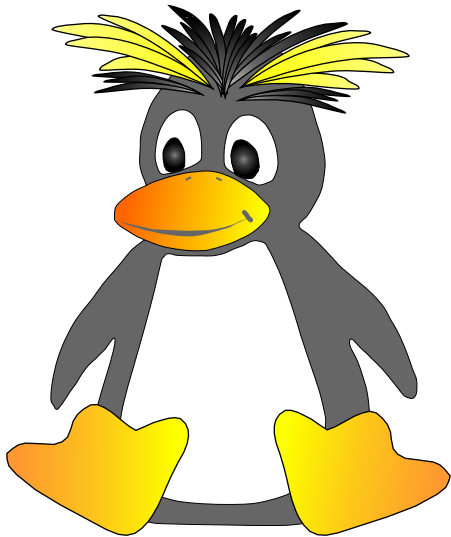


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Open Source Systems Ltd



Speed Reading



Mind Mapping

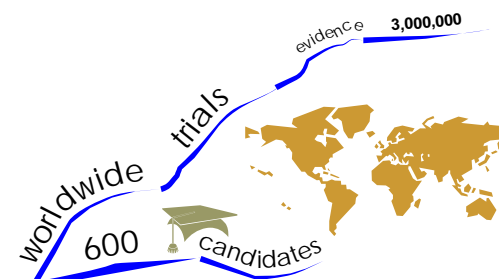
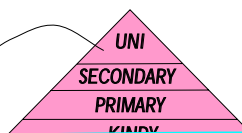


Memory Training

The Open Source Company believes in TECHNOLOGY TRANSFER. We teach people from all walks of life to master that most powerful of all computers on earth and so far the only BIOCOMPUTER that each and every one of us has been endowed with. After all - if you went out and bought a new laptop computer today wouldn't it come with a bunch of manuals showing you how to operate it?...then why not our biocomputer...

we set out to create such a set of manuals...look inside to find out more...

- ✓ Go from 250 words to 5,000+ words per minute reading speed
- ✓ Improve memory retention and recall from <10% to > 90% at 5,000 words per minute reading speed
- ✓ Mind Map an entire school year text book - approx. 300 pages achieving photographic recall of every page



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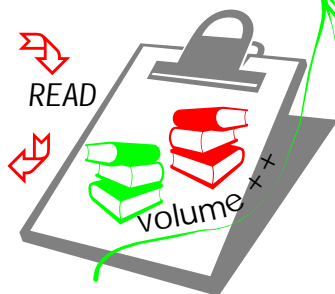
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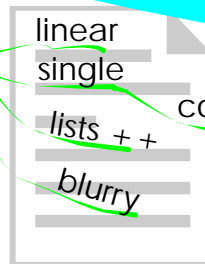
memory training



NOTES
RE-READ
CRAM



notes



colour

PRODUCTS

CAMM

COMPUTER AIDED MIND MAPPING BY:

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Preamble

On the previous page you stumbled across a mind map. This is the 'Mercedes Benz' of mind training techniques. If you look at this map you will see that it is a depiction of this brochure in a manner that has been researched over the past 30 years and has been proved to be the best manner in which to store information into our brains. The main branches - fat coloured lines show the main topics such as Introduction, History, Areas, Training, Modus Operandi etc. The Red Branch for example shows System (the main topic) branching (in smaller red lines) to easy, results, speed reading, mind mapping and memory training. The memory training branch further branches into other topic areas.

This mind map makes use of ALL the techniques we teach including synaesthesia - the use of the multiple sensory capabilities of your brain and right brain thinking - we are all taught in school to use only our left brain and so end up using only half of that magical biocomputer. This mind map also uses our very own CAMM system - Computer Aided Mind Mapping - technique. There is not enough space to list all that we do here - this is just a small sampling. Have a look at the mind map on the preceding page and then go through these notes here. When you've read the entire paper come back and look at the map again. Put this brochure away and go about your daily work ... You will find something amazing happening ... you are able to recall the brochure with almost photographic memory like recall. Now figure this — you have only used this mind map for a few minutes and your recall is near perfect. Imagine what you could do if you could read this amount of text, mind map it and have in place a system that allows you to recall the map and text with 100% accuracy for the rest of your life!!!

Executive Summary

This paper covers *LEARNING HOW TO LEARN*. It addresses weaknesses in the 'traditional' school system such as reading skills taught at kindergarten level that it is expected will carry one through life and such varied reading as technical books, journals, websites and newspapers. It also addresses the lack of instruction on how to use ones brain. If you buy a computer at a store you get 6 or 7 manuals with it. Which one of us has a set of manuals that came with the most advanced bio-computer on the planet today - your brain? This paper suggests a tried and tested method aimed at providing such a manual and the training to use that bio-computer in the most efficient manner possible. It suggests a method that increases reading speed by a factor of a magnitude (10X), increases memory recall to between 95 and 100% and introduces a note taking and making technique that makes this boring task into a fun event using both hemispheres of the brain creating a setting that changes a pupil's entire outlook on going to school, writing notes and taking exams.

Introduction





The directors of OpenSource Systems bring back to Kenya

skills that they have been teaching here previously and that they have now had the opportunity to test in both Australia and New Zealand where they were accepted with enthusiasm and met with huge successes. The study techniques contained in this paper have been proven by the developers themselves over approximately 600 candidates with uniformly amazing results. In addition, in using these very techniques over a period exceeding 20 years one of the directors has sat over 200 examinations scoring high distinctions in most of them and earning himself 8 highly sought after internationally recognized qualifications. Although many of the techniques have been painstakingly developed by OpenSource Kenya they have been in parallel development all over the planet. There is much empirical evidence that these techniques work and there are over 3 million practitioners that are already using them and benefiting tremendously from this use..


History

OpenSource Systems founder Dr Neal Aggarwal developed and researched many of the skills contained in this program in the early 1980's. Combining what scanty information was available at the time, from others in the field of *COGNITIVE SCIENCE* he came up with a program for himself while at secondary school.

At the time he had found himself caught in the classic trend many school goers find themselves in

-  great promise at kindergarten level,
-  very good grades at primary level,
-  declining grades when the volumes of secondary level work hit in year 1,
-  steadily declining class ranking thereafter.

Rudely awakened when his end of term marks put him at 29th out of 31 in Jamhuri High School in the 1975, 1st term of Form 2 having obtained 3 A's at Primary School Level (CPE in those days), he realized he was headed for certain disaster and decided to do something about this and set about *LEARNING HOW TO LEARN*. Looking back he now clearly sees that

-  1. He had been taught to read by sounding out letters and words at Kindergarten level. From that point on he had not been taught any other way to read. Once he could read simple, single words he



Mind Mapping



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Memory Training 3

had been progressed sentences and finally from that moment on major exam the C (CPE) equivalent countries, he had about reading and on with those sa through Univer sorts of divers magazines, n e-zines and n



2. At

develop hi (plasticine blocks, c sounds and so been fo being been



to that point in time remember thing his own way of re was a system of and after each re remembered by taking a see what points he at the text he was ing. Even after he systems his friends continued into University to try to 'cram' heads using the same method even used this with 1000+ anatomy and surgery spending the midnight oil and yet getting to go into their heads.

4. Never

4. Never I have seen a student who has achieved all this? Africa at years of Medical Medicine and Surgery and qualifications in Information Technology, skills to use figuring out how to manage information, engineer knowledge and become the cognitive skills expert he is today. And what are his words after having achieved all this?

and raring to get into more and more of it. Note-making becomes a joy, answering exam questions a breeze Specifically it works like this...



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Speed Reading



Memory Training 4

Speed Reading

Most people, even those who have been to University and obtained two or three degrees after very advanced levels of study, only reach reading speeds of 250 to 300 words per minute (wpm). We take them through a course that corrects the many bad habits we retain from kindy level. With this course, in a matter of 5 intense days, nearly all our students are reading 1000 to 1200 words per minute. This level of achievement means that most graduates from this level of the course are reading 5 times faster than before the course and therefore spend a fifth of the time they used to in reading. Reading at this speed means that our graduates can read a newspaper in 10 to 15 minutes, a novel (300 page) or other light reading material in about an hour and a typical text book covering say Geography of East Africa in an afternoon. Couple this speed reading with the other two techniques listed below leads to 100% recall of the materials read.

Mind Mapping

This is the technique that has been taking the world by storm over the past 10 years. Through this training students learn to create notes using both sides of their brains the right AND left hemispheres and to create notes that are really great fun to make, easy to remember and that make their [once poor] memories truly photographic in nature.

Mind mapping is also a part of the above reading technique and when used correctly allows students to break through the 1200 wpm reading speed barrier and reach 3,000, 5,000 or more wpm. Our greatest achiever so far has been a 14 year-old candidate who achieved 14,382 wpm with 98% recall. Our oldest pupil is a 74 year-old who has reached 3,800 wpm with 100% recall.

Memory Training

This is the final training level taking all the above skills and coupling them with mnemonics, phonetics, SEM³, polymathics, synaesthesia, movement, association, humour, imagination, number, symbolism, colour, order & sequence, imagery, exaggeration, advanced mind-mapping, metronome training, stereo reading and more. In this course pupils learn to retain thousands of items with 100% precision. Among some of the things we teach are

1. How to remember school history be it the history of England, the Earths pre-history or Egyptian timelines
2. Mathematics
3. Science
4. Geography
5. Modern Foreign Languages
6. English

All candidates are taught to remember some major subject areas that are considered the bare minimum for good all-round students of all modern schooling systems. These things once remembered act as 'hooks' for the remembrance of other facts thus perpetuating a self-enhancing system. The areas covered are:

1. Geniuses of our planet past and present
2. Famous Artists
3. Composers
4. Scientists
5. Writers
6. Monarchs
7. Geography
8. Languages
9. Shakespeare
10. The Chemical Elements (the entire periodic table is memorized)
11. The Human Body
12. A system for remembering an entire lifetime

All candidates at this level are taught the Linking System, the Major System, 5 Peg Systems and SEM³ (Self-Enhancing Master Memory Matrix). MMOST (Mind Map Organic Study Technique) from the previous level is revised, polished and fine tuned. Students are taught how to apply these systems to their studies to achieve reading speeds exceeding 5,000 Words Per Minute, Mind Mapping as they read, Linking and applying SEM³ techniques to the mind maps drawn. Students come away with massive increases in reading speeds and photographic memories. The level of reading speed eventually attained varies from candidate to candidate depending on motivation, time put into practice and command of English but the precision of memory attained IS predictable and we can confidently say that IT WILL BE 100% since we have been getting these results time and again since 1995.

Modus Operandi

Individual Tuition & Training in these Techniques

This can be provided on site at a clients home or office. It can be one on one or can be provided to a small group say 5 people. Costs are as per our website where you can also find additional information on the programs we offer beyond these here.

Schools, Colleges and Universities

We suggest that time be set aside for these courses as an integral part of the schools curriculum. It is most important to provide these courses to first year or beginning students that are entering the institution in question at the lowest level. These students will benefit to the greatest degree as they will carry these techniques with them through all their years in school.



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Mind Mapping

