Close your eyes, relax and let these thoughts sink into your subconscious mind. See yourself powering through homework assignments quickly and effortlessly. Imagine having time to read what you want or hang out more with your friends. Think of the time you will save as a quantum reader. How will you spend it? Filling your brain with these positive thoughts and beliefs will keep your bookish baggage in the trash and clear the way for upgraded concentration and commitment.

**Boost Your Concentration:**  
**Get into Alpha State**

When you think about the word “concentration,” what images come to mind? Whatever you pictured, it probably didn’t look like this:

The image above represents an alpha brainwave. Scientists use a machine called an electroencephalograph (EEG) to measure and distinguish different states of brainwave activity. They have identified the alpha state as the most effective for learning.
Here’s a rundown of the four main categories, or states, of brainwave activity:

**Beta**—Awake, alert, and active. In beta, your brain is attending to many different stimuli at once. Activity is scattered. You may be thinking of many things at the same time or jumping from one activity to another. Four Instant Message conversations at once – that’s your beta waves at work.

**Alpha**—A state of relaxed concentration. You’re calm and alert, absorbing material and making connections. You are completely focused on one activity. It could be your favorite sitcom or a challenging game of chess. This is the best state for learning. Quantum readers ride alpha waves wherever they want to go.

**Theta**—Your brainwaves are slowing down, just seconds away from a deep sleep. This is where you dream and process information.

**Delta**—The slowest brainwave state. You’re in a deep sleep.
Most of us bounce between these different states without noticing it. But quantum readers have instant access to their alpha state – and so can you!

To get into alpha state, begin by creating a special place for your mind to go before you start reading. To create your special place, close your eyes, letting them roll up. This puts you in a visual state for learning. Now, picture a place where you feel relaxed and peaceful. It could be a favorite vacation spot or a special room at home. What does it look, smell and feel like? Picture yourself in this place as you begin relaxing. Do this for a few minutes to save your special place in your mind.

Now that you have your special place, let’s try the whole process. Here’s how:

Use your entire body. Your brain takes automatic cues from your body. If you’re a sloucher, this can work against you because your brain interprets your posture as boredom. If you are lying down, your brain thinks it’s time to sleep and releases chemicals that make you sleepy. Luckily, you can also use these cues to boost your concentration, and get into alpha state.
Sit up straight in your chair with both feet on the floor. Take a deep breath. Now close your eyes, roll them up, and picture your peaceful place. When you’re ready, open your eyes and look down at your book. Practice this process until you can do it without thinking about each step. Remember to go through this exact sequence every time you’re about to read.

Memorize this sequence and use it every time you want to read faster and comprehend more. It’s a critical step to becoming a quantum reader.

*Here’s a rhyme to help you remember this critical skill:*  
• Sit up straight in your chair.  
• Take a deep breath of air.  
• Close your eyes, roll ’em up, and find your peaceful spot.  
• Open your eyes and read what you’ve got.