How to use anchoring for accelerated learning

By Stelios C. Perdios

How to use anchoring for accelerated learning by Stelios C. Perdios

How to use anchoring for accelerated learning.

Anchoring is a powerful NLP technique for ensuring access to our greatest personal resources. Anchoring means creating an association of ideas, feelings, thoughts or states with a specific stimulus. This technique is not new. In a famous series of experiments, Dr. Ivan Pavlov placed hungry dogs near meat so they could smell it and see it but not reach it. The meat acted as a powerful stimulus to the dog's digestive processes, causing them to salivate copiously. While the dogs were in this intense state of hunger and salivation, Pavlov consistently rang a bell with a specific tone. Pavlov showed that he could then induce the dog's state of copious salivation, just by ringing the bell. The sight and smell of meat was no longer needed. Pavlov had created within each dog's central nervous system, a neurological link between the sound of the bell and the state of hunger and salivation. All Pavlov had to do was ring the same bell and the dogs would salivate. In other words he had created an anchor.

Whenever a person is in an intense state where the mind and body are strongly involved together and a specific stimulus is consistently and simultaneously applied at the peak of the state, the stimulus and the state become neurologically linked. Then, when ever the same stimulus is applied, the associated state is induced. Have you noticed how this principle is used by professional athletes? Tennis players for example often use a certain rhythm for bouncing the ball to put themselves in their best state as they serve, or weight lifters use a certain pattern of breathing to induce best state just before they lift. You could if you wanted to, anchor five different resourceful states onto the five digits of one hand. The states might be exuberance, confidence, motivation, decisiveness and relaxed alertness. The stimuli would be unobtrusive and you could trigger the stimulus selectively, whenever you wanted and needed a boost! How would this change your life for the better?

You could easily learn how to anchor resourceful states of mind in your self, and in your pupils and colleagues. What if you could anchor the alpha state onto your thumb or a pupil's thumb? The Alpha State is considered very important for accelerated learning. Scientific evidence shows that listening to music recorded at around sixty beats per minute is conducive to achieving a state of relaxed alertness, free from stress. In this state, you are enabled to learn new concepts and skills far more easily. Classical music by Mozart and baroque pieces are often played to induce the alpha state for teaching or training or for personal learning. You could learn how to anchor the alpha state so that a simple stimulus could accelerate your learning and the learning of others.

Stelios C Perdios

Teacher, publisher, editor and writer

Learn more about this red hot topic, read and bookmark Magic Learning Systems
(Accelerated learning software for k–12, homeschool, and college students. Learn more, click here!)

6 Simple Steps To Accelerating your Learning

By Jake Sim

6 Simple Steps To Accelerating your Learning
by: **Jake Sim**

What is Accelerated learning?

Simply put, accelerated learning is the ability to absorb and understand new information quickly, and also to be able to retain that information.

It involves the process of unleashing the abilities within us. Every one of us learn differently. Accelerated learning calls upon us to learn techniques of learning that exactly match our personal learning styles. When we are learning in our preferred ways, learning becomes natural, easier and faster. That's why it's called accelerated learning.

Basically, the brain can be thought of being made up of the "Left Brain" and "Right brain". The left brain is the expert in language, mathematical processes, logical thoughts, sequences and analysis. The right brain specializes in rhythm, music, visual impressions, color, and pictures. Although each is dominant in certain activities, both sides are involved in almost all thinking. The point is that to learn the accelerated way, you must involve your whole brain.

Have you heard of the 8 intelligences? Can you name all 8 to me? There are 8 multiple intelligences : Linguistic, Logical–Mathematics, Visual–Spatial, Bodily–Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist as put forth by Harvard professor of education Howard Gartner. In accelerated learning, we use our strongest form of these 8 intelligences and learning will then be more enjoyable.

To master the art of accelerated learning overnight is impossible. It takes time and effort to increase the rate at which you learn. Still, let me give a brief overview of the entire process of accelerated learning. The 6 simple steps to accelerating your learning are:

Motivating the mind – motivating yourself so that you are in a confident and resourceful state that best supports learning. There are several ways, including the use of visualization, affirmations, and goals–setting.

Acquiring the information – using your personal and preferred way of absorbing the information. There are 3 distinct styles of processing information that we use. We'll use all 3 styles, only the degree to which we use them differs and that accounts for our varying styles of learning. The 3 styles are Visual (seeing), Auditory (hearing), and Kinesthetic (physical activities and involvement). So, your job is to find out your preferred style of learning and use methods of learning that correspond to your style.

Searching out the meaning – when what you're learning has meaning to you, remembering it is will be an easy feat! Again, this depends on the most dominant form of intelligence in you and how you exploit it.

Triggering the memory – recall whatever you've learned at will with proven memory techniques. Such

Learn more about this red hot topic, read and bookmark Learning Spanish Like Crazy
(Warning: Do Not Waste Time or Money Learning Spanish No One Speaks. Learn Real Latin American Spanish. Instant Download $97. Learn more, click here!)

techniques may include the link method, the number–shape methods and so on. You have to consider the workings of memory and learn only when your memory is in an optimal state.

Exhibiting what you know – show that you know and fully comprehend what you've learned. If your learning and absorption of the information have been effective, you must be able to be fully capable of showing it anytime and anywhere. If you can really show that you know, you have absolutely comprehended the material you've learned!

Reflecting upon what you've learned – learning is a continuous process; we must learn from our mistakes. Self–analysis is important as it marks the end of the accelerated learning of a skill or new knowledge. When, upon finishing your learning of something, you reflect upon the process itself.

Of course, reading about the process and not taking action will not in any way serve you to master accelerated learning. If you're still unsure of how to proceed to really go into deeper depth into accelerated learning, you may download my free accelerated learning ebook course at:

Remember, the essence of accelerated learning is in using methods of learning that really suits your natural learning style. Good luck with your quest towards accelerated learning!

Jake Sim is the founder of Self–Improvement101, a popular website about personal development. Great personal success articles, free ebooks and downloadable courses, and more resources are available. Subscribe to his highly recommended newsletter and get a FREE $19 self–growth ebook!

Learn more about this red hot topic, read and bookmark Delivereez
(Learning for the 21st Century. Learn more, click here!)

6 Simple Steps To Accelerating your Learning
Accelerated Learning is Profitable
Learn A Foreign Language Online

The Challenge Of Learning The Chinese Language
Creating Icebergs Out Of Hostility

How to play a Guitar
The Alphabet of Birds
Success Secrets
Take Control of Alcohol
Create a Website in 5 Days

Learn more about this red hot topic, read and bookmark Accelerated Dog Training Health Grooming
(Offering an e−book resource for dog training, dog grooming, house training, and general pet care for all dog breeds. Learn more, click here!)

Play the coolest free slot game on the net (see screen−shot above), no java, no download, free to play and you win real cash! You can play every day for free and the top scores win up to 100$ every week! You only need an e−mail address to play this very cool free slot game. E−mails are kept very private and are only used to send you links to new free slot games that you can play one time every month for free and win even more real cash and prizes! Start playing right now for Free and Win! Click Here.

This E−Book has been brought to you by Cyber−Spy.Com where you can download 15 000+ other fresh hot Free E−Books and discover thousands of powerful live online resources right now! (Subscribe to our Free E−Books E−Mailing Service, receive fresh hot Free E−Books by e−mail.)

Has this Free E−Book given you at least 1$ worth of valuable information?
Help keep the fresh hot free e−books archive project at Cyber−Spy.Com free and growing, please indicate that you appreciate being able to download and read thousands of fresh hot e−books online for free, make a small contribution via Paypal Donation right now!