Increase IQ Report

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Modern scientific research has shown conclusively that IQ increase is possible. In this short guide, we will give you a few extremely basic techniques you can use now to help you improve the power of your mind.

We will also talk about some simple brain supplements to help you out so that you can get additional gains on top, and boost your mental performance to higher levels.

This information is all a prelude to The Complete Guide To Genius, our revolutionary IQ improvement course used by thousands of people all over the world. This course contains over 21 intelligence increasing techniques, including many tips and secrets to improve the power of your mind for the better.

To learn more, please visit us at www.PeakGenius.com
A Technique To Increase Concentration

The IPT Technique

This technique is best used for those who want a 5-10 points boost in IQ. The effects of this technique are:

1. Increased attention span
2. Increased concentration
3. Increased problem solving ability
4. Increased focus towards tasks
5. Increased mathematical and logical ability

The technique is called Internal Pseudo Telekinesis (I.P.T) and is as follows:

1. Remain in a place in which you are calm and free from all distractions. It is also best to be sitting down in a chair, rather than lying down in a sleeping position.
2. Close your eyes and visualise in your mind, a coin. A circular silver coin is best. What you must do is see the coin at an angle, as if you were looking down on at a coin on a table from an angle.
3. Continue to hold the coin in your mind, and do this until you are comfortable to proceed.
4. Now, with the coin in mind, you must focus your attention exclusively on the edge of the coin. By edge, we mean the thinnest edge of the coin and not the surface which has the head or tails part on it.

To focus your attention, simply concentrate all of your thought and all of your concentration on the edge.

5. As you do this, imagine that all of your thoughts are being pushed against the side of the coin.

Imagine also that the force of your thoughts on the edge of the coin, will act to make the coin move.

6. Continue to practise in this way, until the session ends.

END OF TECHNIQUE.

The beauty of this technique is that there is virtually no limit as to how difficult you can make it.

The smarter you become, the more difficult you can make the technique so that the intensity can still help you to make intelligence gains.

The key to this technique is to concentrate with full focus on the coin. If your mind wanders with distracting thoughts, bring it back to focus. Keep doing this. Eventually and over time, your mind will become very calm, sharp and focused, and this is exactly what you need to boost your success higher.
Here are some schedules to make the most of this technique. Beginners can get away with very basic training and still make intellectual gains. The point of this exercise is to push your mind and allow you to connect more to your subconscious mental powers. As you push your mind as much as possible, the subconscious powers will begin to be released.

**For beginners:**

1. Use it for 15 minutes per day
2. Practise for 5 days out of 7
3. Do not miss any session for any reason, other than illness

**For intermediates:**

1. Use I.P.T for 30 minutes per day, broken into 2 sessions. (e.g 20 minutes and 25 minutes)
2. Practise for 5 days out of 7
3. When you feel comfortable, increase the number of coins in your mind to 2 and perform this way.

**For advanced level trainees:**

1. Use I.P.T for 45 minutes to 1 hour per day, broken into 3 sessions of 15 minutes
2. Practise every single day
3. You can use 2 coins in your mind, but this time have them rotating around in a circle in your mind.

As this happens, imagine the edge of the coins as normal, and force your thoughts.
Questions Answered
The IPT Technique

Q. I can’t hold the coin in my mind for too long. What can I do?

A. Take a real coin and have a look at it. Observe its basic features and especially its shape. Then close your eyes and imagine what you just saw physically. As you continue to practise, it will get easier. This is good because the image will be more vivid in your mind.

Q. I’m having problems visualising an image at all. Is there anything I can do?

A. Yes:
1. Light a candle in a darkened room and look into the flame for 10 minutes. Then close your eyes and imagine the flame in your inner eye.
2. Another thing you can try is reading a story book beforehand. This works because it will spark your imagination and will allow images to come in your mind.
3. The final thing you could try is to use a different simple object instead of a coin, like a block of wood, tree or piece of paper. Basically anything simple which you can imagine.

Q. Do I need to see the coin in my mind clearly or can it still be fuzzy?

A. The coin should always be a bit fuzzy in your mind, but having a clear image will not hinder you in any way. It is natural to have a slightly fuzzy mental image and this is perfectly fine. You should find however that the image becomes clearer the more you practise the technique.

How IPT Works To Increase Concentration & Intelligence

IPT works primarily by manipulating:

1. your visualising ability
2. your imagination
3. your concentration

These 3 are fundamental cognitive variables which can have a huge impact on your intellect and mental processes. Below are some brief explanations to explain of these.

Visualising Ability & Imagination

This is your ability to see images in your mind. The greater the clarity, vividness and realism of the image, the greater is your visualising ability. The beauty of visualising is that it is linked to many brain areas. Therefore, improving the visualising directly allows you to access more brain areas when you think, meaning more brain power in any thing you do.

Concentration

Your concentration can waver from one quality of an object to another within a few seconds. By increasing your concentration on a specific quality for even 1-2 seconds, this has a large impact on your overall concentration ability. This leads to an increase in raw brain power.
Brain boosting supplements come in many forms. Below are some helpful tools to help you. Please note that the recommendations given should never be substituted for professional medical advice. If you have a specific medical or psychological condition, please consult a doctor or psychiatrist before using the supplements below:

1. **Ginkgo Biloba**

   This is proven to increase your short term memory. It is very good for students who want to cram for exams. It increases blood flow to the brain, meaning that more oxygen and nutrients can reach the brain and keep it operating at optimal mental function. Once gain, if you need to study very hard, or are in need of a short term memory boost, Ginkgo is the way to go. This supplement should NOT be used if you are over 40 years of age.

2. **Inositol**

   This is very good for clear thinking and mental endurance. It also contributes to energy production, helping you to stay awake during the day instead of being half asleep. Studies show a measurable increase in physical and mental activity for up to five hours after taking it.

3. **Phosphatidyl Serine (PS)**

   This famous supplement has been shown in clinical studies to increase lucidity and rate of learning. It helps regulate brain cell growth and makes sure that the brain is communicating within itself correctly. It is also thought to reverse memory decline. Phosphatidyl Serine has no known adverse side effects and is commonly consumed alongside Ginkgo Biloba above.
There are 5 main components which will determine IQ in the conventional sense. These are:

1. Axons
2. Dendrites
3. Glial cells
4. Neuron wave pattern (brainwave pattern)
5. Differentiated neuron function linkage

Axons and dendrites collectively are called neurons. Glial cells are responsible for arranging neuron cells and providing nutrition to them. The neuron wave pattern is the rate of firing between neurons at their synapse junctions. The differentiated neuron function linkage is the degree to which different areas of the brain (determined by function) are linked to one another.

Using the examples of the two sections (i.e. I.P.T and brain supplements), using I.P.T, your brain wave pattern will become much more specialised resulting in an increase in cognitive output, concentration and focus. With brain supplements, the effect is to increase the number of glial cells so that mental changes can be made very quickly.
The subconscious mind is the seat of your abilities, and learning to access its power will totally transform your life. If you begin to use the steps below, it will become easier to push your performance to higher levels.

1. **Improve your self discipline**

Self discipline is one of the greatest secrets to unlocking your mental power. With self discipline, everything works. Without it, you will be left in the lurch. If you expect to easily increase your mental powers by laxing, it won't happen. By getting on your own two feet and bringing your subconscious powers out to the surface, you will enhance the powers of your mind to higher levels.

2. **Focus on one thing at a time**

If you put your whole mental attention on what you are doing, and you get those things done, you will dramatically be able to improve your focus of mind and access the subconscious. This means that when doing something, get your whole mind on that thing only. Do not wander about with many distracting thoughts.

3. **Do visualisation**

This means imagining positive things in your mind and keeping it there for an extended period. For example, for 5-10 minutes, or even 30 minutes. Visualisation is a powerful tool used by athletes, religious personalities and business people to raise their level of performance. If you begin to visualise, you will begin to materialise.

4. **Use meditation**

A similar tool to visualisation, but with more emphasis on controlling your thoughts. Meditation is all about calming your mind and being centered with your thinking. As your thoughts become centered and very calm, you can enhance your manifestations hugely. Meditation will help you to feel more calm and it also raises your IQ. Try this for 15 minutes every day and see the difference it can make for yourself.

5. **Use guided hypnosis**

Getting into a hypnotic state is something that we do naturally all the time, yet we may be completely unaware of it. Anything that you do which influences the subconscious mind can be termed a “hypnotic suggestion”. With guided hypnosis, you are influencing the subconscious mind in a very controlled way. This is vital for unlocking your subconscious mind.

One session per week continuously is all that is required.

6. **Read aloud affirmations**

Affirmations are positive suggestions which you say to yourself. For example, “I am confident”, “I can do it”, “I will get this done” and similar. By reading aloud affirmations every day, you are making a statement and commitment to yourself that what you say you are going to do and be, is what is going to happen for you in reality.

7. **Get into “The Zone”**

“The Zone” is that state of mind which you can access when you are working hard to your goals, and you are very focused and concentrative. When in “The Zone” all positive things will happen. You will feel your subconscious being accessed and peak productivity becomes very easy. You will feel your mind and brain working at top speed and there will be a flow of positive energy going through your body.

This “Zone” state should be accessed as much as possible every single day. Doing this regularly will guarantee that your creative mental energies will continue to be released, and more success in all levels can come about that way.

8. **Be focused for everything you do**

When you are focused for everything you do, you push yourself to move hyper progress to your goals. Learn to be focused every day.
As you begin to unlock your mind, new found abilities will come about, such as enhanced creativity, thinking skills, problem solving, math, grammar and memory.

It is not just the small qualities which you should be looking at though, because the mind and its power can shape your life completely.

Here are some steps to maintaining the power of your brain:

1. Be goal orientated and set plans for every single day
   
   If you set plans every day, and you work hard to get those plans done, you will keep your mind in an efficient state. The people in business environments who reach the top of their careers are able to do so because they are goal orientated and get things done.

   Your ability to get things done and follow through with your plans is a key to maintaining good brain health.

2. Keep yourself mentally active every day
   
   The truth is that you must use the brain, or lose it. If you keep yourself in top condition by doing mental exercises, performing math calculations and generally doing mental tasks, you will help yourself tremendously over the long term. You can play chess, sudoku, do crosswords, brainstorm, play a musical instrument, learn a new language and many other things.

3. Stay away from “brain drainers”
   
   Things like the TV, poor habits, alcohol and smoking will drain your brain and should be avoided as much as possible. By associating with positive influences for your mind, you can maximise your chances of achieving true success for your brain and your life.

4. Eat healthy foods as much as you can
   
   By eating healthy foods, you will make your brain operate in top condition. Things like plenty of fruit and vegetables, wholemeal foods and non-processed meals are very important for giving your brain every edge you can.

   By giving your brain the winning nutritional edge, you will get years of satisfaction and heightened performance from it.

5. Associate with confident and optimistic people
   
   Associating with the right people will help form positive neuron connections in your brain. Who you associate with is who you will become, as the saying goes. Surround yourself with top performers who are working hard and doing good things with their lives, and you will be able to re-wire your whole brain to be a top performer yourself.
We hope you have enjoyed this basic introduction to improving your brain and the power of your mind. Your next step should be to read our articles on www.PeakGenius.com, or continue on our newsletter.

Our paid courses and programs are:

- The Complete Guide To Genius™
- The BrainTune® Series
- The Target Mind Brain Games™

All of these will work your mind in unique ways.

Until we meet again.....

To Your Peak Genius!

The PeakGenius.com Team