

THE MOTIVATION AND STUDY SKILLS PROGRAM

Discover the genie inside your biocomputer so that you can use it to benefit your future! By studying the concepts of psychofeedback, you will understand the importance of inputting specific instructions into your Biocomputer. Also, you will understand and realize how powerful your imagination is and how it can be utilized as a driving force for attaining goals and becoming a more successful student.

Eric Jensen, author of “Student Success Secrets” and Paul Thomas, author of “Psychofeedback, both recommend the same motivational methodology to reach goals. Therefore, the purpose of the Motivational and Study Skills Program is to present their ideas and introduce a “how-to” program to motivate students and to provide for practical study skills.

**A SNEAK PEAK OF —THE MOTIVATION PROGRAM
THE IMAGINATION – A CHEMICAL NEURON STIMULATOR**

Brain research has shown that the imagination can be the stimulus to produce chemical enzymes and create “new” neurons for purposes of directing for positive purposeful behavior.

***Psychofeedback* is one way of producing purposeful behavior or motivation. And to get you started in your adventure of the use of your imagination, try the following experiment.**

THE POWER OF IMAGINATION A SIMPLE EXPERIMENT

Step 1: Find a small metal washer, a $\frac{1}{4}$ inch plumbers washer is good, or it can be a finger ring or a key, anything with a hole. Tie the object to the end of a very thin piece of string, or if you are using a finger ring, a piece of cotton thread.

Step 2: Now place Diagram 1 on a table and sit on a chair next the table. Hold the string between your thumb and forefingers illustrated in Figure 1, leaving about 10 or 11 inches of string between your thumb and the weight. Rest your elbow comfortably on the table, holding the weight over the point where the two lines cross and about $\frac{1}{2}$ inch above that point. *Do not move your hand.*

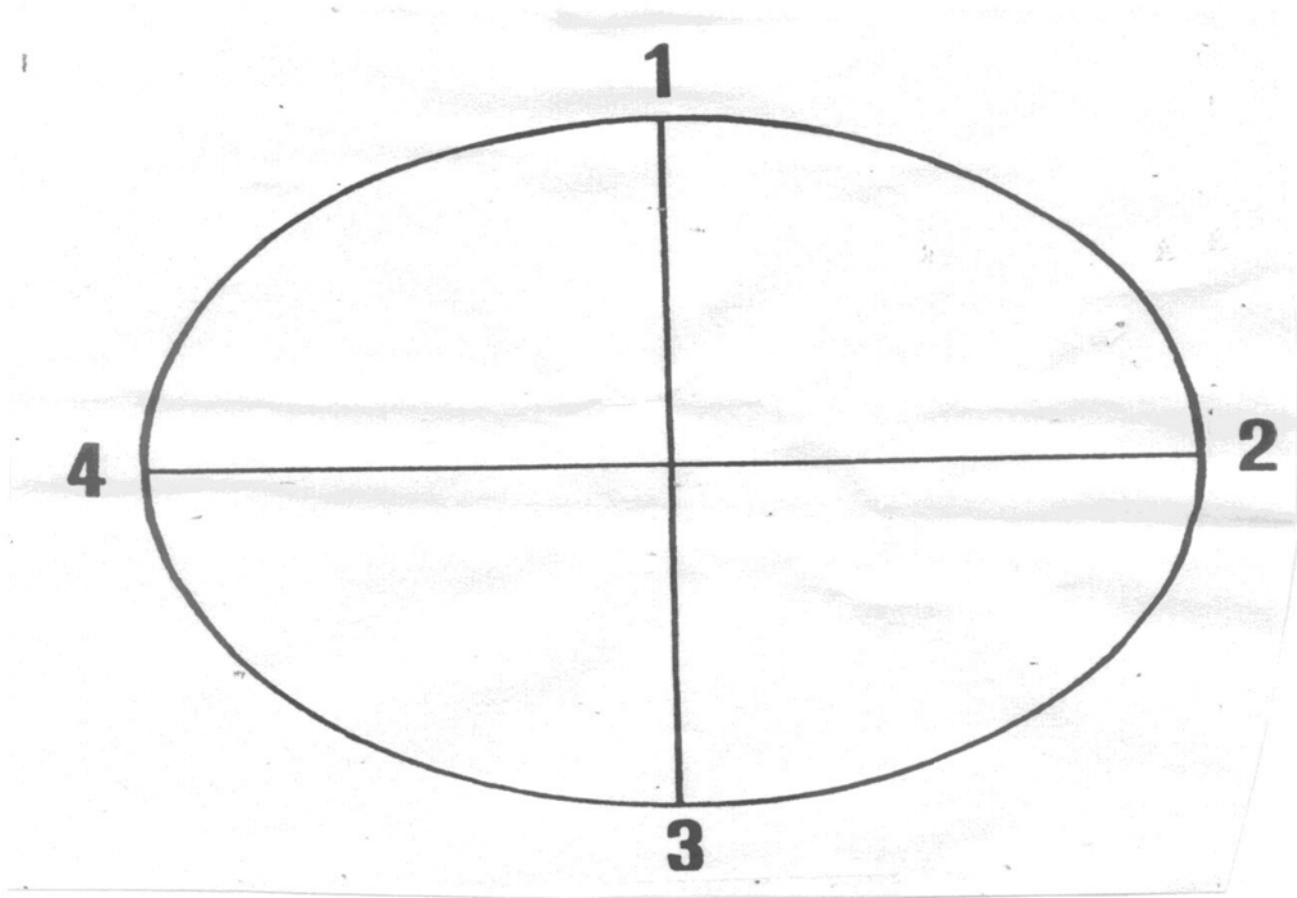
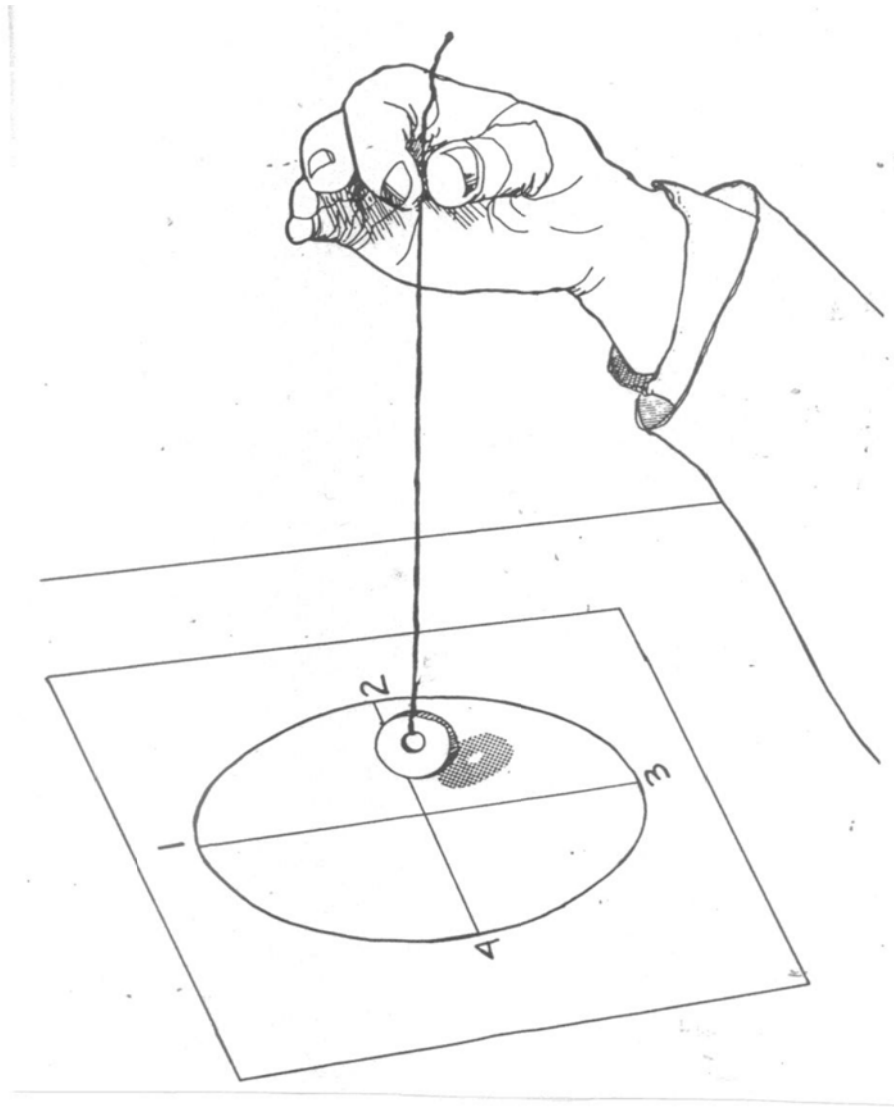


Diagram 1



Relative positions of hand, weight, and diagram.

Figure 1

THE POWER OF IMAGINATION A SIMPLE EXPERIMENT

Step 3: Look at the weight and, without taking your eyes off the weight, *imagine* that the weight is moving — backward, forward, backward, forward, between the points numbered 1 and 3. Say the words to yourself .
“Backward, forward, backward, forward.” “1-3, 1-3, 1-3.”
Persistently and continuously repeat the words to yourself and imagine the direction of the movement of the weight.

Even though you do not move your hand, the weight will begin to swing between 1 and 3.

THE POWER OF IMAGINATION A SIMPLE EXPERIMENT

- Step 4:** After you have the weight going with a good and pronounced movement backward and forward, *do not move your hand*, but change your thoughts only and *imagine* that the weight is going left, right, left, right, 4-2, 4-2, 4-2.
- Step 5:** Follow the same procedure for a circular clockwise movement — i.e., 1-2-3-4. 1-2-3-4 — or counterclockwise — 4-3-2-1, 4-3-2-1. When you want the weight to stop moving, stop using your imagination and think about something different. If you have done steps 1 through 5 correctly, the weight will have moved as prescribed. *This must happen*, the amount of movement you obtained will have depended only upon your ability to concentrate.