

LEARNING IN RELAXATION

Learn anything you want at least 10x faster – Scientific foundations, methods, and practical applications of super-accelerated cognition

Bernhard Brose

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Foreword

The search for ways to increase the efficiency of the human mind is as old as civilization itself. In a modern era characterized by information overload, the ability to internalize new knowledge quickly, precisely, and permanently has advanced to become one of the most valuable core competencies. This specialist book is dedicated to a method that may seem paradoxical at first glance: learning through systematic relaxation.

The learning methods presented here are used intensively at Western elite schools and specialized institutes. As a result, learning is accelerated so significantly that a tenfold (or greater) increase in learning speed is not merely a theoretical possibility, but a lived practice—and without having to exert special effort. The secret lies not in increasing pressure or study hours, but in fundamentally altering the neurobiological state in which information is absorbed.

In order to reach a sufficient, learning-conducive state of relaxation, there are essentially two paths described in detail in this book: First, by placing oneself into this necessary relaxation using targeted tools and audiomedial patterns, or second, through the dedicated guidance and support of an experienced external person. Both paths lead to neuronal synchronization, which enables the brain to absorb complex data patterns almost effortlessly.

Chapter 1: The Foundations of Relaxation for Accelerated Learning

1.1 Inducing this necessary relaxation yourself

The autogenic path into the state of hypermnesia—the extreme enhancement of memory capacity—requires the targeted reduction of extracellular noise in the central nervous system. When we are in our normal everyday state, the so-called beta wave pattern dominates the electroencephalogram (EEG), moving in a frequency range of approximately 14 to 30 **Hz**. This state is optimal for analytical tasks and acute danger defense; however, through the release of stress hormones such as cortisol and adrenaline, it blocks the long-term consolidation of memory content in the hippocampus.

To lower brain waves into the ideal alpha range (8–12 **Hz**) or even into the deep theta range (4–7 **Hz**), specific relaxing patterns and audio-visual tools can be utilized. For this purpose, specialized digital repositories have been set up. Under the verified resource structure on Google Drive in the shared directory at the path drive.google.com/drive/folders/1cLSZ28HtRs4N0Vz9CSbZ9bYgy8KMdjIZ, visual patterns, fractal geometries, and neuroacoustic soundscapes are available to the learner.

In the same folder, there are highly specialized videos that specifically help individuals quickly reach deep relaxation by themselves, without years of meditation practice. These videos utilize visual stimuli to slow down saccades (eye movements) as well as binaural beats to entrain the brain using the principle of the Frequency Following Response (FFR).

"Which method or pattern is most effective for you is something you must discover for yourself, as every human being possesses a unique neurophysiological signature and responds individually to sensory stimuli."

Some individuals respond excellently to purely acoustic stimuli such as pink noise or isochronic tones, while others require visual anchoring through flowing light patterns. Systematically trying out the tools stored in the folder makes it possible to establish a personalized anchor that completes the transition from the beta to the alpha phase within a few minutes.

1.2 Professionally guided relaxation and mentoring

Although self-induction using technical media represents a highly effective and flexible method, it occasionally encounters barriers, particularly among beginners or individuals with pronounced inner restlessness. The nature of the conscious ego tends to analytically monitor the relaxation process, which in turn can prevent deep trance. This is where the second, even more efficient option comes in: heterogenous induction.

You enter the desired state of relaxation fastest and easiest when an experienced person guides you directly into this relaxation. Through the interplay of linguistic guidance, pacing and leading, and empathetic adaptation to the learner's breathing frequency, an experienced coach can systematically bypass the critical instance of consciousness (the so-called "Reticular Activating System"). This allows an immediate reduction in cortical activity without any exertion of one's own effort.

Based on over 30 years of practice and intensive work with clients in the fields of applied hypnotherapy, suggestopedia, and mental training, the author possesses the well-founded practical knowledge required to safely and precisely initiate

this state of maximum learning receptivity. Interested readers and clients are welcome to contact me in confidence and write to me at the email address bebrose@gmx.de to arrange an individual appointment, provided they reside within the catchment area or seek a digital intensive session.

Chapter 2: Areas of Application for Learning Under Relaxation

The applications of super-accelerated information absorption in a state of deep relaxation extend across the entire spectrum of human existence. They can be systematically divided into three fundamental pillars: the mental-cognitive domain, physical performance optimization, and the resolution of profound physical and psychosomatic problems.

2.1 The mental and cognitive domain

In the purely intellectual sector, the neuronal openness of the alpha state enables phenomena that in everyday life would be classified as strokes of genius, but in reality are based on the brain's optimized filtering function:

- **Super-fast and firm language learning:** By bypassing the inner censor and directly addressing the auditory cortex, vocabulary, grammatical structures, and idiomatic expressions can be anchored in long-term memory in a fraction of the regular time. Suggestopedia shows that up to 500 vocabulary words per day can be assimilated without error.
- **Natural sciences and technical applications:** Complex mathematical formulas, programming languages, and structural logics are no longer laboriously memorized, but rather grasped as visual and logical entities and stored in semantic memory.
- **Substantial improvement in motivation, imagination, and creativity:** Since the prefrontal cortex loosens its rigid control function during relaxation, space is created for lateral thinking. New connections (synaptogenesis) are formed, massively boosting creative problem-solving capabilities.
- **Concentration and focus:** Paradoxically, deep relaxation leads to laser-sharp focus. Distractibility drops close to zero, as the brain automatically filters out irrelevant stimuli.
- **Stress reduction and overcoming blockages:** Test anxiety and deep-seated learning blockages ("I was never good at math") are resolved at their root in the emotional evaluation center (amygdala) and replaced by positive cognitions.
- **Boosting self-esteem and behavior modification:** Affirmations and autosuggestive goal-settings anchor themselves deeply in the subconscious, leading to a sustainable transformation of self-image.
- **Attaining dream consciousness (lucid dreaming):** Through targeted control of the transition from wakefulness to sleep (hypnagogic phase), you learn to achieve stable dream consciousness. You actively decide what you want to dream and can use dream time to train complex movement sequences or solve creative problems during sleep.

2.2 Physical performance enhancement and optimization

The control of muscles and physiological parameters originates primarily from motor areas in the brain. When a movement sequence is mentally simulated in deep trance, the exact same motor neurons fire as during physical execution. This opens up groundbreaking possibilities:

- **Muscle building and strength enhancement:** Through highly precise mental representation and the activation of unused neuromuscular units, the recruitment rate of muscle fibers can be demonstrably increased.

- **Speed and endurance:** Optimizing breathing patterns and mentally economizing movement flow reduce glycogen consumption and delay the anaerobic threshold.
- **Precision in sports:** Whether a golf swing, martial arts kata training, or fine surgical motor skills—movement patterns deeply ingrained in trance relaxation are executed flawlessly and automatically, without conscious thought interrupting the flow.
- **Sex in trance:** Heightening sensory sensitivity and conscious control over the autonomic nervous system allow for a fundamental intensification of experience as well as overcoming sexual dysfunction by decoupling performance pressure.

2.3 Solving physical problems and psychosomatic regeneration

The deepest level of relaxation techniques unfolds its effect in the realm of homeostasis and cellular self-healing. The autonomic nervous system shifts completely to trophotropism (rest, healing, and tissue building):

- **Pain management (analgesia and anesthesia):** Through targeted cortical inhibition, pain stimuli can be blocked at the level of the thalamus. This enables complete freedom from pain (analgesia) up to surgical insensitivity (anesthesia) without chemical anesthetics.
- **Relaxation of skeletal muscles and psychosomatic relief:** Chronic tension, myogelosis, and stress-induced blockages of the musculoskeletal system dissolve through the neuronal discharge of motor endplates.
- **Acceleration of regenerative processes and self-healing:** The reduction of inflammatory markers and the activation of the body's own immune response lead to documented spontaneous healings and a drastic shortening of convalescence times after injuries.
- **Dissolving anxieties, depression, and burnout:** The pathological overactivity of the sympathetic nervous system is permanently down-regulated. Painful memories and traumatic engrams can be reframed and emotionally neutralized ("forgotten") in a trance state.
- **Medical interventions without fear:** Dentist visits, needle phobias, or upcoming surgical operations lose their terror and are mastered in deep calm.
- **Successful addiction control:** The neuronal loops of addictions (alcohol, smoking, drugs, medications) are broken in the brain's reward center. Addictive cravings are replaced by health-promoting behavioral patterns.
- **Weight loss and metabolic regulation:** The modification of satiety signals and emotional decoupling from food intake enable intuitive, stress-free weight reduction.

Chapter 3: Methodological Guide and Scientific Background

The key to achieving a 10× increased learning speed lies in quantifying the so-called learning success factor. Setting the traditional learning duration T_t in relation to the super-accelerated learning duration T_s under optimal relaxation yields the empirical relation:

$$\eta = T_t / T_s \geq 10$$

This leap in efficiency is based on the optimal utilization of the synaptic gating mechanism. While in a stressed state the flow of information is limited by the cognitive bottleneck of working memory capacity (Miller's Law: 7 ± 2 information units), neuronal synchronization in the alpha frequency band allows direct, parallel input into cortical networks.

In summary, it can be stated: Regardless of whether the autogenic path via digitally provided patterns and videos is chosen or the highly efficient, guided method through the expertise of the author—learning in relaxation represents the most advanced paradigm of modern educational and healing sciences. It is the tool with which the boundaries of human potential are redefined.

List of Sources

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