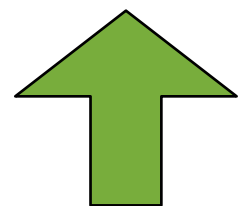
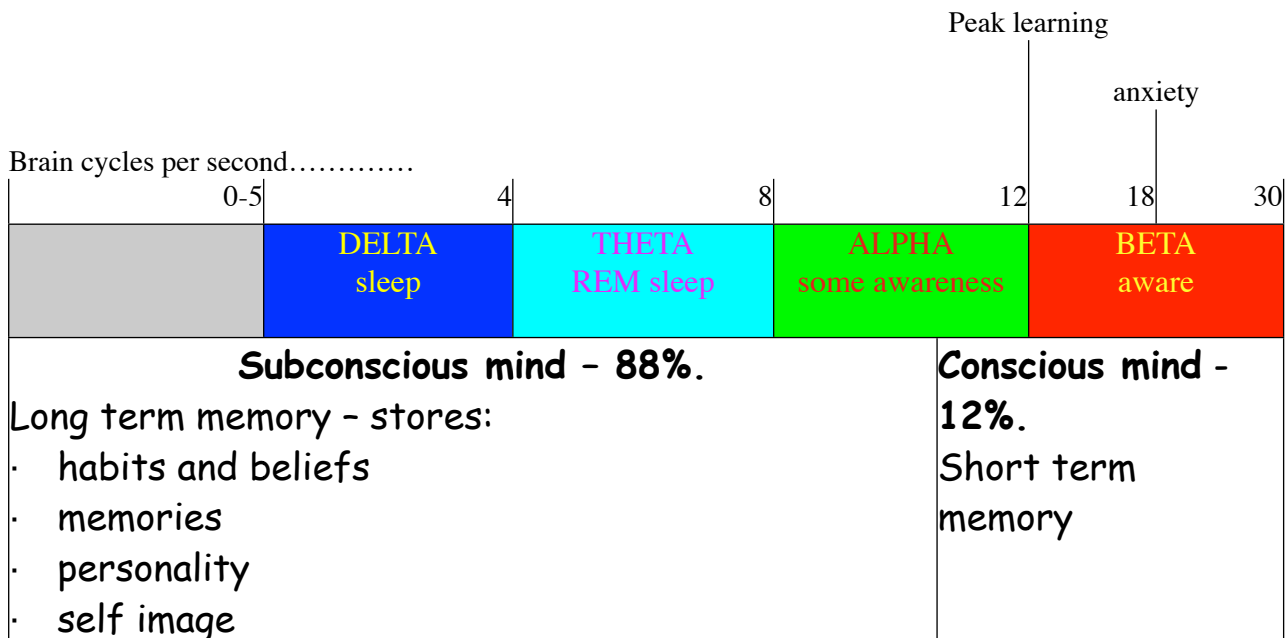


# Alpha Learning



Between the conscious and subconscious mind is a “filter”. This filter either lets through or blocks out information that the conscious mind receives. Once information gets past the filter it’s in your subconscious mind, which is your long-term memory. Science has estimated that 70%-80% of what the conscious mind deals with does NOT make it into long term memory.

Research has shown that when we are in an Alpha state of brain cycles per second, optimum learning occurs. Alpha learning is induced in a calm and

relaxed learning environment and enhanced through the use of some pieces of music that have a beat of 60 to 70 beats per minute, rather like a heartbeat. Baroque music is used for this purpose

Try playing it softly at home when your teenager is studying. Most certainly upbeat pop music will have entirely the opposite effect and put the student into a Beta state which activates the short term memory only; the “here and now.” Learning cannot occur in this state, as the filter will block access to the subconscious memory.