

# The Basic Techniques

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## There are Three Basic Techniques:

1 – Image Training

2 – Eye Training

3. – Rapid Page Flipping

## Details of the Three Basic Techniques-

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### 1- Image Training

The imagery seen when using the right brain can sometimes be as clearly real as actually observed visual phenomena. The right brain's most accessible images are of course in our dreams. When it comes to measuring the development of right brain abilities, we can start by finding out if the dream is in color or in black and white. By persevering in right brain training we can begin to dream in color. This is where afterimage training comes in.

Afterimage training means that we are using residual images. Moving from complementary (secondary) colors to primary colors, and from round to square

Through doing afterimage training in artificial light, natural sunlight and by using orange cards the residual images quickly tend to last longer and longer. Further, we become able to see afterimages in primary colors almost unconsciously. By this I mean that in the beginning even using when orange training cards the images tend to be in secondary colors. When using a blue card for example the afterimage tended to be in orange. However with further training it makes no difference what color is used the afterimages are in the correct color. The next thing we did was to use round cards and to visualize them as being square or triangular. When this is accomplished imagery can freely be accessible to the mind.

## The Basic Techniques of QSR:Image training

### 1.1 Sea waves

Let's do deep long breaths exhaling through the mouth. Imagine you are now standing on a sandy beach. The waves are lapping in and out. Let's match our breathing to those waves. As the wave comes in we breathe in. As the waves go out so does our breath. Breathe long, deep breaths exhaling through pursed lips.

### 1.2 The balloon

Imagine you are standing on a vast plain and you see a balloon being swayed by the wind come into sight. As it sways in the wind when you breathe in it comes closer and as you breathe out it moves farther away. Breathe deeply as you visualize this moving balloon.

### 1.3 Flying In

(Becoming microscopic and going into something deeper and deeper)

Close your eyes. Behind your eyelids you can a huge mirror. You are standing in front of it. You become half of the reflected size you are and then half of that again until your body has become an invisible particle.

- Inside your body you go.. This is an exploration of inside your body. You can quickly move there. Is it healthy or not in there? Ask the cells what they want to have done and then go and do it for them.
- Inside a fruit. Check the seeds. How many can you spot? Where did you see them? Write this information down on a piece of paper. After you have done the flying in exercise, cut open the fruit and check your results.
- Inside a book. Go inside a book and see what is written there and what pictures there are.

#### Quantum Speed Reading (flying in to books)

- 1) Take the book wrapped in a bag in front of you into your hands and then say to yourself, "The book is a friend" and imagine yourself becoming one with the book.
- 2) Grab hold of the wrapped book in both hands, concentrate and then fly in to the book
- 3) Write or draw the contents of what you have seen or felt in the book.

\*\*An important point: A picture book is recommended at the beginning

#### Quantum Speed Reading (flying in to specific pages of the book)

This is about specifying book page numbers and then flying in to them. Details of how to proceed can be found in page 212

How to proceed through steps one to 4 and putting it all together

## The Basic Techniques of QSR:Image training

### Image training for adults: Colors of the rainbow [red, blue, green, the entrance]

The key to developing imaging power is in the breath.

1:Out breath (imagine that toxic energy from inside your body is leaving-5 seconds

2:In breath (Energy from the universe is coming in to your body)-5 seconds

3:Between breaths (inhaled energy is pushed down into the lower abdomen-5 seconds

You can make these steps longer as you get used to the exercise.

1: Rainbow colors

1) Visualize colors in the progression red, (bitter) orange, yellow, green, blue, indigo and purple.

2) Look at the surrounding visual field

3) Close your eyes and visualize the colors from red one after another

4) Visualize the whole field of color

2: Red, Blue, Green, the entrance

1) You can also practice the after image training with the orange card

2) Red apple, yellow banana, green watermelon, then you see the entrance to your own house come into view

3) Open the door. Is there anybody standing inside?

4) Go through from the entrance to the living room to the kitchen .

Note that you must check your results after finishing.

For children\*\*(elementary kids) Mothers should read out the sentences to the children.

For adults\*\*After reading the sentence move into the world of imagery

The seven colors of the rainbow



Do after image training beginning from the red down.

## The Basic Techniques of QSR:Image training

## Stick images

The third aspect is called 'Stick Images'. Because relaxation and concentration are important for image work we train in tensing and letting go over and over again. At the beginning we regulate breathing and loosen up the body. After that we then stiffen up the whole body as if it were a stick. Then we loosen up completely again. This gets repeated three times. This kind of pre-training has the effect of taking our unconscious left brain centered way of living and coaxing us into a more right brain mode. That is done with breath and with the stick or rod imagery. This is then connected to the afterimage training which is used to get in the habit of visualizing images. For children this kind of training is quite simple but for adults it can be quite difficult indeed. Because we have spent such a long time in our lives centered on the left brain, without creating the right mental conditions it appears that it is very difficult to access the right brain.

The rod (stick) image

- 1) Lie down quietly on the floor
- 2) Close your eyes and take three deep breaths at your own pace
- 3) As you breathe in visualize yourself as a hard rod counting one, two, three as you stiffen up. Lift up your back from the floor creating an arch wide enough for one arm to pass through (about 10 seconds)
- 4) As you release your out breath you become supple and soft.
- 5) Repeat steps three and four three times each.

## 2. Eye Training

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The basis of QSR when broadly divided into categories looks like this:

### Eye training

Before commencing with QSR we conduct eye muscle training, called simply 'eye training', whereby the visual field is expanded. In this, the eyeball is moved up and down and left and right with each movement being held for ten seconds. The upper and lower oblique muscles of the eye are then trained. Through doing this at high speed we can begin to sense colors and light. For example stars may appear in the middle of the image or butterfly shapes or even square shapes. Through conducting this type of training it becomes faster to make the connection with QSR. Though things may not go well in the beginning it is a good idea to move the eyes as rapidly as possible. From this start with colors and light, the right brain's five senses begin to awaken. We begin to feel a dazzling sensation, warm feelings as well as smells and sensations of pain. Through the repetition of eye training, the sensory faculties of the right brain start to surface. Though you might think that this in itself already constitutes QSR ability, it is still the stage of upper and lower oblique muscle training for the eyes. By rhythmically training the eyes at high speeds we can evoke images with light, color and form. These in turn directly serve to connect us to QSR.

## Right brain sense perceptions do not use sense organs

At this stage let us say that we have succeeded in evoking images of the wind, the sea, clouds, earth and rain. At times the sensory perceptions are stimulated and involve feeling a gentle wind, a salty sea, cold clouds, soft earth and wet rain. These sensations then appear as images and at the same time sounds are perceivable. The wind whooshes by, the sea crashes, the clouds swish, the earth crunches and the rain patters. The following are comments made by children who were doing eye training:

"Doing this made me feel relaxed. Then my whole mood brightened up."

"It is a strange feeling doing this. It seems like light is shining down on me."

Here we can see how the individuality of each of the children is being expressed. We next did eye training by using a physics text book. A really intriguing phenomenon occurred. A light blue sky and orange flames appeared in the image and seeing this, the child said things like, "From now on the air and fire are going to be more important." So in this way, even though we are only doing simple eye training, there is some kind of a meaning contained in the colors and the light which appears during its practice. It is furthermore not just colors and light which manifest but sounds and other sensations. All of the sense perceptions of the right brain are set in motion.

## The Basic Techniques of QSR:Eye training

### 3D training

The eyes and the right brain are profoundly connected. One theory holds that 3D vision is related to the midbrain within the brain stem. Because the midbrain is the 'heart and mind centre', when staring at images in 3D there are times when there are powerful feelings in the heart. Because of this we can see how after all the eyes and the brain and the heart seem to be connected. When practicing 3D exercises like this we often use examples from nature or mandala patterns. With eye training exercises too it is because of a direct link to the right brain that colors and light are perceived. Eye training involves the training of the eye muscles utilizing three techniques which are each done for ten seconds. Through doing only these exercises there are colors and light perceived. However normal practice of these exercises does not easily lead to the success which children have. What is therefore important is increasing the speed of practice. Using a method called the camera shutter it becomes easier to see colors and light by rapid blinking during the eye training.

### 3D Training with [pansies] and [mandalas]

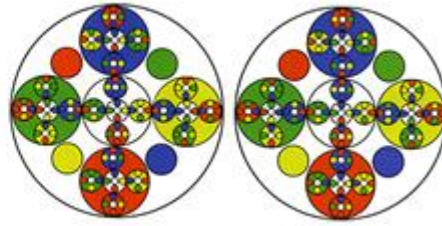
This is three dimensional staring practice

- 1) Pansies (3D) This is a practice to become able to see things that are unseen. The right brain is activated by the way the eyes are used here. Do not focus on the pansies. You will see two dots at the bottom become three and at that point the stereographic image will appear on the page.
- 2) The mandalas will be merged together. Use an open gaze to see beyond (behind) the picture itself by not focusing the eyes. In this way you will see the two mandalas become one. A new sensation will be awakened in you by doing this.

< The 3D Stereogram >



The field of pansies.  
Along with the butterflies that have  
flown here attracted by the scent what  
else can you see?



Circles are born from within circles.  
Look at them from different  
directions  
and see them sparkle and turn.

### The Basic Techniques of QSR:Eye training

## Artificial light training

Artificial light training involves using an ordinary lamp stand with a thirty watt bulb attached. Any ordinary light bulb will suffice but if possible I believe that it is advisable to use one that has a red, a green or a yellow bulb at the top. This lamp stand is positioned about two meters (six feet) away from the subject and is switched off after thirty seconds of being stared at. Then we look at the afterimage which remains behind the eyelids. This afterimage training is most important as a basis for being able to see internal images. Next there comes breathing. We use abdominal breathing with the eyes quietly closed. Another name for this is hara or tanden (tantien in Chinese) breathing. The reason that we use artificial lighting is that in image training it is very important to be able to see the images in color.

The electric bulb light \*note that you will need a lamp stand with a thirty watt naked bulb for this and that fluorescent tubes will not work.

- 1) Gaze at the light from the bulb from a distance of one or two metres for about thirty seconds without blinking.
- 2) Next switch off the light, close your eyes and observe the after image.

You can omit this exercise if you do not have a standard lamp

### The Basic Techniques of QSR:Eye training

## Eye training

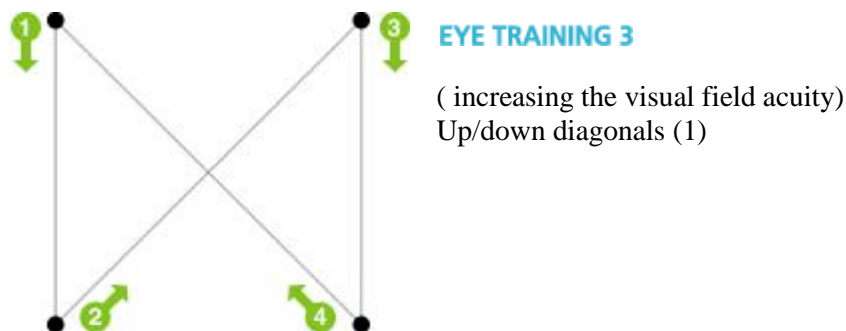
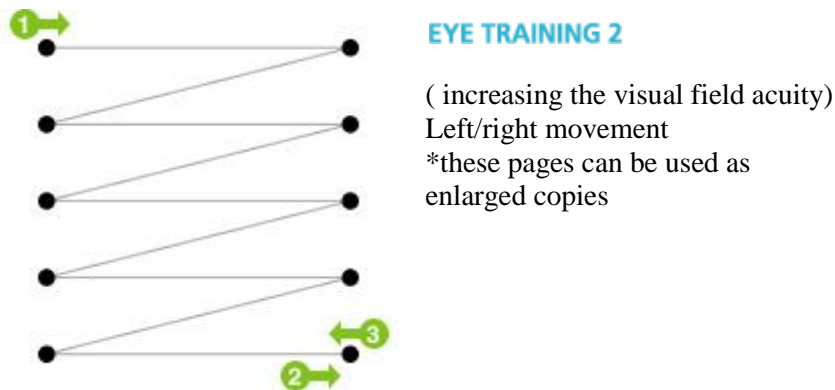
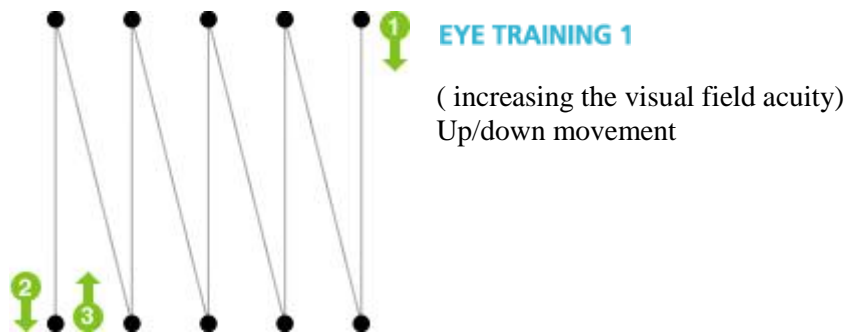
Basic training: eyes move up and down left and right then diagonally  
Further applications: The star shape

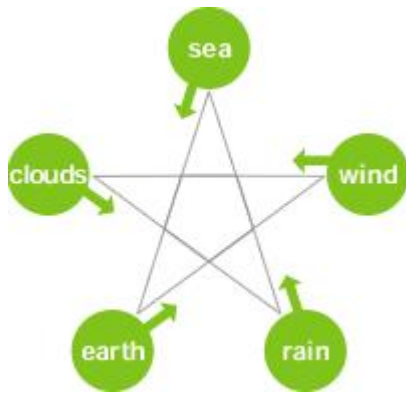


This practice improves eyeball movement, widens the field of vision and heightens the ability to read at a glance

Ten seconds should be spent on each one

Do not move the head just the eyes. Correct posture and breathing are important in this exercise. Note that if you can use a metronome or like instrument it will be an effective aid.





#### EYE TRAINING 4

( increasing the visual field acuity)  
 Up/down diagonals (2)  
 The order goes wind, clouds,  
 rain, sea and earth  
 in the five pointed star

#### The Basic Techniques of QSR:Eye training

### Adult practice in shutter eye training

This is done by rapid blinking which will result in the brain not knowing if the eyes are open or closed. It is vital to increase the speed of blinking to your utmost ability. In doing so, you will be able to see light and colours.

#### The Basic Techniques of QSR:Eye training

### The orange card

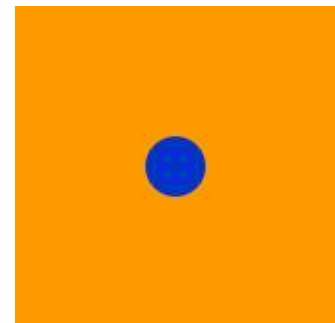
- 1) Breathe deeply three times
- 2) Relax your mind and stare at the blue circle for thirty seconds
- 3) Close your eyes and you will see the afterimage
- 4) Even if it disappears while you are practicing if you think to yourself, 'It will re-appear,' then it will in fact.
- 5) Let's go on to the next four points.

#### The four stages to being able to visualize images

- 1: In the beginning you'll see a secondary color orange
- 2: Then you will see the same color afterimage in blue.
- 3: The color and the shape of the afterimage can then be changed (a red circle a green square)
- 4: After that you will spontaneously be able to see images

You will deepen your ability to do the above by repeating the exercise over and over.

< THE ORANGE CARD >



This is training so as to be able to visualize images. Try staring at this for 30 seconds without blinking.

#### The Basic Techniques of QSR:Eye training

### Solar glimpse training

The pituitary gland in the diencephalon will be activated doing this First thing in the morning (before 09:00 if possible) gaze at the sun directly for a second close your eyes and practice looking at the afterimage



Even on rainy days do this exercise while visualizing that the sun is out  
Your body will get healthier too. (early morning once??)

## The Basic Techniques of QSR: Eye training

### Eye training for adults

The above information then relates to the usual set routines we do when training children in QSR. If we can get as far as step four then it becomes quite possible to do QSR well. Although it appears that children can master it quickly because of having few preconceptions we still use the same system to train adults. With the adults too we begin with afterimage training using the basic observation of light sources through artificial light and orange card techniques. We next venture into eye training to evoke light and colors and it is here that it begins to take quite a lot of time when dealing with adults. In that case we introduce the 'shutter' training. This is eye training done through blinking at rapid speed. Through doing this the brain no longer can distinguish if the eyes are open or closed. The brain thus allows a sensation of visual imagery to occur even with the eyes closed. In this situation it is important to keep the speed of blinking as fast as possible. The role of this high speed blinking is to allow QSR to happen. There is also the technique of doing eye training with the eyes open followed by training with them closed. By moving into the world of images through the introduction of these training methods, even adults can see pictures, improve their intuitive capabilities and be able to read the messages coming out of the books.

Staring practice: The camp fire

< AFTER IMAGE TRAINING > The campfire



Stare at the top black dot for 30 seconds  
and then look at the bottom one.  
You will see the faint traces of  
a red fire above the logs.



If you carry on looking you will clearly see this.  
If you do not see anything breathe  
in slowly and once more start staring at  
the green flame and begin all over.

Stare at this picture without blinking as much as possible. This is the basic training that will empower your image visualization.

1) Stare at the black dot in the middle of the green fire for thirty seconds.

- 2) Stare at the lower black dot
- 3) You will then see a red fire dimly above the logs (if you continue to stare you will gradually see it appear)
- 4) If you see nothing then breathe quietly and slowly and start again from step one. By continuing to practice you'll be able to see the afterimage for longer durations.

### 3. Detail of Rapid Page Flipping will be sent later

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