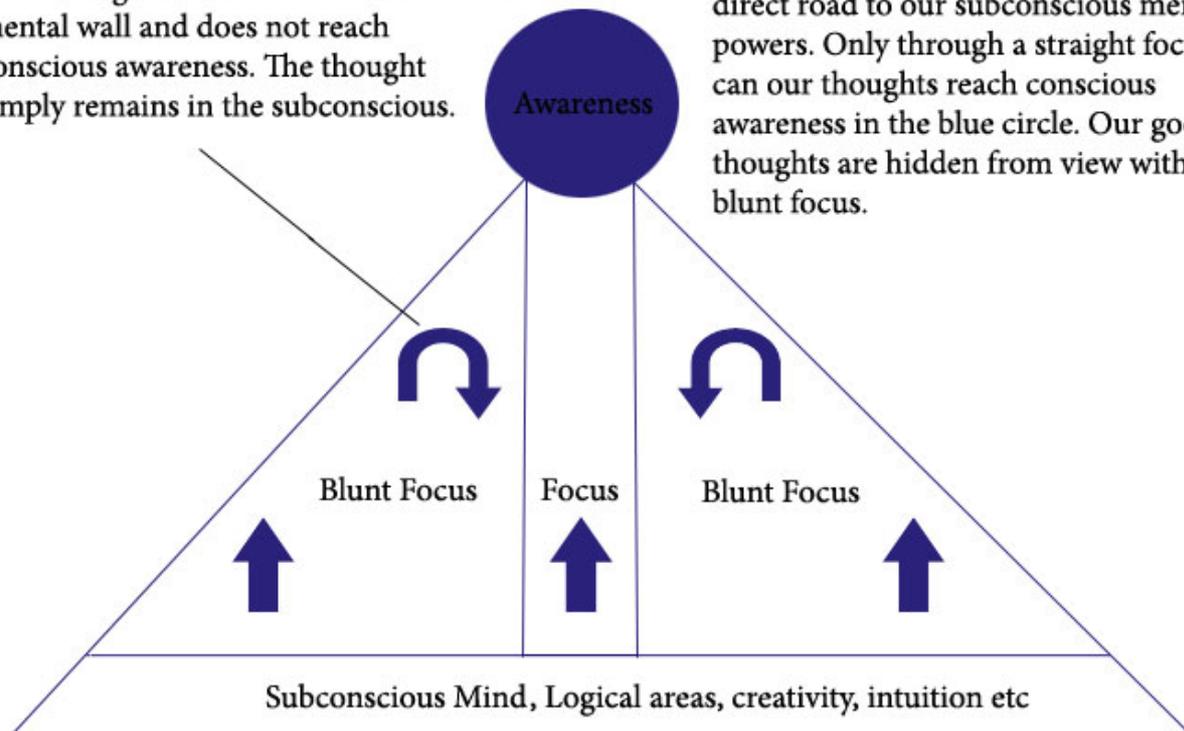
The Maximum IQ obtainable on this technique however, is limited to 5-15 IQ points above your initial base level of intelligence, and will depend on how committed you are to the process. Even then, from the research we have done, most people agree that this small increase is enough to create a dramatic and satisfactory intellectual change.

If that isn't enough for you, then try the other techniques. The IQ gains normally take place over a 2-3 month period, so consistency in application is key to success here. If you expect to use this once per week and don't even push yourself, you are going to get nowhere.

How P.T Works To Increase Intelligence

Any good thoughts which our subconscious mind brings to us bounces off the invisible mental wall and does not reach conscious awareness. The thought simply remains in the subconscious.

When we are focused and can concentrate well, we can establish a direct road to our subconscious mental powers. Only through a straight focus can our thoughts reach conscious awareness in the blue circle. Our good thoughts are hidden from view with a blunt focus.



In other words, when your mind is fully focused completely on one spot and is pushing to move the coin with its concentrative force, you are connecting to the subconscious mental powers within you.

Frequently Asked Questions Regarding P.T

Q. I keep getting distracted by my own thoughts so I can't concentrate properly. What can I do to stop this?

A. Well firstly this indicates that your initial level of intelligence has massive room for improvement, since you can't concentrate properly. Second, to stop your wandering thoughts takes a few days practise of P.T (a week at most if your IQ is in the average range of 90-110), by which time you will be able to concentrate fine. Also, the more mentally *inactive* you have become, the better and quicker P.T works.

Q. I am still having problems concentrating. I know I'm not very clever but there must be something else which can help?

A. If you still have problems, try reading and understanding an academic or technical piece of writing which is difficult to understand (I won't suggest possible topics as everyone reading this will have different tastes and intellectual abilities). This will help stimulate your concentration and limit daydreaming, which is the ideal state to practise. Then move directly onto the P.T

Q. My head and the area around my eyes feels numb after practising, why is this and what can I do to stop it?

A. Your head will be numb because you have stressed your mind in a unique way and this is nothing to worry about. However, if your head hurts, then your nutrition and behavior isn't optimal, so I refer you to Chapter Three to cure this. As for numbness around your eyes, that is not a good thing and indicates stress. I suggest giving your eyes a good rub after training to relieve any tension. Also, I would exercise the muscles of the eye by moving your eyeballs up and down, side to side, and diagonal to diagonal, focussing on particular objects in the room when your eyeball turns to the side within its socket.

Q. Are there more advanced versions of this technique?

A. Yes there are 2: The first is to use the PTMR technique found later on in this guide. The other is to attempt to do P.T in your mind. This means you should close your eyes and place your focus on an imaginary coin in your mind. This will allow you to influence the fundamental processes of your thoughts more easily. You should practise this for the same amount of time you would for a normal P.T session.

Q. Can i use this whilst driving?

A. No. I do not recommend it at all. You should not be practising any of our techniques whilst driving or operating heavy machinery!

Q. After finishing the P.T, i keep getting images of the coin in my head and it is getting annoying. What can i do to stop this?

A. There are two main ways. The first is to switch to a non-coin object, like a block of wood or a piece of rubber for instance. The second way is to make sure you are concentrating on only one edge of the coin, and not the whole coin itself. This is perhaps why you continue to see the coin in your head.

Q. Can i use P.T as a warm up before i use other techniques?

A. Yes you can. A particularly good program is to use P.T for 20 minutes, before moving on to another technique.

Q. Can i use P.T before an exam or academic venture to warm me up?

A. No. I do not recommend this. P.T is a mental workout which stimulates your brain to increase its concentration and focus capacity. Doing something mentally straining straight after a P.T session is going to be very tiring for your mind. It is similar to doing an hour long workout in the gym, and then going outside for a 10 mile run.

Q. I am not making any gains from P.T. What am i doing wrong?

A. For PT, you are probably not noticing gains because you are not actively participating in the routine. You are simply looking at the object and not focusing your attention on it. If you focus your attention on it and attempt to force your concentration to try and make the coin move, and actually be 100% committed for your session to just moving the coin with your concentration, you will notice remarkable changes. Its about maintaining your concentration and pushing your attention as hard as possible on the edge of the coin to try and make the coin move. The more concentration power you have, the more you can push your concentration against the edge of the coin and have a more intense session this way. So its about pushing yourself and maintaining concentration throughout without losing focus and being distracted. If you still are not making gains, try the more advanced versions like PTMR or doing PT in your mind only

Q. Can i use P.T whilst listening to the IQ increaser audio?

A. Yes you can. The audio will help to accelerate and amplify the effects of the P.T

Q. I still keep getting random thoughts in my head when doing the P.T. What can i do to stop this?

A. Firstly, random thoughts in your head is a sign that there is massive room for concentration improvement, so this is a good sign. However second, lack of ability to concentrate and remove random thoughts will reduce your P.T effectiveness. The advice is therefore to reduce the time you do the P.T before. For example, instead of a long 20 minute session, you can try the P.T for 5 minutes and attempt to keep your concentration for the whole session. If you still struggle, reduce it to a 1 minute power session and try to keep your concentration then. Take 1 minute break, and then do another 1 minute. Keep doing this until you reach the full time for the session.

TECHNIQUE TWO: IMAGE STREAMING

Maximum IQ obtainable = 180+



This is the primary technique which you should use in order to reach a 180 IQ. It aids in increasing almost all areas of intelligence. [Scientific evidence is here](#). The technique is as follows:

1/ Close your eyes.

2/ Relax your mind and body as if you were about to fall into a daydream. Obviously go in a place in which you will not be disturbed.

3/ In your minds eye, there will always be images present that are revealing themselves to you. For example, if you think about describing a particular situation, some sort of image of that situation will occur in your mind. For example, if I were to describe a room with blue walls and two wooden tables in the middle, you will be able to create some sort of image of this in your mind. So with your eyes closed, you need to imagine and visualise any sort of situation, thing, object, symbol. (If you can't see or create images in your mind, please see the problems section below)

4/ You should now attempt to describe aloud the image which you have in your mind. You should describe it in as full detail as possible. Describe it aloud to yourself, a Dictaphone, a cassette player, another person, or group. It's more effective if you describe to someone else as it will keep you alert and save you from falling asleep.

5/ Describe, the look of what you see, the sound, the taste, the smell, the feel, i.e. describe using the five senses. For example, as I write this, in my mind "I see an

orange in my mind, which funnily enough, is orange in colour. I can smell a tangy citrus smell on its skin. The skin of the orange is slightly soft to the touch and I also see that it has these small shallow craters on its surface which are dotted all over the surface. Behind it in the distance is a person on a bike. The bike is about a quarter of the size of the orange and I see it peaking out from behind the side of the orange. The person is about the same size as the bike. The person is a man who is dressed up in a black suit, bow tie and white shirt, and the bike he's on is a shiny black colour with a slight reflection of a whitish yellow coloured light reflecting on its surface. I see that the bike has two wheels with a thin, black rubber covering. I see the left side of the bike and the front of the bike, which has a light bulb with a tinted glass covering over it, which is on the far left side of my image."

6/ Describing in the above manner you should continue to describe in as much detail as possible. If for example, the taste of something isn't obvious, such as the taste of a "brown coloured wooden block with slight sharp shallow grooves of a whitey yellow colour along the surface of its longest side", you should try to give some sort of description as to what it tastes like, in this instance it would be "as I taste it, there is no obvious taste other than a taste and feel of it being dry, rugged and dull".

7/ You should describe using the prefix "I.", "me" or "my" e.g. I smell, I see, I feel on my side, I sense, the object is moving behind me. You can also begin the session by asking a question which you wish to find the answer for.

8/ Describe absolutely anything that you sense or see, taste smell etc. in your mind, no matter how fanciful, scandalous, unpleasant or stimulating. Do this process for the required length of time which I suggest in the schedules below. *End of Technique*

SCHEDULES

I have written three different schedules of varying intensity for you, and you should try to incorporate these into your day to day lifestyle. These are important because after a few months of training, you'll realise that standard image streaming is simple and will become far too easy on your mind (since you're going to get smarter) and so we have to increase the intensity of your training in order to maintain the increases in intelligence as well. To make it clear THIS TECHNIQUE IS PRIMARILY TO INCREASE OVERALL BRAIN POWER AND IS THE METHOD TO BE USED TO REACH A 180 IQ IN THE SHORTEST TIME POSSIBLE. You should feel free to use any of the schedules provided but you should never fall below the standard schedule, or you will make little or no gains in intelligence.

Standard schedule

This basic and beginners schedule is recommended for those who wish to embark on

a reliable, constant and stable increase in intelligence over a prolonged period of time:

- 1/ Train for 45 minutes every single day as an absolute minimum.
- 2/ Preferably you should train at least five days out of seven.
- 3/ Do not miss a training session for any reason other than illness or genuine tiredness. Some days you just can't be bothered training but you should always try and distinguish to yourself when you are simply being lazy and not genuinely tired.

Intermediate schedule

If you want to accelerate gains in intelligence over a short period of time, then I recommend this schedule e.g. in a situation where it is close to examination time for students at college or university or any other situation in which your going to have to be at your mental best (or "peak" as its called).

This schedule is obviously more difficult since its going to take a lot more effort and commitment over a few months, so it's virtually impossible to follow this schedule year round. Use it only when peaking, otherwise you will wear yourself out before you reach your desired level of intelligence **EFFECTIVELY ENDING UP BACK WHERE YOU STARTED WITH THE SAME LOW LEVELS OF INTELLIGENCE.** That is definitely what you do not want.

This is what I recommend:

1/ You should practise for a maximum of one hour every single day for six days out of seven. You can be flexible on this and practise at different times of the day so that the total length of time spent training on this technique amounts to the one hour limit, i.e. it doesn't have to be one long session that you do but instead, you perform small sessions throughout the day. In either case, take a break from training every 15 to 20 minutes for 5 minutes or so, which therefore means two breaks during a training session. Otherwise, you'll eventually experience a growing strain on your ability to concentrate, since your brain also requires time to recover from the intensity of your sessions.

One hour might not sound like much, but over several weeks, **IT IS A VERY LONG AND STRENOUS MENTAL WORKOUT PROGRAM.** Let me give you an example so it makes more sense: one hour of image streaming is like revising for an exam 10 hours a day, everyday. No one has to tell you but that is obviously going to get you completely exhausted! Image streaming is a mental workout much like heavy weight training for your muscles. You cant blast your biceps and pectorals for hours everyday as they require time to recuperate, and that's exactly what you're doing here; giving yourself time to recover so you can blast your brain some more next time

round. Please stick to this one hour limit.

Advanced schedule

This final schedule is recommended for those that have at least several months of continuous training, since you'll have acquired a disposition to increase your intelligence, and the following schedule seeks to exploit this by further accelerating the rate of intelligence gains. This schedule, or better put, advanced technique, is the one to which you should strive towards as it is much more effective than standard image streaming, not to mention that standard image streaming will become too easy and will require more impetus to increase training intensity. The previous accelerated schedule is reinforced and built upon in a number of ways, and the image streaming can also be performed anywhere and any time if you choose to follow the prescribed methods below:

1/ Image streaming can be performed with your eyes open since images are still and will always be present in your mind. For example, the previous illustration of the description of “a brown coloured wooden block with slight sharp shallow grooves of a whitey yellow colour along the surface of its longest side” will conjure up an image in your mind right now as your eyes are open. As such, image streaming with your eyes open creates more overall brain activity as your brain also has to process the external environment.

2/ However, and alongside this, you can also use your “inner voice”, which are your thoughts, not words. WORDS ARE SLOW AS YOU CAN ONLY TALK AT A CERTAIN MAXIMUM SPEED. THOUGHTS ARE AT THE SPEED OF LIGHT. The inner voice mechanism is a faster and more efficient method of performing image streaming, since it bypasses the use of words entirely. This allows you to increase your training intensity as you are increasing the rate of description exponentially.

To illustrate, if we return to the wooden block example, “a brown coloured wooden block with slight sharp shallow grooves of a whitey yellow colour along the surface of its longest side” is what you would say if you were describing aloud with words, as you are obviously explaining the characteristics of the wooden block using words. By inner voice, you do not say the words of “a brown coloured wooden block etc. etc.” in your head, since that is in affect exactly the same as saying the words, but instead, you understand in your mind that the wooden block is brown coloured, that you see its grooves and so on by understanding and sensing it with your mind. You sense the qualities of the images,(in terms of the five senses) but you simply become conscious of your sensing them (the images, sounds etc.) and what you are sensing (i.e., that the image you see is a wooden block), without adding words to describe, since you are not describing, but you are understanding. To make it clear again; you shouldn't use

any words to describe what you sense, you just simply sense the images and understand the images which you are sensing and continue to do so for the remainder of the training session.

This will also mean that the images which are difficult to describe with words in standard image streaming become easier to incorporate into image streaming through this use of understanding, rather than describing. For example, the images of an orange and a bike earlier in this chapter took 40-60 seconds to extract and describe in word terms. Using the inner voice, you can do it in 10 seconds or less, which in effect, at least quadruples your image streaming intensity by allowing four times as much “information” to be processed than in a standard image streaming session. Trust me, if you can follow this, and its dirt easy to master it, then your intelligence is going to sky rocket very quickly!

Depending on which method feels more comfortable, you can alternate back and forth within a training session between using words and using the inner voice. **Do not completely substitute one for the other for the whole session. Use both words and sensing but have a bias towards one.**

3/ The understanding and describing of the images in terms of the five senses can also include the movement of images which means more brain activity. If you see an image of a car moving, describe its movement (or understand using the inner voice).

4/ You could also try and imagine and describe what it would be like to actually BE THE IMAGE which you are attempting to understand.

5/ You can purposefully perform your image streaming whilst, for example, you are out running or walking down the street, equalling more activity which your brain will have to adapt to.

6/ Eventually, when you become a genius, you will be able to surpass one hour of training per day and still make significant gains in intelligence. Until then, I would stick to one single session with a maximum of one hour of training per day. (Remember how I mentioned that the inner voice increases intensity several-fold? So more than one hour is not needed) Also, a flexible training schedule of 3 twenty minute sessions doesn't stimulate your brain hard enough so a one hour long session is definitely essential.

7/ I would give at least 3 months worth of image streaming using the beginner's schedule before trying this advanced schedule. If you switch to the advanced session too soon, you will not experience rapid gains, because you simply will not be able to describe fast enough.

What To Expect

The maximum level of real IQ increase with image streaming has not been determined. This is because the schedules provided are sufficient to increase your real IQ and intelligence well beyond its measurable level. This measurable limit would lie in the range of an IQ of 230-250. OK, everyone is not going to get the same results; that's almost a certain fact in any situation. However, the common effects of image streaming, using the beginners schedule over the 1-4 weeks time scale include:

- 1/ Increase in the ability to formulate and extract ideas intuitively
- 2/ Increase in reading ability, including reading speed and understanding
- 3/ Increase in intellectual curiosity
- 4/ Increase in visualizing ability
- 5/ Increase in concentration span

This later advances to rapid and significant increases over the 2-8 months range in:

- 1/ problem solving ability
- 2/ intellectual creativity
- 3/ intellectual diversity
- 4/ memory, directly and through an onset of photographic ability
- 5/ learning
- 6/ rebutting
- 7/ complexity of ideas and unique ways of thinking
- 8/ overall feeling of mental smoothness and harmony in the mind
- 9/ thorough dreams
- 10/ the feeling of a quick and surreal flow of time

Though you will be drastically more efficient in your mental aptitudes after 2-3 months characterised by the development of the above, it's in the region of 8-12 months of continual training that your brain will be in sufficiently good condition to actually merit genius like characteristics (but it obviously depends on your beginning level of intelligence and the amount of work you put in). This status will be characterised by all of the above but will include;

- 1/ Continuous presentation of convoluted ideas in your mind
- 2/ Exceptional ability to absorb information
- 3/ Exceptional ability to formulate information and ideas
- 4/ Exceptional ease to construct a complicated argument
- 5/ Mental ecstasy

Negative Situations And What To Do If They Occur

So we can see that continuous use of image streaming can make you a genius, but there are several limitations as well as possible adverse affects:

1/ Creates a disposition to continually extract ideas from your mind, which may not always be useful since it can become a nuisance. You cannot “switch off” all the ideas which will “appear” in your consciousness. Too many ideas being presented in your mind may create feelings of madness and aloofness. You may therefore experience changes in your personality, through the change in dispositions.

2/ No originality. The ideas which you will formulate may go against all the conventions of academic writing and literature. You should therefore ensure that you get to grips with your new-found intelligence to understand its dispositional capabilities.

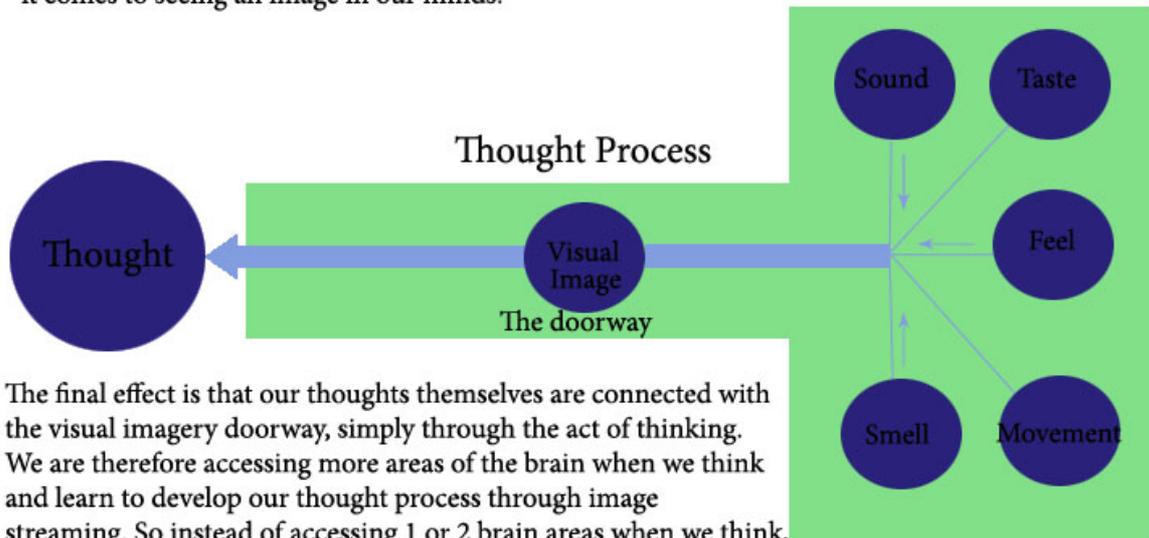
3/ You may find it difficult to construct a simple argument with clarity which may have repercussions in academics. Even when you speak, you may find it difficult to talk casually, which others will certainly notice. This has to be corrected with a strong manual effort on your part.

4/ Image streaming can't be performed before bedtime because the changes in brain wave patterns during image streaming will not create the brain wave disposition necessary for sleep.

5/ Your intelligence will gradually decrease, and at an increasing rate, if you do not continue to exercise your mind with image streaming.

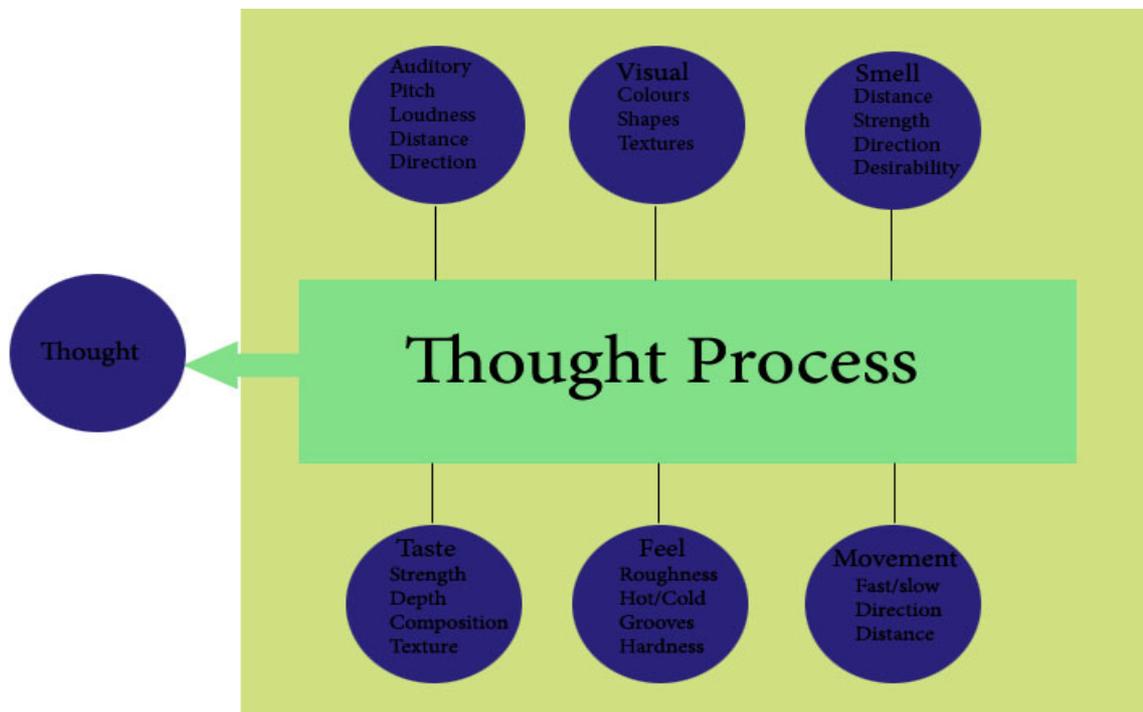
How Image Streaming Works To Increase Intelligence

1. When we image stream, we are allowing the visual image which we see in our minds to act as a doorway to other brain areas. The greater the association the other areas of the brain (ie the senses) have with visual imagery, the greater the number of brain areas used when it comes to seeing an image in our minds.



2. The final effect is that our thoughts themselves are connected with the visual imagery doorway, simply through the act of thinking. We are therefore accessing more areas of the brain when we think and learn to develop our thought process through image streaming. So instead of accessing 1 or 2 brain areas when we think, our brain has learned to access 5-6. So the more vividly we describe our image in image streaming, the more we are allowing the brain areas for individual senses to become enlarged, therefore increasing the depth and scope of the brain used when it comes to thinking.

Finally, the brain areas in question are the individual brain areas in the senses which can be developed. Enlarging the associations in these areas allows you to access the mental subtleties they bring when it comes to thinking:



So image streaming is increasing the areas of the brain being utilised when it comes to thinking, and allows you to automatically utilise the mental subtlety advantages associated with association in individual brain areas.

Frequently Asked Questions Regarding Image Streaming

Q. How do I visualise since I cannot visualise or see anything when I close my eyes?

A. No problem. There are several methods which can be used to enable visualisation to take place. Everyone visualises at some point in their lives, but most of this will go unnoticed unless a conscious effort is taken to acknowledge that it's actually going on. Thus, if you cannot visualise:

1/ Imagine any sort of image in your mind. It should be one that you make up yourself and can be absolutely anything. You can imagine any sort of image. Once this is done, you can then do the image stream by beginning to describe the image. Other images will then hopefully automatically be presented in your mind, which you should describe in the image streaming manner.

2/ When you close your eyes, pay particular attention to what you physically see with your eyes (not with your mind). This is normally various small dash like dots and a mixture of black and grey colours. Describe what you see physically with your eyes and continue to develop from there.

3/ Read a descriptive passage from a story book, (or other descriptive material). Whilst doing this, if you notice any images being formulated in your mind in response to the book you are reading, you should continue to develop the images and continue from there.

4/ Light a candle and look directly at its flame in a darkened room for a period of 2 or 3 minutes straight. After this, close your eyes and try to see if any remnants of the look of the candle, in terms of its glow and colour, are still present in your mind. Describe what you see and continue from there.

5/ Allow yourself to daydream and when you are within a daydreaming state, describe the images you see and develop from there.

6/ Turn on some relaxing music of your choice. See if any images are produced this way and develop them.

7/ Turn on a tap of water and allow it to trickle very gently. Close your eyes and concentrate on the noise which it is producing. Try and visualise the tap and the water

coming from it. Develop from there. This process can also be repeated with any sound of your choice.

Q. After a couple of days of image streaming, my head starts to feel cloudy. Why is this and what should I do?

A. This is because you decided to start at the intermediate or advanced schedules instead of the beginners' one or your nutritional and behavioural practices aren't optimal for the purpose of intelligence gains. See the chapter on Brain Nutrition to solve this problem.

Q. Although I can create images in my mind, I am finding it difficult to describe quickly and sometimes I am lost for words. What can I do?

A. This is simply because you have started off your training with a lower level of intelligence. Continue to practise image streaming and your speed of description and intelligence will then begin to increase. Also, you might not be used to describing awkward situations which images in your mind might be, so when you get used to it, the problem should correct itself.

Q. I'd like to follow a one day training + one day rest program for image streaming. I want to know if this is effective?

A. Yes this program can be effective but it depends on how long you are going to train for on a training day, and whether you are a beginner, intermediate or advanced trainee. I would say a maximum of one hour for a beginner, 2 hours for an intermediate on this type of schedule. (on the previous schedules, half an hour for beginner and one hour for both intermediate and advanced) Also, you should never take more than one day off unless you really have to, otherwise your efforts will suffer.

Q. How do I achieve a real IQ of well over 180?

A. You should practise image streaming in the way described in accordance with the schedules. You should achieve this IQ after at least 9 months of hard work. (One person we experimented with achieved an IQ of 196 in 9 months!)

Q. When I become a genius, how do I maintain my intelligence level rather than increase it further?

A. Train for 20-30mins every single day for seven days out of seven (absolute minimum of 6 days) at the advanced schedule level.

Q. In the advanced image streaming technique how does one get the images to describe. What i do is close my eyes to get images then open my eyes to understand the images while sensing and all but i feel no changes?

A. First of all, you need to make sure you can do standard image streaming by being able to describe the images in your mind in as full a detail as possible. Thereafter you can proceed to the understanding step. Do not open your eyes to understand the image for this. You should be describing the images BY understanding them. If this doesn't make sense, its because you can't fully describe them with words, so in actual fact, you should still be practising the standard image streaming technique.

Q. I am not making any gains from image streaming so far. What am i doing wrong?

A. Make sure you are eating healthy foods. This has a very significant impact, as an unhealthy body is an unhealthy mind. Also, if you are training your mind, it is important you get the right vitamins and supplementations. Also, make sure you are practising the standard image streaming technique and have mastered this, before moving on to advanced versions. Another thing to do is to make sure you are describing ALOUD and to an external source (e.g. another person or to a dictaphone.)

Q. Is it okay to use P.T before image streaming?

A. Yes. The P.T. increases your ability to remain focused in the right places, and this is crucial for image streaming. The P.T. also helps to get your brain in the right frame of mind for the mental effort required in image streaming.

Q. Can you give me the training regimen for someone who reached a 190 IQ?

A. This training regimen will not necessarily work for you. My advice is to take things one step at a time, until you reach the position in your training where 190+ IQ's are obtainable. At that level, it will become self explanatory to you how you should personally go about achieving this goal, as your training regimen should always be tailored to yourself, and not somebody else.

Q. What is the secret to image streaming success?

A. The secret is consistency. Continue to practise no matter how bored or lazy you may feel, and you will eventually get the IQ you want.

TECHNIQUE THREE: Known as “Brain Harmonics” Maximum IQ obtainable – up to IQ=160



Some people simply can't be bothered with all the effort of image streaming and P.T and DME etc. and many of you will just want to increase your intelligence in the most stress free and passive manner. That's why there are a few products in the market in the form of brain harmonic audio's which can really help:

I recommend using The GeniusIntelligence Brain Harmonic IQ Increaser Audio™ in both its twilight and wind versions. All you need to do is passively listen to the audio on a daily basis for about 20-30 minutes per day as a minimum. Using it for 5 days out 7 should increase your IQ by about 10-15 points per month of use, as long as you are remaining mentally active and pushing yourself as much as possible. Do not use it every single day as this will actually decrease your IQ. Also, you are strongly advised to do something mentally challenging when listening to the audio, so that your brain is stretched to the limit and can therefore expand its capacity into all new areas available. Some scientific research conducted on the technology for IQ increase can be found [here](#). Figure 7 will be the most useful for you.

So, using brain harmonics is a very popular and proven method for increasing intelligence. Be warned though, that your intelligence will eventually return to its original level if you stop listening to the audio.

Another alternative method is to use subliminal audio's which is a technology designed to imprint positive suggestions into your subconscious mind. This in turn

affects your identity and who you become, because of a change in your beliefs. I recommend [this website](#) because of the huge depth of programs it covers. Programs range from mathematical genius creators, to programs to improve creativity, memory and concentration. At the time of writing, the asking price is only \$16.

What To Expect

I would stick to the recommended usage limits to make sure you get the correct effects. With the example above, your IQ will increase steadily up to approximately 160 but this is of course after many months of continuous use. Even then, I think this is a worthwhile investment if you wish to increase your intelligence with absolute minimum effort.

Every audio will have different effects but generally, your intelligence increase will be noticeable in the following areas:

- 1/ Increased concentration
- 2/ Increased reading and comprehension speed
- 3/ Increased rebuttal ability
- 4/ Increased problem solving ability
- 5/ Increased curiosity
- 6/ Increased creativity

In other words, the obvious characteristics of intelligence increase. If you don't notice any or all of these from the tape you use, then I suggest sticking to the ones I prescribe above. These are tested and proven to work.

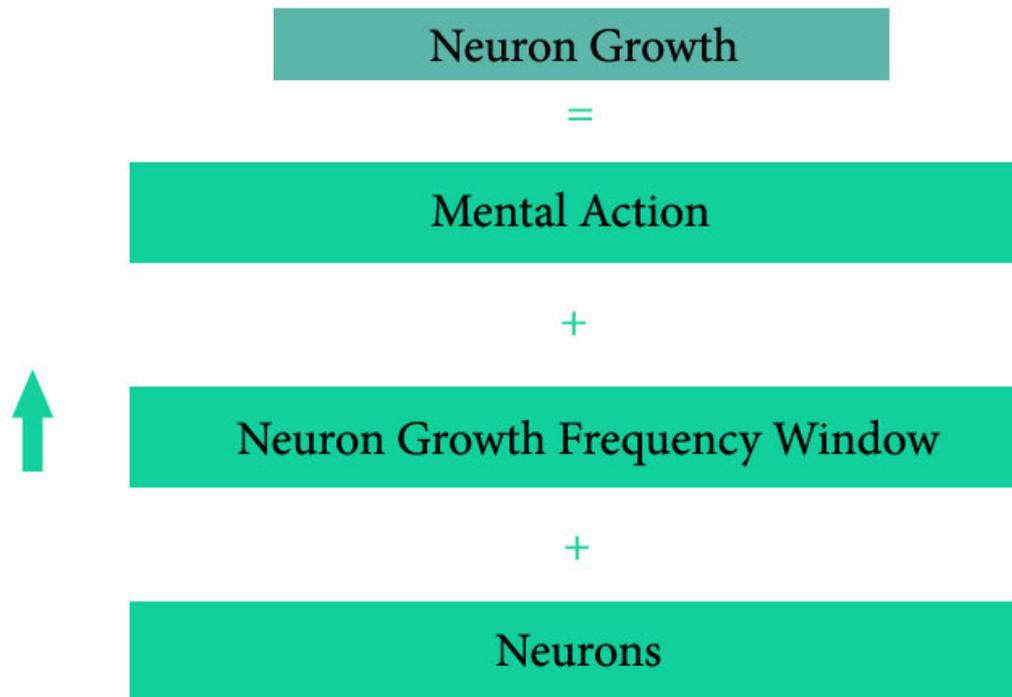
Negative Situations And Effects Which Do Not Occur

1/ This technique may require frequent use of headphones which may be problematic due to radiation and magnetic forces. So it's not the best option if you have any ear problems or are worried about ear health.

2/ Generally speaking, brain harmonic tapes won't make you as intuitive as other techniques such as image streaming.

There's not much else to be said for this technique, but as long as you are committed to practising on a regular basis, the rewards will be very fruitful! If you want to know more about how these tapes actually work, just visit the website I've given you above. If you don't try, you'll never know.

How Brain Harmonics Work To Increase Intelligence



Strictly speaking, it is not neuronal growth which causes the intelligence increase, but the growth in dendrites and glial cells. More information on the structure of the brain can be found in “Brain Myths Exposed™”

Frequently Asked Questions About Brain Harmonics

Q. Can you listen to these tapes whilst sleeping?

A. It's advisable not to listen to these tapes whilst sleeping. This is because sleep induces a particular brain wave pattern which is different from the optimal mental states you are trying to accomplish. In fact, listening to harmonics at bed time will keep you awake all night! If you feel that you can handle 2 sessions of brain harmonics, then by all means do so. However, the vast majority of people will experience headaches etc. doing this. It would also depend on which harmonic product you are listening to.

Q. How quickly can I get my IQ up to 160?

A. It normally takes between 3-4 months to reach this level. This is assuming you are using it for one hour per day and without any of the other techniques we teach.

Q. Can you listen to the brain harmonics for more than one hour per day?

A. Yes you can, but we do not recommend it. 5 out of 7 days is ideal, and around 45 minutes at the most.

Q. What should I do if my head starts to ache from using the brain harmonics?

A. You should stop using it until the headache subsides. Also, if the headache is not that severe, you can simply reduce the intensity of your session by using the audio, for say 20 minutes instead. You should also make sure that your sleeping and dietary patterns are adequate, as poor patterns can reduce your minds tolerance to change.

Q. Can I use brain harmonics with other techniques in this guide?

A. Yes you can. A popular method includes 30 minutes of brain harmonics + 20 minutes of P.T + 30 minutes of image streaming.

Q. What should I be doing whilst listening to the audio?

A. We would recommend that you do something mentally active. For example, writing, studying, playing chess or computer games etc. Simple exercises like walking and watching TV will not stimulate your brain sufficiently.

Q. Why are there two IQ increaser audio's?

A. There are two reasons:

The first is that the two audio's are different because they target different brain areas and establish different intelligence increasing brainwave states. A one-audio-fits-all simply does not exist. Audio one (water-wind-sound audio) specifically focuses on establishing very intense concentrative and focused states, such as is required with math, logic and heavy analytical work. Audio 2 is designed to cover general intelligence areas and is much less intense on concentration ability.

The second reason is that every person is born with a different default brainwave pattern. The effects of the audio's will therefore differ from person to person. Audio one will produce better results for some and worse for others. The same goes with audio two. The two audio's therefore give the option of choosing the audio which you feel is the most desirable for you, in terms of compatibility with the intelligence increasing states the audio's will produce.

TECHNIQUE FOUR AND FIVE: Known as Dualist Mental Expansion (DME)

Maximum IQ increase: IQ= increased by 5-25 points

Dualist Mind Expansion is an umbrella term which incorporates several techniques for increasing intelligence. They involve manipulation and training of various aspects of the body, to create the desired effect of increased intelligence in the mind. Here I will mention the two primary techniques that will create this effect.

Running To Increase Intelligence



Okay, this might not seem like the greatest of mind builders but it is actually very effective for increasing your intelligence. Trust me, I don't know any regular runner who isn't very smart and it is very easy, enjoyable and the vast majority of us can do it. I also thought I'd add this in the guide as a good alternative in case the other techniques got boring, and as mentioned before, it'd hardly be the COMPLETE guide to genius and intelligence building if i didn't add this in.

By running, I don't mean just any running, and that's why I've formulated ten guidelines to promote sane running in the section following the next. I will now explain why this type of running is effective for increasing your intelligence:

1/ It increases the overall blood volume capacity in the body, which allows increased blood flow to the brain. This means your brain is easily kept in optimal condition as more nutrients can reach it through the blood. This might not seem significant to you at first glance, but at the microscopic and cellular level, its effects are very profound

which will correlate to greater intelligence.

2/ It links the area of the brain concerned with daydreaming and creativity (i.e. the right hemisphere of the brain) with the motor-co-ordination area at the back of the brain. This means that the overall processing power of your brain will increase as more of its regions are working in coalescence.

3/ Attention span and breathing span are directly proportional. Thus, by increasing the efficiency of your lungs and breathing mannerisms, your attention and concentration will be greater in day to day life and intellectual endeavours.

4/ It increases the complexity of the dendrites within the neurons in your brain. This leads to much better communication between brain cells, which will correlate to increased intelligence.

Some intellectuals have asked me why I prescribe running and not cycling, rowing or swimming. The main reason for this is that we have only conducted the research for running and not the other types of exercise. We know for a fact that running increases intelligence in both laboratory animals (rats) and humans so I can only suggest running until testing on other exercises is carried out. My guess would be that cycling, rowing and swimming are not as effective for increasing intelligence as running, since the first two are artificial methods of exercise, and the last is unnatural in that man is a land mammal. In turn, they will not stimulate the brain in the same way as the natural process of running.

The Ten Guidelines for Sane Running

We see a lot of people these days running around and trying to keep fit, but a lot of them are not following adequate safety and injury prevention measures. For this reason, I have formulated ten guidelines to make sure you get the most out of this training, for your body and most importantly, your intelligence. Follow these, and you will make sure that your intelligence will increase as much as your fitness, in a very safe and enjoyable fashion.

1. Never run two days in a row. This will aggravate needless injuries in your knee points. If you feel you need more fitness, switch to swimming or cycling temporarily.
2. Buy and use good quality running shoes. You should know that using a run-down pair of trainers or sneakers is inviting injury.
3. Never try to run through an injury. If you feel pain while running, switch to swimming or cycling temporarily to maintain fitness until the injury is fully healed.

4. Don't run on an uneven surface. This will put enormous stress on your legs and lower back which is easily avoidable by running on the proper, flat surface.
5. Run within your capabilities. Never over extend yourself. For this, it is better to run for duration, rather than distance. Thus, 20 minutes is preferable to 2 miles. Also, that doesn't mean you should time yourself over a distance because then you'll be tempted to push yourself too hard and injure yourself.
6. Do not race. Racing is one of the most destructive things you can do as a runner wishing to increase intelligence. It leads to injuries and fatigue. Run for the physical and mental benefits.
7. Make running enjoyable. Do it regularly and look forward to it every time.
8. Run in a relaxed manner. If you feel serious tension, slow down.
9. Dress for the weather. This should go without saying but it still amazes me how many people don't stick to this basic safety tip.
10. Only increase the speed of your run if you are confident enough of your capabilities. Then, you should run as fast as you can for a specific length of time.

SCHEDULES

Beginners

If you've been physically inactive for a long time, I would walk before starting to run. Spend two or three weeks doing this, training three times per week for 15 minutes, and moving very slowly, but gradually building up your speed as your fitness improves. After that, you will be ready for a regular running program to increase your intelligence.

Intermediates

Run for the length of time specified, in accordance with The Ten Guidelines above over this five week program:

Week One

Tuesday	15 minutes
Thursday	20 minutes
Saturday	15 minutes

Week Two

Tuesday	20 minutes
Thursday	15 minutes
Saturday	20 minutes

Week Three

Tuesday	15 minutes
Thursday	25 minutes
Saturday	20 minutes

Week Four

Tuesday	20 minutes
Thursday	25 minutes
Saturday	20 minutes

Week Five

Tuesday	25 minutes
Thursday	20 minutes
Saturday	25 minutes

Alternatively, you can run on Mondays, Wednesdays and Fridays.

Advanced

This is the stage which you should strive towards. By the time you reach this stage, you should be able to formulate your own running program. Even then, I recommend spending no more 30-40 minutes on any one run.

Remember how I mentioned that intensity of intelligence training would need to increase after certain levels had been reached? Well, this fruits most effectively for running at the advanced stage because you will be able to push yourself to the limit. This will lead to even more increases in intelligence.

For the sake of clarity, you can simply follow the intermediate schedule for the advanced schedule, but this time you should increase the duration of the respective runs.

What To Expect

The maximum IQ increase with running is approximately 5-15 real IQ points. This will occur over several months, normally in the range of 2-6 months.

1/ You will notice that your concentration will improve very quickly as your lung capacity increases.

2/ After a run, your mind should feel a little gloomy and “used”. This is normal and is indicative of the physiological and mental pressures which you undertook during the run.

3/ If you’re still feeling gloomy the next time your run is scheduled, then I would stay off the running until you feel better.

4/ The usual characteristics of intelligence increase will arise including increased rebuttal ability, confidence, learning ability and communication.

Holding Your Breath Underwater



If you want to try the more adventurous side of increasing your intelligence, then you can give this one a shot! Obviously, and as the name suggests, it’s a dangerous and impractical technique so I suggest that you stick with common sense. If you ever decide to use this technique, please make sure you have a spotter by your side to keep an eye out for you. I will now explain why this technique is effective:

1/ It increases the overall blood volume which can be transported in the body, through expansion of capillaries, veins and arteries. More nutrients through increased blood

flow can therefore reach the brain. This allows the brain to remain fully nourished at all times, and promotes the functioning of neurons.

2/ Attention span and breathing span are directly proportional. Thus, by increasing the efficiency of your lungs and breathing mannerisms, your attention and concentration will be greater.

In other words, the same reasons as 1/ and 3/ in Running above but in a completely different way.

Safety Guidelines for Holding Your Breath Underwater

1/ Always take a deep breath to maximise your time underwater

2/ Time yourself with a waterproof stop clock or get your spotter to do so.

3/ Do not use just any water. It has to be deep water to create the desired pressure environment. I would say a depth of 3 metres or more is sufficient, but absolute minimum depth should be at least equal to your standing height. The deep end of a swimming pool is good if it's deep enough.

4/ Limit yourself to 10 minutes of total time underwater. This may therefore mean you have to perform anywhere between 4 to 40+ breath holds underwater, depending on your abilities.

5/ Leave sufficient time between breath holds to allow your breath and lungs to fully recover.

What To Expect

Your maximum intelligence increase will be approximately 10 real IQ points. Your rib cage will also expand as a side-effect of the deep breathing induced.

Possible Problems And What To Do If They Occur

Never use this technique on your own. We always advise that you stick to common sense, and never to take risks. I would also recommend that you stay off this type of training if you are feeling gloomy or tired. Always train when you feel you are at your best.

Technique Six: Known as Optical Enhancement
Maximum IQ increase: IQ = elevated by 3-4 points



This is a time-efficient technique that you can use to give yourself a quick boost in intelligence. You have probably performed this technique without even realising it. It helps mainly with visualization, but this in turn will improve your memory, concentration, numeracy and creativity. The technique is as follows:

- 1/ Close your eyes.
- 2/ Close your fingers side by side on both of your hands (do not clinch fingers to form a fist).
- 3/ Place the palm side of the middle finger of the right hand over the tear duct on the inner side of the right eye close to the bridge of the nose. Repeat with the left hand for the left eye's tear duct. You should have your hands in a position in which the index finger presses slightly on the outer eyelids.
- 4/ Press firmly but not hard against the tear ducts and rub slightly over the tear ducts, without moving your fingertips, for 2-4 seconds.
- 5/ Look at the various assortments of dots, lines and dashes (physical images) which are present on the inner side of your eyelid. Do not conjure up images from your mind at this stage but observe the images you see physically.
- 6/ Try and develop these physical images by observing them carefully. You will notice that they change, disappear or transform into another image.
- 7/ Keep doing this until all images are exhausted. You'll know when this has

happened because all you will see is the darkness created by your inner eyelids.

8/ To repeat again, all you are doing in this technique is looking at the physical images created on the inner side of your eyelids, and continuing to look at the various images which appear to you. Do not daydream as in image streaming or make up any images which you don't see physically.

The Schedule

I would perform this technique preferably once a day or a minimum of once every week. Duration can last anywhere between 1 to 10 minutes. Finally, make sure your hands are clean!

What To Expect

This technique may look or feel silly but it works. I.Q increase is in the range of 3-4 real points at most, which is not bad considering how easy this technique is. The effects will be absolutely minimal at first, but over a period of time (around 6 months), you will definitely have a greater ability to visualise. You are simply training your inner eyes to see subtleties that your outer eye is seeing.

Technique Seven: The Mental Rotation Technique (M.R) **Maximum IQ Increase = 8-10 points**



This intermediate technique actually has its foundation in the Tai Chi traditions of The Orient, and it is a proven way to boost your concentration, focus and mental energies. It will result in a 8-10 points IQ increase, similar to Pseudo Telekinesis, but in different areas of intelligence.

The technique is as follows:

1/ You need to be in a calm and relaxed place in which you will not be disturbed. You can either be sitting or standing, but the technique becomes more advanced and complex if you are standing.

2/ You should take your hand and hold it in front of your face. About 6 inches in front of your face should be enough.

3/ Here is the critical part: you want to concentrate your attention on the side of your hand, and the shape of your hand for that side. For example, the outer shape of your hand where the ring and pinky fingers are located, down to the wrist is a good point to start with. You should start out with looking at only 3 "sides". For example, the outer side of the pinky down to the wrist, the inner side of the pinky, and the outer side of the ring finger closest to the pinky is what you could be observing.

4/ Look at only the side and shapes, and do not focus on the actual hand or the grooves in the fingers etc. In terms of positioning, make sure the palm is facing

towards your face.

5/ Whilst looking at the outer shape, you want to slowly rotate your hand clockwise (or anti-clockwise if it suits you) whilst maintaining your focus and attention purely on the outer shape of the fingers and palm. Do not focus on the hand movement, but focus your mental attention on observing and focusing on the edges of the fingers. Also, do not see the sides with your peripheral vision. You should be seeing the sides actively and directly (as in trying to see 3 things at once). Keep your focus there and continue to do so until the exercise is completed.

6/ You can rotate your hand up and down, or side to side, or as slow and fast as you wish. The beauty of this technique is that it is very flexible, and there is almost no way that it can either be too easy or too hard. All you need to do is adjust the speed of your hand movement until you can just about see the edges together at once. If you can't, you are moving the hand too fast. If it becomes easy, you need to speed up the movement or make it more complicated.

7/ As you become more proficient, slowly increase the speed of the movement and try to retain your awareness of the sides.

End Of Technique

The Schedule

Practice for 10 minutes every day, for 5 days out of 7. This is quite an intensive exercise which will make your brain ache at first when done properly, so do it slowly and be patient with it. As you become more proficient, increase the training intensity, and add more sides to focus your attention on.

If you can't be bothered using your hands, you can also practise it with other objects such as paper, wood, glasses, books, clocks, mobile phones etc etc. Basically any object which is easy to rotate is perfect for this exercise. The beauty of using the hand for it is through the diverse range of movements that it can make. Continually focusing and perfecting focus on the edges of the hand for all of its movements will bring awesome changes into your life.

What To Expect

1. It directly affects the areas of the brain associated with perception, judgement, comparison and vision. It therefore affects multiple brain areas and helps them to interlink even more

2. It also boosts spatial ability

3. It boosts the ability to discriminate and gain insight beyond bias
4. It boosts concentration and focus ability
5. It helps to create mental calm and stillness
6. It boost your visualisation ability, leading to increases in imagination and creativity
7. It helps to increase co-ordination

Technique Eight: The Scamper Technique For Idea Generation And Creativity Increase



The Scamper technique has been used for hundreds of years as a means to increase ones creativity and idea generating capability. Famous genius users of the technique include Thomas Edison and Albert Einstein who were always on the lookout to increase their mental abilities.

The Scamper technique is actually an abbreviation, with each letter standing for a particular technique or process.

The Scamper Technique is as follows:

1. Take an idea, invention, tool or any concept you wish to Scamper. For our purposes, we will use product X but you can use anything you want.
2. With this, you want to apply the 7 Scamper processes:

S = what can be *substituted* in product X?

C = what can be *combined* in product X?

A = what can be *adapted* in product X?

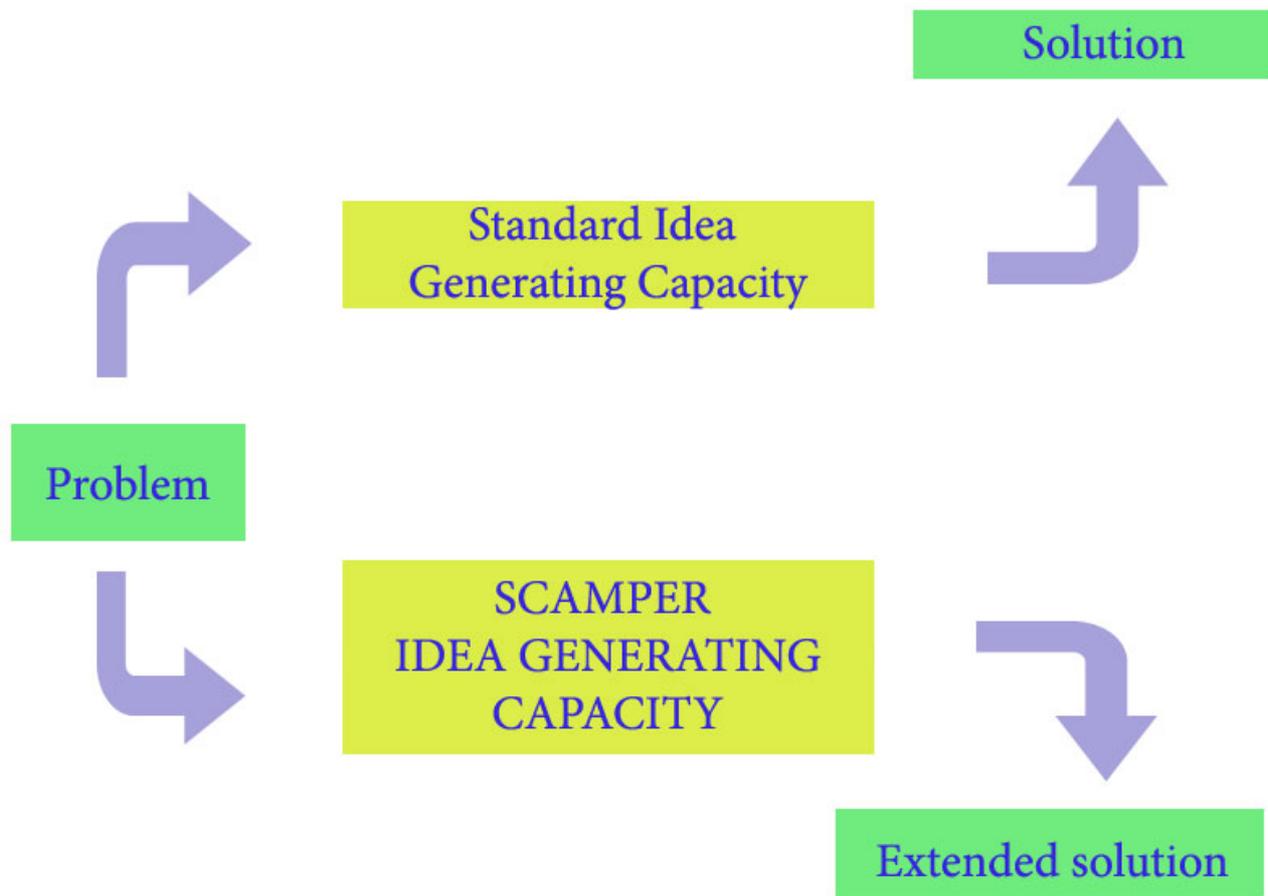
M = what can be *modified* in product X?

P = what can be *put to other purposes* in product X?

E = what can be *eliminated* in product x?

R = what can be *re-arranged* in product x?

3. Make sure you write your ideas down as you will be surprised by the number of ideas you will generate.



SCHEDULES

It is best to brain storm techniques quickly as this will force your mind to get a move on and come up with something. Don't worry if the quality of your ideas isn't too good. The trick here is to brainstorm as many ideas as quickly as possible, because in the long run it will increase your tendency to come up with ideas.

Practise this technique whenever you have an idea which you wish to Scamper, or if you generally want to increase your ability to generate ideas.

What To Expect

This technique puts an unusual level of stimulation on your brain. Not only will your creativity increase, but so too will your ability to think about things in abstract ways. Your ability to gain insight and see things from a non-perspectival bias will also increase.

Technique Nine: The VAK Technique (Advanced Technique) For Deep Thought Problem Solving



The VAK technique is an excellent and advanced way to solve difficult intellectual problems. It has famously been used by the likes of Einstein and Erickson to generate and gain new insights into complex ideas.

The phrase "VAK" is actually an abbreviation for Visual, Auditory and Kinaesthetic. It is an advanced and difficult technique which is not to be attempted for the faint minded. Use it after you have several months experience with the other techniques. The technique is as follows:

1/ Go to a comfortable place in which you will not be disturbed. You can perform this technique either sitting or lying down. I would recommend sitting though as it prevents you from falling asleep.

2/ Close your eyes and make sure you are relaxed and free of distractions. Take some deep breaths to help achieve this.

3/ In your mind and conscious awareness, *visualise* the situation of the problem which you are attempting to gain insight into. This visual image should be a physical and visual representation of the problem in your mind. For example, if you have a problem situation in developing a new computer chip, you can visualise the computer chip as it is in your mind.

4/ Next, after about 5 seconds have passed of seeing the image in your mind, you want to *hear* the problem situation in your mind. This could be in the form of a voice,

or a thought which summarises the problem in words. The voice could be your own or that of somebody else. Alternatively, you could add in any other sound that is associated with the problem.

5/ After another 5 seconds have passed, you want to *feel* the problem in terms of the physical sensations related to the problem. For example, if it is a mathematical problem on a piece of paper, you want to feel the piece of paper, and you want to feel your fingers holding the pen/pencil which is about to write the answer.

6/ After another 5 seconds have passed, you want to go back and see another *visual* image related to the situation, but a different image from the first one. Then you want to see a different *auditory* image, and finally another *physical* feeling.

7/ Continue to do this for about 3-5 seconds for all of the VAK senses, remembering to see something different every time. Please note that the trick here is not to see, hear or feel *the problem* but merely *the situation*. In other words, you want to see, hear and feel the problem, but do not want to judge it as "this is a problem" in your mind. Simply judge it as a situation.

8/ After approximately 5 minutes in total, your mind will be in an extremely relaxed and deep state. This is a deep thought state in which insight to the solution will be gained.

9/ At this point, there are several things which you can do:

A. You can stop using the VAK process and merely hold the deep state in your mind with awareness of the problem. Do not judge or second guess the situation. This will allow your intuition to solve the problem.

B. You can very slowly continue to do the VAK process, by waiting for 30-45 seconds between each of visual, auditory, kinaesthetic. In each waiting period, you want to follow the advice as in A. above. That is, do not judge or second guess.

My advice would be to follow point B. though it might prove to be difficult without practise. You should continue this process until you gain some insight into the solution. The overall trick here is to keep as open a mind as possible. If you continue to receive the same feedback over and over again, then this is a sign regarding the solution and must be explored.

Schedules

As you can see, the technique is difficult and requires mental patience and practise so it is only to be used as an advanced method. That said, it is possible to use this technique to increase your IQ. However even then, the other techniques in this guide are much easier so I would caution against using this as an IQ increaser on its own.

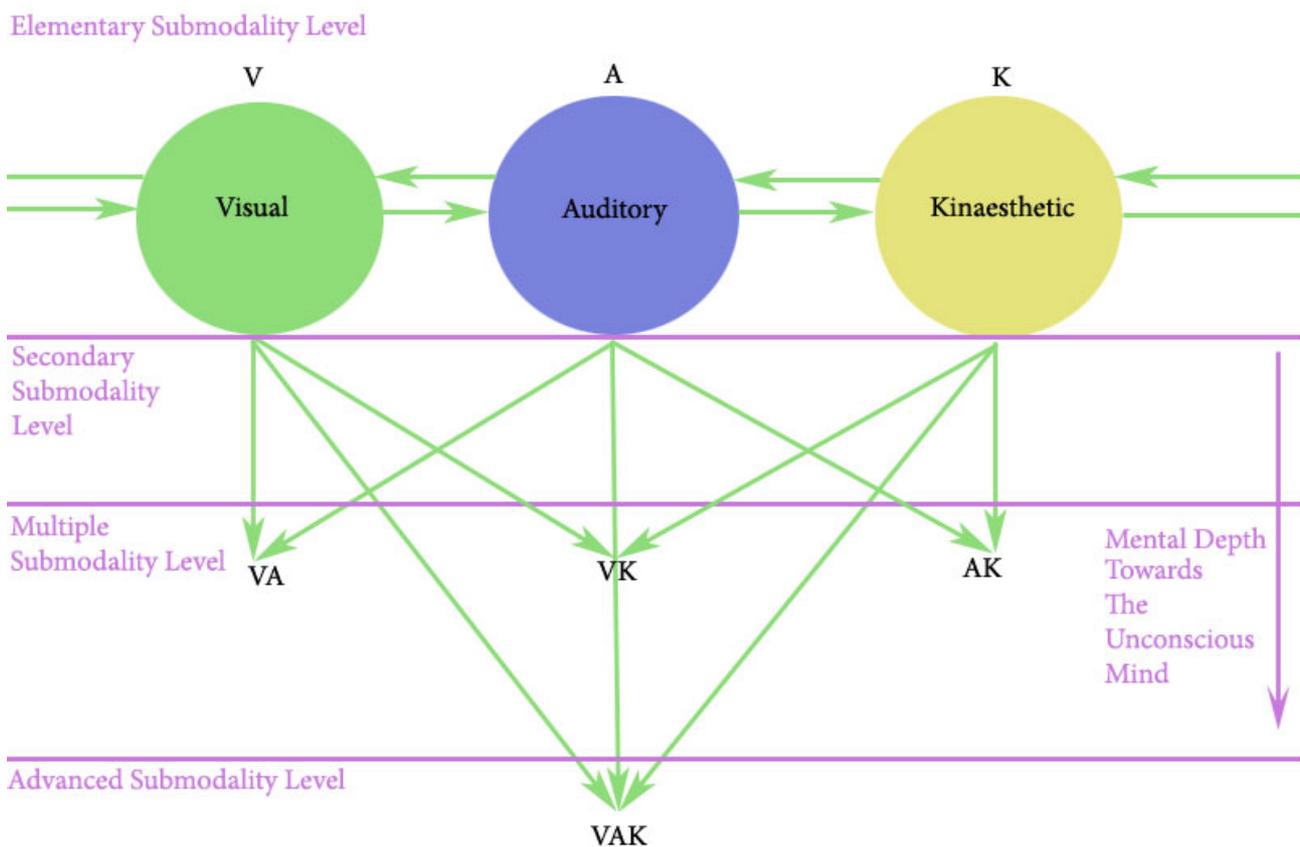
I would use this technique as a means to solve difficult problems and situations, or to

gain insight into a certain situation. You can therefore use it as often or as little as you wish, without their being any strict schedule of action.

What To Expect

If you can muster the intellectual power to use this technique, you will notice that your mind will go into trance very quickly and will remain completely relaxed in these deep states. The insights gained will be through intuition and will be very profound the more you practise this technique.

How The VAK Technique Allows For Profound Insight



The sub modalities are the visual, auditory and kinaesthetic components. By stimulating and using all three sub modalities, we can access deeper mental states. This brings us closer to the subconscious and unconscious foundations which have formed the structure of the problem in the first place.

Technique Ten: Quantum Wave Streaming (Advanced Technique) Maximum IQ Obtainable = 180 +



Quantum wave streaming is a technique very similar to image streaming, but with several important differences. The emphasis here is on streaming real physical objects and to link this with inner mental images. This allows our thoughts to be properly linked with our life's situations. It is much more advanced than image streaming so is not to be attempted for the faint hearted. The intelligence gains are specialised and focused to aid you in the external environment. The technique is as follows:

1/ Keep your eyes open.

2/ Begin to relax your body and mind as if you were going into an awake daydream. It is best to perform this technique whilst sitting down, and in a quiet place in which you will not be disturbed for the session.

3/ In the immediate and selected area around you (or a pre-designated area) you want to pay attention and *sense* as vividly as possible, the physical objects, sounds and colours around you, in a similar fashion as you would in advanced image streaming. You want to pay attention and see as many qualities of the objects as possible and sense these. The trick here is to start off in a very small physical area as it's easy to become overwhelmed with everything that we can see. Good starting ideas might be to begin with the corner of your computer, mobile phone, TV, book, wallet, an air freshener, clock, coin etc etc. You can use almost anything really.

4/ Next, after this small warm up, you want to concentrate on *sensing* what you see and hear but describe aloud the smallest qualities of what you are sensing. For example, whilst looking at the fine qualities of my keyboard, i could say “on my keyboard, i sense the grooves in the keyboard buttons, and i see the faint black border around the white letters on every key. I also see in this corner which is the bottom right side of the keyboard, small white and grey specks of dust. The dust is not all evenly placed, and the majority is on the right side of the key, on the side towards the underside of the key itself. Some grey specks appear brownish or faintly yellow in colour. I see the corner of the keyboard and it is curved...”. In simpler terms, you want to describe aloud as much as possible but have your foundation point as sensing the object and paying close physical attention to every small little thing you see.

5/ Continue to do this for approximately 5 minutes. This is merely your warm up.

6/ Once you are sufficiently able to sense and describe your small environment, you want try and pay attention to any images or thoughts which come into your mind. Do not force this or try to look out for it, but attempt to notice it as it comes while you are describing. Your objective here is to pay attention to the physical environment and only incidentally notice mental images.

7/ When these images present themselves, you should describe them in the same way as you would in an image streaming session, but image stream with your eyes open and see the mental image in relation to the physical image which you see. In effect, you are wave streaming the physical image, and image streaming the mental image when it comes. Once the mental image is properly image streamed, you should return back to wave streaming the physical object. Then wait for the next mental image and image stream that, and so on.

8/ Therefore you are doing 1 X wave stream followed by 1 X image stream, then 1 X wave stream, then 1 X image stream etc etc. Remember though that your emphasis should be on paying attention to the physical objects as your basis.

9/ Perform for 20 minutes before taking a 5 minute break.

End of Technique

SCHEDULES

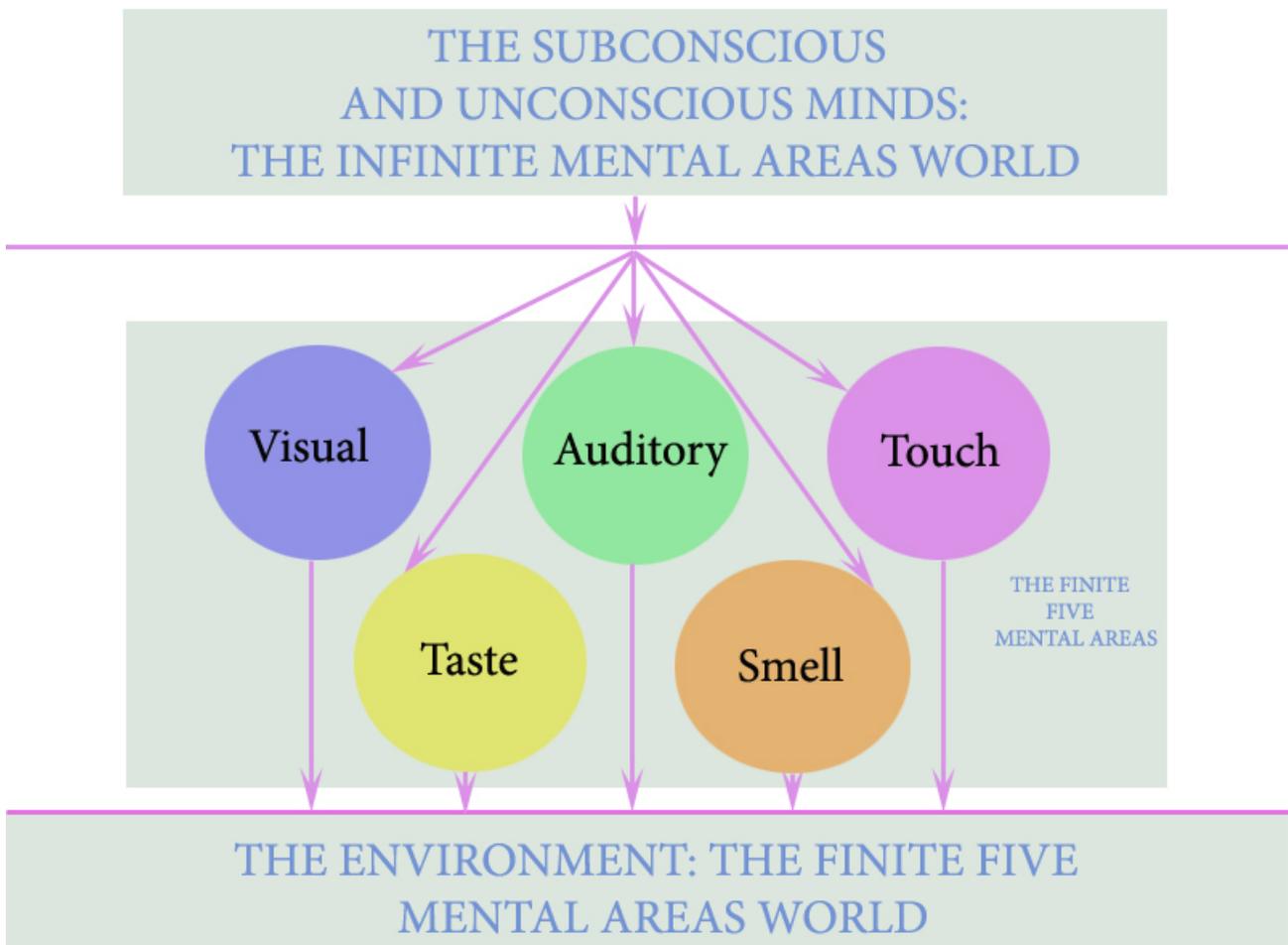
Since this is an advanced method to create intellectual and mental change, it is recommended that you familiarise yourself with image streaming before attempting this technique.

What I Recommend:

You should practise for 5 days out of 7. Length of time can range from 20 minutes to 1 hour per day. I recommend not exceeding this level as it is a very thorough mental workout.

There are no beginner or intermediate schedules for this technique, as it is designed for advanced users only..

How Quantum Wave Streaming Works To Increase Intelligence



When you stream a physical object, you are actually streaming *a mental* object because the object is constructed with your mental faculties. When we stream the mental object we are performing 2 streams: 1. we are streaming the process between the five senses and the mental area base (subconscious and unconscious) and 2. we are streaming between the five senses and the mental area construct (the environment). This means we are enhancing our mental link with the true depth of what happens in our minds, and also the link of what correlates in the reality.

Technique Eleven: The PTMR Technique (Advanced Technique) For Intuition And Inspiration



This technique got its name from Pseudo Telekinesis and Mental Rotation, hence PTMR. We are going to use parts of both techniques at the same time, which will have unique effects on our intelligence. The technique is as follows:

- 1/ Obtain 2 coins and place them in front of you. It is best to perform this technique in a place in which you will not be disturbed.
- 2/ For the coins, place them side by side so that the coin on the left has the other coin to its right and vice versa.
- 3/ For the coin on your left, you want to practice P.T on it, which means you should have a strong focus and a calm mind to focus your thoughts on one point on the coin. See the technique number one for the full instructions.
- 4/ For the coin on your right, you want to hold it upright with the fingers of your right hand (with the bottom of the coin still touching the surface it is on). You want to focus your attention on the left edge of this coin.
- 5/ As you are doing the P.T on the left coin, you want to try and hold the edge of the right coin in your awareness as you slowly twist it round on its axis (as in the Mental Rotation technique).
- 6/ Adjust the distance between the two coins so that you can more easily hold them in your awareness. The closer the coins are, the more easier the technique is. As your

proficiency gains, you can therefore increase the distance, as well as speed up the rotation of the right coin.

Schedules

You can practise this technique for 20 minutes per day, for 5 days out of 7. You can also use it as a prelude to image or wave streaming if you see fit. It is also a good alternative to P.T on its own, so you can chop and change between the two if you get bored.

What To Expect

As mentioned, the effects from this technique are different from P.T or M.R on its own. Apart from the IQ gains (normally 7-10 points), there are subtle effects including:

1. It allows insight to come into your focus
2. It boosts your ability to visualise and construct ideas in your mind
3. It boosts your concentration ability and links it to your focus
4. It allows you to understand abstraction and hold complex arguments in your mind

Technique Twelve: The Koinonia Technique A Group Technique For Deep Insight



Research on the lives of famous geni reveal that simple conversation can lead to astronomical clarification in ideas to therefore expose their secrets. Many famous physicists have used this technique due to the environment of complete respect and open-mindedness it creates.

The Koinonia Technique is as follows:

A/ Set up a group of like minded people who are willing to take part in the discussion. After the meeting is set, you should begin the conversation by setting the aim and theme of the discussion. For example, if you're objective was to discuss insights in quantum physics, you could set the discussion as so. If you wished to discuss business opportunities, you would set the aim as so.

B/ The members of the group would then expose and discuss their ideas one by one. In the meantime, the other members of the group would make an attempt to listen attentively to the messages and ideas revealed. They are not allowed to interrupt, mock or make any comment whatsoever.

C/ After every person has spoken, collate the ideas which are interesting to you and use them to clarify your own thinking in the chosen topic of discussion. It might therefore be a good idea to take notes as others speak.

So the key to making the technique work is to remain completely open-minded, free of bias and completely honest. In order to gain the greatest effect from this technique, it is important that you liaise with a group of people who share a similar interest to yourself.

End Of Technique

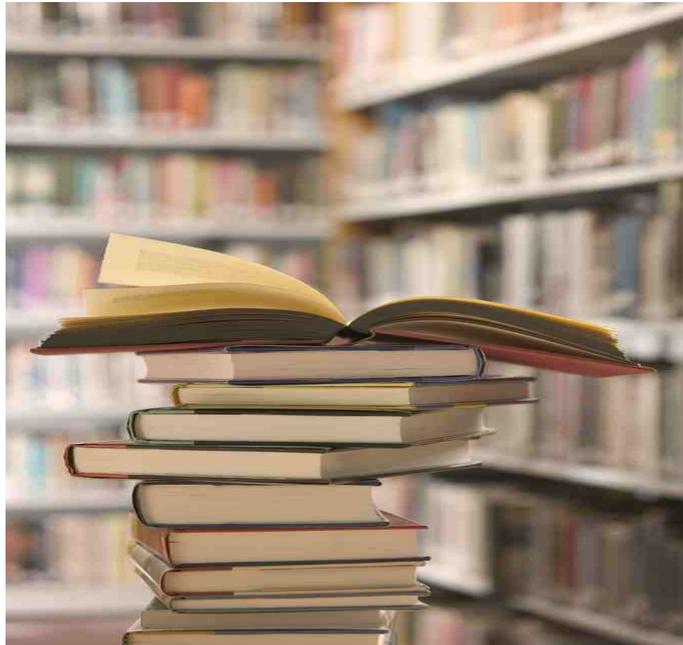
Schedule

This technique is more of a quick thought generator than anything else. It is advisable to use the Koinonia technique at least once per month. The session itself should last as long as you feel necessary, but of course it depends on the size of the group and the insight and quality of its speakers.

What To Expect

1. Deeper clarity into your own line of thinking in a topic
2. Mental discipline through silence
3. Quick insight into associated areas for your line of thinking (i.e. idea generation)
4. Increase in stationary/non-perspectival intelligence. In other words, you will be able to see the truth in a situation more clearly by being able to take on its perspective, and also analyse outside of it.

Technique Thirteen– Known as Learning and Education **Maximum IQ increase – IQ = unlimited**



It's a common conception that learning and education is the primary way to increase intelligence. The guide which you are reading now is a perfect example of education which will increase your intelligence as you now know how to get your IQ up.

But I think it's daft to say that all types of education can allow you to increase your intelligence. This is because there is a difference between increasing your intelligence and the exercise of your existing base level of intelligence.

For this reason, I have highlighted below the academic disciplines and subjects which are useful for increasing raw brain power, rather than merely exercising the existing levels of intelligence.

Mathematics, Physics and Econometrics

Subjects which if studied and learned, and which increase raw intelligence and maintain mental agility include the likes of mathematics, physics and econometrics. I say these since they are backed up with statistical and research evidence. They simply force the mind to become more efficient and so they act as a positive intervention in thought processes. More generally, subjects involving maths and numeracy are good for increasing and maintaining intelligence.

The Arts

The Arts are very poor at increasing your raw intelligence. They may increase your understanding or intelligence within that field but they do not increase your raw intelligence. I would say that subjects that involve plenty of essay writing like Politics, History, Sociology etc. are particularly poor.

This is because the essay writing involved merely exercises and uses the existing levels of intelligence which you already have, rather than expanding on its infrastructure. Also essay writing is a man made skill so just because you can perfect it, doesn't mean that you've increased your raw intelligence. We can also include art subjects such as Art and Design, Medicine, Dentistry etc. in this category.

Before you start sending hate mail through the post, don't get me wrong, I'm certainly not saying that doctors, dentists and artists aren't or cannot be smart. What I'm saying is that the academic education behind those professions do not increase raw intelligence. They simply maintain or sharpen what was already there in infrastructure. In other words, your concentration, reading and learning ability will improve, but only up to the level that genetics and your immediate behaviour has allowed for.

Another Important Message

I also think that it's important to mention and state to other geniuses the world over that if you find that you can't write a "good" essay or piece under the academic convention, it's absolutely no indication that you're not smart, or not making intellectual progress, since these subjects can only measure man made skills. In fact, I think there is only a vague and abstract correlation between academic ability and intellectual ability. For example, if you were to give your tutor at university or college a famous academic piece of writing to mark, it would most likely receive a straight fail, simply because the way in which geniuses write is different from the conventions set by so called academics in universities who are often solely after the next honorary award or title (this is my own personal experience of the matter).

Just have a look at the works of many philosophers, historians and academics themselves and you'll find that no candid academic keeps to academic convention. It's a very conservative way of thinking, whereas the mind is creative, innovative and constantly changing. There is no reason to despond if your ability does not match the so-called evidence of intellectual ability through academic achievement.

If you "suffer" from this problem, I suggest you continue in your research or intellectual efforts until you reach the stage in which you are free to conduct and

argue in whichever way you please. By that, I mean achieve your Master or Doctorate degree or whatever you may be studying, and then set upon creating and publishing works in a style which is acceptable to yourself, and which you feel will deserve merit from the intellectual community.

Other Education Forms To Increase Intelligence

The previous six techniques which I've given you are sufficient for increasing all areas of your raw intelligence. But I'm sure that there are other techniques which are yet to be formulated or made widely available to the public. For that reason, I suggest that you continue to search for knowledge on how to increase intelligence rather than accept this guide as the last word.

The world is always changing and so is everything in it. So you need to keep up with the times and the latest research efforts if you are to remain at the cutting edge of genius creation which this short guide is just now.

I would also suggest that you keep your mind active by doing various mental activities. This would include doing crosswords or playing chess for example. Bingo is also an excellent form of preserving and furthering intelligence much more than chess ever was so give it a try and see if you can expand your mind this way! It might seem very obvious that keeping active is the best way to go about it but I get far too many complaints from people who knew that keeping mentally active was how to preserve and increase their capacity, but they could never be bothered practising it. I say this: If you can't be bothered keeping mentally active throughout your life then your intelligence is going to go to waste and its going to decrease. I would suggest the passive means of intelligence increase and preservation via technique three.

STEP THREE

BRAIN NUTRITION-TO ENSURE MAXIMUM INTELLIGENCE GAINS



If you are to be serious about increasing your intelligence, then you have to make sure that your brain has the correct ingredients and resources in order to achieve this. This is mainly through the correct intake of nutrients and calories so as to;

- A. Ensure that your brain recovers fully and optimally between training sessions.
- B. Ensure that your energy levels will remain high, allowing you to complete the techniques with maximum concentration.
- C. Prevent side affects of heavy brain activity such as dizziness, boredom etc.
- D. Prevent brain degeneration now and in later life, which ultimately leads to Alzheimer's, Parkinson's, ALS, dementia etc.

To that end, on the next page I've given you twelve guidelines of the types of nutritional food you should be eating for the benefit of your brain:

The Twelve Guidelines to Feed Your Brain Properly

- 1.** Make fruits and vegetables the primary focus of your diet as they are brain savers through their free radical destroying anti-oxidants.
- 2.** Eat fatty fish such as salmon, sardines and mackerel. Shellfish are also very good. This will provide you with healthy fish oil which will maintain flexible communication between neurons in the brain (since neurons communicate via a flexible lock and key mechanism between neurotransmitters and dendrites)
- 3.** Take fish oil capsules, especially if you don't like fish itself (for omega-3 content)
- 4.** Eat poultry without the skin and stick to lean meats to reduce intake of harmful fats.
- 5.** Eat dried beans and legumes (e.g. peanuts). Unsalted is preferred.
- 6.** Eat more almonds and walnuts.
- 7.** Restrict omega-6 fatty acids such as through corn oil, hydrogenated vegetable oils and trans fatty acids. Also avoid saturated fat. Bad fat will slower your brains processing speed.
- 8.** Limit salt intake for overall brain and body health. The greater your salt intake, the greater will be your blood pressure which is very bad for your brain.
- 9.** Limit processed foods. Stay away from artificial sweeteners, colours and preservatives. These are highly carcinogenic and detrimental to all cells in your body, including brain cells.
- 10.** Take a vitamin and mineral supplement every day to ensure no nutrient deficiency.
- 11.** Take brain boosting supplements which are explored later on.
- 12.** Drink tea in moderation since it contains brain saving antioxidants

By the way, when I say eat more fruits and vegetables, I mean have a banana and apple or two with or after every meal. That way, you will find it enjoyable and appetizing rather than stuffing yourself all day with fruits and vegetables. Besides the above, i have formulated additional guidelines below:

General Guidelines for Optimal Mental Performance Based On the Relationship between Brain Functionality and the Glycemic Index (GI) Of Foods:

1. At breakfast time (which you should always have without fail) you should;

A. stay away from low GI (I explain what this means a few paragraphs down) foods such as milk oats, muesli etc.

B. consume high GI energy foods such as rice and high sugar cereals (without milk). This will give your brain the energy boost it needs to wake up fully and optimally from a restful or unfruitful nights sleep where it is required the most.

2. Consume high glycemic index foods at a time when you will need to be at your mental or physical best (e.g. a difficult professional exam, major sports heats etc.).

3. Make low GI foods your focus for the other meals of the day (unless you have Alzheimer's disease). If you make a high GI diet your focus, it will

A. not help you lose weight,

B. promote obesity and clumsiness

C. promote high blood pressure which will increase stroke risk and brain damage

D. suppress the good cholesterol in your body

E. stiffen and thicken the carotid arteries which links to the brain

F. aid in the formation of Type 2 diabetes.

and all of the above are related to age-related mental decline. If that wasn't bad enough, in the long term your brain can be damaged directly by a condition known as glycation. So, to repeat again, the only times you should be having high GI foods are at breakfast time or at a time when you'll need to be at your mental or physical best, and the other meals should be low GI based.

If you are unsure as to whether the food you're eating is low or high GI, do a search on the internet. But generally:

Low GI food = digested slowly and does not cause spike in blood sugar levels

High GI food = digested quickly and does cause a spike in blood sugar levels

Food:	Low GI	High GI
Bread	Sour dough (52)	French baguette (95)
Dried Fruit	Apricots (31)	Dates (103)
Fresh fruit	Cherries (22)	Watermelon (72)
Dairy Product	Fat free yoghurt (14)	Ice cream (61)
Vegetable	Sweet potato (54)	Red skin potato (93)
Grains	Fettuccine pasta (32)	Rice (87)
Hot cereal	Porridge oats (49)	Quick oats (65)
Cold cereal	Muesli (43)	Corn Flakes (84)
Sweets	M&M's (33)	Jelly Beans (80)
Snacks	Peanuts (14)	Pretzels (83)

Just glancing at the above, you can see that generally most vegetables, fruits, legumes and starches are low GI goods and as such, should be the main focus of your diet (except at the two times described earlier).

4. Always consume at least your maintenance dose of quality calories (i.e. where energy expenditure through physical activity = energy consumption through food). This will ensure that no physiological sacrifices are made so that your brain will have sufficient resources to increase your intelligence. Also, remember to eat lighter meals, but eat more frequently. This practice is good for proper digestion and dispersal of food in your body, and what is good and effective for the body, is also good and effective for your brain.

Brain Supplements

If you're going to successfully increase your intelligence to genius levels in the shortest time possible, then supplementation with various products will definitely help you to achieve this. There are many reasons why supplements are effective, but I think the most important of these are;

- A.** to give you the edge in your training and recuperative abilities
- B.** to help you maintain your new-found intelligence
- C.** to prevent, stop and reverse any deficiencies or mental losses which you have or may incur

Though there are hundreds of different brands and supplements that you could use, I recommend that you stick to the ones prescribed below, since they are backed up with

significant research. You should use your own judgement as to the quantity and dosage which you wish to consume, but I recommend that they be administered on a daily basis to ensure that your hard training produces optimal results.

IMPORTANT NOTE: if you have a medical or mental condition, please consult a medical professional before taking any of the vitamins or supplements listed below. It is entirely your responsibility to ensure that you take the right dosage of any vitamins/supplements and we do not accept any responsibility for any of your actions. Any information given below is entirely our opinion and should not be substituted for professional medical advice. If you are unsure about anything, we strongly encourage you to seek medical advice. In any case, we advise that you do not exceed any of the dosages mentioned or take high doses for prolonged periods of time.

Multivitamins

Taking these will act as an insurance against any nutritional deficiency which you may have. They are also effective in slowing down age-related mental decline and improving scores on non-verbal IQ tests (with an average IQ increase of 11 over an 8 month period). The advice is to take a multivitamin, or a series of multivitamins, that provides the quantities which are listed below.

A/ Folic Acid, 400-1000µg – reverses memory loss and depression. Prevents strokes

B/ Vitamin B6, 10-50mg – boosts memory by lowering homocysteine

C/ Vitamin B12, 500-1000µg – prevents senility through degeneration and memory loss

D/ Vitamin C, 200-1000mg – boosts cognition, prevents brain degeneration and strokes

E/ Vitamin E, 150-200IU – promotes carotid artery fitness, prevents degeneration

F/ Thiamin, 10-25mg – improves mood, helps stop degeneration

G/ Niacin, 10-25mg – boosts memory performance, diminishes brain cell damage

May I also point out that the government recommended daily allowance will not provide adequate protection for your brain, and this is why the dosages can sometimes be seen as high, though they are not.

Alpha Lipoic Acid

This is a super-antioxidant which

1/ helps protect brain cells from free radicals which cause brain disorders

2/ passes to the brain rapidly for quick protection

3/ helps to regenerate other brain protectors (namely the antioxidants vitamins E and C, glutathione and coenzyme Q10) through a regenerative process, which no other

brain protector does.

4/ helps to control blood sugar and insulin levels for body and mind health

5/ helps to minimise stroke damage

6/ can restore a youthful memory if you have lost this.

This is a very important supplement to take and I thoroughly recommend it. It will seriously delay the onset of mental decline through age and this in itself makes this product worthy of consumption. You will need to take a supplement pill as the quantities in food are absolutely tiny; I recommend you take 100mg per day, half in the morning and the other in the evening. Diabetics should consume between 200 to 600mg/day.

Co-Enzyme Q10

This antioxidant is necessary for the following reasons:

1/ It is vital for the correct functioning of your brain.

2/ It will help stop intellectual and memory decline over the years.

3/ It limits lipid peroxidation so brain cells are not easily destroyed

4/ It reduces the effects of brain disorders (e.g. Lou Gehrig's, Parkinson's disease)

5/ It restores a youthful memory if you have lost this.

Deficiency of this will make you stupid and unable to perform with top mental form. I suggest you take 30mg/day and also to stay away from anti-cholesterol drugs as these tend to deplete coQ10 levels.

Choline

This is another essential supplement because it

1/ changes the structure of the brain so mental loss over the years does not occur

2/ wires the intellectual capacity of the brain

3/ is effective for a child before birth (if taken by pregnant women)

4/ prevents brain toxins which damage brain cells from building up

5/ is a vital precursor to creating and maintaining neurotransmissions in the brain

Choline is vital if you are to successfully increase and maintain your intelligence at astronomical levels. You don't necessarily have to take a supplement because the best sources are actually in egg yolks, peanuts, milk liver, fish, broccoli, cabbage and cauliflower. Egg yolk is the ultimate source but it has been exonerated due to their high cholesterol content. I think this is ill-founded since new research shows that high cholesterol is caused more by saturated fat and genetics.

Nevertheless, in dosage terms, men and lactating women need 550mg of choline per day whilst women and pregnant women need between 425-450mg. In supplement form, lecithin is the way to go, though choline by itself is also acceptable. A tablespoon of lecithin granules supplies about 250mg of choline.

Ginkgo Biloba

This is preferable because:

- 1/ It neutralises the most violent brain damaging free radicals
- 2/ Increases blood and oxygen circulation to the brain
- 3/ Increases energy metabolism in the brain
- 4/ Prevents age-related mental decline
- 5/ Improves short term and working memory
- 6/ Reduces severity of damage from strokes

I have to say however, that ginkgo is most effective for those over 40 years old, so young people looking to get a memory boost are slightly out of luck. In any case, you should not use this product if you are over 60 years of age due to strong interactions. I recommend a maximum optimal dose of 120mg/day to deal with the stresses of your hard training.

Phosphatidylserine (PS)

This product;

- 1/ stops memory decline and rejuvenates it instead
- 2/ increases learning ability
- 3/ improves verbal fluency

PS will give you the best memory which your intelligence will allow. If your memory is not at its best, dosages of 100mg/day see improvements in 8-10 weeks whilst higher doses of 300mg see it in 3-4 weeks.

I recommend that you consume all of the above on a daily basis, to offer you the best protection and recuperative abilities that your training, diet and actions can throw up on your brain's integrity.

Omega 3 Supplements

I have mentioned this already, but i think it is worth highlighting the effects again, because they are quite profound:

- 1/ It helps improve memory
- 2/ It leads to increased verbal fluency
- 3/ It calms the mind and allows increased focus and concentration
- 4/ Greatly decreases recovery times required due to mental training and study

I highly recommend you churn down some omega 3 on a daily basis. The omega 3 contains nutrients called DHA and EPA which are essential for the functioning of the brain. In terms of dosage, anywhere between 100 to 1000mg per day of the essential DHA and EPA nutrients is sufficient. The best sources are cod liver oil and flaxseed oil.

Other products which you could try, but are not necessary, include:

Huperzine, 100µg improves focus and concentration in Alzheimer's patients
A-carnitine, 250-1000mg, to boost brain energy
Selenium, 200mg/day, to elevate mood

SECOND IMPORTANT NOTE: if you intend on buying any of these supplements, please make sure that you check the quality and dosages of the brand you choose. Some brands and shops charge exorbitant amounts for simple vitamins and sometimes the quality can be extremely poor. So stick to a trusted brand. At the most, you shouldn't be paying more than \$30-40 for all of the supplements mentioned.

BEHAVIOR

In order to make sure your intelligence increases, its important that we take the correct steps to modify and change harmful components in your behavior patterns. I highlight some of the most important points below:

1. Smoking is strongly discouraged for both sexes since this will affect your span of breath, which is directly proportional to your attention span. Technique four details more information. The best way to stop smoking is this: when you have the urge to smoke, replace that urge with some other desirable action instead. To simply try to stop smoking and not replace it with something else will not help you stop.
2. Inebriation and drunkenness through the drinking of alcohol is strongly discouraged. Alcohol is a mild poison which will slowly, but gradually erode your neuronal capacity and mental strengths. Though alcohol can have some positive

benefits, it doesn't exclusively provide these. As such, you should substitute alcohol consumption for other products which produce its positive benefits. This is simply in the form of abundant consumption of fruits and vegetables, staying away from excessive fatty products such as cakes, butter, pies etc. and getting plenty of exercise. Anyone who is serious about purifying his or her mind should definitely stop drinking alcohol.

3. If you have high blood pressure, this is bad for your brain and carries a high risk of stroke. In such a case, I recommend you consume 1000mg of vitamin C per day (which will reduce systolic readings by 8 to 10 points), cut salt intake to 2.4g, avoid alcohol, carry out exercise and consume plenty of fruits and vegetables as a substitute for meat.

4. This one is for the men and boys; try to abstain from excessive masturbation or sexual activity as this will interfere with your serum testosterone levels. If your testosterone levels are high it's going to help you concentrate and boost your inner confidence throughout the day. Stick to moderate sexual activity since it will act as a stress-reliever from your hard training. No sexual activity is fine as well.

5. Take good care of yourself. This is a no-brainer but it still surprises me how often people can get stressed out over the tiniest of things. Stay calm and controlled in all situations, and your brain will thank you for it. The last thing you want is for your brain's neurons to be bombarded with harmful glucocorticoids and unrealistic levels of adrenaline.

6. Stay away from the likes of black magic and other "jinn arts" to increase intelligence and achieve your goals. This is an extremely dangerous way to make changes in your life, because you are manipulating ethereal forces which would rather resist it and manipulate you back. For some people, Dark Arts can seem like a good and quick way to create changes, but it is foolishness of the highest order. The rise in New Age technologies and rituals has made the dividing line between safe and unsafe more difficult to determine so you need to be careful and make sure you are on the right side of the line.

7. Be cautious when using any new technology you are not familiar with. New technologies to influence the brain are being produced all the time. Recent developments include Psionics devices which create change from the quantum level upwards. The trick to determine what is right from wrong, is to do your research. Above all else, be patient and think through things carefully before making a decision to introduce a new technology into your life. If in doubt, seek our advice.

I have dedicated a whole chapter on the subject of behavior in the next section.

THE SECRET STEP-THE KEY TO THE GENIUS FACTOR

This is actually the most important step that you should take to make your dreams in academics, relationships, wealth or health come true. This section is separate from the previous 3 steps, and is to be seen as an extra. It actually has its basis in quantum physics but our objective is to explain the process, and not the in-depth explanations of the why and how (though I will explain this as well). The technique actually has come under various forms and names over thousands of years, but its process remains the same. Example names are "The Great Secret", "The Secret To Success", "The Secret To Everything", "The Carnegie Secret", "The Ultimate Way of Thinking", "The Master Key" and so on and so forth.

I strongly advise you to respect its integrity and be careful who you teach it to. The reason for this is because it really IS the secret to making all your dreams come true, paving the way for abuse. The technique given below might seem a bit confusing, not explained properly, complicated or even too simplistic but this is exactly why it is a secret. Please bear with me until the end. It will all make sense in the end so keep reading, and be as open-minded as possible. You will not understand what this secret is at first, but you will understand it by the end.

Step by Step Technique Of Applying The Great Secret

1. Have and set a goal. Make sure it is precise and tangible. For example, setting the goal that you will have a million dollars in your bank accounts is a poor and worthless goal, because money isn't real. It's only a concept. However, if you set the goal to live in a dream mansion with rubies, pearls, meandering staircases and a 500 yard garden, or invent a flying car or build a certain company etc., this is completely acceptable because it's physical and tangible. So make sure the goal you set is tangible as well as precise. By tangible, I don't mean something that has to necessarily exist on our world. For example, building a flying car as a goal is acceptable even though no such thing exists at the moment. Make sure the goal is high and seemingly astronomical to reach, otherwise nothing will happen. For example, to set the goal of having a 4 bedroom house in the countryside is a low goal. Nothing will happen, and you don't need to use any secret to accomplish that. You can simply slave away at your job and take out a mortgage, and then get the house. End of story. However, to set the goal of living in a luscious castle, set in 200 acres of gardens and fountains on its own island, is a different story altogether. The tip is that the higher the goal, the more likely the secret will apply. My advice however is to make sure that the goal you set IS YOUR GENUINE goal and passion, otherwise you will keep changing it

half way through the process and end up back to square one every time, leading to the manifestation of nothing.

2. Now, with your goal in mind, you need to go into a special mental state which I will call a "Silence". This is a very specific and unique state of mind which is characterised by THE ABSENCE of:

- a/ thoughts
- b/ sounds
- c/ human tendencies, beliefs and limitations
- d/ judgement
- e/ seeing things from a future or past perspective.

In other words, the Silence is a state where there is 100% STILLNESS and SILENCE inside your mind. There is not a single thought. Not a single belief. In fact not a single thing! There is instead an unconditional focus on the here and now i.e. the present. **This is your starting point** so accept this as it is for now: I will explain this in more depth as we go along.

3. Whilst GOING INTO THE SILENCE, there are several things which you must do:

With your goal in mind, you must see the vivid image of your goal in the Silence. Do not see the end goal in your mind as a visualisation fantasy. Instead, see and feel it as something real in as vivid detail as possible so that only the image exists in your consciousness. Make sure you are doing this in the now and present, and not fantasising about something from the point of view of it "coming true in the future", or see it from the point of view of the past.

In other words only see the image of what you want. For example, if you want to be a Nobel laureate, see the image of you up on stage receiving your certificate, with hundreds of people clapping and taking photos and feel what it would be like to be there and do this. From the Silence BE the Nobel laureate now and FEEL the way you would act and feel as if it was 100% true in your mind, so much so, that you forget that you are seeing an image, and you actually BECOME THE IMAGE. Also, make sure there is not a single thought or perspective, otherwise you were never in the Silence in the first place.

Do not confuse the above process with simple visualisation or fantasising. Fantasising takes place as thoughts in your head and will make you lose momentum. Loose and random emotions will also make you lose physical momentum. Do not fantasise. Do not feel any random emotions which are not associated with your goal.

The objective here is to SEE your goal in its most minutest and finest of details and

really get into the state in every single way that it is real, ALL FROM THE SILENCE so that YOU BECOME THE IMAGE. Everything else does not exist in your mind, except THAT ONE IMAGE of your goal. If you want to build or invent a new machine, see the cogs of the machine, and the texture of the oil on it, the colour of the texture as if it were a real live thing: see everything as 100% real in the Silence.

The other key here is to SEE IT NOW and BE IN THE PRESENT, and the right emotions and feelings will naturally come to make the experience as real as possible. Once again, i must stress that you should not fantasise in your head. Do not have ANY other thoughts in your head, or judgements or beliefs or emotions. This is going backwards. There MUST be Silence and there MUST be present mindedness. If you do this correctly, you will lose your sense of being, and instead GAIN a sense of non-existence so powerful, that you will find it difficult to control. It will be overpowering and it will be bliss. This state is the Silence.

4. Do the above procedure for 3-5 minutes MAX every day. In all honesty, it is a feat to do the above for even a few seconds every day, so initially set your limit at a solid ONE minute per day. Getting into a silence is not easy so do not be complacent about it and overlook it. For the sake of 1 minute per day, you will struggle at first, but realise it will utterly transform your life once you can apply it correctly. I will explain how to practise this step properly a bit later on.

5. Act. Act physically towards your goal in the physical world. Really "get into it" and be in the PRESENT moment. Act WITH YOUR BODY FIRST and your thoughts will automatically become focused. Do not become focused with your thoughts, expecting the body to follow. Act with the body first, always. Do this by actually DOING the physical action and being only in the moment (i.e. no fantasising). Don't focus on the bodily action and then do it. Simply DO the body action. Also, make sure you act efficiently by being as quick as possible without rushing. Do not rush or be slow. You will know when you are rushing when you start to make silly mistakes. The idea is "better to be too quick and then tone it down", than to be slow at all. You should not be trying hard here. **Please do not try hard as this is the wrong way.** You should simply be getting on with what you have to do to reach your goal.

6. At this ACTION time, DO NOT concentrate on the end goal. Concentrate on the act and the process which is your short term goal. If you focus on the end goal, you will become disheartened that you have not reached the end result or that the results have yet to happen. The key in action is to focus on the immediate present situation and act from there. **IN OTHER WORDS, TO LIVE IN THE MOMENT**. For example, to drive from A to B, you have to go FROM A to B. A is the starting point in the physical world and this is complete common sense, but what is overlooked is that its also the starting point IN YOUR MIND too. So you need to act from A by

being in the PRESENT MOMENT IN YOUR HEAD AT A and focusing on THE IMMEDIATE PROCESS which is A and not concentrating on the end result (i.e. B). When you perfect this process, it is called “being in the zone” or “extreme focus” which I’m sure you will have experienced at some point in your life. Everything in this state should be a state of flow. Your mind will be fully focused, and it will feel distracting if someone tries to dissuade your attention elsewhere. The trick here is to GET ON WITH YOUR DAY WITHOUT SECOND GUESSING WHAT IT HAS IN STORE FOR YOU, OR THINKING ABOUT THE PAST. This is a state of zero-worry. Do not be in your head thinking thoughts about the future or past. Be in the world around you, and stay there for the whole day.

7. Do your best for the day, every day. Give 100% focus for every thing that you do, by giving yourself the mental focus on it. For example, we can easily be washing the dishes in the kitchen, but our mind will be elsewhere, perhaps thinking about work or the family. This way is wrong. We should instead BE IN THE MOMENT which means we should have our whole attention on the dishes we are washing and doing the best we can to wash the dishes, and we should be aware of NOTHING ELSE but this, because our whole attention is ON A like in part 6. above, and not B. This is super important. **If you miss this point, all your efforts will be in vain. Please re-read it and understand it.**

8. Do NOT do step 2 during this action phase as you have already set your goal and planted it in the Silence. If you try to do step 2 again, you will end up fantasising and losing physical momentum. Also, “the zone” IS THE SILENCE, except that IT IS THE SILENCE IN ACTION.

9. So, at this action point, DO the immediate and present action and your mind will automatically focus into the present to help you. INSTEAD, DO THE IMMEDIATE ACTION WITH 100% ATTENTION. YOU MUST MAKE SURE THAT YOU GIVE YOUR FULL MENTAL ATTENTION TO EVERY THING THAT YOU DO. When you find yourself losing physical momentum, make sure the body movement emphasis was there in the first place. DO the body movement. When you find that your thoughts are wavering, simply REMEMBER your end goal. Do not see the end goal in your head as a thought, otherwise you are not acting and will end up fantasising. You can also remember your end goal when your body wavers.

10. Continue to do the steps on a daily basis: a/ Remember and know what your goal is. b/ Do steps 2-4 together for a maximum of 3-5 minutes every day and reducing downwards as time goes on. As your proficiency in this increases, you MUST reduce the time spent seeding. For example, starting at 4 minutes per day, we will soon find that we become clumsy and end up fantasising during the day. We therefore reduce the seeding to 3 minutes, and then to 2, and then to 1, and then down to a few seconds over a period of weeks. c/ Then ACT in the way i describe in the real world towards

your goal. When you continue to do this, the next PHYSICAL step will ALWAYS be shown, so the more you ACT, and the more efficient you ACT, the QUICKER you will see the physical steps so that you eventually reach your goal.

Other Essentials To Make The Secret Work

A. As you have probably already guessed and tried, to access the Silence is not easy. To access it, you can simply do a 15 minute meditation everyday, concentrating solely on your goal as you would for the Silence. As you continue to see the goal, your mind will hit the Silence at a point unknown to you. The point of the Silence can never be known consciously, because it is an unconscious state. So as long as you are doing a 15 minute visualisation every day, concentrating solely on your goal, you will hit the Silence.

B. You need to display gratitude in your life. There is a right and wrong way to do this. DO NOT just feel grateful about the goal ON ITS OWN because this is discrimination and will automatically bring you out of the Silence. You should instead incorporate an ATTITUDE of gratitude, and this comes from feeling grateful for EXISTENCE and EXISTING throughout your whole life. This is an attitude that you should develop as a default in your life and it is not something that you add into The Silence consciously. Put another way, true gratitude is SHOWING A GENUINE INTEREST IN LIFE and having this attitude before accessing The Silence will make the process easier. This means being grateful for every good and bad thing, including taxes, bad politicians, your failures in life etc etc. It also means you need to give 100% for everything that you do, as this is genuine interest. Again, do not discriminate. Simply be grateful for the fact that you are alive and have life.

C. You need to forgive everyone and anyone that has ever done anything bad to you. You should never hold grudges against anyone or anything. By holding something against someone, you are using your ego and limiting a real connection to your subconscious mind. Our attitude should always be one of forgiveness and acceptance of others. I explain this more later on.

D. You need to love every moment of your life. Everything that you do, you need to be totally passionate and in love with it. If you cannot love what you do, you need to change your course of action as what you are doing is not what you really want to do. It is only through passion where you are connected to the subconscious mind: this is where all the solutions are.

E. You need to specialise in your life and only have one focus. This means EVERY SINGLE THING which is not relevant to your goal must be eliminated. This means such things as radio, TV, magazines, movies, other people's opinions etc must all be eliminated. These are NEGATIVE influences BECAUSE they manipulate YOUR

WAY OF THINKING and will make you think negative which cannot be afforded. Every single action in your life must help you towards your goal. The core actions are eating, sleeping, cleaning and working towards your goal. Everything else can actually be eliminated. Focus only on your goal as if nothing else can possibly exist.

F. You should only do one thing at a time. NEVER try to do 2 things at once. It is not WHAT you do but HOW you do it which brings the genius factor into your life. Doing one thing at a time will allow you to give 100% for that thing. So when you wash the dishes, only think about getting the dishes washed. Never have your mind wander for any reason, ever. The worst you can do is think about the future or the past. Access to the subconscious and unconscious resources lies in the present moment only.

G. You need to always have firm faith in what you are doing. Always have 100% faith. Do not waver and think one day you can and one day you can't do something. Be consistent in your thinking. This will become easy when you realise what the secret is.

So that concludes the basic technique of The Application of The Great Secret. Remember, there are only 4 things IN LIFE which separate a winner from a loser. They are

1. Beliefs
2. Emotions
3. Thoughts
4. Actions

It is in the WAY that we have thoughts and emotions, and the WAY we act which separates a homeless person from a multi-billionaire, and which creates all manner of geniuses from all walks of life. The technique presented here is a VERY specific WAY of acting which is the EXACT sequence and WAY of feeling, thinking and acting that will manifest your dreams. What this way does, is ALLOW YOUR TRUE POTENTIAL TO COME THROUGH because not acting in this way IS BLOCKING YOUR OWN GREATNESS. Let us go a bit more in-depth into the above procedure to explain WHY it works and also WHAT the secret actually is (as i still have not told you).

Quantum physics teaches us that the world is a direct reflection of our WAY of observation. When we observe the world, it is but one wave manifested out of an infinite number of wave manifestation options. To access and manifest our dreams, we simply need to change the way we act and observe through our beliefs, and this is through the perfect way of doing things as above. The feeling is the means to change beliefs. However, the feeling which we have is based upon our current beliefs.

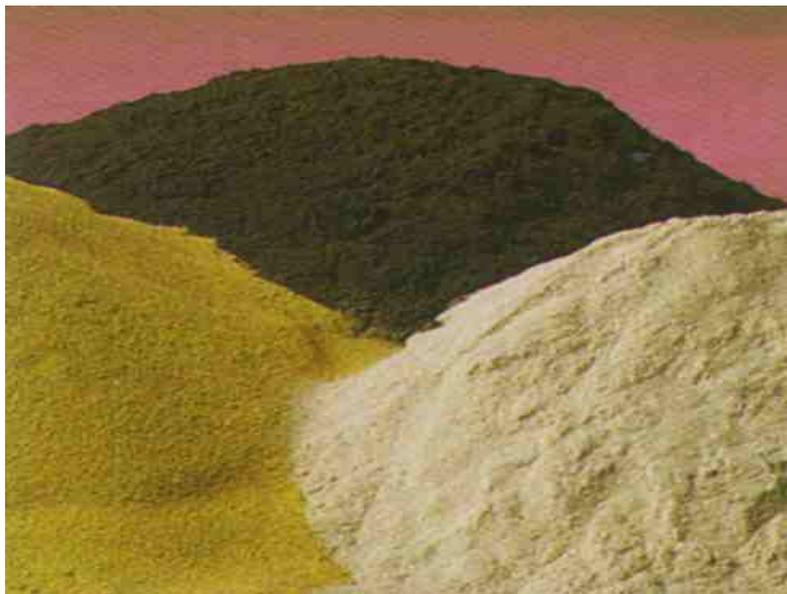
Therefore we must bypass our beliefs to change them by going into a neutral zone called the Silence. Moreover, a true belief is acted on, so action is compulsory for dreams to manifest.

The Silence is a type of Quantum Superposition where all sounds, sights, tastes, smells, colours and everything exists in exactly the same point, hence the term “superposition”. This exists as the basis of all quantum phenomenon and occurrences in our life. Science teaches us that the way reality is structured is that

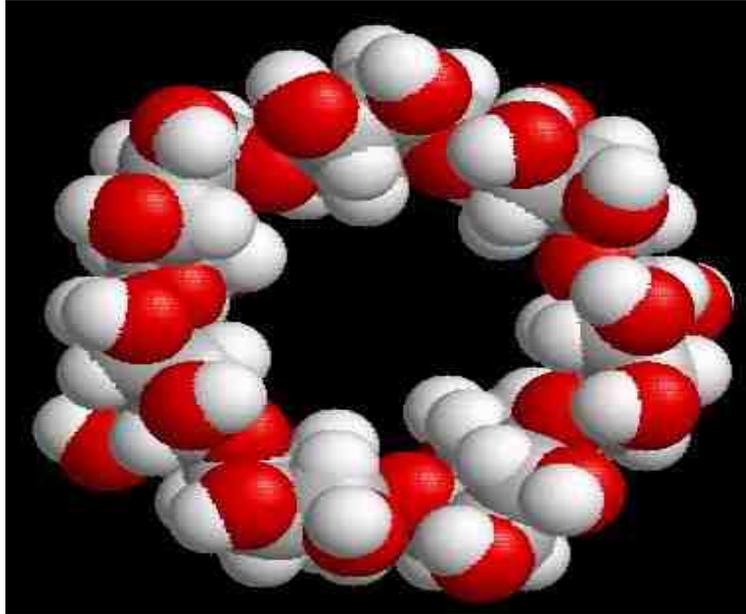
1. We have the material world



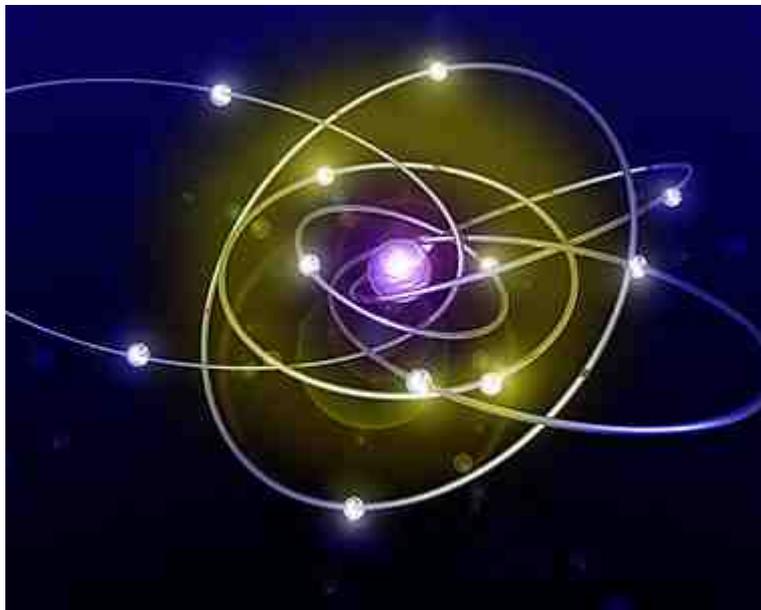
2. Which is founded on compounds



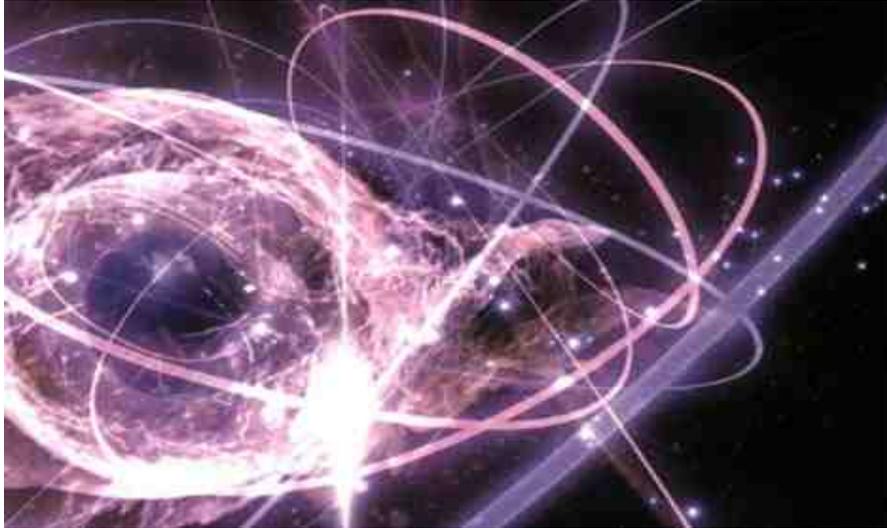
3. Which are founded on molecules



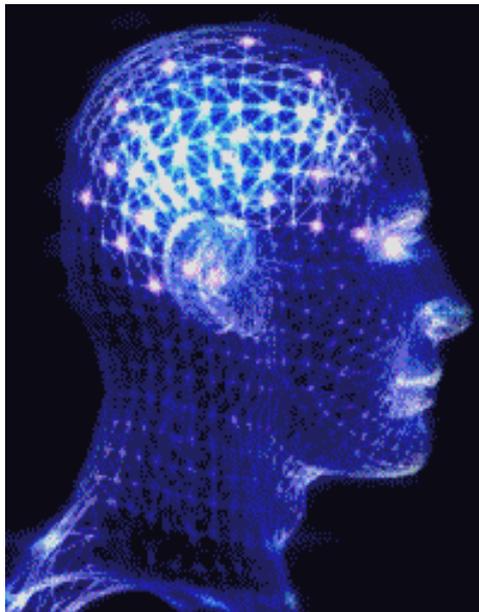
4. Which are founded on atoms



5. Which are founded on Quanta units of energy



6. Which are founded on human mind

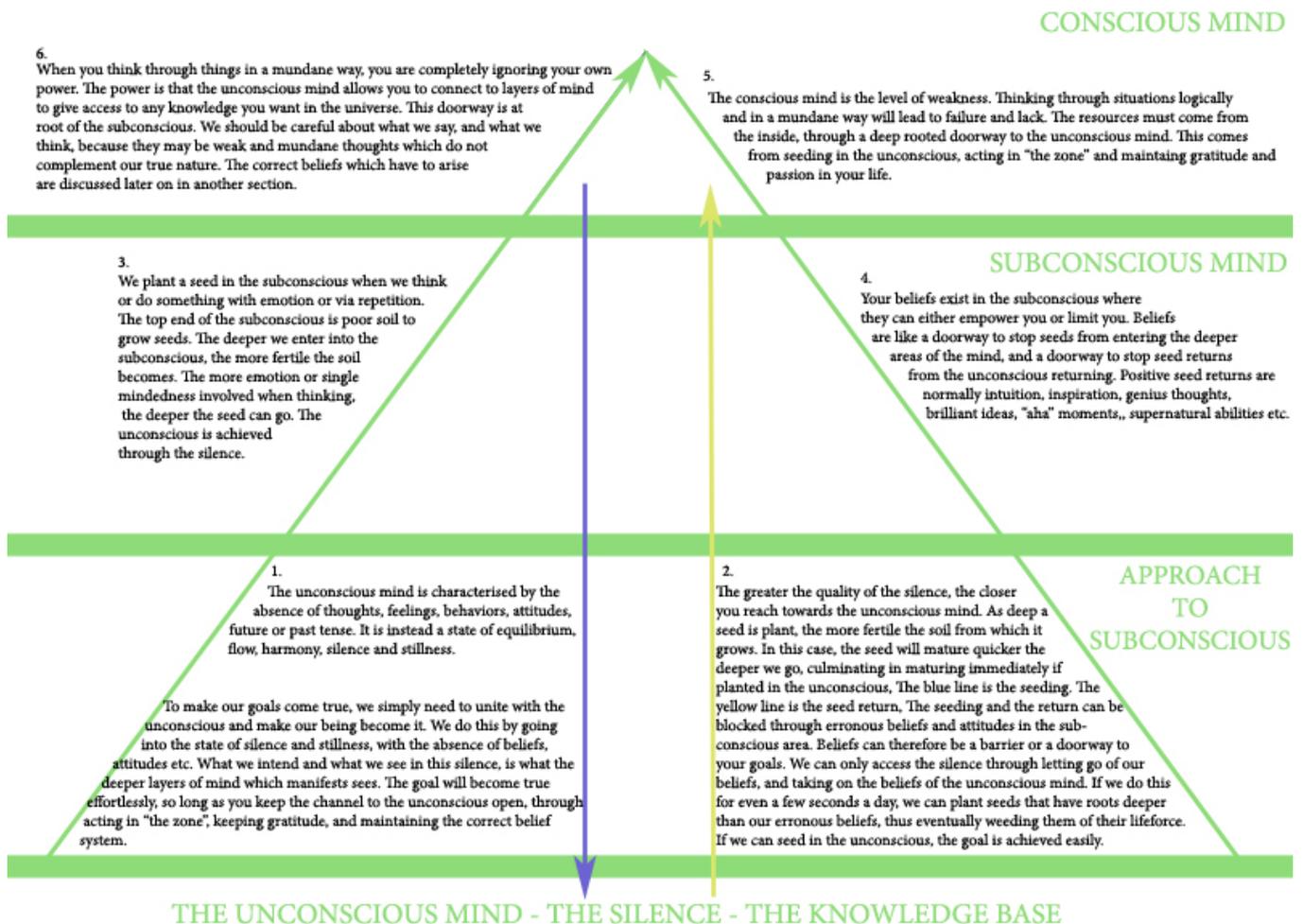


7. Which is founded on Quantum Superposition and its Laws.

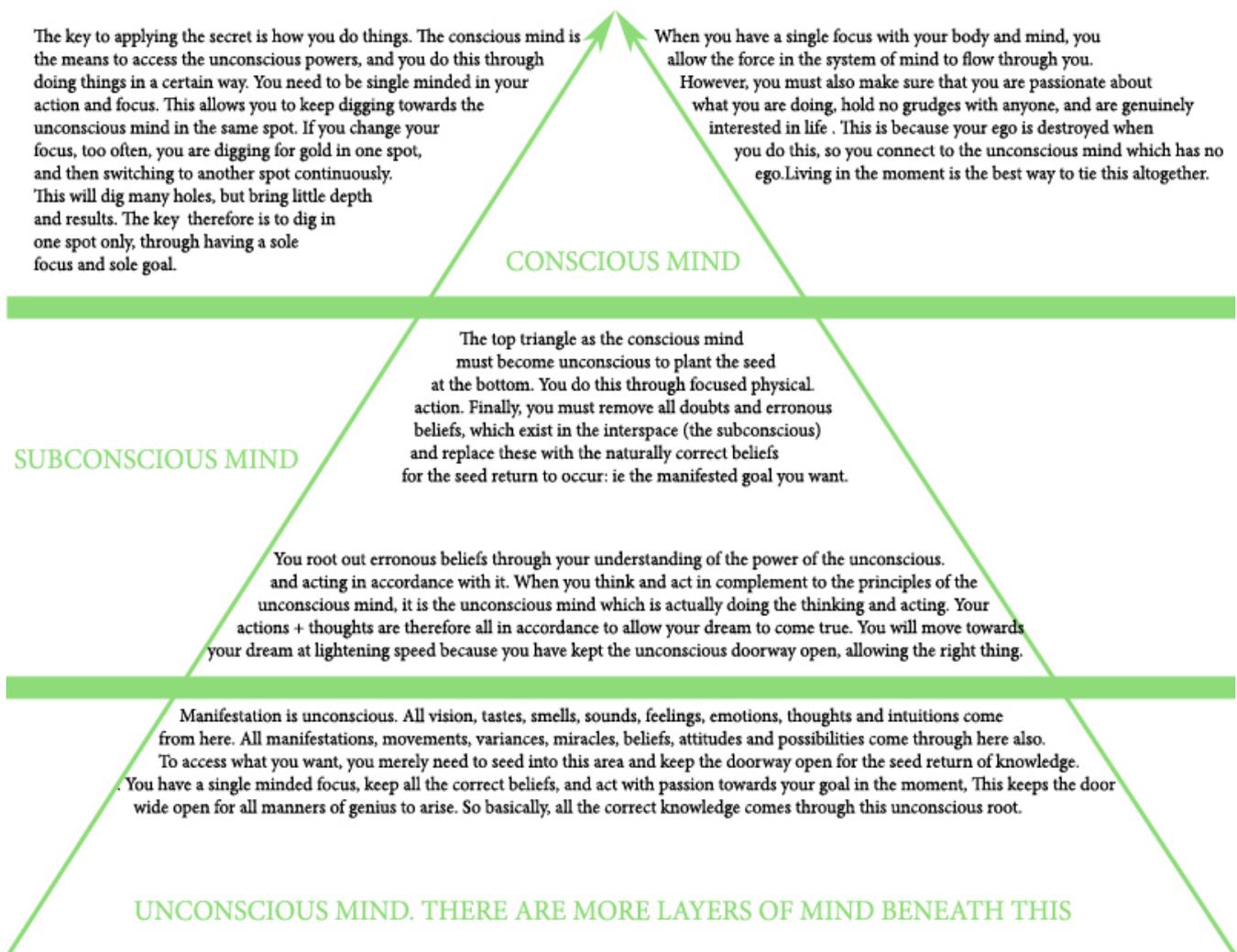


The Quantum Superposition lies within us, because it is everywhere. This means you are the master of your life. You decide what happens. You control your destiny. We have the power because how we structure our mindset and beliefs will determine what the Superposition will manifest for us. **By accessing the Silence, you are maintaining your connection with this superposition so that all the manifestations which occur in your life are related to the manifestation of your goal.**

The attached diagram below is a detailed explanation of EXACTLY what is happening when you use The Master Key Secret to open all doors. **Please use the zoom facility in Adobe to enlarge the diagram below.**



The second diagram enlarged is available below:



You may require a zoom function on your browser, or to save the file and zoom in to see the text properly. Either way, read this and understand it. It is basically an extension of what we have talked about above and is **CRITICAL** to your success.

Going back to our quantum physics story, we know that everything in its simplest form is energy, and this energy has its root in consciousness. The Master Secret is that when you are feeling and believing and **KNOWING** that your dream has come true as above (through correct seeding), there is a conscious link in you of your dream coming true. All you have to finally do, is **ACT** in the right way to move towards the dream physically, because the consciousness which already has the goal will provide you the right steps. **HOWEVER**, this is the **EFFECT** and not **THE CAUSE** of the Master Secret. The **CAUSE** is to **SEED YOUR GOAL IN THE SILENCE AND ACT IN THE RIGHT WAY** as has been stated above and explained in the diagrams. This is what must exist as a foundation for your dreams to come true, effortlessly. Simply

focusing your energies on the effect will get you nowhere.

So have you guessed what the secret is?

The secret is this: **The power behind your mind (inside you) manifests reality and gives you the knowledge to manifest it.** In other words, within your mind lies the mental power which manifests reality and also allows you to achieve the same by giving the right knowledge. With this power, you can achieve anything you genuinely want within the confines of reality. This is a natural power which you have as a birthright. It can never be taken away, and it controls the man made laws. The application of the secret is allowing you to access this power with the physical means you have, by doing things in a certain way. So the way presented above is a system which allows you to access **the hidden layers of mind within your mind**. This is part of the Laws of Mind system of manifestation which we teach [here](#).

Important Note & Disclaimer:

The secret does not mean you are God and this is crystal clear. You are not accessing the Mind of God and are not creating on behalf of God. You are not God and do not have access or resemble any similarity to the power, creativity or Mind of God. You are only a creation of God. The mental system which allows you to access the power to create is a system of mind created by God. The system is created by God as a means to control and differentiate the mental aspect of reality at different mental levels. Only this God-created mental system is what is accessible by you. (please see [The Complete Guide To Manifestation™](#) for more information). There is also an additional disclaimer at the end of this e-book which reinforces this disclaimer. The reason for this is to avoid any confusion in thought circles or discussion groups.

Additional Compulsory Beliefs – The Quantum Laws Which Are Unseen

With the facts which you now know above, we can properly understand a new series of laws. These beliefs are compulsory to allow for success so please incorporate these into your belief system:

1. Everything is possible. (100% natural law)
2. Every situation is an opportunity. (100% natural law)
3. What you focus on, you move towards (100% natural law)
4. What you say or do, is what you are making true (100% natural law)
5. What you give, you will get (100% natural law)
6. What you allow without force in mind and physical, then becomes allowed
7. The greater your goal, the quicker it becomes true (100% natural law)
8. What you are on the inside, is what becomes on the outside (100% natural law)

When you understand the secret, it is easy to understand why these laws are all true. So when someone tells you that you can't become a billionaire, a Nobel Laureate, a genius or whatever, they are lying. There is no limit anywhere. Everything is possible by natural law. The way to understand these laws properly and bring them into your life in the form of beliefs, is to consciously keep your attention on them. Write them up on a wall somewhere where you can remember them. Whenever you hear yourself saying “i can't”, change it to “i can”. Whenever you see things messing up, realise the opportunity that it brings. Keep doing this with all the laws and you will eventually incorporate them as beliefs.

The Highest Form Of Intelligence

The most valuable form of intelligence is not logic, grammar, spatial, creativity etc. It is none of these conventional forms. If this were the case, everyone with an IQ of 180 would reach the top, but this is not true. History is full of stories of high IQ people who unfortunately achieved nothing in their lives and died having been ridiculed by their peers and society.

The highest form of intelligence is something called “stationary intelligence”. Stationary intelligence is the ability to see a situation independent of beliefs. So by removing your beliefs about a situation, you can get to the truth of it straight away.

Also, **THE MASTER SECRET IS THE CORE TRUTH**. So if you apply the master secret to any situation, you will understand the additional *natural* truth (independent of man made bias) about it as well. The natural truth is what is *actually* true, and what is true also relates directly to your true nature through the secret above.

Here are some real life examples which lack stationary intelligence. We will also apply the Master Secret Truth to reinforce our position about what is true:

1. The Queen of England is the Queen. She is very powerful

If we apply stationary intelligence to this matter and the Master Secret, we see the truth of the matter: The truth is that the comment above is man made. What is man made is made up. There is no England. There is no queen. People have simply called this place England, and people have simply called her the queen! Everything is based 100% on made up belief! Any power is man made and made up. The Master Secret is that the power to create the life you want is within you. This means that you are the king (or you are the queen) just as much as she is the queen. There is no additional natural power which she has. You are the king by law, because access to manifest any reality lies within you by natural law. This means, that you have just as much *natural right* to walk into the palace and call yourself the king of the land!

2. Other people are richer than me

If we apply stationary intelligence and the Master Secret: Money is man made. What is man made is made up. And made up things are impossible to be natural truth. The natural truth is that the power to manifest the reality you want lies within you. In fact, you are the richest person in the world, alongside everybody else! No matter what other people say or do, and even if you have 0.000 dollars in your bank account, you are still the richest. Just because another person *who looks, senses, and does things just like you* says you have this and that amount of money *has no bearing on it being naturally true*. What another person says is made up from their own whims. They have 100% made up the concept of money, and you having X, Y or Z. This is why we read stories in the Bible, Koran etc about Prophets dressed in rags, but who were richer than a king possessing mountains of gold (that said, by applying the master secret, prophets generally amassed huge fortunes anyway). Their nature, like yours, is one of *natural wealth*. You have a mind, and this mind is connected to deeper layers of mind which manifest reality. The powers behind your mind are agents which *manifest* the world around you.

These two matters should set some light into various situations in your life. Here are some other examples of life situations, where the truth is derived when applying The Master Secret and stationary intelligence:

1. Your boss is your boss

Again, this is man made. What is man made is made up. The belief that he/she is your boss is also made up. You are the most powerful person in the world, by law, because *the powers behind your mind directly manifest the world*. Every second is an opportunity to use your power to get what you want. Your boss is an equal, who has no more power than you. Also, they are not a boss in any way shape or form in the first place. It is made up! You are just as much *their* boss as a truth. The lesson here is that you should always see yourself *as your own boss*. You are the boss, and you control what happens in your life. You also determine the profits you take home, and your wages.

2. I only have \$500 in my bank account

Again, this is man made. It is made up by other people, who have simply said you have \$500. To think you only have \$500, is ignoring your true nature. Your true nature is that you have *true indiscriminate natural wealth by natural law because in your mind is the power to manifest the physical world directly*. The correct manner of action is to focus on your goal and achieve it in The Secret Way described above. To say you only have \$500 is to cut yourself off from your true nature. You are the most

powerful person in the universe that already has everything. Your unconscious has it! So to say someone has \$500 or \$5 billion is no different in wealth terms in anyway whatsoever. Any difference is completely made up by people who have used a completely 100% made up system to claim you have this or that. The natural truth is that everything around you is created in your own mind, and you are richer than \$100 zillion. Anything man made which people say is completely made up. The lesson to learn here is NEVER think of things in money terms. Money is a 100% man made lie with no bearing on the laws of consciousness or the laws of reality. Think in terms of vision, goals and actions. These are natural resources where the true power lies and will lead to you amassing real fortunes in dollars and pound sterling. Obviously, you must use your money to get by life (since it is entrenched belief in society) but to let it define you to say you have this or that is a 100% lie. Keep an eye on your money, and spend to invest, but NEVER think in money terms. Also, do not count your money. Think in terms of the steps explained.

3. He has X, Y or Z. I don't.

Again. Completely made up and 100% false by natural law. The made up part is that *having something is actually having it*. This is made up! *The layers of mind behind your mind is directly manifesting the physical world*. This means that you have *everything already in your mind* whether you have it physically or not!! The lesson to learn here is NEVER feel that you don't have something. *You definitely 100% have it, by natural law*. Always feeling that you have it will bring it to you *physically* by law, guaranteed 100%.

I hope the above sheds some strong light into the power of The Master Secret and the highest forms of stationary intelligence. It is these types of intelligence and way of thinking which lead to the brilliance and GENIUS of every single genius who has ever lived.

**To Explain The Process Of The Master Secret Once Again
With Simple And Clear Instructions:**

1. Clearly define your true goal
2. Make sure you have an attitude of having a genuine interest in life as a whole, being passionate about everything you do and forgiving all the grudges which you have against others.
3. Seed your goal in the Silence for 3-5 mins MAX every day and reduce it as you gain proficiency. Your seed can be an image, or a thought. The seed is the mental image of your goal. Only see the image in your mind. The Silence is the state of mind where there are no thoughts, no sounds, no movements,

behaviors, beliefs, attitudes and no future or past tense or perspective. It is the state of emptiness and nothingness in the now. Access to The Silence can be done through a simple 15 minute daily meditation, because the Silence state is difficult to get into.

4. Once the seeding is done, get on with your day by taking the steps needed to reach your goal. Do one thing at a time only. Do not show emotion, or gratitude, or seed the goal again by thinking about the goal and how it is going to come about. Simply get your head down and “get on with it.” Live the day by giving 100% mental attention to everything you do. No daydreaming, fantasising or thinking about the future or past. This is not hard work. It is smart thinking through momentary living and only thinking about what is there in front of you. Simply be only in the moment (which means detach fully from your goal and be 100% in the here and now only) and get on with the steps you need to reach the goal.
5. Only do things which are actions towards your goal. Everything else must go if you are to succeed. You must specialise your actions and behavior so that you are always investing towards your goal. You cannot be 2 types of people. You must specialise and choose to follow only one life path, and stick to it until completion.
6. Repeat the whole procedure on a daily basis. Continue to learn where you can improve your application of this process. It might take 3-4 months just to properly understand point 4. and 5. above. This is because the way is so specific and so powerful, that its true secrets will only be revealed through practical application.
7. Make sure you understand and incorporate the correct beliefs and laws (what you focus on, is what you will get, both on the outside world and on the inside. You get what you give. Where focus goes, energy flows etc etc.) and remove all erroneous beliefs which limit these new ones. Do the best for the day and focus on achieving the best. You will then attract the best into your life.
8. Use your stationary intelligence and the Master Secret as your guide. It will differentiate what is truthful, from what is fake and made up. Make sure you stick to what is truthful as this allows you to connect with your true nature, and do not think through life in made up man made ways.

Finally, i have to say, do not go for 2 goals at a time. You must always have one goal and one focus at a time. **DO NOT GO FOR 2 DIFFERENT GOALS TOGETHER.** For example, the goal to live in a dream mansion with a beautiful partner and children can count as one goal as they complement one

another (even though a mansion is one goal, and children another). However, the goal to be a motor racing sportsman and a Hollywood actor are two completely different goals which cannot be focused on at once. So have one primary focus in your life and make sure everything you do IN YOUR LIFE is somehow related to achieving your goal.

More information on the secrets to success can be found at our other website:
www.manifestationintelligence.com

THE FINAL WORD

There are hundreds of millions of people out there who want to be the best in life. You now know for a fact and law, that this is the path to failure. Life does not favour those who seek to find it. It comes to those who realise they already have it.

The truth is that you already are the best, because the best of all things lies deep inside you, waiting to be released. All you need to do is let this best and untouched part manifest in your life, through letting it direct and guide you towards the best of what you really want to be.

There is nobody out there in the whole world, who can genuinely tell you that you cannot achieve your dreams. Your dreams are there for the taking, when you genuinely realise that they are yours. My sincere advice is do not let the opinion of others hold you back, ever. It is better to hold steadfast to your vision and inner wisdom than all else.

This is our last training session together. I hope you have enjoyed and learned a lot from this manual, as well as refer to it often in the future. At times, your training might be hard, tedious and tiring, but stick in there with a dogged persistence, and I promise you that you will become a universal genius that people the world over will notice. For now, you have in your possession the fundamental tools to allow you to achieve an astronomical IQ and also become the genius of your dreams. Best of wishes in whatever you do, and may you be favoured in the pursuit of Genius Intelligence.

Good Luck!

Written by a distinguished author of and for GeniusIntelligence.com

Please leave us your comments on our guide at comments@geniusintelligence.com

IMPORTANT ADDITIONAL DISCLAIMER:

These disclaimers have been added to avoid all cases of confusion in thought groups, metaphysics/philosophy classes, New Age circles etc etc. **This section will only be understood or have relevance to informed readers.**

Regarding the Master Secret:

Anything mentioned in the Master Secret section makes it clear that the human mind, and the system of mind to manifest is a creation of God. God is independent and self sufficient from all His creations. Therefore, the Master Secret does not suggest any association with God Himself. This also applies to any information derived from or related to the Master Secret in this e-book or derivative, preliminary or associated works (e.g the Articles Database).

Regarding use of the words “manifesting”, “manifest”, “create”, “creating” in the Master Secret section.

The words “create” and “creating” and all similar words refer to the act and process of manifestation, and not direct creation. Nothing is being created directly by you, your mind or the system of mind. What you are doing is merely “manifesting” the reality by the means of a created system of mind. God alone is the only entity which creates.

END OF DISCLAIMER