

## **A WORKBOOK TO ACCOMPANY YUMIKO TOBITANI'S “ Quantum Speed Reading “ –**

**Chapters 1-4** are descriptions and benefits of the program  
**You can read most of the information online by following the links below**

### **What is Quantum Speed Reading?**

Quantum speed reading (QSR) is a completely new technique for reading books without looking at the pages. It was developed in Japan and has been taught to both children and adults there for the last several years. Astonishing as it may seem to most of us who learned only to read books by reading a page at a time they can in fact be read by simply flipping the pages. Unlike the many well established forms of speed reading that are in existence QSR does not require the book to be opened at all. The book is simply held up in front of the reader's face and the pages are flipped rapidly using the thumb much like when preparing to shuffle playing cards. It is thus a truly revolutionary advancement in education.

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### **The possibilities of QSR**

#### **A New Way of Education That Spread Throughout the World**

I have been involved with the education of children these past twenty years. As I taught these children in my class I was amazed to discover that they had this wonderful 'speed reading' ability, one given to them by nature. Each time I would teach my class, I discovered a great deal about them and noticed a lot of things.

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### **The voice of children**

● K.S. Grade 3

Quantum Speed Reading is a type of book reading which you flip over the pages very fast. Yet this is a little different then usual reading.

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### **What parents are discovering**

Children coming to the Shichida Child Academy who have been raised by mothers who teach them that, ' Being the top student is great' or that ' You have to beat all the others' will from the beginning always be conscious of having to be number one. However at the school we do not just shut that out as something bad but instead acknowledge that the child was indeed the number one. As we progress with the child, he or she will discover the real pleasure that is beyond the principle of competition and quite naturally become less conscious of being the number one in class

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## The effects of QSR

After many years of experimentation QSR has proven to be a highly effective way of learning. However as we shall see it is not at all limited in its effects to education alone. Let's now look at some of the results that have been witnessed by those participating in the adults' training seminars. A business seminar lasting four hours per lesson was held for three days straight. After it was completed we heard of people's various impressions. These can be divided into the following categories:

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## How it all began

It all began 'by accident' as most of us are fond of saying. One day, ace teacher Yumiko Tobitani was doing a lesson with children at the Shichida child academy in Tokyo. She asked the children to quickly, then slowly, flick through the pages of a book for a total of thirty times. Each child had their own chair that they took to a spot where they felt most relaxed and proceeded to flick through the pages of the book. After finishing, they came back to their desks.

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## Chapter 5 : THE METHODOLOGY OF QSR TRAINING

(Page 41)

*According to Ms Tobitanti, the key steps of QSR can be divided into 3 broad Categories*

<b>Category 1 :</b>	<b>Image Training</b>
<b>Category 2</b>	<b>Eye Training</b>
<b>Category 3</b>	<b>Rapid Page Flipping</b>

These are called the foundations of QSR. When you add

- After Image Training and
- The Palace of the Heart, you have the Five Pillars of QSR

Text: ( When you begin to practice QSR, imagery can sometimes appear as real as if it were actually observed physical phenomena. )

*Comment:*

*The after image we see inside our eyes can be as real as the physical object. The purpose of the after image exercise is to develop this ability of the right brain.*

Text:

In the spectrum of images generated by the right brain, the most accessible images are of course our dreams. When it comes to measuring the development of right brain abilities, we can start by finding out if the dream is in colour or in black and white.

*Comment:*

*Here the author gives you a good benchmark. As children develop QSR, they will begin to dream in colour. By persevering in right brain training we can begin to dream in color. This is where afterimage training comes in.*

### Category 1 : Image Training (page 42)

After image ( residual image ) training

Text:

Practicing After Image Training in artificial light or natural sunlight or by using orange training cards results in the residual images (images retained after turning off a light or closing one's eyes) tending to last increasingly longer.

Further, we are soon able to see afterimages in primary colors almost unconsciously. By this I mean that in the beginning even using when orange training cards the images tend to be in secondary colors. When using a blue card for example the afterimage tended to be in orange. However with further training it makes no difference what color is used the afterimages are in the correct color.

The next thing we did was to use round cards and to visualize them as being square or triangular. When this is accomplished imagery can freely be accessible to the mind.

*Comment:*

*Afterimage training means learning to hold the image that you see after looking at something (i.e. the residual image), longer and longer.*

*We begin this training with a soft naked lamp and get the children to hold the "after image" longer and longer. During the workshop we measure this by asking the children to keep their hands raised as long as they see the "after image" and then drop the hand when the image fades away.*

*Next we use coloured cards. At first the after image of the card is not in the same colour. An orange card for example, will appear in a different colour. This is the meaning of the sentence that primary colours appear in secondary colours.*

*With further training, children begin to see the after image in the exact colour. So here again, you have another indicator of the progress you make with the children.*

*The final step is when children are able to change the shape of the after image. For example, they are shown a red square card and asked to see it in their mind. Then they are asked to change the shape to a circle and then back to a square.*

*There is a very good reason why this is Category 1. In the Prologue to the book (page xi) Ms Tobitani says, "QSR awakens the diencephalon area (the area that connects the brain hemispheres) of the mid brain. The key to that awakening lies in the natural imaging ability of children."*

*The text is clear – no comments*

### **3D training –**

*This is an introduction to the Stereogram and Mandala pictures that come later.*

### **Artificial Light Training:**

*This is the naked bulb exercise mentioned above.*

### **Stick Image Training:**

*This is actually a preparation exercise to get the children to relax and can be done at the beginning*

## **Category 3          Rapid Page Flipping**

*Here is an introduction to the QSR -*

Books applicable to QSR

Staring Practice with Patterns and Words

*An introduction to what comes in the Praticice Program on Page 84*

## **Chapter 6 : Practical Training**

***This is an outline of what is covered from Page 51-53. This chapter is a short introduction to the full method and goes over some of the exercises mentioned above. Note the slight differences between the Training Program for children and for Adults***

## **TRAINING PROGRAM FOR CHILDREN**

STEP 1 : (Image and Eye Training)

Page 51 -53

1. Staring Practice
2. After image training
3. 3d stereograms
4. Eye training

Step 2: Flying in

Step 3: Relaxation – Concentration – Envisioning

Rod or stick image training

Artificial light training

Step 4: Staring Practice and after image practice

## **TRAINING PROGRAM FOR ADULTS – PAGE 53 –**

*You are advised to do the “Child Power Test” given on page and then follow the previous steps given for children. Note there are only 3 steps now.*

STEP 1 : (Image and Eye Training)

Page 51 -53

1. Staring Practice
2. After image training
3. 3d stereograms
4. Eye training

Step 2: Flying in

Step 3: Staring Practice and after image practice

\*\*\*\*\*

## **Chapter 10 – Practice Program:**

This chapter provides OUTLINES of what is to be carried out with

- Infants and toddlers

- Children ( elementary grades)
- Program for adults

### **These are the Four Steps in the program for the children**

Step 1: **Basic Staring Practice** : After image training with orange card and campfire. Magic Eye, Eye Training.

Step2 : **Image training with breathing techniques** – sounds of the ocean – balloons, flying into your own body; in to fruits and in to books.

Step 3 : **Quantum Speed Reading** : Begin with relaxation – then concentration – visualizing lying on the back – then 3 deep breaths, the rod imaging, the artificial light training, flying into a book – flying into a specific page of a book – checking the content by verbalising it – and writing it down as words and pictures.

Step 4: **Quantum Speed Reading** - Staring practice – After image training – Eye training – Lying down and breathing deeply – Rod Imaging – Artificial light training – Blindfold QSR –QSR with colours from a book – Images and messages from the book – and book content

These are the Four Steps in the program for adults –PAGE 84

### **How to Proceed through Steps 1 to 4 – (Using the Children’s Outline)**

#### **Step 1: Basic Training**

##### ***Staring Practice***

##### **1.1- Staring Practice: “FLOWER”**

1. Begin by relaxing and taking longer and deeper breaths.
2. Release all mental and physical stress.
3. Look at the word “flower” (below) as you regulate your breathing.
4. Try to blink as little as possible and keep staring at the word.
5. As you breathe in, the word will appear to float closer; as you breathe out, it gets farther away.

6. You will start to see images (even if you don't, it is fine just to think about it). What kind of images do you see? What kind of flowers are appearing? Write down their names
7. Write them down.
8. ( Do the same with the words : SEA - BIRD -)

Being able to change the word to images leads to being able to speed-read books and eventually to seeing images being emitted from the [books](#) related to the content.

## 1.2 Staring Practice : The campfire

This image training is also known as “after-image training”. This exercise will help to empower your image visualisation.

1. Stare at the black dot in the middle of the green fire for 30 seconds, blinking as little as possible.
2. Stare at the lower black dot. You will see a red fire dimly above the logs (if you continue to stare, it will gradually appear).
3. If you see nothing, breathe quietly and slowly and start over.
4. Continue practicing and you will be able to see the afterimage for longer durations.

< AFTER IMAGE TRAINING > The campfire



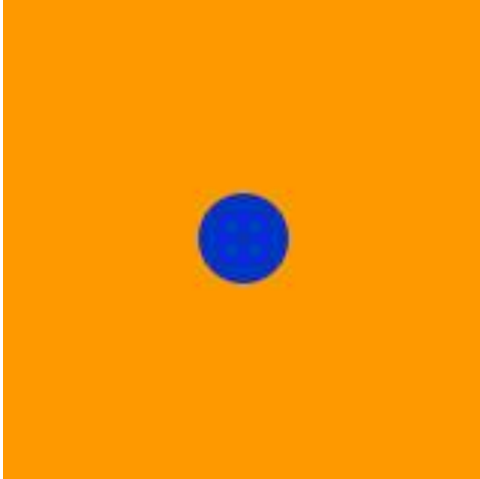
Stare at the top black dot for 30 seconds and then look at the bottom one. You will see the faint traces of a red fire above the logs.



If you carry on looking you will clearly see this. If you do not see anything breathe in slowly and once more start staring at the green flame and begin all over.



### 1.3 Staring Practice: The Orange Card



#### < THE ORANGE CARD >

*This is training so as to be able to visualize images. Try staring at this for 30 seconds without blinking.*

#### Instructions :.

- 1) Breathe deeply three times
- 2) Relax your mind and stare at the blue circle for thirty seconds
- 3) Close your eyes and you will see the afterimage
- 4) Even if it disappears while you are practicing if you think to yourself, 'It will re-appear,' then it will in fact.

There are Four Stages to being able to visualize Images

1. The beginning stage: you'll see a secondary color orange
2. Second Stage : you will see the same color afterimage in blue.
3. Thrd Stage is when a child can change the color and the shape of the afterimage
4. In the Fourth Stage a child will be spontaneously be able to see images spontaneously

You will deepen your ability to do the above by repeating the exercise over and over.

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### 1.4 Solar Glimpse Training Page 85

The pituitary gland in the diencephalon will be activated doing this

First thing in the morning (before 09:00 if possible) gaze at the sun directly for a second close your eyes and practice looking at the afterimage

Even on rainy days do this exercise while visualizing that the sun is out

Your body will get healthier too. (early morning once??)

( You can Search in google for Sungazing – this is an ancient practice...)

## 1.5            3D pictures            Page 86

This is three dimensional staring practice

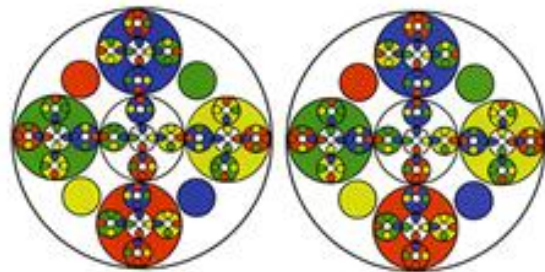
The eyes and the right brain are profoundly connected. One theory holds that 3D vision is related to the midbrain within the brain stem. Because the midbrain is the 'heart and mind centre', when staring at images in 3D there are times when there are powerful feelings in the heart. Because of this we can see how after all the eyes and the brain and the heart seem to be connected. When practicing 3D exercises like this we often use examples from nature or mandala patterns. With eye training exercises too it is because of a direct link to the right brain that colors and light are perceived. Eye training involves the training of the eye muscles utilizing three techniques which are each done for ten seconds. Through doing only these exercises there are colors and light perceived. However normal practice of these exercises does not easily lead to the success which children have. What is therefore important is increasing the speed of practice. Using a method called the camera shutter it becomes easier to see colors and light by rapid blinking during the eye training.

- 1) Pansies (3D) This is a practice to become able to see things that are unseen. The right brain is activated by the way the eyes are used here. Do not focus on the pansies. You will see two dots at the bottom become three and at that point the stereographic image will appear on the page.

The Pansies



The Mandalas



The field of pansies.

Along with the butterflies that have flown here attracted by the scent what else can you see?

2) The mandalas will be merged together. Use an open gaze to see beyond (behind) the picture itself by not focusing the eyes. In this way you will see the two mandalas become one. A new sensation will be awakened in you by doing this.

Circles are born from within circles.  
Look at them from different directions  
and see them sparkle and turn

## 1.6 Eye Training

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Before commencing with QSR we conduct eye muscle training, called simply 'eye training', whereby the visual field is expanded. In this, the eyeball is moved up and down and left and right with each movement being held for ten seconds. The upper and lower oblique muscles of the eye are then trained. Through doing this at high speed we can begin to sense colors and light. For example stars may appear in the middle of the image or butterfly shapes or even square shapes. Through conducting this type of training it becomes faster to make the connection with QSR. Though things may not go well in the beginning it is a good idea to move the eyes as rapidly as possible. From this start with colors and light, the right brain's five senses begin to awaken. We begin to feel a dazzling sensation, warm feelings as well as smells and sensations of pain. Through the repetition of eye training, the sensory faculties of the right brain start to surface. Though you might think that this in itself already constitutes QSR ability, it is still the stage of upper and lower oblique muscle training for the eyes. By rhythmically training the eyes at high speeds we can evoke images with light, color and form. These in turn directly serve to connect us to QSR.

### **Basic training:**

Eyes move up and down left and right then diagonally

Further applications: The star shape

This practice improves eyeball movement, widens the field of vision and heightens the ability to read at a glance

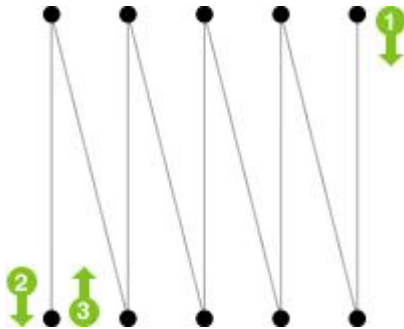
Ten seconds should be spent on each one

Do not move the head just the eyes. Correct posture and breathing are important in this exercise.

Note that if you can use a metronome or like instrument it will be an effective aid.

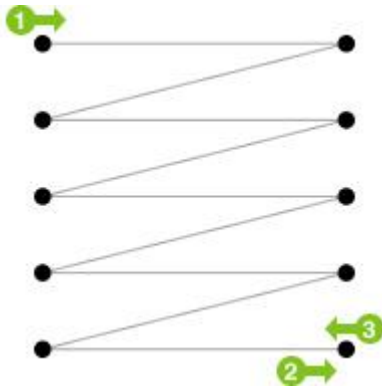
### EYE TRAINING 1 ( increasing the visual field acuity)

Up/down movement



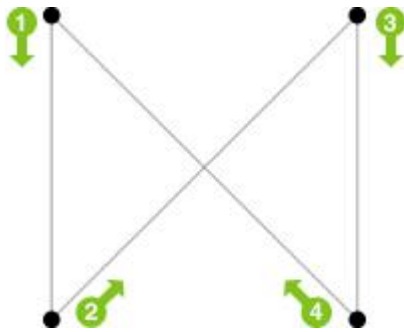
### EYE TRAINING 2 ( increasing the visual field acuity)

Left/right movement



### EYE TRAINING 3 ( increasing the visual field acuity)

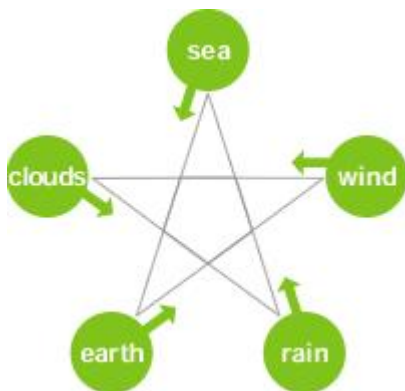
Up/down diagonals (1)



#### EYE TRAINING 4 ( increasing the visual field acuity)

Up/down diagonals (2)

The order goes wind, clouds,  
rain, sea and earth  
in the five pointed star



#### FURTHER NOTES FROM SHEN-LI

Eye training helps children improve speed learning. This will also naturally occur as their eye function improves and their eyes are able to see a wider area in one glance. Our field of vision is normally at the center of the eye. The further from the center of the eye an object is, the more blur the vision of the object becomes.

Children can improve their eye movements by using three kinds of vision patterns. These vision patterns help to broaden the field of vision and the area which the retina can absorb images at one glance. There are 6 different muscles in our eyes:

1. superior rectus
2. inferior rectus
3. medial rectus
4. lateral rectus

5. superior oblique
6. inferior oblique

Only when these 6 muscles function well will your child be able to grasp images of objects accurately.

Speed learning has a lot to do with eye movements. What you are aiming for with eye training is to be able to see lights when the right brain receives vibrations at high speed. Shichida children reported their experiences by drawing out colours which their right brain revealed. When they can achieve this, they will be more successful in absorbing information from books.

Eye training using the following training cards can be done as often as possible (once a day, 10 seconds for each card). For younger children below 3 years, use real objects to trace out the lines and have your child follow the movement of the object with their eyes only.

**This excellent background information is from Shen-Li . She also provides a download link for cards**

**<http://www.figur8.net/right-brain-stimulation-eye-training/>**

## **Basic Eye Training**

### **Purpose of Eye Training:**

- improves eyeball movement
- widens the field of vision
- heightens the ability to read at a glance

### **Method:**

- Move your eyes up and down
- Move your eyes left and right
- Move your eyes diagonally
- Move your eyes in a star shape

### **Tips for Eye Training:**

- Spend 10 seconds on each exercise
- Do not move your head, just your eyes
- Correct posture and breathing are important for this exercise
- A metronome or a similar instrument can be an effective aid for this exercise

**STEP 2 : Image Trainig with Breath Regulation.**

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**2.1 Sea waves**

Let's do deep long breaths exhaling through the mouth.

Imagine you are now standing on a sandy beach.

The waves are lapping in and out.

Let's match our breathing to the rhythm of the waves.

As the wave comes in we breathe in.

As the waves go out so does our breath.

Breathe long, deep breaths exhaling through pursed lips.

**2.2 The Baloon**

Imagine you are standing on a vast plain and you see a balloon being swayed by the wind come into sight.

As it sways in the wind when you breathe in it comes closer and as you breathe out it moves farther away.

Breathe deeply as you visualize this moving balloon.

**2.3 Flying In**

(becoming microscopic and going into something deeper and deeper)

Close your eyes. Behind your eyelids you can see a huge mirror.

You are standing in front of it. You become half of the reflected size you are and then half of that again until your body has become an invisible particle.

● Inside your body you go.. This is an exploration of inside your body. You can quickly move there. Is it healthy or not in there? Ask the cells what they want to have done and then go and do it for them.

● Inside a fruit. Check the seeds. How many can you spot? Where did you see them? Write this information down on a piece of paper. After you have done the flying in exercise, cut open the fruit and check your results.

● Inside a book. Go inside a book and see what is written there and what pictures there are.

**Quantum Speed Reading (flying in to books)**

1) Take the book wrapped in a bag in front of you into your hands and then say to yourself, "The book is a friend" and imagine yourself becoming one with the book.

- 2) Grab hold of the wrapped book in both hands, concentrate and then fly in to the book
- 3) Write or draw the contents of what you have seen or felt in the book.

**\*\*An important point:** A picture book is recommended at the beginning

## Image training for adults: Colors of the rainbow [red, blue, green, the entrance]

The key to developing imaging power is in the breath.

- 1: Out breath (imagine that toxic energy from inside your body is leaving)-5 seconds
  - 2: In breath (Energy from the universe is coming in to your body)-5 seconds
  - 3: Between breaths (inhaled energy is pushed down into the lower abdomen)-5 seconds
- You can make these steps longer as you get used to the exercise.

### 1: Rainbow colors

- 1) Visualize colors in the progression red, (bitter) orange, yellow, green, blue, indigo and purple.
- 2) Look at the surrounding visual field
- 3) Close your eyes and visualize the colors from red one after another
- 4) Visualize the whole field of color

### 2: Red, Blue, Green, the entrance

- 1) You can also practice the after image training with the orange card
- 2) Red apple, yellow banana, green watermelon, then you see the entrance to your own house come into view
- 3) Open the door. Is there anybody standing inside?
- 4) Go through from the entrance to the living room to the kitchen . Note that you must check your results after finishing.

For children\*\* (elementary kids) Mothers should read out the sentences to the children.

For adults\*\* After reading the sentence move into the world of imagery

The seven colors of the rainbow



Do after image training beginning from the red down.

### 3. Visit Your House

- 1) See the entrance to your own house come into view
- 3) Open the door. Is there anybody standing inside?
- 4) Go through from the entrance to the living room to the kitchen . Note that you must check your results after finishing



### **STEP 3 : Relaxation, Concentration, Envisioning**

3.1	Rod or stick image training	93
3.2	Artificial Light Training	93

### **STEP 4 : Practice session**

#### **4.1 Imagine:**

- yourself flipping through the pages of the book
- colours being emitted from the book
- how it feels to understand the book

#### **4.2 Blindfold Reading**

- ❖ Hold the book in both hands and as you concentrate ( Open Focus) , imagine you and the book are becoming one.
- ❖ Flip through the pages, getting faster and slower in turn.
- ❖ What colours , images or messages are you receiving ?
- ❖ Flip Through the pages holding the book above your head, next to your ear, in front of your nose, in front of your chest, and in other positions.
- ❖ Take off the blindfold and do QSR while actually looking at the book.
- ❖ Flip through the book pages, now faster, now slower,
- ❖ See if you can grasp the colours, the images and the content.
- ❖ Note: Books to be read by QSR: Begin with books that you have already read. Get the feel of what it is like to do QSR of a book whose contents you have already grasped.
- ❖ How to choose a book for QSR: A book that has a clear argument, contents related to nature, or is , in short, a good book.
- ❖ Further development : As you get better, move on to business books or textbooks, and others that might interest you.
- ❖ Note 2: Images coming from the Book ( for Adults) Anybody can sense the colours and messages coming from books. Although some people are natural s at this process, it might be necessary for others to participate in a seminar to sense the imagery emitted from the books. The reason for doing so is that it is important to be able to observe the images clearly.
- ❖ In repeating this training over and over, there will come a time when suddenly you know: “ This is what it feels like to be doing it.” Therefore please carry on practicing

