# Learning Spiral

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**Sir Christopher Ball**
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# Rapid Sensory Learning and Conscious Creation

by Kathleen Ginn

**Kathleen Ginn** experienced a great deal of ill health in her life and studied the therapeutic use of light, colour and sound as a means of helping herself. She has studied reflexology, stress consultancy, mind power and accelerated learning techniques such as Photo-Reading®, and is currently studying for a doctorate in complementary health care.

She developed Rapid Sensory Learning and Conscious Creation with Michael Reitz, who is also developing the Color for Life programme.

Learning is more than memory. It is certainly more than taking in facts and regurgitating them for an exam. For learning to be effective it needs to be in tune with the biology of the learner. Whole brain and body learning includes the physical body and brain, along with the mind (thoughts, feelings and form) and spirit (vision and fulfillment of potential). Learning is literally the natural way of living.

Unfortunately the traditional system of education does little to cater for the natural way of learning. Nor does it take account of differences between learners, and the result is that many children (and adults) are unnecessarily being labeled 'learning disabled'.

It doesn't have to be like that.

Rapid Sensory Learning and Conscious Creation is a system which works with the natural abilities of individuals to help them achieve their full learning potential. It integrates three different disciplines, all of which are already known to boost the immune system and tone up the nervous system, thereby resulting in overall better health. These modalities are:

- Sound healing
- Light and Colour healing
- Physical activites from Yoga and Qi Gong

## Listen and Learn

Sounding material out loud helps to 'download' information into the subconscious memory and is the first step to deep biological learning.

The first sense/intelligence to grow in the embryo is hearing. At 18 weeks a fetus is capable of distinguishing sounds within the mother's body and the surrounding environment. After birth, the baby adapts to its new air environment by having a stronger sense of hearing than vision, thus re-establishing a sense of awareness and familiarity with its surroundings through the auditory sense.

Rapid Sensory Learning uses music and voice sounding as a means of re-engaging the primary learning sense/intelligence. Listening and hearing are key to learning. Hearing is the sense through which we can download vast amounts of information and listening helps us comprehend the material.

### Benefits of learning and healing with SOUND

- Slows down and equalises brain waves
- Affects respiration, heartbeat, pulse rate and blood pressure
- Reduces muscle tension and improves body co-ordination
- Increases body temperature and the release of endorphins
- Boosts the immune system
- Changes perception of space and time
- Boosts productivity and fosters endurance
- Leads to learning in a fraction of the usual time for complex tasks
- Increases retention skills, strengthens memory and learning
- Increases vocal variety and gives better voice control

### Benefits of learning and healing with LIGHT and COLOUR

- Brings forth creativity and inner potential
- Improves concentration
- Makes note-taking fun and easier for recall
- Makes reading easier and less strenuous for the eyes
- Improves any imbalance between the vestibular system and visual acuity
- Facilitates memory retention
- Decreases computer strain
- Helps reduce fatigue, stress and tension
- Brings dull items to life
- Improves self confidence through image

## Light Up and Learn

The second sense/intelligence to develop in the embryo is vision. Through regression it has been found that the fetus is aware of a pink light and is capable of distinguishing night and day.

After birth a child takes around six weeks to adapt to its new air environment, mainly through the sense of hearing. After it begins to recognize the sounds it heard from the womb, the child searches for the source of the sounds by engaging the eyes. This focusing in and out helps to develop the eye muscles and vision.

Without light and its refractive qualities of colour, we would not be able to distinguish anything within our world. Light and colour enable us to make sense of the dynamics of an object within its environment. Children learn letters, shapes and numbers by using colour ... not because it is pretty, but for its effectiveness in enabling us to distinguish depth, texture and form. (Children's textbooks which were printed in black and white – right up to the end of the 1970s – were depriving children of an important source of learning input.)

Adults find using colour important for reading effectively, making their notes more

**Benefits of learning and healing with MOVEMENT**

- Creates balance between the two hemispheres of the brain
- Reduces brain fatigue
- Improves hearing, vision and co-ordination
- Improves concentration and focus
- Improves comprehension
- Improves listening and hearing
- Improves visual acuity and reading skills
- Improves language skills
- Improves short and long-term memory
- Body and mind experience deep relaxation

dynamic, and also for reinforcing images, facts, figures, concepts and theories. Both adults and children are able to boost their self-esteem through the use of colour in image, thereby leading to better grades.

Looking and seeing are key when anchoring material effectively, and for activating the downloaded information taken in through the auditory sense.

## Learn with Movement

A newborn baby takes about three months to realise that it cannot locate sounds with its eyes if it lies still. The movements it makes create connections between the neurons in the nervous system and enable the ears, eyes and limbs to function as an integrated unit.

There are certain Educational Kinesiology®* movements that are particularly brilliant for engaging the physiology into whole-brain and mind abilities. Rapid Sensory Learning utilises three specific whole-brain exercises from Educational Kinesiology®:

- the Infinity Walk (a walking version of Lazy 8s)
- Cross Patterning (Cross Crawl)
- Inner Balance Handshake (Hook Ups)

Whole-brain physical exercises not only prepare the body for learning, they also help improve the learner's ability to listen more actively, read more easily, and thereby improve a host of other essentials required in the learning process. They encourage free-flowing energy and stimulation between the left and right brain hemispheres and sort the various stimuli into memories in different parts of the brain.

'Doing' or 'movement' is what really anchors information into the biology. When whole-brain exercises have been used regularly, students are ready to express their learning through acting out, building, or discussing (which has been an important aid to learning ever since the ancient Roman's invented the forum).

## You Are What You Eat

Rapid Sensory Learning also encourages a more healthy lifestyle through nutrition and exercise. It understands the impact of environmental electromagnetic pollution on the biology, and how microbes can overgrow in a system overloaded with saturated fats, sugars and additives, thereby affecting the mind/body connection in learning. It recommends healthy foods, creating beauty within the environment, and studying and learning in more natural light.

## You Are What You Think You Are

Your biography becomes yourbiology. Philosophies around the world have stated that man is nothing more than the product of his thoughts. Conscious Creation demonstrates the connection between the initial seed thoughts and the resulting feelings that arise from these thoughts. It is about enabling students to discover how their thinking patterns are either empowering or dis-empowering. By discovering what it means to be 'double minded' and how the feelings are a barometer of our thinking, students can release blockages and overcome their fears.

Learning is a life-long process and is about living life with purpose, meaning and making a difference. It is more than just having a positive attitude. It is about enlightenment of the self and at the same time contributing to making the world a better place. By understanding how the mind creates perceived individual reality, each student can make conscious choices that empower their learning abilities.

Rapid Sensory Learning ensures that everyone understands that they can be who they want to be, and if their biology (eg 'dyslexia') is not helping them learn, this can be overcome with mindful thinking and a natural biological sequence for learning.

Rapid Sensory Learning and Conscious Creation is an integrated system based on allowing the human organism to live in the best possible way and catering for the differences between individuals. This also creates the best conditions for learning.

**Rapid Sensory Learning and Conscious Creation**

- there is no wrong or right, just subjective perception
- thoughts create emotional states, feelings, actions and reactions
- a newborn baby mimics the sequence of biological cell division in a devloping fetus
- nutrition and exercise affect the ability to absorb, retain and regurgitate information
- physiological state and memory can be changed
- fears around learning can be identified and released through EFT, Journalling and other techniques
- sound, light/colour and movement are used in sequence to mimic biology and create a whole body/brain state
- colour filters are used for reading, and colours for note taking, question forming, spelling and highlighting text
- material is downloaded through music and voice
- memory hooks are created, intentions set, material previewed and prepared for study through suggestion, lists, mini mind-maps, etc
- studying has a goal and true learning a vision

www.mindlightlearning.com

*Educational Kinesiology®, also known as Brain Gym®, was developed by Paul and Gail Dennison