

# *Magic of SPEED READING*

Speed Reading & Boost Memory



**“ Grow Your MIND  
How to READ FAST  
Get Quantum Leap ”**



**LIVE Training  
Doug Gray**

**Sponsor : United Realty of Canada**

# *Introducing Douglas A. Gray*

- Author: What the BIG Banks' are NOT telling **YOU!**
- Dynamics of Personal Success

A plan that will dramatically change your life with just 5 minutes a day!

- Retired Member of Canadian Association of Accredited Mortgage Professionals. (CAAMP the National Association); and the Independent Mortgage Brokers Association of Ontario, (IMBA). Former Principal Direct Mortgage Inc. FSCO Brokerage Licence number 12302



## **Slide 3-**

### **Requirements**

- PARTICIPANTS should be able to read proficiently in their native language and in English.
- Though these skills can be applied to any language, the provided materials will be in English.
- Willingness to push yourself, break old habits, and a burning desire to succeed

## SLIDE 4

How much more could you get done if you completed all of your required reading in  $\frac{1}{3}$  or  $\frac{1}{5}$  the time?

Increasing reading speed is a process of controlling fine motor movement—period. Motor skills are **motions carried out when the brain, nervous system, and muscles work together.**

Fine motor skills are **small movements** — such as picking up small objects and holding a spoon — that use the small muscles of the fingers, toes, wrists, lips, and tongue.

# 5 - CHANGE HABITS

- **Stop talking to yourself.** Almost every reader "subvocalizes," or moves their throat as they imagine speaking the words.
- This may help the reader remember concepts, but it's also a major barrier to speed.
- Chew gum or hum while you read. This occupies muscles used to subvocalize.
- If you move your lips as you read, hold a finger against them.

## 6 - Understand eye movements.

- While reading, your eyes move jerkily, stopping on some words and skipping others. You can only read while your eyes are stopped. If you learn to make fewer movements per line, you'll read a lot faster.
- But be careful – research reveals limits to how much English readers can see at once:
  - You can read eight letters to the right of your eye position, but only four to the left. This is roughly two or three words at a time.
  - You notice letters 9–15 spaces to the right, but can't read them clearly.
  - Normal readers don't process words on other lines. Training yourself to skip lines and still understand them would be very difficult.

## *7 - Train your eyes to make fewer movements.*

- Your brain normally decides where to move your eyes based on how long or familiar the next words look.
- You can read faster if you train your eyes to move to specific places on the page instead. Try this exercise:
- Place an index card over a line of text.
- Write an X on the card, over the first word.
- Write another X on the same line. Place it three words further for good understanding, five words for easy texts, or seven words to skim the main points.
- Write more Xs at the same spacing, until you reach the end of the line.
- Read quickly as you move the index card down, trying to only focus your eyes just below each X.

## 8- Learning cycles are 9 months long —

### COMPREHENSION

- Studies show our just like most school terms. With speed reading techniques **cut your learning rate from 9 months to a mere 3 – 4 months**, so you learn more in less time

### REPETITION

- Find out how to **create quantum learning shifts in your life**
- understand everything that you read and you can teach yourself anything you want to learn,



## 9 - “Givers Gain”.

I believe strongly in its philosophy of karma!

What goes around comes around....THANKS FOR JOINING US!

Douglas A. Gray

# Speed Reading Exercises



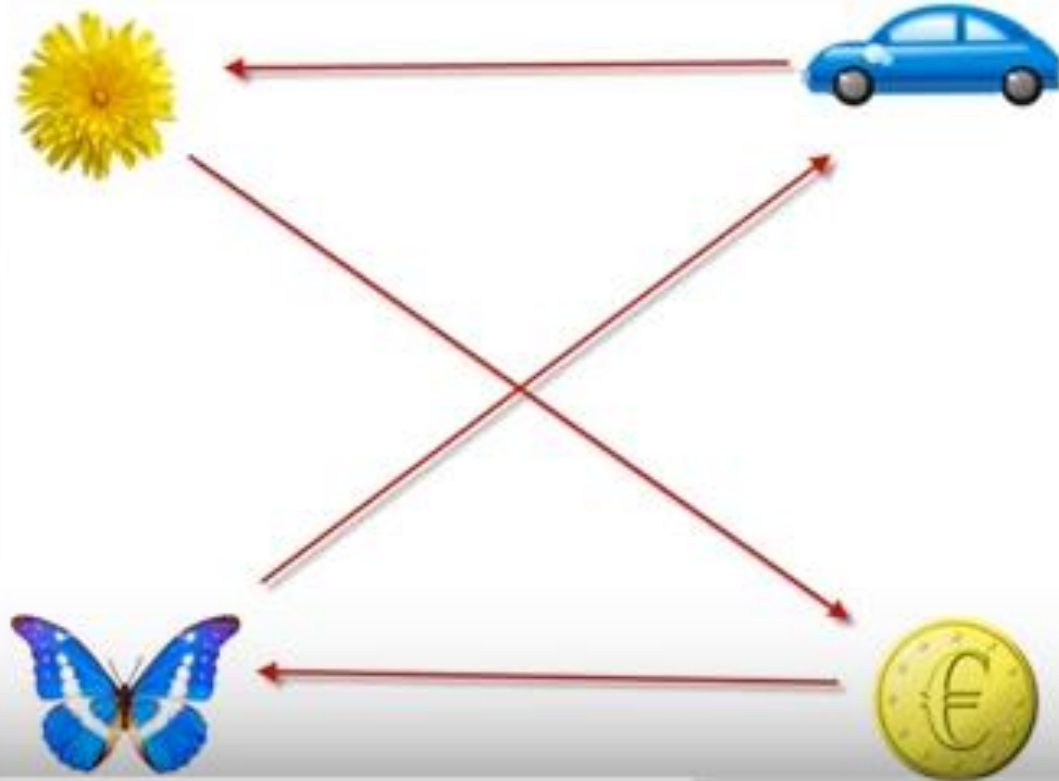
**More Wealth  
More Clients  
More Peace  
More Love**



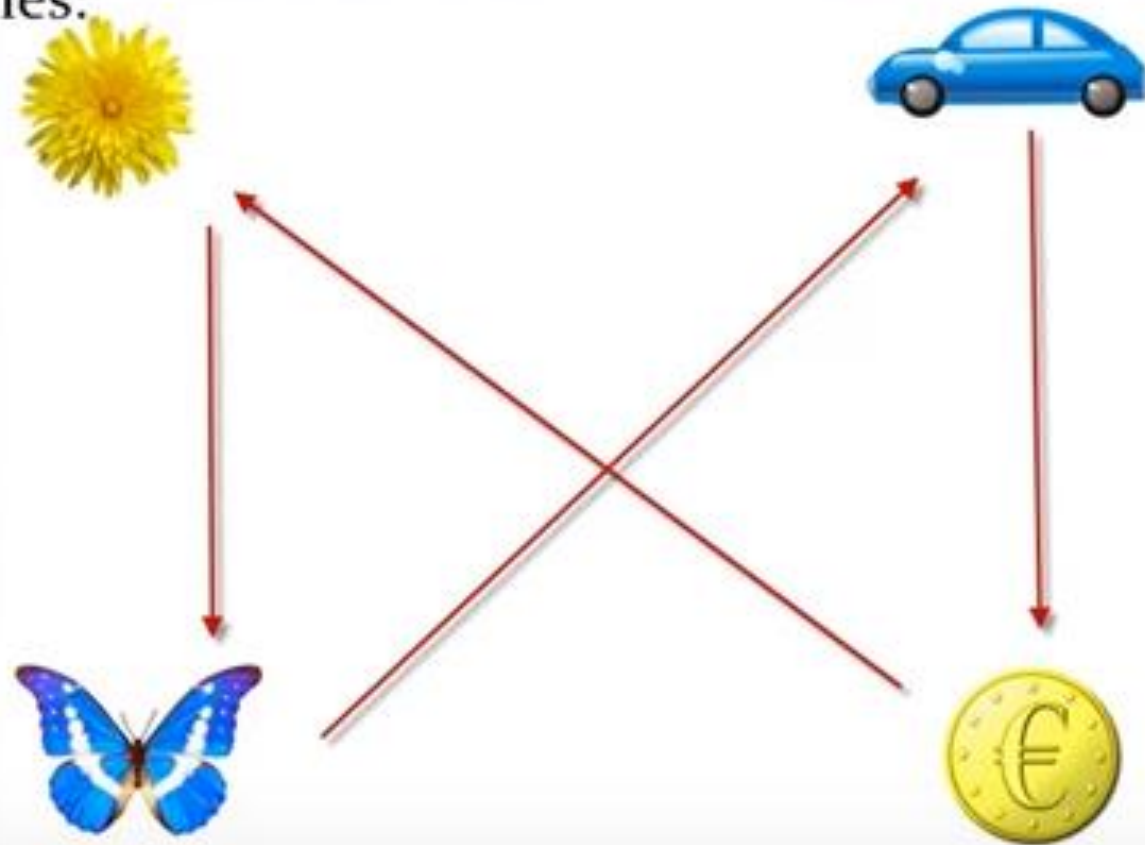
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# 1. The first and basic speed reading exercise – Make your eyes stronger:

Move your eyes between the pictures in this order:  
Car – Flower – Coin – Butterfly.  
Do it about 10 times.



Now, Move your eyes between the pictures but this time in this order: Car-Coin-Flower-Butterfly. Repeat this for ten cycles:



If you feel pains or tired, stop, and close your eyes for few seconds.  
~~Every day, repeat this exercise.~~

## 2. The view vision speed reading exercises:

Most of the readers read each word separately, and read every word as if they really say it.

Speed readers read in bulks. They look at the paragraph as if it's a picture – They read about 6-12 words all together. They even read few lines together. How can you learn to read in bulks?

I want you to focuses at the dot, in the middle of the picture, and without moving your eyes, read out loud the letters around the dot:

A	F	C
D	●	H
G	B	E



The same exercise – focuses at the dot, in the middle of the picture, and without moving your eyes, read out loud the letters around the dot:

be

re

me

do



fa

ci

so

la

Next level, The same idea, focuses on the dot in the center,  
and read the letters around it without moving your eyes:



Aba Kor Ima

Sir Min

Sab Ron Ram

guess what , the next speed reading exercise  
level:

B

C

G

D



E

H

A

F



### 3. The two stop method:

The  
Stop

Invented by

and the main technique  
movement. Instead of read

to look at every line twice only.

line, and second after the third third.

aincrease your reading speed and your eyes will not be exhausted. If you will keep  
practice this method, you will be able to read full lines without moving your eyes!

two  
method

Wade E Cutler

is to minimize the eye  
each word separately try

First after the first third of the

That speed reading exercise will

Believe me, it's possible!

We slept in what had once been the gymnasium. The floor was of varnished wood, with stripes and circles painted on it, for the room had been formerly played there; the hoops for the basketball were still in place, though the nets were gone. A balcony ran around the room, for the spectators, and I thought I could smell, faintly like an afterimage, the pungent scent of sweat, also through with the sweet taint of chewing gum and perfume from the waiting girls, felt-skirted as I knew from pictures, later in miniskirts, then pants, then in one earring, spiky green-streaked hair. Dancers would have been held there; the music lingered, a palimpsest of unlearned sound, style upon style, an undercurrent of drums, a farlorn wail, garlands made of tissue-paper flowers, cardboard devils, a revolving ball of mirrors, powdering the dancers with a snow of light. There was old sex in the room and loneliness, and expectation, for something that was always about to happen and was never the same as the hands that were on us there and then, in the small of the back, or out back, in the parking lot, or in the television room with the sound turned down and only the pictures flickering over lifting flesh.

We yearned for the future. How did we learn it, that talent for