

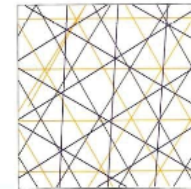
UNSHAKEABLE™ Learning Protocol

FOR ALL INFORMATION YOU -NEED- TO LEARN (AND TO USE) ...
THIS PROTOCOL INVITES YOU TO LEARN THAT INFORMATION **3x-Thru**

First Time You Read Information Which You -NEED- To Learn (And To Use)

Read the Material very rapidly. This is **NOT** the same as **skimming**. Don't go past words or symbols you don't understand. Look them up. [An excellent [online](http://www.Dictionary.com) source for definitions, synonyms, encyclopedia entries, reference book and web search access all in one, is www.Dictionary.com. Except for looking up unknown words, **Read The Material Rapidly**. Many people are notorious for skimming. Arguably, school made skimming seem unavoidable for many. That acknowledged, **don't do it here!**

The First Reading is merely to process or connect brain-wise with what is being discussed = **What's there?** Have no expectation of retaining any of it EXCEPT as follows. In one part of the cortex^a, **21st Century research** indicates there are cells called **"grid cells"**. They are connected to another brain structure, the Hippocampus^b and are configured in a neural^c matrix of overlapping triangles (see diagram above right). They make a sort of Neural (Brain) "GPS grid" for all incoming information. Every bit of data you ever took into your brain is **captured in a defined, microscopic physical location** in the matrix that directly corresponds to where you physically saw it, heard it, etc. in the outside world. The First Reading (out of 3) is strictly to position the new data within this matrix; to **"assign a neural placeholder for"** the new data within your own individual synapses! Once these new neural placeholders have been assigned ...



Grid Cells

Second Time You Read Material You -Want- To Learn (To Use)

2a. Read The Material A Second Time *noting to yourself silently "how you feel"* about 8-10 major thoughts, facts or principles presented in the material. Don't force, exaggerate or manufacture feelings - simply note "How do I feel about ..."

2b. After noting "HOW YOU FEEL" about 8-10 major thoughts, facts or principles present in the material ... **Deliberately misstate** aloud (i.e., incorrectly state/phrase/assert) ONE ELEMENT OF EACH STATEMENT ... **OUT LOUD** (See examples immediately below).

(For Example: If a "Major Thought, Fact or Principle Present in the Material" Is "Old MacDonald Had A Farm", An Example Of an **OUT-LOUD**, One-Element Misstatement, Would Be ... **"Old MacDonald Had A Computer" Or "Old Air Conditioner Had A Farm".**)

2c. After doing "2b" immediately above, restate the major thought, fact or principle **CORRECTLY**. **[THE "2c" STEP IS THE MOMENT A LASTING MEMORY IS CREATED!!!]**

(THIS PROCEDURE UTILIZES THE DYNAMIC NEUROBIOLOGICAL FACTORS OF Synaptic Connection Formation & Strengthening, (Synapses=The Joining Spaces Between Brain Cells.) **This is Memory Creation & Preservation = THE SYNTHESIZING OF PROTEIN MOLECULES AT SYNAPTIC JUNCTIONS.) This is what Learning/Memory is in your Brain!**



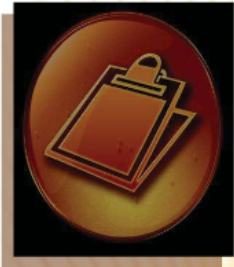
Third Time (Out of 3) You Read The Material

3. Read each Protocol/Textbook section a third time (either right away after the second reading or after reading several other assigned readings) -- this time **CONCENTRATING UPON** looking intently for and making **COMPLETE, WRITTEN** notes (i.e. actually writing down notes with a pen/pencil) concerning:

3a. Everything you did not understand, including but not limited to an individual word, symbol, or image you couldn't clear up in a dictionary, in print or online [An excellent source for definitions, synonyms, encyclopedia entries, reference book and web search access all in one, **online** is www.dictionary.com].

3b. Everything you disagree with (even slightly). The more of these you find the better. Most teachers seek "agreement". SALVAGE TRUST™ wants to seek out and discover for discussion every which way you disagree with what it's teaching you; because every noted difference between your own ideas (historical synaptic connections) and the ideas in something studied promotes usable memory of the material later, after clarified and tested by you. This is likely to be the opposite of 99.999% of your prior education. Differences noted create ...

... Usable Memory, once formed, creates the possibility of useful application, wherever the material studied may apply.



3c. Everything you consider doesn't apply to you OR you consider shouldn't apply even if it does OR you couldn't/wouldn't/wouldn't-be-willing to integrate and incorporate into your own actions, life, work, etc., adapted to your situation.

After-3X-Thru Reading Material Instructor Discussion

4. Meet with Your SALVAGE TRUST™ Instructor by telephone (via your regularly scheduled meetings) to review and process-to-complete-resolution of all the steps above.

After You Apply SALVAGE TRUST™ Material Studied (As Above) In Your Work

5. Refer back to the Material Studied (as above) as indicated by your experiences, repeating the above steps as needed.

6. Integrate the Material so that you accomplish the purpose of your Job. **Stay focused on the result and do not obsess on "the process".** Simply, follow the process each time the best you honestly can. Trust your memory of the Material each time you use it and afterwards, strengthen it with re-study (not endless re-study, but

targeted re-study **based upon the after-error discussions in #4 above**) until it is as natural as anything you do routinely in the operatory.

7. Keep in touch with Your SALVAGE TRUST™ Instructor in your daily/weekly meetings to continually re-focus on the purpose of every specific part of the material, using non-catastrophic, non-irreversible failure to create expertise.

Always-Always-Always

8. Hereinafter, keep in mind that SALVAGE TRUST™ Brain-Based Learning exploits the scientifically proven fact **that the brain (i.e., your brain) "learns" "only after it fails" (first during study (see #'s 2B/2C above); second during application). If you don't try to use what you have studied as above, you can't fail; if you don't fail, you can't learn!** THIS APPLIES TO YOUR LEARNING THE SALVAGE TRUST™ MATERIAL NOW - AND IT DRAMATICALLY APPLIES TO YOUR CLIENTS' LEARNING (or failure to learn) FROM YOU (HOW TO BENEFIT FROM YOUR PROFESSIONAL SERVICES).

STLLC
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a **Cortex** is the scientific word for the covering of the human brain.

b **Hippocampus** ... the new input learning center of the brain (where newly arriving information is first stored).

c **Neural** – generally refers to anything to do with the Nervous System (of which the brain is a part).