

# **Tony Buzan**

## **Super Brain Power Using the Whole Brain and Body For Super Learning**

Do you know you use less than 1% of your brain's amazing potential. Now I will show you how to liberate the rest using your whole brain and body.

The brain cell is called a neuron. It has dendrites that connect in the most amazingly intricate ways. These are a kind of nerve cell. If you stimulate the brain in the appropriate way using the mind and the body, you will experience amazingly improved states of mind and performance.

Remember the brain is in your head, which is part of your body. Posture is very important for learning, and when you improve your posture you can improve your thinking. If you sit up straight, and with an open posture, your brain will receive a better set of elements that help support it. You will be able to breath more easily, your brain will receive a better blood supply and you will feel better. Try it for yourself.

Use your internal and external senses, and be sensuous. When you look at something, if you cannot touch it, imagine doing so. Engage yourself in the task. This will increase the number of connections in the brain.

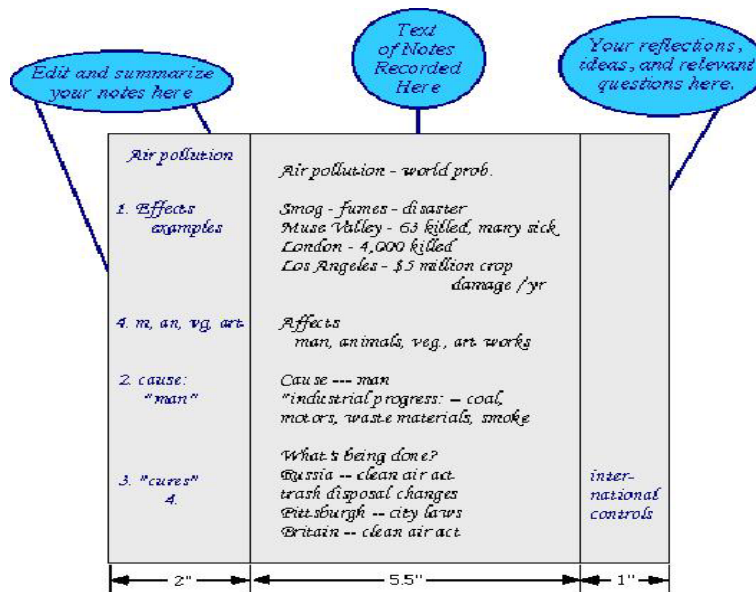
Be sexual! Sex is natural, and can help you to experience more with more variety. In addition to sensual thinking and poise, you can also engage in self love, or as it is commonly called "masturbation". Masturbating will also allow you a better set of connections to help you develop and become more mental as you grow (Head First, Buzan).

Now you have all the tools in hand for moving to the next important part of using your whole brain. Note making!

## Note Making/Taking

There are four main styles of note taking

1 The sentence narrative style. e.g:



2 The list style involving noting down ideas as they occur. EG:

<p><i>Air pollution</i></p> <p><i>Smog</i></p> <p><i>London 4000 killed</i></p> <p><i>Affects, man, animals, veg</i></p> <p><i>Cause-industry</i></p> <p><i>Solutions? Clean air act, city laws</i></p>
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3 The organized outline form making notes in a hierarchical sequence of categories and subcategories (commonly used at university level and higher). EG.

### Extrasensory perception

\_\_ definition: means of perceiving without use of sense organs.

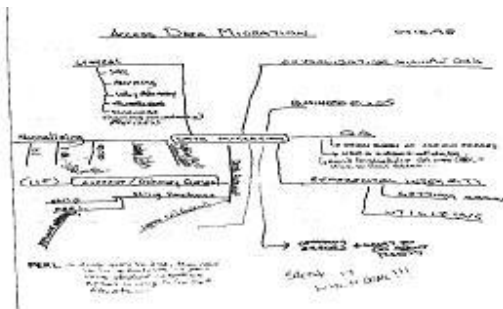
\_\_ three kinds -

\_\_ telepathy: sending messages

\_\_ clairvoyance: forecasting the future

\_\_ psychokinesis: perceiving events external to situation

AND: 4 The disorganized or messy form, (Akin to Mind Mapping).



## Comparing Notes

People find the first three forms very frustrating to use.

They encourage the brain to forget and reject.

They obscure key words

They make it difficult to remember (they put you into a **semi-hypnotic trance** making it impossible to remember) (Buzan 1991, P49)

They are a waste of time

They fail to stimulate the brain creatively

Monotone Notes

Most of the above styles are also generally monotone. This word is similar to monotonous.

What does the brain do in this situation? It switches off and goes to sleep.

For example:



(Da Vinci's Notes)



The world is mentally illiterate

Libraries are similar. They are full of monotone books. Libraries are becoming giant public bedrooms. (Buzan 1991, P46)

The consequences:  
" We lose powers of concentration  
" We lose confidence  
" We lose the love of learning  
(Buzan 1991, P50)

## **Global sleeping sickness**

The last few centuries the vast majority of us have been making notes that use considerably less than half of the capacity of our cerebral cortex. This is why there is a global sleeping sickness concerning learning. (Buzan 1991, P49)

From Tony Buzan's "The Mind Map Book" (1991)

## **Mind Maps Will Change Your Life!**

(Learn to Mind Map (Buzan 2003)

They will make you mentally literate!

## **Mental Literacy:**

As knowledge of the alphabet and its permutations and combinations is to traditional literacy, and as a knowledge of numbers and their permutations and combinations is to mathematics, so a knowledge of the biological and conceptual alphabets of the brain and its apparently infinite permutations and combinations is to mental literacy.

The world is historically mentally illiterate!  
Even traditionally well educated and literate individuals are significantly restricted by the fact that they are able to use only a fraction of the biological and conceptual thinking tools which are available  
(Buzan 1991, P286)  
Tony Buzan's "The Mind Map Book" (1991)

## **Conclusion:**

Teachers and scientists all over the world are suffering from mental illiteracy, and learning sleeping sickness. They are teaching and using only a fraction of what is available in terms of tools for learning (the mind map)

Mind mapping is a superior radiant thinking device and will be far more effective than the three other apparently damaging forms of note making. When the world makes the conversion to mind mapping, the impossible will happen, the world will be mentally literate, and radiant thinking will warm our hearts.

Tear down these linear note taking prisons and pass on the mind!

Radiant Regards to All



These are the brain-reflecting foundation structures of a Mind Map. The more of them you follow, the more effective your Mind Map.

- 1.** Start in the centre with an image of the topic, using at least 3 colours.
- 2.** Use images, symbols, codes and dimensions throughout your Mind Map.
- 3.** Select key words and print using upper or lower case letters.
- 4.** Each word word/image must be alone and sitting on its own line.
- 5.** The lines must be connected, starting from the central image. The central lines are thicker, organic and flowing, becoming thinner as they radiate out from the centre.
- 6.** Make the lines the same length as the word/image.
- 7.** Use colours – your own code – throughout the Mind Map.
- 8.** Develop your own personal style of Mind Mapping.
- 9.** Use emphasis and show associations in your Mind Map.
- 10.** Keep the Mind Map clear by using Radiant hierarchy, numerical order or outlines to embrace your branches.