

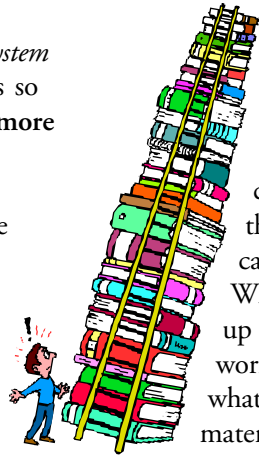
What is this **PhotoReading** I keep hearing about?

PhotoReading is a *whole mind system* for processing written materials so that you can **read faster** and **learn more** in **less time**. It's a way to use your mind to learn the way nature intended...by using your brain the way it works best.

PhotoReading is liberating. Many people find themselves surrounded by stacks and stacks of unread materials with more coming in every day. It can get overwhelming when the joy of reading something that you *really want* gets lost in the stacks of required reading from your job or school. What is your comprehension level of the books you don't have time to read?

Some people have trouble remembering what they've just read the day before. The old, slow way of reading that we were taught in grade school is the hardest way to understand and remember new written material. It's why many people put off or even dread the process of reading.

The ability to break through reading materials 2 to 10 times faster is something you were born with. It's a natural process that is fun and easy and enjoyable. When Paul Scheele developed the PhotoReading system 20 years ago he had studied people who had discovered this natural ability and used it to accelerate their learning. He learned about brain functions and how the human mind works so that everything known about accelerated learning could be incorporated into the system.



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which of the steps they want to use in that situation. It's very flexible for differing needs of the reader and the specific answers they're looking for.

In the preparation step, a reader will determine what their purpose is for reading that piece of information whether it's a magazine article, professional journal, email or website, fiction, or non-fiction book. They will then take a few seconds to enter the ideal state of focus and concentration that will allow the information to flow into their mind. This important key to getting into an ideal state of mind for learning has been known for over 5,000 years but is not taught in our elementary schools.

In the PhotoReading step, a reader will first prepare by entering the accelerated learning state where brain waves are in the 5 to 10 cycles range

So how does it work?

The PhotoReading whole mind system consists of 5 steps, the third of which is also called PhotoReading. When a PhotoReader picks up any piece of written work, they first determine what it is they want from the material and then decide

that has been identified as ideal for learning and creativity. The reader then mentally photographs the pages to get all of the material into the other-than-conscious web of information we already possess. This process involves using peripheral vision along with several of the multiple intelligences we use to learn instead of limiting reading to simple word recognition. Think of it as taking in an entire landscape rather than a single tree branch or

blade of grass. The reader is now laying down the foundation for optimal memory recall at the same time.

In the activation step, the reader gets active with the material much like if they were interviewing the author. There are a
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The Meta Institute Newsletter is a quarterly publication. It is published & edited by Pat Vitale & Mirtha Solis, Co-Directors of The Meta Institute.

Therapeutic Coaching® Graduates

January 2005



✦ JUDITH A FROEMMING

Is a Certified Therapeutic Coach, Certified Practitioner of NLP, a Certified Master Practitioner of NLP, A Certified Hypnotherapist, and a Second Degree Reiki Practitioner. She holds a BA Degree in Studio Arts and Education and has spent 15 years working as an artist and designer and an educator in post-secondary education. Judith plans to focus her business on "Create Your Life's Potential". "When you pick up the brush of your potential and dip it into the palette of your resources, then paint, with abandon, the canvas of your soul, you become your potential". I can be reached at 651-690-4382.

✦ CAITLYN CARTER JOHNSON

Has spent nearly forty years studying and practicing multi-cultural shamanic techniques and folk healing. She has developed and led numerous special interest classes and experiential workshops for adults and children over the past twenty years and has ten years experience in team development and facilitation.

Caitlyn's credentials include: Reiki Master/Teacher, Certified Instructor of Health Maintenance/Medical Qigong, Certified Master Practitioner of Hypnosis, NLP and HNLP, Certified Therapeutic Coach™. She can be reached at (320)267-7133.

✦ KAREN HUBBARD

Wow! How does one begin to put into words a time traveling journey of transformation where you never actually leave the ground! The Therapeutic Coaching program (including NLP & Hypnosis) teaches you these skills/techniques to enrich your own life and others'. Anything is truly possible! I plan on applying all of this in my business as a Therapeutic Coach including Massage Therapy, Energy/Spiritual Healing & Hypnosis. Thank you Pat & Mirtha at the Meta Institute. I am forever grateful. I can be reached at (952)944-6693.

✦ MARIA MCCOY

My learning experience at The Meta Institute is a treasured gift. I feel very blessed & fortunate to have had this opportunity. Becoming a Therapeutic Coach is more than a profession – it's my vocation.

I plan to merge my traditional healing modalities, Art Therapy, Reiki & Polarity Therapy into a private practice as a Therapeutic Coach.....assisting children, adolescents, & adults in having "Pimadaziwin" (Living Life to One's Fullest). I can be reached at Inner Works (651)487-5438.

✦ JODI NELSON

Has a BA in Secondary Health Education, a Master's Degree in Education, is a Certified Therapeutic Coach and is finishing a Marriage and Family Therapy program this Spring. Jodi will integrate her education using a wholistic approach to bring healing and empowerment to her client's lives. Contact number is (320) 632-4515.

✦ RAY STILES

Is the owner of Hypnosis Performance Center, is a Certified Hypnotherapist and Therapeutic Coach who specializes in helping people make positive changes in, and gain more control of, their lives. Combining various disciplines, he provides you with the vehicle to help you get from where **you are** to where you **want to be**. Ray can help give you **hope, choice, and control** to facilitate **change, transformation and healing** in your life. Thinking determines what you want, and action determines what you get so call or email Ray Stiles today at: 952-941-1785 (office), 612-803-7541 (cell), ray@raystiles.com (email), and visit Ray's website at: <http://www.raystiles.com>.

OTHER JANUARY 2005 GRADUATES:

✦ JANELLE RUHN

✦ JOAN UELAND

✦ DENEYSE ADDISON

✦ JEREMIAH RANGEL

Happy New Year!

The Meta Institute would like to wish you and your loved ones a Healthy, Happy & Prosperous New Year. Hope to see you in 2005.

*Peace,
Mirtha & Pat*



Therapeutic Coaching Updates

Congratulations are in order for our fifth Graduating Class of Therapeutic Coaches. They celebrate their accomplishments on January 18th, at the Zuhrah Shrine Center in Mpls. Our sixth class is in their 4th month and there is another class on its way this March. There is still time to submit your application for the March 2005 class and even receive our early payment discount. Students who apply and are accepted can receive a \$400 discount if they pay in full 30 days prior to the beginning of class. If you are interested or would like more information, please give us a call at 612-827-6765.



Open House Schedule

Jan. 25th, Tues. April 19th, Tues.
Feb. 17th, Thurs. June 14th, Tues.

6:30-8:30 pm

Please call to reserve a spot and for location of open house.


Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

- Learning Styles
- Systems Theory
- Quantum Physics
- Life Cycle Changes
- Hypnosis
- Emotional Intelligence
- Past Life Therapy
- Gestalt Therapy
- Team Building and Leadership
- Motivational Counseling
- Business Management and Consulting
- Developmental Stages
- Neuro Linguistic Programming
- Structural Therapy
- Couples Communication Counseling
- Experiential Learning
- Professional Development

This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

To Apply

If you would like to speak with one of the instructors over the phone or in person, please call  to make an appointment. You can also reserve a seat at our free Open House.

To receive an application, information packet and schedule, please call us at (612) 827-6765, e-mail us at metainst@msn.com or visit www.metainstitute.com.

Application deadline is Feb 21st.

The June class will only accept 18-20 students.



The Meta Institute

2005 Calendar of Trainings (Jan-May)

Reiki Trainings

Reiki Level 1 One Day Training \$75
 Jan. 29 Sat 10am - 6pm
 March 12 Sat

Reiki Level 2 One Day Training \$150
 Jan. 30 Sun 10am - 6pm
 March 13 Sun

Reiki Level 3 One Day Training \$300
 May 17th Tues 9am - 5pm

Reiki Master Teacher One Day Training \$295
 June 14th Tues 9am - 5pm

Reiki Sessions 60 minutes \$60
90 minutes \$90

By Appointment Only
 Sessions Scheduled Mon - Fri Days or Evenings

The Meta Institute accepts Visa and MasterCard,
 Discover Card, American Express, Checks or Cash.
 Payment plans are reviewed on an individual basis.

Reiki Shares

Jan 27th Thurs April 5th Tues
 Feb 8th Tues May 10th Tues
 March 8th Tues

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

Reiki Shares are from 6:30pm - 9:30pm

All Reiki Shares are held at the Golden Valley location

Meditation Classes

Dreaming Meditation \$25
 Jan. 11th (Tues.) or May 3rd (Tues.) 7pm-9:30pm

Meditation For Relaxation and Goal Setting \$25

Feb. 1st (Tues.) or April 12th (Tues.) 7pm-9:30pm

Meditation For Relaxation and Relationship Building \$25

March 15th (Tues.) or June 7th (Tues.) 7pm-9:30pm



The Meta Institute is licensed by the
 Minnesota Higher Education Services Office
 1450 Energy Park Drive, Suite 350
 St. Paul, MN 55108-5227
 651-642-0533



The Meta Institute (612) 827-6765 Website: www.metainstitute.com

PERSONAL AND PROFESSIONAL COACHING

In addition to our training and experience teaching NLP, Hypnosis, and Reiki, we are Licensed Independent Clinical Social Workers, with over 40 years of combined experience working with individuals, couples and families. We combine our years of experience and diverse training to assist people in achieving optimal performance both personally and professionally.

If you are interested in learning more about personal or professional coaching, call us at (612) 827-6765.

“Cause you just never know how far a change will go!!!”





The Key to an Authentic Personality: Your Three Brains

For decades scientists have debated the question of whether personality is based on hereditary traits or environmental factors. Through the research of Paul MacLean, American Neurologist and former Director of the Laboratory of the Brain and Behavior at the United States National Institute of Mental Health and Swiss anthropologist Rolf Schirm it can be confidently stated that the roots of your personality and temperament are genetically based.

Juergen Schoemen coauthor of *Evolutions of Personality: The Basics of Biostructural Analysis* states “Finally, towards the end of the 20th Century this debate has settled down by the accepted understanding that hereditary traits are a necessary prerequisite to the development of certain personality traits and that specific early environmental factors influence the development and use of these hereditary personality characteristics.”

Not knowing which of our personality traits are inherited can cause stress by trying to train ourselves into behaviors which are not part of our genetic brain structure. Consequences of unknowingly using behaviors that are not congruent with the natural personality are self doubt, a lack of authenticity, unreliability and behavioral inconsistency from one situation to another.

By analyzing and understanding your genetic biological structure or *Biostructure* you can confidently use those behaviors which are authentic and natural. Trying to use behaviors that are not compatible with your personality is unproductive and effortful.

Paul MacLean in his research identified three key brain regions—

the brain stem, limbic system and the neocortex. The first brain, the brain stem made its appearance 300 million years ago and it was sufficient for reptilian life. One hundred million years later the second brain, the limbic system, developed providing mammals the ability to succeed and be more adaptable to their environment. This limbic system developed over the existing brain stem. More recently, 65 million years ago, the third brain, the neocortex, developed over the limbic brain allowing us as humans to succeed in an even more complex world.

In the 1980's Rolf Schirm used Paul MacLean's findings to develop

The Triune Brain

- **Neocortex - the rational brain (blue)**
- **Limbic system - the emotional brain (red)**
- **Brain stem - the seat of instincts (green)**



the Biostructural Analysis, a series of questions, which accurately determines how the genetic imprinting of our three brains influences the way we think, act and respond. This evaluation identifies what is core to one's personality—the difference between the biogenetic unchangeable structure and the acquired features imparted in us by our environment.

In the Analysis process you discover how your three brains—the brain stem, limbic system and neocortex—interrelate and create your genetically imprinted personality and determine your brain dominance or Structogram® that shows which of your brains is most dominant. Through understanding the different dominances you learn

1) how you appear to others,

2) why everyone is not motivated in the same way, and

3) why everyone does not respond the same way to a specific situation.

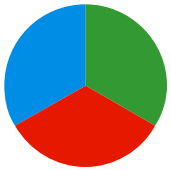
By knowing the motivators that are imprinted into your gray matter you benefit by fully appreciating and accepting what is natural and second nature.

Steve Murray of 3M Automotive Aftermarket Division, after completing the Biostructural Analysis, said, “This is so easy to understand that I know I will use it right away.” Each brain is represented by a color, green for the brain stem, red for the limbic system, and blue for the neocortex. Your STRUCTOGRAM® is a visual representation of the interrelationship of your three brains. Most people will have one brain that is more dominant than another.

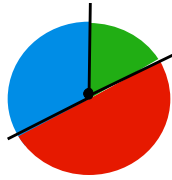
No brain dominance is right or better. However, each of the brain dominances has specific strengths and weaknesses. For example a person with a brain stem dominance (indicated by green) references time based on the past, the limbic system dominance (red) references present time and the neocortex dominance (blue) the future. Consider a team made up of all neocortex (blue) dominant members. They could spend a large amount of time weighing all of the facts and have trouble making a final decision. An all limbic (red) dominant group will make decisions quickly even if they do not have all of the necessary information. A brain stem (green) dominant group will be reticent to make change. They prefer the status quo. This is only one example of how the Biostructure influences your personality.

Knowing your natural strengths could help you achieve success on your own terms. You could

"Your Three Brains" continued from page 5



The STRUCTOGRAM®



A Red Dominant STRUCTOGRAM®

project more confidence and authenticity, connect more readily with others and improve your relationships at work and at home. Accepting your natural behaviors and those of others is more productive than trying to change the impossible.

The Biostructure Analysis helps you to readily accept and maintain your way of thinking—being fully authentic—while interacting with others. You could increase your overall performance, be a more effective manager or successfully facilitate change and experience better coaching results.

The Biostructural Analysis is a one-day seminar where you will identify your personal STRUCTOGRAM®. It then becomes an easy reference tool reminding you of how each of the three brains influences a person's personality. Discovering your personal temperament can be fun and humorous when you realize how your brain dominance influences the way you think, act and respond.

The self-knowledge gained from the Biostructural Analysis could help you to achieve personal and professional success and fulfillment in a

natural, less stressful way. With only three key components the STRUCTOGRAM® is ideal for understanding the motivation and behaviors of others and will help you to speak and communicate in ways others will understand you. It could make your life much easier.

Wondering why you have not discovered this easy to use tool before? The Biostructural Analysis has recently been introduced to the United States, after twenty year of success in Europe.

Cheryl Hiltibran

Biostructural Analysis Seminar Dates

Friday, February 11, 2005 or Saturday, March 5, 2005

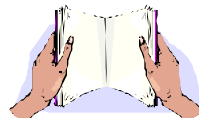
Registration 8:30 a.m.; Seminar: 9:00 a.m. – 5:00 p.m.

Location: Golden Valley Wellness Center

Save \$26! Sign up by January 26. Pay only \$199 instead of \$225.

Contact Cheryl Hiltibran to register now or for more information
cherylhiltibran@mn.rr.com or 952-486-1298.

PhotoReading continued from page 1



variety of techniques to pick from to suit the reader and the material to facilitate rapid learning.

At each step, a reader has the opportunity to decide if more information is wanted or if the specific need for that work has been satisfied. The whole purpose behind PhotoReading is to *get your reading done in the time you have at the comprehension level you need.*

How can I learn to PhotoRead? PhotoReading classes are set up to be fun, relaxed, and in an accelerated learning format that uses multiple senses and intelligences. It's a discovery time with multiple practices to ensure that each student has competency in each of the steps and techniques before course completion. Students can complete a 2-day class and begin PhotoReading immediately.

Classes are very small to ensure individualized attention for each student. If you prefer to learn on your own, there is a home study course available through your instructor.

If you've ever dreamed of being able to blast through your reading with a clearer understanding and deeper integration with what you already know, it's no longer a dream, it's a reality! Imagine having someone hand you a book and instead of thinking, "oh, no, when will I ever find time to read this?" as you place it on the stacks of unread books by your bed, you instead say "Great! Thank you, I'll take a look at it this afternoon and let you know what I think" and be able to talk intelligently about it that very night. Or, you go into a meeting called at the last minute feeling fully prepared and

well read on a new topic. Or, you spend Sunday afternoon in the park with someone you love instead of cramming for your final.

PhotoReading is liberating!

Nina Potter

Nina Potter is a graduate of the Meta Institute's interactive Therapeutic Coaching® Program and is a Certified Therapeutic Coach™. She is Certified as a PhotoReading Instructor by Learning Strategies, Inc. and is always learning new skills and techniques to use in her Therapeutic Coaching business. To find out more about Photoreading contact Nina Potter at 651-773-0732, ninapotter@comcast.net, www.ninapottercoach@comcast.net