ZOX

www.ZOXpro.com

ZOX is the compiled works of Richard Welch, Subliminal Dynamics[®], Brain Management[®], and Mental Photography[®]. **ZOX** provides the most precise 'Best of the Best' approach for quick gain of your mental abilities.

ZOX, in cooperation with Educom, Incorporated, has permission to reproduce key parts of the trainings created by Richard Welch, the "Father of Mental Photography". Through this philanthropic creation, Richard wants to share his success trainings to the rest of the world.

Module 1 of ZOX Training has the following components:

- Legal statements and disclaimers
- A brief History of Richard Welch and his teachings
- Student responsibility & Expectations
- The Benefits of ZOX Training
- The Brain vs. the Mind
- **Belief Systems**
- The 5 Stages of the Conscious Mind
- The Mental Photography Comparison Chart
- The Learning Curve of Life, AND
- Albert Einstein's 'Distraction Index' a technique to enhance your concentration.

ZOX and children: This training is intended for a mature audience. You will experience advanced innovations in education and training that are the result of ongoing scientific research. Therefore, we advise parents and guardians who are interested in having their children participate, to oversee their training. Assist them with each technique and help clarify any concepts where necessary.

ZOX is not a photographic memory course. The techniques and applications of the ZOX Training are solely for educational use.

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A Brief History of Richard Welch

In October 1975, after fifteen highly successful years in the financial planning industry, and one year of retirement at the age of thirty-four, Richard Welch started on a trek that would place him in history as the "Father of Mental Photography®*". Richard Welch was about to discover a new way to learn, at incredible speeds, with complete accuracy!

Embarking on a new venture, he realized a vision. After two months of operating his own speed reading school, Richard had a desire to innovate and improve the results. He wanted a course that would consistently attain results surpassing those attained by the Evelyn Wood Reading Dynamics course, and, if possible, in less time. Their course and his were currently producing about 2,000 words per minute—theirs in seven weeks, his in ten weeks.

Within a very short amount of time, startling things began to take place in the classroom. Several students had broken an existing world record in speed-reading, which researched to be 100,000 words per minute, with increased comprehension. Back in 1976, two students, a sixteen year old boy and a thirty-five year old accountant, exceeded 175,000 words per minute and were still climbing. A few weeks later, the accountant, peaked at an amazing 422,000 words per minute and tested with 85% comprehension on completely foreign material. In 1976, another 16 year old boy Mentally Photographed® at 606,000 words per minute. In front of 30 educators, he took a 100 question in-depth test on the book, scoring a 90% on the material, and he is dyslexic!

Richard Welch had found an entirely new method of speed-reading, or something like speed-reading, that when taught, produced unbelievable results: **Mental Photography®**, also known as Subliminal Photography®!

Psychology department staff from several universities performed independent tests funded by Richard Welch. Testing confirmed that anyone with average intelligence can learn to read at astounding speeds up to **2,000,000 words per minute** -- with increased comprehension. This was achieved by flashing information at **forty milliseconds** on a **Tachistoscope**. Tests confirmed that young children, fourth and fifth graders, could rapidly grasp his method. It raised their reading and vocabulary skills several grade years with only a few hours of using this method.

What came to life in 1975 was a phenomenon called Subliminal Dynamics® with more hidden potential than developer Richard Welch ever dreamed of. Like the child prodigy it was, it continues to amaze people who find themselves shaking their heads in wonderment at the results. Since the research and development never stops, Mental Photography® has reached maturity in time to help an ever overburdened world to find the answers for tomorrow.

In 1991, Richard and Donna Welch decided to take Subliminal Dynamics® on the road, and write the next chapter in this ongoing saga. Not only has Subliminal Dynamics® found major

acceptance across the United States, but they were also invited abroad to send out the message worldwide.

The research and development has lead to even more discoveries. Wonderful things began to take place for the students. Noticeable events happened regularly. Everything from winning large amounts of money, to psychic events, to the healing of health issues; great things were happening. Richard Welch tested what triggered these great events, and developed a scientific way to formalize the outcome based on a simple, formatted input to the subconscious part of the brain.

This research has lead to the simplification and reliability of the training. Our students go farther and faster, with complete ease and better results than ever before! Until this time, Mental Photography® was only taught in the Subliminal Dynamics® Seminar, as Subliminal Photography®. The Subliminal Dynamics® Seminar is a four session, four day seminar. Each session is approximately 4 to 5 hours. The Subliminal Dynamics® Seminar is held throughout the world, and is regularly scheduled in the United States.

The tremendous growth experienced by our company is primarily due to student referrals. People from all backgrounds -- students, business and industry, education, professionals, law enforcement, military, scientists, and others -- learn these innovative methods successfully. The applications of this process are limitless -- and the implications are extraordinary. As research and growth continue, we look forward to tomorrow's challenges.

Welcome To Tomorrow®!



What You Will Learn & Your Responsibilities

Throughout ZOX Training, you will learn several techniques that will help you open the full potential and capability of your brain. They are:

Albert Einstein's' "Distraction Index"

The Eve Chart Drill

Relaxation Techniques

Creative Problem Solving (Personal Programming)

The Mental Photography® Technique

Triggering Recall of Mentally Photographed® Information

To gain the most benefit from ZOX Training, you must follow the instructions and do the techniques every day. This is very important! If you do these techniques every day, you will receive some remarkable benefits.

Expectations: That you, the student will follow the course outline and discipline yourself to do the exercises associated with the ZOX Training on a daily basis.

That you will realize and accept that the experience of Mental Photography® is quite different from the experience of reading. ZOX Training is not about developing an eidetic or photographic memory. This is a Brain Management Training. Mental Photography® is the primary vehicle that expediently creates a very strong rapport between the conscious and the subconscious. It excites our brain into action and opens many doors to our vast potential by building these bridges. It exercises our brain similar to exercising your muscles at the gym.

The Benefits of ZOX Training

- Improve your ability to concentrate
- Increase your awareness and perception
- Recognize and trust your intuition and apply it in your daily life
- Learn to relax and reduce stress
- Require less sleep and get more productivity from sleeping time
- Become better organized
- Make phenomenal changes in your life guickly and efficiently
- Learn new methods of creative problem solving
- Increase your learning speed dramatically
- Improve your memory
- Become happier!

FIVE STAGES OF THE CONSCIOUS MIND

- 1. DISBELIEF
- 2. **FRUSTRATION**
- 3. REJECTION
- RESIGNATION
- 5. ACCEPTANCE

MENTAL PHOTOGRAPHY® COMPARISON CHART

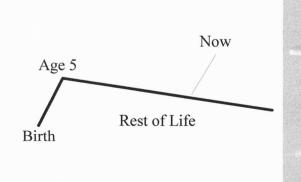
COMPARISONS COVERING MATERIAL ONE TIME *National Education Association Statistics

	ASSET AND ASSET		
	W.P.M.	COMP.	RETENTION
*READING	250	50%	LOSE 90% IN 48 HOURS
*SPEED-READING	1,000	60%	GOOD ONE WEEK, THEN DROPS OFF DRAMATICALLY
MENTAL PHOTOGRAPHY®	25,000+	77%**	100% FOR LIFE

Why is the comprehension not 100%? You miss pages. Three times through the book will bring you up to 90% as you will miss different pages each time you photograph a book.

LEARNING CURVE

(National Education Association Statistics)



Albert Einstein's

DISTRACTION INDEX DRILL

"I won't be distracted by 'that' anymore!"

Does your mind wander when you are trying to read? Is your concentration level low? If so, you're not alone. This drill, developed by Albert Einstein, will help you develop the ability to concentrate for a period of time with zero distractions -- that's 100% concentration and focus.

INSTRUCTIONS:

- 1. You need a stop watch, a white piece of paper and a pencil. You will time yourself for three minutes the first time. As you progress, you can increase the amount of time.
- Write on your paper, "I won't be distracted by that any more."
- 3. Start to read material of your choosing.
- 4. When you experience a distraction:
 - hold your finger on the place in the text
 - write one check mark on your piece of paper
- 5. Look back to the text where you have placed your finger and say inwardly to yourself, "I won't be distracted by that any more".
- 6. Then, continue reading where you left off.
- 7. Repeat steps 4 through 6 each time you experience a distraction.
- 8. At the end of the three minutes, count the number of marks on your paper. This tells you the number of distractions you experienced.
- 9. Repeat the drill again. Start reading where you left off. Each time you repeat the drill, your distractions marks will be fewer. Your goal is to have no distractions within the 3 minutes. Once you reached that goal, you can increase your time by two minutes to 5 minutes, then 7 minutes, etc.