SIP | Super Intelligence Program

*Every Child Is A High Achiever*

## MIND ATTENTION

| | |
|---|---|
| Teacher: | Sit up straight. Close your eyes. |
| Teacher: | Right hand and left hand on forehead for Mind Attention |
| | ***(2-second pause for students to place hands)*** |
| Teacher: | Go deep inside the forehead |
| | ***(2-second pause for students to silently focus)*** |
| Teacher: | For mind attention |
| | ***(students are silent and listen)*** |
| Students: | For mind attention |
| | ***(students repeat the auto-suggestion)*** |
| Teacher: | The sound is BA |
| All: | BA, BA |
| | ***(students/teachers vocalize while hands are on forehead)*** |
| Teacher: | Feel the sounds go deep inside |
| | ***(student's hand is still while feeling the phonemes going deep inside the forehead)*** |
| Teacher: | Place your hands on your lap |
| | ***(students place their hands on their lap for 2-seconds to reset)*** |
| Teacher: | Repeat the technique |
| Teacher: | Right hand and left hand on forehead for Mind Attention |
| Teacher: | Go deep inside the forehead |
| Teacher: | For mind attention |
| Students: | For mind attention |
| Teacher: | The sound is BA |
| All: | BA, BA |
| Teacher: | Feel the sounds go deep inside |
| Teacher: | Relax and open your eyes. |

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