

Intelligence Accelerator

Skills and Drills

Mind Persuasion

This is an overview of the core concepts in this course. Refer to this as often as needed.

Memory

Input More Important Than Output

In order to make the most of your brain, you'll have to input information in a way that makes it easier to access later on. Here are the basic ways to do that.

General Association

When you want to remember an unknown piece of information, it's best to associate it with a known piece of information. The best way to do this is with a visually creative picture that involves both pain and sexual imagery of some sort. This will make it much easier to extract later on.

Pegging

Pegging is when you use associations with a list of known things, like a list of things in your home, your car, or body parts. There are countless pre-made lists; however it would be best to come up with a list of your own things that are special to you. Ten body parts, ten places in your home, or ten places in your car or even ten places around town are perfect for this. Once you've got the list of known things, you can attach lists of unknown things via the imagery described above. Once you take the time to create a few peg lists, you'll easily be able to remember things on the spot anywhere you are.

Names

In order to remember a name, first come up with something you associate with the person BEFORE you hear their name. It's best if this is a politically incorrect "label" like "Mr. Big Nose, or Mr. Nose Hair, or Mr. Baldy." Then once you hear their real name, repeat it out loud, and to yourself, until you get a clear object that's associated with their name. Once you've got that, just associate that object (that you thought of while saying their real name) with the "label" you've given them with the imagery method described above.

Numbers List

It can be very helpful to come up with a list of common objects to associate with the numbers one through ten or one through twenty. This way, you'll have a ready-made list of "pegs" to use in a pinch. Here is a commonly used list. You may use these, or create your own, based on your own experiences. To create your own list (advised) simply repeat the number until something "pops up" in your mind. Then simply review your list a few times until it "solidifies" in your mind. Use associations as needed. The following is based on "rhymes" and to make it work effectively, take some time to create a crazy picture of each one of these with the associated number.

- 1 sun
- 2 shoe
- 3 tree
- 4 door
- 5 hive
- 6 sticks
- 7 heaven
- 8 skate
- 9 wine
- 10 pig pen

Creativity and General Intelligence

Doing these exercises on a regular basis will significantly improve your creativity, problem solving skills, general intelligence and I.Q., if you happen to be interested in joining Mensa or any other ultra-smart group of people.

Image Streaming

Close your eyes and see whatever you see. Describe what you see in rapid, descriptive language. Imagine somebody is listening to you and painting a picture. Or imagine you've got a voice activated computer that is creating an image solely by your description. If you do this for a couple minutes a day, you will notice a marked improvement in your thinking, reasoning, imagination, and speaking skills.

ABC List Creation

This is best done in an Excel worksheet or similar program. In left most column, write as the heading "ABC" then in each space under the heading, simply write the alphabet. In the first column to the right, choose any category for a heading, such as "music" or "food" or "characters on Deep Space 9," or anything else. Then simply write down a member of that category that starts with the corresponding alphabet letter. For food, for example, A is apple, B is banana, C is chocolate, D is doughnuts, etc. You can "cheat" if you can't think of a particular item. For example, under the food category, you can use Xtra thick chocolate shake for the X category. Try and update a couple of categories per week for a few weeks.

ABC List Brainstorming

When you've got a problem you need to solve, or an idea you'd like to pursue (like the general topic for your next novel, or the type of business for your next project) give the "problem" a single name. In the previous two examples, you could use "plot" or "product." Plot (and product) both begin with "P," so we look on our collection of ABC categories and write down all the words that begin with P.

Let's assume they are Potato (food) Piano (instrument) Pittsburgh (city) Penelope (female names) and Parrot (animal). Next we simply start brainstorming, or speaking out loud in an uninterrupted, unedited manner starting with those five words, while keeping our main objective (plot for our novel) in mind. Keep going, as you will eventually lead to a stunning discovery.

Cross Crawling

This simple exercise will warm up your creative thinking, as it will "charge" the connections between the hemispheres of your brain. Simply touch the left side of your body (elbow, knee, foot, etc.) with your right hand, and the right side of your body (elbow, knee, foot, etc.) with your left hand in an alternating fashion. (Left to right, right to left, left to right, etc.). Do this for five to ten minutes before studying, brainstorming, taking a test, or going into an important meeting.

Free-Noting

Write down at the top of a sheet of paper what you'd like to accomplish, or a particular problem you'd like to solve. Then simply start writing, uninterrupted and unedited. Write down any thought or idea no matter how silly or disconnected it may seem. Keep this up for at least twenty minutes. When finished, review what you've written and write down the best ideas.

Dream Noting

Keep a pen and notebook next to your bed. As soon as you wake up, record any dreams you remember. Finish by asking yourself, "I wonder what that means?" Avoid coming to any definitive conclusions, simply allow yourself to wonder.

Mind Mapping

This is more focused free noting. Write down a topic or idea in the center of a piece of paper, and put a circle around it. Then draw outward to any smaller ideas. Each one of those ideas will have even smaller ideas around them. This is a great way to come up with a main topic and plenty of sub topics for any paper you happen to be writing. This is also a great way to fire up your imagination around any topic you are considering for any reason.

Imaginary Friend Conversation

Choose an expert, alive, dead or purely fictional; in the field you'd like more information and insight. Imagine you are with him, and have a conversation. Actually speak out loud, and imagine they are answering you.

Or you can combine this with free noting. When doing the free noting exercise, imagine they are standing behind you giving you advice while you are writing.

Imaginary Guide Channeling

This is the same as above, when free noting, only instead of listening to them give you ideas, you actually imagine they have taken over your mind and body temporarily, and are writing ideas for you. Then when you/they are finished, review the notes that have been written down, and see how many fantastic ideas they've given you.

Notebook

Carrying a notebook around with you is a great way to give your subconscious a strong signal that you mean business. Whenever you have a random thought that may be worth following up on, jot it down in your notebook. This is also good to have when you find yourself anywhere that you've got some extra time on your hands, so you can free note for a few minutes.

Questions to Spur Creativity

Before you do any focused brainstorming, it can be helpful to read through these questions, and just ponder each one for a few moments. Don't worry about coming up with or writing down specific answers for each one. Just allow your mind to go in the direction of each particular question. These can also be good to ask yourself before going to sleep at night, and then free noting the very first thing when you wake up the next morning. As mentioned in the main course manual, some of the greatest inventions, ideas and insights have come in dreams.

How Will I Solve This Problem

What would a solution look like?

How do I feel when I have a solution?

What problems have I solved recently?

How do I feel just before I get an idea?

How do I feel when I'm really curious?

When was the last time I felt really curious?

What does curiosity look like?

What does curiosity smell like?

What does curiosity taste like?

What does curiosity feel like?

What was my last dream about?

If I were surrounded by experts, what would they tell me?

When was the last time I went exploring?

What does the inside of a vast castle look like?

If I had a magic wand and could solve all my problems, what would the solution look like?

If all my problems suddenly vanished, how would I know?

If my brainpower suddenly doubled, how would I know?

If I had an idea that would change the world, how would I know?

How would (recognized authority) solve this problem?

If I could see (recognized authority) solve this problem, what would I see?

If I were possessed by (recognized authority) what would I do to solve this problem?

If I could borrow (recognized authority)'s brain for one hour, what would I do?