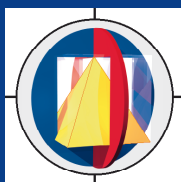




DYNAMIC THINKING

an Alternative Education Seminar



I.D.E.A. srl

Dynamic Thinking

*Opportunities on a human scale to be well with ourselves,
with the family and with the others*

“Dynamic Thinking” is a Didactic - Propedeutic Course focused on educational psychology. This Course is very easy to sign up and participate in and it doesn't require special knowledge. It is designed for all people with varying cultural backgrounds.

The Course's Instructors are able to render the contents and the course's techniques clearly to everyone through *appropriate and functional* language's and teaching's mode, by a tested and a constantly abreast program along over than 30 years's application on tens of thousand people in all the world.

Participants will only be requested *to be present and willing to learn some new ways to be better*.

The intensive Course will be two and a half days, consisting of thirteen sessions. Each session will be about an hour and a half long, with breaks in between sessions. Notebooks, pens, pencils, tests, and installments will not be provided.

Contents and Purposes

The suggested techniques can be used to:

- relax
- win insomnia
- obviate psychosomatic malaises
- learn to control own emotions
- learn to concentrate focusing mind
- acquire, or strengthen an appropriated positive mental attitude
- develop the sense of self-confidence and of own capacities
- learn the synthetic experience
- learn to attract persons, transmitting own availability
- learn to repel persons, transmitting own unavailability
- learn *“to feel”* the others like they really are, not through opinions, but by *“real perceptions”*

- strengthen own Survival's Innate Mechanism
- live deliberately, hour by hour, moment by moment
- "*help the others*" to be guilty of our capacities
- enjoy oneself, if you freely will choice, with a new hobby

Organization's profile

The **Dynamic Educational Alternative Institute (I.D.E.A.)** deals about the professional training of supervisor and instructor of Mind's and Behavior's Dynamic in areas of educative field, of sport field and business and professional fields. The Institute is the only Private School authorized to the distribution in Italy and in Europe of the Mind's Dynamic techniques by the method of Marcello Bonazzola.

Children, Adolescents, Students, Parents, Teachers, Adults, Athletes, Professionals and Businesses entering to the Innovative Dynamic Educational Programs, variously diversified by the age of the participants, proposed from the Dynamic Educational Alternative Institute, will be able to learn, through learning and utilization of appropriate techniques of relaxation and creative imagination, "*to help by themselves*" to be well with themselves, with the family, with the school, with the sport, with the work and with the others.

The Institute is **Institutional Partner** of the **European Academy C.R.S.-I.D.E.A. (legally recognized)** of Dalmine (Bergamo) and Padova and it agrees at the Dynamic Educational Alternative Permanent Project in the Orientation and Training Department of this Academy.

The Teaching Programs of Innovative Educational Dynamic have obtained the "*proposable*" from the Research and Studies Department of the European Academy and all the concerning data, opinions, proposals of the users will be exposed, with the protocol's modalities, at the relevant Departments.

Responsible of the teaching staff is dr. Carlo Spillare.

Carlo Spillare, a well-known lawyer, certified psychologist and a basketball player for 14 years in first league lives in Vicenza (Italy). He has vast didactic experience as instructor of Dynamic Thinking in Italy and he is director of The Serblin Institute for Childhood and Adolescence in Vicenza. "Theorem: Global village, a suitable inhabitant" is his second book, following the first "Marvel in order to grow", published in 2001; after Theorem, he wrote "Si sedes non is", with Marcello Bonazzola, published in 2003 and "Walking into the been", published in 2007.

DYNAMIC THINKING AND BRAIN WAVES

Scientific studies of the human brain and research on the functions of the mind have revealed a variety of brain waves, electrochemical measurements of brain activity, which can be divided into four different frequencies: BETA, ALPHA, THETA, and DELTA. Further studies have shown how each of these frequencies is related to a different “level” of self-awareness and consciousness in humans.

When the most rapid BETA waves are predominant, the mind is primarily focused on and aware of the physical, “3-D” world. The five senses, logic, and time/space concepts are our guides for perception of objects and events. As adults, most of our waking hours are spent in BETA.

The next slowest frequency is ALPHA, a state where the mind is much less concerned with the physical world. At this level the mind focuses on an inner self-awareness; creativity, imagination, and intuition are characteristic of this state. Most adults are “in ALPHA” only while sleeping or in moments of intense concentration or emotion.

THETA, the next slowest brain wave frequency, is usually experienced only while sleeping. If, at this level, the “conscious self” is still awake, it is barely aware of physical sensations or the outer 3-D world. Voluntary control of physical functions such as heart beat, blood pressure and digestion can take place in both ALPHA and THETA. This is also the level of deep meditation.

When the slowest DELTA waves are predominant, the mind is no longer conscious of physical sensations. This level occurs in moments of deep sleep, under total anesthesia, or in coma.

Research in laboratories and universities world wide have shown that individuals who learn to consciously use and control their slower brain wave frequencies have a greater capacity for concentration and can learn more quickly, improve their memory, and raise their creative and intuitive potentials. It has also been shown that through development of these slower frequencies it is possible to have greater control over physiological mechanisms such as blood pressure, muscle tension, digestion etc. Researchers have shown that even scar tissue forms and heals more quickly

through use of these brain waves. It is possible that correct use of the mind could result in our having “psychosomatic health” instead of the usual psychosomatic illness.

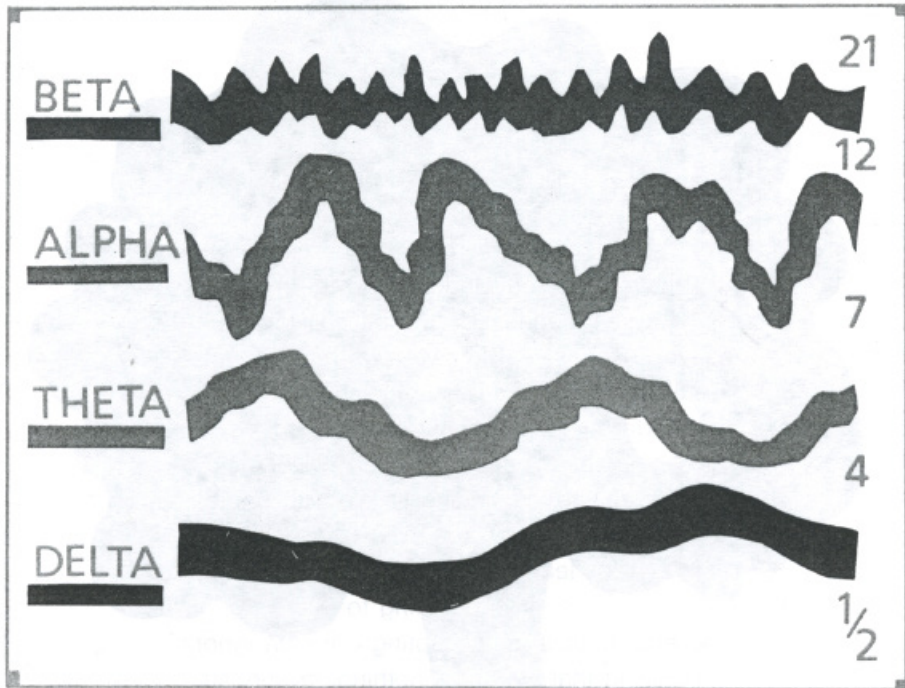
Using hypnotic trance, research on the functions of the human mind has proven that man quite literally remembers every-thing that has ever happened to him. It is possible to take a person in a hypnotic state back to the age of four, and he will remember and perfectly describe exactly what happened that day of his fourth birthday, even describing and naming the games and toys he received as presents that day.

In exactly this same way, no man ever forgets or loses any of his capabilities and it is with this in mind that the Dynamic Thinking Seminar is offered. Use of the slower brain waves, especially ALPHA waves, is something quite normal and natural to everyone. However, because our modern culture and society usually place a greater emphasis on our logical, rational, objective abilities, the more subjective, intuitive characteristics that come into play while we are in the relaxed ALPHA state are largely ignored. We use this state, in most cases, only while sleeping, or else in brief, unintentional moments. For all practical purposes however, each of us **already** knows how to use and control the ALPHA frequency.

The Dynamic Thinking Seminar is not primarily a course of facts or ideas, but a **method** showing how it is possible to use the mind in a powerful, dynamic, and to many people, new and different way. The Seminar techniques are easy to learn and give us a new awareness of our real mental capabilities.

Any “normal” person can learn to control and use the ALPHA state without long periods of training and discipline such as those required by yoga, zen, or other forms of advanced meditation. It is difficult, if not impossible to learn any of these kinds of techniques just by reading one of the many available books on mind power or mental training. This would be like learning to dance, swim, type or drive a car exclusively by reading a series of instructions or an outline of general rules. All these human capabilities require training, practice and experience. The Dynamic Thinking techniques were conceived and designed to help develop a more efficient use of the mental abilities which we all have at birth. Such natural abilities include the discovery and use of inner, subjective aspects of the mind, in addition to, and together with the objective, exterior aspects more frequently used.

REPRESENTATIONAL BRAIN WAVE FREQUENCIES



No mechanical instruments or drugs are necessary to reach these “inner” levels; man naturally possesses everything necessary to function in these deeper mental states. These natural instruments and techniques are part of the mind itself, and only *a* lack of awareness keeps us from consciously developing and using them. Dynamic Thinking techniques “bring to light” these abilities which each individual has **always** possessed.

Dr. Marcello Bonazzola

A COMPARISON OF LEFT-MODE AND RIGHT-MODE CHARACTERISTICS

L - MODE

Verbal: Using words to name, describe, define.

Analytic: Figuring things out step-by-step and part-by-part.

Symbolic: Using a symbol to *stand for* something. For example, the drawn form stands for *eye*, the sign + stands for the process of addition.

Abstract: Taking out a small bit of information and using it to represent the whole thing.

Temporal: Keeping track of time, sequencing one thing after another: Doing first things first, second things second, etc.

Rational: Drawing conclusions based on *reason* and *facts*.

Digital: Using numbers as in counting.

Logical: Drawing conclusions based on logic: one thing following another in logical order - for example, a mathematical theorem or a well-stated argument.

Linear: Thinking in terms of linked ideas, one thought directly following another, often leading to a convergent conclusion.

R - MODE

Nonverbal: Awareness of things, but minimal connection with words.

Synthetic: Putting things together to form wholes.

Concrete: Relating to things as they are, at the present moment.

Analogic: Seeing likenesses between thing; understanding metaphoric relationships.

Nontemporal: Without a sense of time.

Nonrational: Not requiring a basis of reason or facts; willingness to suspend judgment.

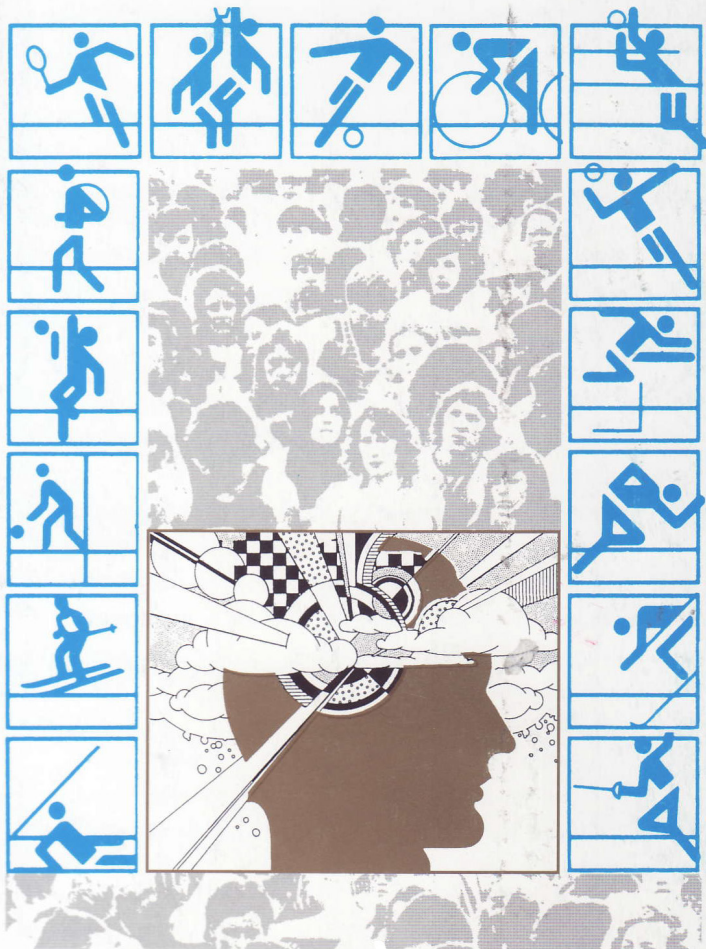
Spatial: Seeing where things are in relation to other things, and how parts go together to form a whole.

Intuitive: Making leaps of insight, often based on incomplete patterns, hunches, feelings, or visual images.

Holistic: Seeing whole things all at once; perceiving the overall patterns and structures, often leading to divergent conclusions.

Reprinted from *Drawing on the Right Side of the Brain* - Betty Edwards

DYNAMIC THINKING FOR SPORTSMEN



WINNING OPPORTUNITIES



ARE CHAMPIONS, BORN OR MADE?

What is the mysterious and elusive “*something*” that renders an athlete “*better*”, that helps them be a more consistent performer or more trustworthy in the most important moments of a game or during a season, compared to another athlete with equal capacities and possibilities? Why do champions “*fail*” in the most important moments of their careers even if they are constant high performers?

Why do some athletes that are consistent performers but not particularly talented, become “*elated*” at special events obtaining unexpected results?

And, in general, “*what*” is necessary to help a person emerge and become more than average?”

These questions are frequently addressed to us by athletes, both professional and amateur, coming from a number of different sporting backgrounds.

Those who have studied “*excellence*” have found the answer to these questions: For quite some time it has been said that what makes possible the achievement of important results is the use of their own MIND. This is true even for athletes that up until that point had never achieved excellence.

How many times have we heard about an athlete that hasn’t achieved what was expected of them, it’s been said: “*he/she was under too much pressure*”, “*he/she was not concentrated*”, “*he/she got nervous*”, “*the situation slipped out of his/her hands*”, “*he/she was disturbed by the public*”, “*he/she is living a particular moment in his/her life*”, “*he/she had other things on their mind*” and so on.

Or the opposite: “*he/she was having a good day*”; “*He/She’s never been so focused*”, “*he/she exceeded him/herself*”, “*the public helped motivate him/her*”.

It is a fact the every athlete is subject to a set of physical, emotional and mental stimuli.

If these stimuli are not kept under control, they are able to destabilize his/her usual performance, “*blocking*” those delicate interior mechanisms that permit him/her to express at their best his/her capacity and potential. Therefore it is necessary to acquire the capacity and the habit to control these physical, emotional and mental impulses, not only to avoid unpleasant failures, but also to help the athlete maximise their psychological/physical and technical characteristics.

Keeping this in mind the mental techniques and the motivational elements of Mind’s and Behaviour Dynamics, a method of Personal development of doc. Marcello Bonazzola, distributed for more than forty years in Italy and Europe, are able to represent a valid support for any type of athlete.

In conclusion, this is a valid experience for all athletes, that can be applied not only in the sporting environment but also to everyday life.

THE COURSE

“Dynamic Thinking” for Sportsmen is a Didactic-Propaedeutic Course focused on educational psychology that is an integrant part of the Permanent Project of Alternative Educative Dynamic of the Orientation and Formation Department of the European Academy C.R.S.-I.D.E.A. (*Legally Recognized*) of Dalmine (BG) and Padova.

This Course is very easy to sign up and participate in and it doesn’t require special knowledge. It is designed for all people with varying cultural backgrounds.

As well in its particular innovative characteristics **the course never interferes with the prerogatives and the functions of who has specific technical competences in sporting matters**, as it addresses a sport-man/woman’s’ natural physical, emotional and mental qualities and at his/her aspirations.

The Course’s Instructor, through “*adequate and functional*” language and teaching modalities, is able to render understandable to everyone either the content or the techniques of the Course.

The participant sportsmen (and those to whom have a confirmed place on

the course) will only be asked “*to strive or to not strive*” and, naturally, “*to be present*” and “*ready to learn and improve*”.

This intensive Course, takes place over two and half days divided into thirteen sessions of one hour and half, intervals included (this course can be organised depending on the requirements of every individual team however this course does not include exercise-books, pens, books, lecture notes or written exercises).

CONTENTS AND AIMS

In an sporting environment the proposed techniques can be used to:

- reach the necessary “*productive tension*” (neither too much, nor too little) to reach an adequate sporting performance;
- to maintain this productive tension for the duration of the match;
- to relax at the end of the match to recover more quickly the psycho-physical energies used;
- to maintain the necessary emotional control and an adequate mental calm before, during and after a game, as well as in extreme situations of “*environmental*” discomfort;
- to strengthen the sense of confidence in him/herself and in their own capabilities;
- to improve the technical gestures, eliminating quickly and efficiently gestures and/or incorrect and useless habits;
- to reduce training’s times, with consequent saving of time, weariness and money.

A FREE CHOICE

One possible choice is allowing someone to help us.

Another possibility is being able to help ourselves.

A third choice is continuing to make excuses telling: *“I have no time ... I am tired ... I have to do to dance ... to the cinema ... to the club ... it costs to me too much ... what I know is enough and to spare ... I do not listen anybody because I am a person made by oneself and I know all what I have to use to feel ... OK”*.

A fourth choice, continuing to live with unpleasant memories of the past or fears of the future.

A fifth, learning to live here and now.

A sixth, deciding to try.

A seventh possibility accepting our own ignorance, realizing that we know nothing , or very little.

An eighth, choosing to be alone.

A ninth, having many people with which to exchange ideas.

A tenth, rediscovering our self confidence and faith in others.

A final choice, continuing to live as always have: *“Because there’s always time!”*

Marcello Bonazzola

Method Holder

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