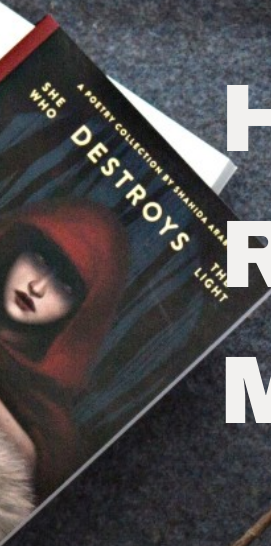


HOW TO IMPROVE YOUR READING SPEED & MIND TECHNIQUES (2019 Edition)



By Arun Mathad

Hi everyone. Welcome Speed Reading .

I think my journey is very similar to a lot of people's journey. You know, when I speak at events like Seminar, you saw, I do a demonstration where I memorize names, we brought people right on stage and we memorize everyone's name and they gave me an a list of numbers and I memorize them forwards and backwards. And I always tell people that I don't do this to impress you. I really do this to express to you what's really possible. Because every single person listening, you can do that and so much more. And that's why I love everything you're doing here cause it's about transformation. It's about transcending. It's about ending the Trans Ending, this trans that somehow our potential, our intelligence, our abilities are limited to like our fixed, like our shoe size. And I know this because I grew up with learning disabilities.

You know a lot of people don't know that. When I was a child I had a bad accident, I had brain injury, head injury and I had learning difficulties all through school. And I struggled. And I think a lot of people could relate to that. You know, not having focus, having people repeat things over and over again and we don't, I didn't quite understand it. I couldn't read. It actually took me an extra three, four years to learn how to read. Actually taught myself how to read by reading comic books late at night when my parents thought I was sleeping, I was underneath the covers with my flashlight and reading all about superheroes and something about the superheroes and good versus evil. And one person can make a difference and hope and help. Just broad words to life. And that's how I learned how to read.

I knew you were a brilliant mind that until recently I did not know that you had brain injury as a child. And that's the thing, a lot of people, your brain is very resilient but it's also very fragile, you know And so I got to work with one of the Actors Will Smith, he filmed a movie called concussion, which is all about the football league and the challenges a lot of football players have with repeated concussions. And you know how it leads to depression and suicide and challenges like that. And so it definitely protect your brain. My goal is for people to fall in love with their brain again. You know, love your brain, love learning again, my journey really, my inspiration was my desperation all through school. I struggled. It wasn't something that came easy. And when I was 18 I hit a wall in college and I just ended up, because I was studying so much and in the library I wasn't eating, I wasn't sleeping, I wasn't doing all this self care.

I ended up passing out one night, I fell down a flight of stairs. I hit my head again and I woke up in the hospital. Two days later I have wasted a webs, 117 pounds at that point in my life. And I thought I died. And it was a very dark time. And when I woke up, a different part of me woke up also thinking there has to be a better way. And when I had that thought, the universe replied with a Mug of tea. The nurse came in, gave me some tea on the Mug, had a picture of Albert Einstein and a quote that said, the same level of thinking that's created your problem won't solve your problem. And that really hits home like we all have these problems, right all through life. And they, I think people's biggest problems. They feel like they shouldn't have any problems but problems make us grow.

You know, going through struggles, help us find our strengths and really these challenges. Problems could really define us or they could develop us. And I chose the latter. I'd made me think a new question. I think questions really are the answer. Asking new questions, getting new answers. I think some of the most amazing geniuses in the world, they ask better questions. And you know this from the book, the power of questions and our self talk and our beliefs. So I wanted to solve this instead of problems. I used the word puzzles. I want to solve this puzzle about how does my brain work so I could work my brain. And I started studying everything. The kind of books that we love, you know the books on neuroscience, adult learning theory, mental learning, speed, reading, memory enhancement. I wanted to understand how my memory works so I could work my memory.

I read somewhere that we only use 10% of our brain's potential. We use our total brain, but only in terms of its potential. Very small, limited amount. And that's our conscious mind. You know, imagine how amazing our unconscious mind is. And I wanted to figure out how to access more of it because I felt like I had a very slow brain and I started studying this material and then within 60 days a light switch went on and I just, my life transformed, my grades improved, and with my grades, my life improved on top of it. And the reason why I'm here today, all these years later, is I started to tutor people on it because I was so upset and I was so angry that we weren't taught this back in school. And I suffered almost a decade and a half because I wasn't equipped for the modern day world that we live in because I feel like school taught us what to learn, math, history, science, geography.

But there was a very little taught on how to learn, how to think for yourself, how to solve problems, how to innovate, how to be creative, how to focus, concentrate, read faster, remember more. And so I started teaching and then one of my tutoring students, she was a freshman in college. She read 30 books in 30 days and I know you're an avid reader. Imagine that. The third decks in 30 days, like think about it, everyone listening, like if you were to go online and or go to the store and buy 30 books, what would you buy books on What would you want to learn Mandarin music, martial arts, you know, any of these things, marketing. And so, um, she absorbed it. I wanted to find out not how she did it. I know exactly how she did it, but I want to know why because I struggled so much with school.

I always wanted to find out what motivates people to act, right. Motivation or your motive for action. I found out that her mother, she tells me was dying of terminal cancer was given two months to live, only 60 days. That's what doctors said. And the book she was reading though were books on health. There are books on wellness because she was determined to save her mother's life. I wished her luck on that. And love and enlight six months later I get a call from this young lady and she's crying and she's crying on the phone and I can't get a word out of her. And when she stops, I find out they're tears of joy that her mother not only survived but is really getting better. Doctors don't know how, they don't know why they doctors called it a miracle, but her mother attributed 100% to the great advice she got from her daughter who learned it from all these books.

And that's where I realized at that moment I realized in my soul and my heart and my mind that if

Knowledge is power; learning is your Superpower

That knowledge is power and learning is your superpower and it's a super power that's within all of us. The only challenges, we weren't prepared to unlock that those superpowers, because a formal education, traditional 20th education prepared us for 20th century world. We're talking about working on farms, working in factories. It was really modeled around the industrial age. It was cookie cutter assembly line, one size fits all approach towards a peanut production if you will. And so now we live in an age. You know Elon Musk. We live in an age of autonomous electric cars and spaceships that are going out to Mars, but our vehicle of choice when it comes to learning is like a horse and buggy and I know people who are listening could identify with it.

If you're listening to this right now and you feel overloaded, you feel overwhelmed, like there's too much information, too little time, like you're trying to study something. It's like taking a sip of water out of fire hose when you do a Google search for something, right That's the super villain number one is digital overload. But the second villain, if we're talking about superheroes because you know the size of the hero is determined by the size of the villain. You, digital overload, but you also have digital distraction. Never before in human history how we've been more distracted. I mean how we regain our focus or concentration in a world full of distraction, full of app notifications and social media alerts and Texas and websites and blogs and podcasts. And there's so much information that you know, we're brain is rewired and we can't get things done and you can't have a level of success and joy and peace of mind if you can't just focus on the things that you need to.

And then the third super villain, and I would say in this digital world that are generations before us, didn't have to face besides digital overload and overwhelm. Digital distraction is digital dementia. There's a new term in healthcare guys training all the doctors at the Cleveland Clinic for brain health, helping them in the United States. That's like the research center for brain aging. They do research and care giving, but now we're setting up a whole new area of prevention and lifestyle. Like, how do you optimize your brain for amazing like

Mental Longevity

You know, you have the ageless mind and what role does diet and your thoughts and the people you spend time with and sleep and you know, brain protection and stress management. Where does that play a role And so one of the things is this new term called digital dementia that we're so reliant on our smart devices.

It keeps our schedules are to do is it memorizes every phone number. It does simple math for us, which is great because it's convenient. But what doctors are saying is that people aren't using their brains. They've lost the capacity. Even the memorize a simple four digit pass code or what hotel room that they're in or where they parked their car. Remember is simple name. Because we rely too much on our digital devices. Our brains are like a muscle, but it's use it or lose it and we're not building those mental muscles on a regular basis. And so one of the reasons we created the super brain quest together is to be able to train people's brain on a daily basis, 10 minutes a day. Because just like you go and I mentioned will Smith, I was just with him at the Australian Open and I asked him like what his daily habits are and we, I know you and I have had this discussions about routines and habits because first you create your habits and then your habits create you.

He's like Arun every day. I run and I read, you know, I do something physical every single day and I do something mental every single day to exercise those two parts of me. And I think all of us have the schedule that every single day because if we don't, you know, if you put your arm in a sling for six months, it doesn't grow stronger. It doesn't even stay the same. It grows weaker and it atrophies. And thus digital dementia. And so my mission here, because I was at the age of nine, a teacher pointed at me talking to other adult thinking I wasn't paying attention or I was just not smart enough to understand saying that's the boy with the broken brain. And you know, that stayed with me for so long. And because that forms your identity and literally as for those people, parents or anyone who interacts with the child, your external voice becomes their internal voice.

Your external voice becomes their internal voice to themselves. And so you have to be very mindful and stand guard to your mind. You know, when we're talking about things that are dis-empowering, so I'm on a mission right now. I want to go from the boy with the broken brains. Now I want to leave no brain left behind. I think that there is not only a gap in financial resources with, you know, this divide, but there's also a learning divide. There's a knowledge divide. There's a difference between those who know and those who just don't know. And one of the ways to be able to bridge that is to be able to accelerate their learning, accelerate the velocity of them to be able to absorb information. Because the one constant in the future, and I know you and I are very active and Peter , his work and recruit a singular university and x prize and so on, you know, it's not going to get any easier.