SHORTENED PI CORE TECHNIQUE: 1st Grade

Teacher:	Sit up straight. Close your eyes.
Teacher:	Rub your hands together. Feel the warmth of your hands.
Teacher:	Right hand on right eye to improve math and reading
	(2-second pause for students to place hand)
Teacher:	Go deep inside the eye
	(2-second pause for students to silently focus)
Teacher:	To improve math and reading
	(students are silent and listen)
Students:	To improve math and reading
	(students repeat the auto-suggestion)
All:	AH, AH
	(students/teachers vocalize while focusing on the phonemes going deep inside the eye/brain)
Teacher:	Feel the sounds go deep inside
	(students are silent while focusing on the eye/brain)
Teacher:	Right hand on left brain to improve math and reading
Teacher:	Go deep inside the brain
Teacher:	To improve math and reading
Students:	To improve math and reading
All:	AH, AH
Teacher:	Feel the sounds go deep inside
Teacher:	Left hand on left eye to be creative
Teacher:	Go deep inside the eye
Teacher:	To be creative
Students:	To be creative
All:	AH, AH
Teacher:	Feel the sounds go deep inside
Teacher:	Left hand on right brain to be creative
Teacher:	Go deep inside the brain
Teacher:	To be creative
Students:	To be creative
All:	AH, AH
Teacher:	Feel the sounds go deep inside
Teacher:	Relax and open your eyes.

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