

EDUCATION THROUGH SUBCONSCIOUS

Excerpts from the book “MENTAL POWER through SLEEP SUGGESTION and CONTROLLED RELAXATION” by MELVIN POWERS 1978 edition Published by Melvin Powers WILSHIRE BOOK COMPANY 12015 Sherman Road, No. Hollywood, California 91605.

EDUCATION THROUGH SUBCONSCIOUS. CHAPTER VII, Page 88. The following Article appeared in October 24, 1949 issue of the Los Angeles Express.

It was proved during the emergencies of war days that students can be far more swiftly educated through their subconscious than through their conscious minds and American boys were given a fluent command of Chinese in three months by such schooling.

That unusual slant on education was brought to Breakfast Bridge Club at its opening meeting of the season by Dr. Kenneth Walker, who served his country during the war by assisting in training American service men.

Dr. Walker declared that the subconscious mind represents nine-tenths of human mentality and the conscious mind only one-tenth, “Yet education continues to place the main burden on that one-tenth”, he said.

“Experiments of French psychologists and scientists with conditioning the reflexes of does led to the experiments of educators in training the subconscious minds of service men”, he said.

Quick Education.

“It was necessary to educate many men quickly in foreign languages”, he said. “I was trying to teach Chinese which is difficult. By a series of accidents we tried this French school of psychology.

As a result, phonograph records of the Chinese language were placed under the pillows of students at night. About an hour or two after they went to sleep the records were turned on and played intermittently until approximately one hour before waking. After several nights of this, the same lesson was given to the conscious mind. In three months ordinary American boys were fluently speaking Chinese.

Curiously, they spoke with exactly the same accent that they heard on the record, not with an American accent”.

Page 91 – 92 By transmitting knowledge to the subconscious mind through this process of mechanised sleep-suggestion many arduous years can be cut from the educational process, The greatest advantage of sleep-learning is that it eliminates such constantly irritating difficulties as the conscious inability to concentrate while learning. A third of our lives is spent in sleeping. Why should we not profitably employ this valuable time for therapy or study? Such subjects as **mathematics, music, and languages** can be learned with ease during the hours of sleep and in such a wonderfully easy manner too, through the use of these recorded suggestions.

The following experiment in sleep-learning was conducted at the University of North Carolina under the direction of Professor Charles R. Elliott. Forty students, all with perfect hearing, were picked for this test case. The group was divided into two sections of twenty students. Each group slept in Professor Elliott’s psychological laboratory for three hours; Electroencephalographs were used to test the condition and depth of each student’s slumber. One section slept undisturbed, while the other twenty were exposed to a recording containing a list of words which was piped to each individually through the medium of pillow speakers.

When all the students were awakened, they were asked to memorise this list. Those who had heard it previously learned it with incredible rapidity; the others laboured falteringly to attain the same end. Professor Elliott concluded therefore that the process of sleep-teaching was similar to that of reteaching material that had one been known and temporarily forgotten.

Information such as **multiplication tables, chemical formulas, the Morse code, logarithms, vocabularies, languages, and other subjects** can be easily taught through sleep-education. In teaching the Morse code, the Army and Navy have used sleep-education with the most phenomenal results. The men literally slept their way to successful achievement in this highly technical field! What a wonderful aid this medium is for those who have poor memories too. Learning is not only made easy but memories too. Learning is not only made easy but permanent because of the receptive condition under which this learning takes place.

Our recording on “memory development” contains suggestions that will aid you in awakening the memory centres in your mind so that you will be able to retain impressions easier and more quickly than you ever have been able to do before.

The foregoing demonstrations have unquestionably established sleep learning as a marvellously efficient means of education. Those who wish to increase their mental of education, those who wish to increase their mental power in the fields of education and memory are strongly urged to avail themselves of the splendid opportunity by obtaining one of the sleep-o-match units, It is at once the best teacher and economist of labour and time that we know. Let the nostalgia of the old song “It’s easy to Remember but So Hard to Forget”, become a living reality to those who have developed their memory resources through the use of our sleep-o-matic units. (Today auto reverse tape recorder)

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