

ZOX Pro

Training

WORKS !

Mental Photography

is

YOUR Birthright

by

Shannon Panzo, PhD

Foreword

Hello Wisdom Seeker,

Your dreams CAN be reality. What **ZOX Pro Training** offers is the core training from **Richard Welch**, “*The Father of Mental Photography*”. Since 1975, over 34 years ago, Richard invented something that would revolutionize learning.

Richard’s brainchild, **Mental Photography** has stood the ‘test of time’. Before going International, Mental Photography was called Subliminal Photography in the USA. What is called Subliminal Dynamics and Brain Management in the USA is named Brain Management abroad. We are also known as eBrain Management and the most advanced course we offer is called the eBrain Executive Seminar.

ZOX Pro Training is the newest, timely, Internet friendly addition to our family. The core of all of our trainings, ZOX Pro is built for you to achieve results. Here are a few terms we use in the ZOX Pro Training:

ZOX – The whole process
ZOX - Also refers specifically to Mental Photography
ZOXing – Mental Photography
ZOXer – a person that utilizes ZOX and ZOXing
(WOW! That sure does make it easy to remember!)

The content of this eBook consists of a collection of articles that I have written explaining to you how ZOX Pro Training, Mental Photography, and the Photographic Memory exists and work, and how you can use them to improve your life.

Please enjoy the intrigue!

Great Things Happen Here!

Shannon Panzo, PhD



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ZOX



Great Things Happen Here!

That one statement says it all. The people that take up the gauntlet and pursue **Brain Management** training have greatness in store for them. Whether they realize it or not, these people are leaders. They may not be leaders of a country, or even a neighborhood. But they all possess **leadership qualities**, and they are doing something for themselves that will increase their intrinsic value to their community. I have the privilege to indoctrinate them to a different way of doing things – the ‘smart’ way.

Imagine a system that is easy to learn, you can apply it to anything, and it will increase your happiness factor by 10 times. Some of my clients are so thrilled by their results that their happiness factor has increased thousands of times over.

Why do people seek us out? I have heard so many reasons. One of these is, *“I just knew that something like this had to exist. I have taken many trainings looking for it, but I have never found it before, until now.”* Another that I hear is, *“When the student is ready, the teacher will appear.”* It really doesn’t matter what profound statements people make about this training. What really matters is that people receive a system which is easy to learn, and it works.

There are many different professional and personal reasons why someone wants to do this. They number easily in the thousands. Some may look at this for only one reason. But after engaging the training, they quickly find it has a plethora of applications that they can use it for. You are only limited to your belief systems and your imagination.

Belief Systems

Belief systems are the old baggage you come with. You drag them along like a ball and chain. Most of these you don’t even realize you have, and you also don’t know that they are interfering with your ability to achieve success. If you have a belief that runs counter to what you want to see happen, no matter what effort you put behind it, it will not happen until you take care



of the block. We teach you how to deal with them, so they stop interfering. Some of these may be so significant, just by dealing with one, you may find your outlook on life completely changes.

Being positive just isn't good enough. Being positive will lighten your heart, but if you are not able to address the things that are holding you back, you find the road impossible to traverse. Why did the Chicken cross the road? Was it wanting a better life, or just fleeing the life it perceives it has already? What are the chances the Chicken will encounter the same problems on the other side that it wanted to escape from? Actually, the chance is almost definitely. I could explore this fun little aside for a while, but I do want to conserve your time.

Your imagination

Your imagination is the most powerful creative force you have available. You have the ability to create the stuff that dreams are made of. The sky is no longer your limit. You have a universe of possibility. Isn't it time you learnt how to shape it into creating a phenomenal life for yourself and those closest to you? You can. The only thing holding you back is you. But you need a device that allows you to remedy the ills that get in your way.

I have received a wonderful compliment from a client I want to share with you. To preface this, the client purchased ZOx Pro Training (<http://ZOxpro.com>) and had a few questions. Before taking the training, he had purchased many different things over the internet. This is what he said about his experience:

"I just wanted to say that I really appreciate you taking the interest in my achieving success in ZOxing and sharing some of your insights on how to ACCELERATE my progress.

To be frank I wasn't expecting you or anyone to offer to call me up about my submission concerning my email about my experience with the course. In fact I was expecting an email reply if I got a reply at all.



Shannon, the fact that you took a keen interest in me, speaks volumes about how much you care that your customers receive full value from their purchase, moreover that you really are concerned that each and every purchaser of ZOx Pro successfully train in Mental Photography and get the results that are spoken of in the advertisement. Further, you are there for them should they have any questions about the program of training. Where some firms simply "Don't know you anymore once they got your money!" Your company stands out as an Exemplary example of how a business should operate - a prime example of Customer Service!!

Once again, thank you very much for your valuable suggestions & insights.

Yours in ZOxing,

Gregory Smith, Los Angeles, CA

This is what makes it all worth while. I do whatever I can to support my clients, even though they have vested themselves with the least expensive of our trainings, they are still my treasured client. My intent is to always offer the best service I can.

Thank you for allowing me some of your precious time to share with you some of the experiences I have from this side of things. It may give you some perspective of how you may choose to conduct business, or how you look at those conducting the business.

See, Great Things Happen Here!

Shannon Panzo



Photographic Memory – Children Born Genius!

I feel that I have a responsibility to reveal certain secrets to you here at MIND to MIND. Secrets that hold you back from your success.

Have you ever wondered about the **photographic memory**?

What would you think if I told you that you were born with a photographic memory?

Some people carry over the photographic memory into adulthood. If you are not one of these people, why didn't you carry it over as an adult too?

Stand by to be SHOCKED!

The answer to this is reading!

We were all born with a photographic memory. We never lose it. We have just lost the ability to USE it. Actually, more correctly, we've misplaced the access to it.

You learned phenomenal things as a small child — languages, social skills, etc. THEN, you went to school to learn a superior way to learn, or so we are led to believe. Statistics show that once we enter school, based on the rote – memory system of learning, learning slows down from that point on.

So, what is the primary thing that changed? You learned how to read! By learning how to read, no matter how ineffective it may be for you, you were force fed to learn it, or you were ostracized. A renegade! Some of those renegades are the same people that have carried over their photographic memory as an adult.

You see, the mechanics to learn to read, such as entrained tunnel vision, directly oppose your natural ability to access and utilize the photographic memory. By learning reading, a learned brain function, you gave up access to your natural brain function of the photographic memory.



Solution: You can learn how to access your natural photographic memory again by learning **Mental Photography**. What's even more amazing is that while you are learning how to access your photographic memory, you start to see many other things start happening from exercising your brain this way.

You wonder why your children are genius and you're not? Now you know!

ZOX



Revolutionizing the Way We Learn – Mental Photography

by David Jurewicz

Revision & Foreword by Shannon Panzo

*I recently was going through some old archives and came across a few articles that have stood the test of time. This just happens to be one of those articles. Even the term from over a decade ago, **Brain Plasticity**, has made a comeback and easily explains why, even though every cell of our body is replaced every 7 years, the brain can continue to store and recall all the information you were ever exposed to. Now that is the **Power of the Mind!** Tremendous!*

*When people just like you take the opportunity to **increase brain power**, and apply **mind over matter** to change their lives, they succeed. Then they want to tell the world about it. This is one of those stories. Trust me when I tell you this, this story doesn't even touch on some of the incredible things that **Dave Jurewicz** did with **Brain Management and Mental Photography**.*

*Now, I did make a few changes to the original to bring it up to speed. I changed **Subliminal Photography to Mental Photography**, and **Subliminal Dynamics to Brain Management**. It is still the same organization and the same teaching. We have only improved the teaching since Dave Jurewicz went through. So, revived and revised, here it is...*

The Way it Happened for Me...

Five years ago when I purchased my first computer system, I couldn't persuade my laser printer to print postcards. Envelopes and letterheads worked fine, but for some reason it refused to print postcards. I read all the manuals on the printer and the software that were available and could not find a reason why postcards were rejected. I even called the head programmer of the software who himself didn't know the answer and promised me he would brainstorm my problem with other programmers and possibly arrive at a solution. Bear in mind, I didn't have training or prior knowledge of the workings of a computer system.

The next morning, in the shower, the solution to the problem came to me in a **brilliant**



flash! All I had to do was type a command stream into the software that would fool the printer into believing that the post card was really just an ordinary sheet of paper. I couldn't wait to get to the office. I typed in the commands and it worked the first time! Thereafter, the shower became one of the greatest places for the reception of great ideas. What I couldn't figure out is why the ideas came then. What did I do to prompt my mind to reach these brilliant conclusions?

The quest for an answer to that question caused me to read numerous books on **psychology** and **brain power**. The books reminded me that the **subconscious mind** continues to process information through the night and will give one a conclusion provided it has been given that task. There must be a technology, I thought, that one can use to program one's mind to continually work on the immense mental tasks that our conscious mind would normally find overwhelming.

The Insight...

The answer came recently when a friend of mine called to tell me about a man named **Richard Welch** who developed a technology called Mental Photography®. His company, Brain Management®, teaches world wide. Mr. Welch explained that the mind, through the eyes and other senses, takes in millions of bits of information continually and is consistently in the process of evaluating that information. Some of the information it brings to our conscious attention immediately, as in the case of a plate we're holding that's too hot and may burn us.

Other data it evaluates and helps us reach conclusions. For example, have you ever talked to a person who, on the surface, seems genuine, sincere and looks you in the eye with confidence, but your guts were telling you that the person was lying to you? Your conscious mind may reprimand your gut feeling by saying 'this is an attractive person, they don't seem incongruent in their actions, and they can't be lying.' Could it be that our **subconscious mind** had reached a conclusion about that person based on the data it was receiving? It may have been imperceptible to the conscious mind, a twitch, a slightly higher pitch in their voice, nervous gestures or body movements. All of that accumulated data caused your mind to reach a conclusion — and it was probably correct.



Like Minded Research...

The same inner mind is called a **servo-mechanism** by **Dr. Maxwell Maltz** in his book, **Psycho-Cybernetics**, published in 1960. He contended that the inner mind is a brilliant servant whose sole purpose is the performance of tasks assigned to it by the conscious mind. This combination makes man a goal-striving organism who finds fulfillment in pursuing and overcoming challenges. What Dr. Maltz and Mr. Welch both concluded is that we clearly underestimate the abilities of the mind.

For example, Mr. Welch privately funded research into the capabilities of the mind in the mid-1970s. He discovered that while the average **reading speed** was approximately 250 words per minute, **speed-reading** could possibly increase the speed up to a few thousand words per minute. The faster a person could speed-read, the greater their comprehension levels and retention levels.

This may counter popular belief that a person must read slowly and methodically to maximize retention. The mistake in this thinking is the assumption that the brain is limited to the amount of information it can receive — not so, according to Mr. Welch's studies. Mr. Welch was able to get his test subjects to easily consume 25,000+ words per minute. By using a **tachistoscope**, a device that flashes book pages on a screen at the rate of one every 40 milliseconds, test subjects could consume in excess of 2,000,000 words per minute! Can one's brain retain that amount of information?

Subliminal Information...

Amazingly, the answer is “yes.” When tested on the material, subjects would regularly score in the 70 to 90 percentile range. The reason this works, according to Mr. Welch, is that if the technology he developed is followed, a specific **part of the brain** is accessed which in effect is **long term memory**. The information taken in by-passes the conscious mind and goes directly to the mind's storage tanks. Thereafter, it is a matter of being able to reach into the storage area and retrieve information as needed. This requires an education in accessing techniques.

It is difficult for the conscious mind to conceive of accessing such large amounts of information



and of the ability to retain it in long term memory indefinitely. After all, since we were five years of age, our schooling system taught us that to remember anything we must use slow, methodical repetition. Sending information directly to long-term memory, by-passing conscious thinking almost smacks of **educational heresy**.

More Like Minded Research...

Mr. Welch is not alone in his discovery of this amazing part of our mind. A research study conducted at **Towson State University** in Towson, Maryland, in 1977, reported by Christina Selway, Mark Jacobson and Frederick Parente into the area of **eidetic imagery**, or “**photographic memory**” as it’s commonly known, concluded that **eidetic memory** is a large capacity to store detailed and colorful images that are retained by the individual for long periods of time.

The evidence they found suggested that eidetic imagery is maintained in the adult population as a little used memory store that may be accessible to most everyone in certain conditions. However, it was clear that the subjects had to believe in their eidetic ability to maximize their performance. The study concluded that eidetic imagery can be learned. The use of eidetic memory in the adult years is probably a matter of practicing the use of a memory strategy rather than the possession of a unique ability by just some.

The Eidetic Memory...

Indeed, prior to our attending elementary school, from the date of birth, we used what Mr. Welch calls Mental Photography®, to learn everything we needed to become societally functional. Some children learn several languages, how to walk, to recite books and movies verbatim, and even to manipulate adults to get what they desire, all in just five years! This is accomplished, according to Mr. Welch, through the direct access to long-term memory by the child, using a natural innate **whole-brain learning** ability. This direct link to stored information diminishes as the rote-memorization of schooling suppresses this inherent talent.

Mr. Welch simply contends that a person can regain that valuable talent. The same amazing **learning abilities** a child has can be reawakened in us as adults! Think of what that could mean



to us. Suppose we developed cancer in our body and were given several options of treatment. Which treatment do we choose, especially if we haven't studied the disease?

Our life depends upon that decision. In the past, we would credulously leave that decision to our physicians. Now in addition to listening to the recommendations of our physicians, imagine being able to go to the library, Mentally Photograph® every piece of information ever written about our particular disease, have our subconscious analyze that information and, with the help of our physician, reach the conclusion that's in our highest interests? This is only one of the scenarios that has become a reality for thousands of people who have been exposed to **Brain Management technology**, including myself.

The Brain Management Seminar – Results from Application

I attended Mr. Welch's **Brain Management® course**. There, I learned how to take a 300 page book and send it directly to long-term memory in less than five minutes! I was amazed that when I was tested on the information, I scored 70-85% on the exams. In the weeks after the course, I photographed my entire reading pile and most of my library of books at home. This is the first time in my life where I have been completely caught up on all my reading including all trade journals, correspondence, etc. I have mentally ingested reference materials, fiction and non-fiction novels, life stories, the Bible, and even dictionaries.

I am amazed at what ideas, thoughts, and words come out of my mouth. Words that normally were not in my vocabulary, I am now using correctly! Large, complex ideas are now coming to me that previously were not available. Indeed, I've discovered that a person's entire level of thinking grows exponentially when one feeds the mind large doses of input. I've spoken to some of the tens of thousands students that have been exposed to the Brain Management® technology and their reaction to what they have learned is very similar to mine.

Brain Plasticity...

There isn't any danger we will overload our mind. **The amazing brain makes more connections between brain cells** to compensate for your increased information input, according to a recent Bristol-Myers Squibb symposium titled "**Brain Plasticity: A Lifespan Perspective**". They



concluded, as reported by USA Today that having more connections per brain cell allows for more information to be processed, enhancing mental function. As you age, brain cell connections can diminish. Having a greater number of connections per brain cell means that there are more connections as a whole, so the connections that are lost to normal aging are therefore a smaller percentage of your brain's capacity. Thus, you have further to go before crossing a threshold of loss and succumbing to age-related **dementia** such as **Alzheimer's disease**. Hence the question, *are we feeding our brain enough information-type food?*

Many of us may answer "no" as the rigor of daily life leaves us little time for deep study. For those of us that do read regularly, one book per month or even one per week, may not be enough to keep up with large amounts of data now available to us. A technology that allows us access to vast amounts of information quickly is the crucial technology for the 1990's. Without this ability, it will be difficult for any person, business or nation, for that matter, to keep up with rapid revolutionary technological changes we are seeing each year. Every aspect of life is changing at a pace never before seen in history.

Imagine the Impact...

Picture a system whereby information to children can be stepped up dramatically. This could have massive impact upon what type of adults they become. It would minimize boredom at school and lessen the child's desire to participate in errant behavior due to a lack of focus. It could possibly move college information to grade school levels and allow colleges to spend less time bringing students up to speed, to focus their direct brain power to resolve current issues troubling mankind.

Further, studies conducted by Mr. Welch indicate that most **learning disabilities** such as dyslexia and even what some call "mental retardation" are conscious level disabilities. For the most part, the **subconscious mind** in these people is intact and functioning normally.

Step Away From Normal...

Since Mental Photography® is a function of the subconscious mind, individuals who were tested



with learning disabilities (even some considered legally blind) can access data off the printed page with high level of recall and retention. While this may sound unbelievable, consider **L. Weiskrantz's** discovery in an article **Blindsight** (1986 New York: **Oxford University Press**) where cortically blind patients were studied. The patients reported no relevant conscious visual experiences for objects when they were required to make forced-choice decisions. So, high levels of learning need not to be the privilege of a select segment of humanity. It is possible to raise the so-called "I.Q." of the large majority of mankind efficiently.

Take the First Step...

To get there, we need to take the first step. We must learn and exercise this mental technology to reach higher levels of learning. It is available today and easily accessible. Once we learn how to efficiently tap into our vast storehouses of written knowledge, we must trust that **our inner mind** will work diligently to process this information and create effective solutions to the problems we are facing. We must be courageous, unafraid to shift the learning methods we have used for decades and rise to a new, improved level of learning. We must believe that higher learning levels are possible.

Perhaps, someday, books may no longer be the method of choice by information hungry people (it's very tedious to turn pages fast enough). Instead, we may have machines in the home and in schools like the tachistoscope that flashes information on a screen rapidly so a person can access all the known information on a topic and have a mental command of a particular subject. Could there be a cable channel in the future that plays volumes of data on demand on any subject that you desire? Perhaps, data at these new learning levels will be available through the "**information highway**" which is right around the corner. These products will only be feasible if enough people are exposed to the Brain Management® technology and demand information at these increased levels.

The real question we must each answer is "*Are we satisfied with our current level of learning or will we be part of the new information revolution?*"

At the time this article was originally written, David Jurewicz was a **Radio Talk-Show** host on



KBFK-AM, Sacramento, CA, a **Real Estate Broker** and a **columnist** of the **Sacramento Bee** newspaper.



If you lived to 500 years old,...

From Mind To Mind (MINDtoMIND.com), Thank you for taking time to read this important information. This article reveals one of the greatest assets you can ever obtain for yourself. It is important that you do not ignore how much impact it would have on your life.

If you lived to 500 years old,...

you might stand a chance to read all the articles on

Wikipedia, or a quarter of the books on

Amazon.com

Unfortunately we do not live to 500, and would need a fortune to buy half of the books on Amazon.com, so how about a solution that fits into one lifetime and you can use within a few days to gather all the knowledge you could ever desire!

At the time of writing, there were over 5 million articles on **Wikipedia** or over 10 Billion words of information and knowledge. There's an even bigger number of books (and another million published each year!) that you can buy on **Amazon.com** and that's well over 100 Billion words of information. An average reader can get through 250 words per minute.

Don't worry — we're counting how fast you read right now!

So an average reader would take around **371 years to read Wikipedia** if it were his or her full time job. By now, I am sure you are getting the idea that to read, and more importantly learn that amount of information is impossible.

NOT SO!!! Not only is it possible, but it has been done for the last 30 years and you didn't even know about it.

We've all heard that we only use up to 3% of our brain's potential – that's the “smart” people like you and I. We've also heard that as kids, we absorb and learn such vast amounts of information



it's almost impossible to imagine as adults. We learn walking, talking, eating, drinking, running, playing, social skills, language, etc etc, etc! The question is – why can't we do this as adults?

The answer is – **WE CAN** – we just aren't taught to.

Mental Photography is the primary vehicle that expediently creates a very strong rapport between the conscious and the subconscious.

It opens many doors to our vast potential by building these bridges. As a learning tool, it allows people to assimilate information at 100 times the average reading speed with 100% retention for life. But, this is not limited to learning. More importantly, it opens a pathway to a part of the brain that has fantastic abilities. This part of the brain acts as a conduit to universal energies.

Brain Management (Subliminal Dynamics in the USA) gives you the tools to take control of your life like never before.

Albert Einstein, Sir Isaac Newton, Thomas Edison and Nikola Tesla

Everybody knows that **Albert Einstein, Sir Isaac Newton, Thomas Edison and Nikola Tesla** used these techniques without even knowing about them. Don't YOU want to possess skills like Einstein!?

Information Age – the Mental Revolution

As the Information Age is fully realized by the information capacities of newest computers, the next step must be the “Mental Revolution”. To simply “keep up” is not good enough. Only by getting back to assimilating information as a small child would, can we ever hope to hold our own in today's fast paced market. By achieving this with the Brain Management system, we can take a sufficient chunk out of the stress we endure. By strengthening and toning the brain in this natural way, we can create a better, healthier, and happier life.

Everyone was born with this ability to absorb huge amounts of information and knowledge



switched on. You used it for the first 5 years of your life. And then,... **something terrible happens!** You go to school...

Does school give us a Superior way to learn?

“Reading” is taught in opposition to Mental Photography.

When you were taught to read, this ability was switched off. Reading does not work for everyone because it is NOT a **natural ability**. Reading uses a 'slow, inefficient' part of the brain. **Mental Photography IS natural** – it uses the 'whole' brain.

The best news of all is that **YOU never lose it!** We have been teaching Mental Photography since 1975, when Richard Welch first found it.

Richard Welch is the “Father of Mental Photography”

Mental Photography vs. Photoreading

Some of you may ask how is this **different to “Photoreading”**? There are many answers to this question, but the best is probably summed up by **NASA** itself, **who performed a study on Photoreading** which you can read for yourself at

http://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/20000011599_2000009345.pdf

In January of 2000, **Dr. Danielle S. McNamara submitted a preliminary report to the NASA Ames Research Center on photoreading**. To conclude the study, McNamara noted that, “In terms of words per minute (wpm) spent reading, there was no difference between normal reading (M = 114 wpm) and Photoreading (M=112 wpm). So why is it that so many people tout photoreading?” In her conclusion, McNamara states that, “One aspect of the Photoreading technique is that it leaves the reader with a false sense of confidence.” (**Wikipedia**, 2008)

The Brain Management course is much more than reading or speed-reading – it’s a holistic approach to increasing the usage of your wonderful brain. Because Richard Welch’s technology



was the first, and the only original, it has stood the test of 30+ years and no such discredit, as above, exists.

Mental Photography itself enhances the experience of reading. The average reading speed is 250 words per minute (wpm). Mental Photography begins at 25,000 wpm. During the training you are tested on recall at 52,000 wpm. Proficient Mental Photographers show up to 600,000 words per minute with 90% recall (just turning pages). The impact of Mental Photography is 100 times reading something. So if you are an avid reader, it will definitely enhance your experience of reading after you Mentally Photograph the book first. You have barely scratched the surface of what your brain is capable of doing!

Mental Photography exercises your Brain

And even more powerful is the way that Mental Photography exercises the brain! The benefits start from:

- Elevated Whole Brain Activity
- Strengthens neural pathways
- Hemispheric Balancing
- Heightened communication between the conscious and the subconscious
- Grow more memory (Dendrites)
- Quicker and clearer thinking

But let's talk about **TANGIBLE** benefits, something you can use to your benefit today:

- Business owners and Entrepreneurs gain important skills in decision making, problem solving, time management, and stress management
- Learn English, Mandarin, French – ANY language faster than you ever thought possible
- Learn Math, Science, Chemistry or Biology — in fact, any subject whatsoever in record time
- Mentally Photograph all your text books – whether you're at school, college or post-graduate course
- Prepare for high school exams, or for Medical Doctor exams in hours instead of weeks



- And many more limitless opportunities to expand your mind and your knowledge
- Solve Complex Problems and Questions by allowing your brain to naturally find solutions through your natural neural networks
- Improve your driving with 360 degree perception
- And many more

This information has been presented over the last 30 years in a live seminar. Of course you can continue reading and learning the way humanity has done so for the last 6,000 years or so. If you think that's the most efficient way, no problem. We'll leave you to it.

Humanity first learned to 'read' about 6000 years ago – first for stock keeping (before this they would use devices like knots on a rope), then for other uses.

That doesn't make it efficient.

Due to its very nature, reading actually slows down the mind's capabilities. By the way, this page has 1,202 words and it has taken you over 4 minutes to read it.

Information Overload – how to cope with it...

Did you know that **Mental Photography is "light speed" reading and is faster than two pages per second with 100% retention?**

For the nearest **Brain Management Seminar** to you, please contact us at brainy@ebrain.com.au
We look forward to hearing from you.

Your BRAIN is the most personal thing you possess.

YOU SHOULD BE THE ONE IN CHARGE OF IT !!!



Proof of the Adult Photographic Memory Hiding in the Shadows of Autism

Insights from a different world:

- Do You have a Photographic Memory?
- Do you Know how to Manage your Brain?
- Is your Mind Clear for Decision Making?

The following is a television description of documentary content I am editorializing:

The series exploring remarkable tales of human experience continues this week with the story of Flo and Kay, the world's only female autistic savant twins. Savantism is a rare condition in which sufferers of developmental disorders, often autism, are capable of acts of genius that far outstrip their expected levels of ability. In Flo and Kay's case, they each have extraordinary memories for facts and dates. Through interviews with several medical professionals, Extraordinary People: The Rainman Twins attempt to expose the truth behind this oft-misunderstood condition. Describing themselves as "human computers", Flo and Kay can access their memories and make calculations more efficiently than most people.

It was refreshing to see such a unique documentary. I would love to someday have the opportunity to compare my notes and observations of the documentary to the case study notes the medical professionals have. The twins have been under observation for 15 years. The documentary would have been less than two hours long. Obviously, many things would need to be skipped over to consolidate that much material.

My observations are based on important information the documentary revealed. By cross comparison to some other autistic studies I have perused, there are certain trends, patterns, and repetitious themes that I have observed, that have also appeared in this documentary. So, the following editorial, and the conclusions made, are not without some level of justification. Please don't vilify me if I am not 100% correct. 100% of the information was not available.



A recent **documentary of Twin Autistic Savants** has given us a wonderful glimpse into their lives. The **“human computers”**, Flo and Kay, can access their memories and make **calculations** more **efficiently** than most people. (Most people meaning about 98% of all people.) Even more meaningful, it gives us a glimpse into ourselves and our potential, without all the **inherent** distractions of the world we live in and the **distorted image** it creates.

These 2 sisters are referred to as the **‘Rainman’ Twins** – from their ability to **calculate** various **time relationships** and events, such as time, date, day, weather, who was present, what they said (exactly) what they ordered or had for a meal, minute details of comments on the food, how much was eaten, etc. They can remember all the songs, verbatim, on any album they have ever heard. This **uncanny ability** has been heavily documented for the last 15 years of their life by a UK Reporter. (*Applause for such a commendable act for following not one, but two peoples lives for 15 incredible years!*)

Some interesting things about the twins being autistic; they had a set routine with a very limited amount of change, or outside influence to change. Changes had devastating effects on them. Likewise, this resulted in them not having much input outside of what they were accustomed to, nor did they need to make many decisions each day.

In comparison, the average person has many decisions to make each day. Studies have confirmed clinical **depression** is quite often a **symptom** of having **too many decisions** to make each day. Just to select a single cheese or deli meat to buy, we have a selection of more than 10 in each category. If you take the time to realize how many decisions you make each day, the number is staggering. Eventually, our ‘system’ of **decision making** breaks down, leading to **depression**.

As an example, the decision of choices between cheeses may start with the amount of money you may need to spend to get the cheese you want verses another cheese that is only passable. What about the quantity involved – any ‘on sale’ pricing? What if they didn’t have the cheese you wanted to buy in the first place, and you need to select another? Is it any wonder why people don’t want to leave their home? It just becomes all too hard. **A society of xenophobes!**



Back to the Twins; when you don't need to make all those decisions each day, your thinking process doesn't become so clouded.

Now I have seen both sides of the following argument. It's nice to finally see **physical proof** – the “**Smoking Gun**” to answer the age old question; Do memories fade over time and aging, or is the brain this highly **dynamic structure** that keeps our **memories intact** exactly as they were?

This ONE question has been so **hotly debated** with regards to the **Photographic Memory** we are born with. Does it really carry over all the **clear memories** of our past? Even though, every seven years, every cell in our body is replaced and we are literally a 'new' person every seven years, that argument would suggest we could only carry the memories that we had for up to seven years. I think we ALL know that one is not true.

Another way it has been looked at is the amount of **brain cells, interactions, patterns of interaction**, the dying of synapses that is not heavily used, to leave **unattended gaps** where there used to be **connections**. And, if that were true, we would not be able to remember details many years later with detail. But again, that's not true.

Well then, *the argument continues*, it must be the **combination of things** that instigate breakdown of the brain cells, **less oxygen** to the brain, **pollutants, drugs, alcohol consumption**, and all these things that **destroy brain cells**. Well, finally something logical, right? Instead of a focused argument, let's use a hand-grenade to meet our objective – to win the argument at all costs.

But **ENTER STAGE RIGHT** not just 1, but **2 autistic savants**, AND they are **identical twins**, and they have virtually all the same dynamics and parameters by which they live. They can easily finish each others sentences on memories that happened many years before. Their memories are that **unbelievably clear**, because they don't have **distractions!**

What do I mean when I say they don't have distractions? I am saying that the amount of distractions they have each day is minimal. Only big distractions, such as a death of someone close to them, or shifting house, causes them to be distracted from their routine. In an easier way



to look at it, they have remained **clear-minded**, not muddled. And they are **HAPPY!**

They will never truly be unhappy for long, because they will never suffer lengthy bouts of depression – because they are not expected to make the number of decisions that you or I make each day. Statistics show that when we have more than 7 things to choose from, our brain goes into overload. How many different cheeses? 100, even 200 or more?

Let us re-engage the age old argument again about our memories and the breakdown of our brain cells with age. **The “Rainman Twins” are NOT young.** If that argument is an absolute, then the twins should show some sign of that breakdown. But, they don’t! Not at all! This is the one clear example that puts that argument to bed, 6 feet under, with the gravestone on top! The “Smoking Gun”!

If our memories could not be kept forever in a **“dynamic” brain structure** that reorganizes the information as other pathways are made redundant, then these **two autistic savant twins** could not do what they easily show everyone what they CAN do, without hesitation.

Do we have the ability to retain the memory of our whole life, with detail? YES!

But why can they easily show it and most of us cannot? Because we are the ones that are muddled, we are the confused ones, we are the ones that have mistreated, abused, and disorganized ourselves. We are the ones that need clarity!

What can we do to reclaim our memory?

What can we do to stimulate the building of new physical memory?

What can we do to strengthen the neural connections to both new and old memories?

What can we do to improve our memory overall?

What can we do to clean out the cobwebs?

What can we do to gain clarity?



What can we do to clear out old obsolete thoughts that cloud our mind?

What can we do to make decisions effectively?

What can we do to make our brain stronger and more resilient?

Mental Photography !!!

Mental Photography does this, and more... visit <http://www.ZOXpro.com> to get the picture!

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About the author



I am Managing Director of eBrain Management, Australasia Director of Educom, Inc. and Executive Instructor of **Brain Management**. Brain Management teaches you a range of mind enhancing techniques, primarily how to tap into and control your own vast potential locked in your subconscious mind. My students / clients discover the way to **learn how to learn** naturally and the key to unlocking your unlimited potential. The key is **Mental Photography**.

Mental Photography is your ability to tap into your natural **photographic memory** you were born with and re-establish that connection.

eBrain Executive Seminar is the Executive Version taught ONLY by myself, primarily in Australasia. The advanced methods that I teach are the result of collaborative efforts between myself and my **Mentor, Richard Welch, the “Father of Mental Photography” and Founder of Brain Management and CEO of Educom, Inc.** [For clarity, Brain Management is **Subliminal Dynamics** (USA), and Mental Photography is **Subliminal Photography** (USA)].

Resulting from my work, I have an honorary PhD in the field of Philosophy, and was nominated for many “**Who’s Who?**” awards, one of which was “*Top Intellectuals of 2000...*”.

My intellectual pursuits include advanced problem solving, advanced programming techniques, critical thinking, lateral thinking, as well as esoteric and eclectic concepts, and living life using a simple formula for success, which I have named “**The Path of Least Resistance**”.

I want to bring out the best in humanity. The resources that each person has sitting on their shoulders are vast beyond comprehension. Brain Management and Mental Photography is the perfect vehicle to unleash a person’s unlimited ability.



Shannon Panzo, PhD

Mental Photography & Brain Management Expert

The Brain Accelerator Blog: <http://MINDtoMIND.com/>

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