

Reclaim
Your
Brilliance

Drop
Into
Genius

Paul R. Scheele



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Chapter 3

CAN YOU READ A BOOK WITH THE PALM OF YOUR HAND?

You can! It is not the same process as reading visually, but it can prove an even more useful and informative tool than traditional information gathering. Reading through your hand engages your inner genius to direct you to information you need in order to move forward right now. The guidance of your nonconscious mind can seem random at the outset but often proves to be both deliberate and prescriptive in retrospect.

CHAPTER 3: CONCEPT, PURPOSE, BENEFITS

I first heard stories of this technique of reading with the eyes closed when one of my PhotoReading instructors was working in South America. She said that shamans in Peru were teaching children how to read by taking off their shoes and running their feet over books. My response was, “While that sounds interesting, I do not think it will fly in most any business context in which I consult!” Can you imagine everyone around the conference table unlacing their shoes as I say, “Okay, let’s get into the contents of the annual report...”

The next time I heard about a similar technique, I was teaching PhotoReading in Mexico City. Raphael, a man in my class, had brought two of his children to a course on reading with their eyes closed when they were in pre-school, before they learned how to read normally. Their teacher had shown them how to close their eyes, run their hands over the pages of a book, and report on what the book was about. He said his children lost their ability to do this as they aged. His daughter retained the skill until age 12 and his son to age 10.

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Dr. Buckminster Fuller's declaration that children will be systematically de-geniused by the time they reach the fifth grade seemed to corroborate Raphael's experience. I find that girls have a tendency to hang on to their abilities for a couple years longer as they mature. Boys tend to lose it a little earlier.

"De-geniusing" happens when innate nonconscious genius abilities are banned from the classroom. Instead of leveraging these nonconscious abilities, we marginalize and exclude them. Students cannot be allowed to read a book with their eyes closed! That is not reading—that is just plain crazy. Even trying it is ridiculous!

If we cannot try new things without suffering ridicule, our natural childlike curiosity atrophies. The brilliant capacities of the human mind and spirit get squelched in most traditional educational settings. They do not fit with a factory model of education designed to socialize people into good worker bees in an industrial society. Brilliance and difference is marginalized and the "norm" is dictated by "the powers that be" in charge of education.

In this chapter we will explore the technique for reading a book through the palm of your hand—how you can do it right now and what it can achieve for you.

You will discover how to:

- "Read" books through the palm of your hand.
- Perceive a world of energy instead of a world of objects.
- Facilitate change in yourself and others and overcome internal barriers.

Attain greater mental clarity and vividness.

The topic areas we will explore in this chapter include:

- Why the energetic reading technique is important.
- Opening intuition.
- Gaining greater confidence.
- The impact of age on mental effectiveness and how to stay open to success.

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OPENING RELAXATION SCRIPT

Read these words into a recording device and play it back to yourself. You have learned how to Drop Into Genius anytime and anyplace. Use this recording throughout your day to recharge and refresh your body/mind, and to keep your mental focus on creating the life you choose.

Let's begin the exploration of reading with the nonconscious mind with a brief relaxation mind-centering exercise of Dropping Into Genius. You already know how to do this exceedingly well, (NAME), and you are continuing to develop a beautiful contact with the rich resources of your mind. You can place yourself into this ideal state for learning anytime and anyplace you choose.

Right now, simply withdraw your awareness from the world around you and all the busy activities of the day and move your attention to the space that your body is occupying. Become aware of your entire being (NAME), physically, emotionally, mentally...and comfortably enjoy how rapidly you can expand your internal awareness.

As you relax your face you can bring the hint of a gentle smile to the corners of your eyes and the corners of your mouth. You can notice the gentle flow of breath in your nostrils. Inhaling and exhaling, gently, slowly, make the process of breathing into one continuous, smoothly flowing cycle.

Your shoulders can relax even more as you easily drop into this place of inner calm. You have a greater awareness of the peaceful and expansive internal experience that is your natural state within. You have set yourself free (NAME). The genius capacities that organize and run your life are continuing to learn and integrate all that you need in order to live a full, rich, and rewarding day today. You enjoy growing confidence that the genius capacities within you are more available to you now than ever before.

As you explore the simple techniques of reading with your nonconscious mind, you can feel a familiar playfulness and natural childlike curiosity coming forward...the same natural genius you enjoyed when learning new things so many years ago before you even started school—free and expansive, full of curiosity, wonder, and infinite possibilities. This delightful feeling you enjoy right now, (NAME), is fully accessible to you anytime you choose.

And carrying this delight with you, feel yourself becoming more energized and alert, aware of yourself from head to toe, feeling good all over. Aware of your breath as it continues to refresh your body so perfectly. The natural abilities of your mind, body, emotions, and spirit are effortlessly available, now and always.

Maintaining awareness of the flow of your breath in your nostrils, you can gently open your eyes, and become aware of the world around you with calmness in your mind and expansive joy in your body.



HOW TO READ THROUGH THE HAND

In 1993, I had dinner with a psychologist in Mexico City who tested pre-school children who had completed a course on how to read with eyes closed using their hands. She conducted a 16-channel EEG study of the pre-schoolers and a group of adults while they all read the same book. The adults read normally and the children read by sweeping their hands down the pages of the book with their eyes closed. She found that in both cases, the adults and the children had the same brain centers firing off in the exact same sequence.

My curiosity built further when I heard about Qigong masters teaching children how to read books by holding a hand over the book. There was so much evidence of the effectiveness of this technique that I decided to try it at the first 5-day PhotoReading Retreat I conducted for Learning Strategies Corporation in 2004. We had over one hundred people in the room and everyone brought ten books to share. We had tables piled with books separated into different subject areas. I had people select any book they had not seen before, set it in front of them and stand.

I explained that they would read the book through the palm of their hand, holding one hand about eight inches above the book. They would select a page in their mind and imagine what that page looked like. If they were asked to describe what the page talked about in general, what would it say? After they mentally described the page, I asked them to open their eyes and look at the page they selected in their mind. You should have heard the gasps in that room. It was something to behold. They were astounded.

Ready to do it yourself?

You will need a book that you have not read. Have it closed in front of you on your lap or on a table.

1. Hold your dominant hand six to ten inches above the book. You are not physically touching the book because it is easier to discern the energetic content of the book from a slight distance.
2. As you hold your hand there, close your eyes and imagine the center point of your energy just behind your navel. This energy spot is about three inches below your physical navel, between your spine and the front of your body. In Qigong this is called the lower dantian.
3. From this center point of energy, imagine your energy flowing up through your heart center, up through your throat area, into your shoulder, down your arm, into your hand, and out through your palm into the book.
4. Allow your energy to move into the book and interact with the energy that the author put into expressing this information. Feel your way into the pages of the book with your energy.

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5. Let your mind present to you a page number that it has selected for you. Imagine this page number in your mind.
6. Now imagine that with your mind's eye you can actually look at the physical page you have selected. Feel that page and imagine that page in your mind. See how the page is formatted, whether there are pictures on it or just text, headings or bold type, see whatever is there.
7. Imagine that your mind reads the page and you can think about what the author is attempting to communicate to you. What is the message on this page? If you were to describe the contents of this page, what would you say?
8. Now open your eyes, pick up the book and flip to the page that you had imagined. Notice how the page looks and how it is formatted. How does it match what was in your mind? If it is slightly different, look one page ahead or behind. Sometimes, we perceive a page before or after the number we imagined.
9. Read the text to learn its content and consider how it matches with what your mind presented to you.
10. Continue to play with this technique using different books you have not read before. You might also play this exercise with books you read years ago, to notice the messages your mind brings to you.

Mary from Minneapolis picked up the book *Wisdom of the Ages* by Wayne Dyer. As she was reflecting, the number 12 came to her. When she mentally scanned that page, she became a little frustrated because she was not getting any picture; her mind seemed to be drawing a blank. As she imagined what the author was trying to communicate to her, the only thing she could imagine was something about “the now.” When she actually opened the book to page 12, it was exactly as she had envisioned it in her mind, which was nothing. Page 12 was a blank page. Page 13 was on the right hand side. The title on page 13 was “Patience.” That spoke clearly to her about being patient in the now of her life.

For Mary, this was an example of “beating up the kid who has come out to play a game with you.” If this happens, forgive yourself and say, “I won’t doubt you. I do want to play and explore. Let’s find out what else might be possible.”

Mary also found this activity enlightening. Before she started, she had an idea in her conscious mind about what page to turn to. Then when she was directed to let her mind present a number, her intuition guided her to a different page. The experience confirmed for her that her intuition was guiding her to what she really needed to see and remember.

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This “genius presence” was born into your life to guide you to the fullest expression of who you are. If that part of you has been marginalized by society, bring it back by being more responsive to your inner guidance.

WHY THIS TECHNIQUE IS IMPORTANT

If you can receive information from a book through the palm of your hand, what does that mean for you? As we know it, this is not a process of reading. Reading is decoding words, one word at a time. Instead, we perceive energy constructed by the author and represented in a binary code of dark print on light pages. Each letter carries a code. Groups of letters carry codes, and groups of words carry codes. Learning to read enables us to decode written language. This method transmits energy from the author to you through a number of translations before you can make sense of it. We are exploring an alternative method of receiving the author’s message.

Consider this: Everything in our environment is a waveform perceived through lenses. Lenses include our eyes, ears, and touch receptors, and through all of them we interpret the external world. What does a lens do? A lens objectifies. It turns an experience of light, sound, or pressure into an objective reality. When we look through a telescope, we objectify the heavens. When we look through a microscope, we objectify the things that are too small for the naked eye to see.

With our conscious mind, we perceive a world of objects. But that world of objects is really a translation of a world of energy waveforms. Even though we naturally perceive energy directly, we have conditioned ourselves to see objects. For example, if you have been blind all your life and suddenly are given the capacity to see, nothing coming through your visual field will make any sense to you. You literally have to go back through the building blocks of visual perception; seeing squares, circles, triangles and primary colors, and putting those elements together as an infant’s brain must do to decode the world. You are conditioned to navigate in a world that others explain to you: This object here is a chair, this is a ball, and this is a glass of water. To get your needs met, you learn to manipulate your environment.

However, at a fundamental level of energy processing, you are picking up waveforms. Watch newborn babies look at your face. They will look around your head, looking at the energy field, not at facial features. When your energy field lights up, they smile at the beauty of the lightshow you give.

When you close your eyes and go inside, you perceive the communication from your inner mind more directly than when communication consists of objects and words

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filtered through your eyes. Your inner mind is not tethered to an object-world. It can move from waveform to waveform. Think of the waveforms that represent the book you just used for the exercise. Your mind was freed to interact with the waveforms directly, discerning them and translating them into meaning you can think about and express. This process is significant because it enables you to work more efficiently with the information-laden world around you.

I will give you an example that happened with a PhotoReading student named Julie. She had heard the word “serendipity” and was wondering, “What is the formal definition of serendipity? What does it really mean?” That summer morning, as she walked downtown where she lived, she noticed a bookstore with the door open. She felt drawn to the store, so she walked in and right up to a particular rack of books. She pulled one book off the shelf. She opened the book to a page that said, “The definition of serendipity is...”

Julie read the definition, closed the book, put it back on the shelf and walked out thinking, “How cool was that?!” Truly, what better way was there for Julie’s genius mind to answer her question than to give her the direct experience of serendipity? You can say this is just a remarkable coincidence because you could try this a zillion times and never reproduce it. However, because it happened and she could testify to it, I have continued to research how this kind of phenomenon occurs and how we might make it work for us on a regular basis.

When I connect Julie’s experience with the stories I had heard about children reading with eyes closed before they learned to read, it began to make more sense. Children perform this skill before they begin turning words into objects, which then requires numerous internal translations. Children perceive waveforms directly, before they become conditioned to perceiving symbolic languages of numbers and words. The fact that you have been conditioned will not hinder your ability to use this technique brilliantly...as long as you are willing to approach the task with the same open mind and open heart as a playful child!

Edgar Cayce and others have “read” entire books by sleeping with the book under their pillows. This technique, similar to a practice called stichomancy, is over 3,000 years old. It is divining meaning from the printed word. Could it be that word divination is a process of seeing the energy of a book’s contents and understanding it at a conscious level? What would it be like to close your eyes, imagine a book, allow your mind to read the entire book outside of your own conscious awareness, and receive the information that will be most relevant to you?

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Reading through your palm is a similar process. The idea of absorbing a book by sleeping on it appeals to many learners of all ages. From my own informal surveys, I have found many who have tried it. In every case they were hopeful that it would work, but I never found anyone who would reliably produce a benefit from it. In spite of that, we are about to take the procedure one step further. I suggest you do not need to be near the book. It does not have to be under your head, or your foot, or your hand. You simply need to choose to intentionally engage that book.

Recently, when I was at home meditating, I mentally selected a book from a bookshelf downstairs and read it...not through the palm of my hand but through a couple of floors. I picked a book called *Leadership for the Disillusioned* by Amanda Sinclair and the page that came to me was page 83. When I imagined what this page was communicating, I sensed that it talked about how people may or may not be able to follow a leader. I was really thinking about follower-ship. Sometimes, people are skeptical and they are not interested in following in a particular direction. And how might a leader work with folks like that?

When I went downstairs and opened the book it said:

“Research confirms that individuals police themselves and their peers more vigorously than a manager with a stopwatch can ever hope to...In particular, the work of David Knights, Hugh Willmott, Cynthia Hardy and others in the field of organization studies has weaned us from a simplistic model where power is held totally by the powerful and exercised over the powerless in visible situations to induce compliance and conformity. Power is present in almost all situations, and it does not necessarily feel negative or coercive...the theories summarized above can inform a better understanding of leadership and guide leaders who have an intention to liberate.”

To me, my experience of reading at a distance was fairly accurate. When I saw the page in my mind it was absolutely just a page of text with no headings or bold print or graphs—just one big block of text.

My business partner Cheryl Valk used the same distance-reading technique with a book that was 1,200 miles away. When she returned home and looked at the book, in addition to getting the meaning accurately, she got a picture that was on the page. There was a picture showing how energy flowed in a wave-like form, which she had seen very clearly in her mind.



FACILITATING CHANGE FOR SELF AND OTHERS

In studies of hypnosis and post-hypnotic suggestion, it has been shown that once you believe you cannot do something, the brain goes through an “abort” mechanism when attempting to access information or a skill. It is exceedingly common that people assume they cannot do something because of an early childhood conditioned response. Consequently, instead of accessing many of the fabulous capacities that are possible to develop, they tend to marginalize the ability or ignore the opportunity.

Let’s say the brain has to go through a cascading set of steps to access a particular resource or ability. As an analogy we might say the brain has to get to the right neighborhood within the neural net, find the correct building, climb to the correct floor, enter the correct room, go to the correct file cabinet, open the correct file drawer, and locate the correct file. If you believe you cannot do something, once you get into the neighborhood, your brain will convince you to walk away and give up.

The reason we doubt our potential is because we are conditioned to accept the past as a predictor of the future. When you imagine reading through the palm of your hand, the culture in power says, “This is not reading. You cannot do this, so do not bother trying.” Do not accept that. Go ahead and play with your abilities. You will discover that the more you play with it, the more internal barriers you release. Try it a few times a day for the next week.

One of my teachers, Richard Bandler said, “If you do not like the voice in your head, put more voices in there.” The energy of books will also put more voices in your head. Go to the library and pick out a stack of books on intuition, psychic abilities, genius, or whatever interests you. Pick books on spiritual topics, and engage with the energies of the books before you go to sleep at night. How does it change your dream state? Wouldn’t it be powerful to access information directly in your dreams?

If you see somebody with a book, say, “Have you read that book? May I borrow it for a second?” Hold the book in one hand and hold your other hand over the book. Let your intuition present a page in the book. Hand back the book without looking at it and say, “This is the page that came to me. I’ll tell you what I saw and you tell me if there is any correlation.” If you are close, you will be taken for a genius. If you are way off, a complete lunatic. In that case, shrug your shoulders and try it with somebody else. Experiment with the technique. Entertain the possibility. See what happens.

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MENTAL CLARITY AND VIVIDNESS

Simply by playing with your internal sensory perceptions, you will overcome barriers to your genius mind that you accumulated while growing up. Be encouraged, regardless of the results you experience when reading through the palm of your hand. Stay curious. Notice what happens. If it does not seem to corroborate what you imagined, look at the surrounding pages. The page that you selected and the idea it presented is a communication from your inner mind. It is using this book as a way of getting the message to you.

When playing with the technique in a group of people, 20-40 percent of the group will have an experience they consider significant. At least 15 percent claim they received nothing at all. Inquiring further, I often discover that a person expected a certain result and did not notice that other results were presented by the mind. For instance, when a person read the actual page, he claimed it had nothing to do with what he imagined. However, when he looked at what the page did say, contained within the text were answers to significant questions he had been holding in mind. On many occasions the page selected not only contained essential information important to the reader, it was also seminal to the overall message the author was addressing in the book. Furthermore, if the reader had formulated a purpose for reading the book, the page selected contains an idea central to the purpose of the book.

The only way I could have discovered this unconventional reading potential is by playing. As a researcher I am intrigued by the historical roots of this process. I am also curious about what internal attitudes and approaches make the results more reliably available to the practitioner. My earnest belief is that if any one person can do this, literally anyone can do it.

Contained within you is all that you need to live your life at the full capacity and expression of your magnificence. It may have been shut down for a while, but your mind is on a path to reclaim your inner genius and express it to enhance the quality of your life. To encourage your further growth and development, your inner guidance brings you to areas for conscious reflection. Consider again your experience of reading through the palm of your hand. Notice the page your mind selected. Every time you pay attention to where your energy is attracted, you open to your inner genius to reveal the insight necessary to take the next step forward in your life.



RELATED QUESTIONS

Q: How old is the oldest person you know who can read a book this way?

I have not met anyone beyond 70 years old who has played with this technique. I would love to hear a report from any octogenarians who use it. My sense is that there is no lower or upper age limit. Is it too conditioned out of us by the time we get past age ten? Not really. The fact that you are reading this book indicates that you are already someone who thinks that such a possibility could exist.

Q: How can I acquire this unconventional skill at this point in my life? If I acquire the skill will I retain it?

We have long heard the adage, “If you don’t use it, you lose it.” That is true for a lot of skills like math or playing music or speaking a second language. How about riding a bike? Do you ever lose the ability to ride a bike? Anything that you do with your whole brain stays with you. Once you learn to PhotoRead, you will never lose your ability to PhotoRead. As you play with it, you will become more proficient. In other words, you become more confident and willing to use it in all areas of your life.

Q: Can the PhotoReading method help prevent mental decline due to aging?

When you access the further resources of your brain and mind, you build new connections and strengthen the brain’s production of neural secretions which keep your neurons alive and firing. When you read a book through the palm of your hand, notice how curious you are when you go to “the” page. Notice how engaged you are. Notice how you wonder. That state of wonder is critical to keeping your mind fully active and engaged in the learning process. It also develops a tremendous number of positive learning behaviors that will serve you in other areas of your life.

Taking a few seconds to select a book and locate a page, you aroused some curiosity. Wouldn’t it also be great if in fifteen minutes you could finish that entire book with your conscious mind? You can assist your brain and mind in developing tremendous capacities if you simply play like this.

Q: How do you keep on target yet remain open to relevant connections with the content of the page?

When you go through a book, it is important that you have a focus or intention in mind. Consult your inner mind in determining what you should be curious about in that book. In this way you allow your nonconscious mind to bypass the critical faculty or editing

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function of the conscious mind. You can then plug into the information of a book much more easily. The clearer you can be about your intention, the easier it is for your mind to provide you the information needed.

Q: When can we understand through vibrational waveforms and not be limited by language?

PhotoReaders can practice and learn to understand books and languages not their own. They can PhotoRead books upside down and backwards and then describe the book in general as well as describe some scenes in vivid detail. Because the material is in a language they cannot read, this suggests that they were not interacting with words, but with the energetic waveforms of the book. You can interact with energy regardless of the language in which it is written.

Petra, a PhotoReading instructor from Austria, regularly demonstrated a remarkable skill. When traveling, she would request to borrow a novel—written in a language she did not know—from someone reading poolside. She would flip the pages of the novel upside down and backwards, once through. She would then close her eyes and describe what she saw in her mind's eye. Invariably, the amazed owner of the book would remark that Petra had described the general storyline of the novel and some scenes from the book in precise detail. This remarkable ability of the mind is also yours to be tested.

My colleague Asanara and I are collaborating on a project to bring energetic books out into the marketplace. For example, a book designed for healing is written with the vibrational energy of healing. This means that your body can take on the energetic meaning of that book and the value of the healing processes contained in it, simply by interacting with the book. Healing images will also be included in the books to facilitate the attainment of healing outcomes.

The idea for an energetic book advances a concept I found in a rare book written in 1893 called *Ideal Suggestion through Mental Photography*. The author, Henry Wood, was famous in the New Thought Movement in his day. Back in the 1970s I presented a workshop on this powerful idea at Unity Church, before the development of PhotoReading or reading through the palm of your hand. What if we could bypass the conscious mind altogether and use energetic reading to get the results that we want?

The universe is in a state of expansion. It is expanding in this world. The evolutionary impulse uses us and expands through us. We are representatives of the emerging future. Therefore, when you access the full resources of your genius mind and engage its full expression in your life, you are engaging in the co-creative process with the universe.

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TWO-MINUTE MEDITATION

Take a moment for a short meditation at the close of this chapter. If you can, read the following into a recording device and then play it back to guide your meditation.

Pause for a moment right now to close your eyes and again Drop Into Genius with the gentle ease you have developed through the various exercises throughout this book. Aware of yourself from head to toe, aware of the space your body is occupying. Aware of the gentle feeling of your breathing in your nostrils as you inhale and exhale slowly, smoothly, in a complete cycle without pauses, just a beautiful, continuous flow.

You are developing the rich resources of your genius mind, (NAME), learning ways to express the power and talents within you for improving the quality of your own life...and the lives of those with whom you feel connected. You are mindful of the presence and power that you are...the Soul self, living in a magnificent physical form, residing in the world, here for the purpose of having the experiences you create. You are gaining additional mastery with the full range of talents within you, each time you Drop Into Genius and connect with the vast resources of your nonconscious mind.

Throughout your study and play with the principles and exercises of this book, you have developed the greater capacity to approach your life with an open mind, an open heart, and an open will. You are more present to the emerging future and able to receive guidance from the higher intelligence within you.

Now (NAME), you know how to move beyond the world of objects and appearances to perceive the energetic waveforms around you. You are seeing more deeply, listening more deeply, and feeling more deeply to discover the next steps you can take to realize the highest potential of your life's expression.

You really do feel empowered, right here, right now. Your body relaxed, your mind aware, your emotions at peace, your spirit expressing love, as you expand this beautiful state of wholeness into every area of your life. Breathing just so...inhaling and exhaling with a gentle awareness of the remarkable individual you are. At a rate that is comfortable for you, maintaining an awareness of the flow of your breath in the nostrils, open your eyes and live in peace.



CONCLUDING SELF-REFLECTION

Take a few moments to reflect on what we have played with in this chapter. Imagine if you were able to apply the principles and integrate the skills described. What positive difference would they make in your life?

Imagine a scale from 1 to 10, where 10 is a perfect future in which you fully live according to the knowledge, skills, and attitudes presented in this chapter, and 1 is the absence of all knowledge of what was presented. Where would you place yourself on that scale today?

Whatever number you wrote to the question above, why did you choose a number so high and not lower? (Write your ideas about what is already working.)

What is a possible next step you can take to move yourself one point higher on that scale today?