



READING

LEADERS ARE READERS – TONY ROBBINS

Table of Contents: SATURATION POINT
MALCOLM X ON READING IN PRISON
QUOTES ON READING

See also: JuiceFeasting.com – Primary Resources

Books: [*Sunfood Diet Success System* by David Wolfe](#)
[*Awaken the Giant Within* by Tony Robbins](#)
[*The Autobiography of Malcolm X As Told to Alex Haley*](#)

Articles:

Websites: www.rawveganbooks.com

Audio/Video:

Publications:

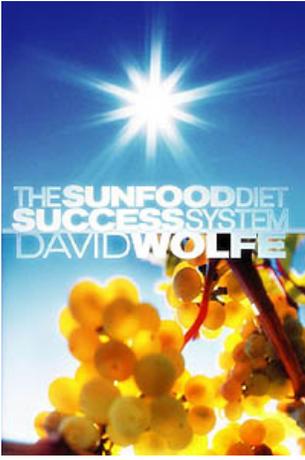
Organizations: Learning Strategies Corporation
www.LearningStrategies.com
Integral Institute
www.IntegralLife.com
Joseph Campbell Foundation
www.JCF.org

People: Tony Robbins
David Wolfe
Malcolm X
Joseph Campbell
Ken Wilber

Terms: Saturation Point

SATURATION POINT

Source: "Lesson 25: Saturation Point" in [The Sunfood Diet Success System](#) by David Wolfe (323-330)



"Information is the commodity of kings."

- Anthony Robbins

We live in an era where all knowledge is available to all those who seek it out.

There is an abundance of useful information out there in the world. We are at the source. We can choose. We may tune into any frequency we like. We can learn anything we desire.

Learning is never what one expects. Every step of learning is a new task. Learning is an unending quest. There is something for you to learn from every experience, every individual you encounter, every book you read, every audio/videotape you listen to or watch.

A commitment to life-long learning is an essential part of health. Positive information is to the mind what Sunfood is to the body. A malnourished body cannot thrive. Neither can a malnourished mind. A body fed by the negative energy of fired foods becomes ill. A mind fed by negative energy and wrong thoughts becomes ill. A diet of raw food is necessary to health, but if the mind is not also given pure food, the body will suffer. A mind fed evil, unkind thoughts of destructive criticism, condemnation, hate, jealousy, fear, and doubt will reproduce such emotions in the physical body, leading to illness.

You are made or unmade by your own education. You are at the source; you can control what information you are allowing to enter your awareness. You may study anything you desire. You can recapture a child's ability to learn by becoming inspired by new information. Studies presented in progressive educational books, such as *The Learning Brain* by Gordon Dryden and Jeannette Vos, prove that learning causes the brain to physically grow and rewire itself in a whole new way.

We learn in many ways: by repetition, by emotional impact, but the absolutely most powerful way to learn and master any subject is by saturation.

In my experience, the entire secret of success is saturation. Start bombarding yourself with words and pictures consistent with your goals. Just have fun. Read books which forward you in the direction you are headed. Listen to success tapes in your car. Listen to success tapes while you eat. Watch educational videotapes at the end of the day. Attend seminars which provide additional inspiration to accelerate your goal achievement.

I guarantee that, when you start this program of massive saturation, you will dramatically improve your entire life and begin to manifest your dreams rapidly.

The most successful individuals in any field remain so by continuously adding to their own stock of knowledge by appropriating the thoughts, phrases, and ideas of geniuses through a program of information saturation. A mind nourished continuously by the ideas of genius minds will remain alert, brilliant, flexible, and receptive. If this renewal is neglected, the mind will stagnate - we see this in musicians who seem to have lost their "edge." "If you don't use it, you lose it," is a common phrase of simple yet profound truth - it is in strict accordance with the cosmic laws.

The way to make a radical change in your life is to consistently bombard your brain with a new stream of personal-development information, presented by different people, and presented in different formats. Since your number one goal is to be totally healthy, all the information entering your mind should be furthering that goal and none of the information should be detracting from it.

To achieve vibrant health, educate yourself on the subject of gardening herbs, natural living, raw foods, and related subjects. through reading This has been a major factor in my own health, as my organization Nature's First Law offers the largest selection of raw-food and natural health information in the world - the content of which I have full accessed.

Saturation means attending every health seminar possible. Attend every success seminar possible. Attend every seminar given in your specialty area. Each speaker can provide you with wonderful distinctions which can transform your life. Anyone speaker might say something you have heard before, but in a slightly different way, a way which immediately applies to you. The energy of a live performance cannot be matched. Go to success seminars for fun.

When you are healthy, and your suggestive environment is cleared, You can accelerate your success by converting all information entering your mind into one focused field - the field in which you desire to excel. Make all information input positive, uplifting, and focused on the items necessary in this field for your goal achievement. **You can become an expert in any field in less than five years, and if you truly saturate yourself in the way I have advised, you can become an expert in any field in two or three years.**

If you want health, you have to study health. If you want success, you have to study success. In my own life, I have made a study of superior health and incredible success. I am fascinated by vibrant health. I am fascinated when I see someone who is totally alive. I am intrigued by phenomenal success. I love hearing success stories. It is so interesting to hear the stories behind mega-music bands, such as The Beatles or The Bee Gees or ABBA. Saturating my mind with the secrets of health and the stories of super success has revolutionized my life. The mystery of incredible success is unlocked when one's fascination is met with saturation.

Reading

If you want to get good at something, read a book on it. Read many books on it. More is better.

The successful individual with a purpose in life makes it a business, a responsibility, and an exciting and fun use of time to read books relating to that purpose. In that way, important knowledge is acquired which comes from the experiences of others who have gone before.

An individual's reading program should be as carefully chosen as the daily diet, for that too is food, without which mental growth will stagnate.

Business philosopher Jim Rohn says, "**Miss a meal, but don't you miss your reading.**" What excellent advice! Reading a book written by a person you admire puts you in a mental and emotional state similar to theirs. Those with a purpose devour books like paradisiacal fruits.

We intuitively know that readers are achievers. Leaders read. Feed your mind with good reading.

Success philosopher Brian Tracy describes that one hour of reading in your chosen field each day will make you an authority in that field in 3 years, a national authority in that field in 5 years, and an international authority in that field in 7 years. Just reading alone!

Read

Do you want to lead?

Read.

Do you have a mind to feed?

Read.

Read every chance,
During each snippet of time.

Choose a variety of
Prose and Rhyme.

"The Secrets of the Ages
Are found on written pages."

Five years hence,
You'll be the same as now,
Except for the people you meet,

And the books you browse.

Learn from those
Who've gone before.
Find out how
They opened the door.

Discover wild stories,
Get a new feel.
Don't spend your time,
Reinventing the wheel.

Take notes on your books
And write them all down.
The results you reap
Will amaze and astound.

The answers to your questions
Have already been found,
They exist somewhere
Written down.

Read every page on your bookshelf,
You'll laugh out loud
And attract brilliant wealth.
You'll cry without sound,
And breathe in new health!

Words through your eyes,
Deeply impress;
Transformed they become
The thoughts you express.

Read an hour a' day,
In the field you choose.
With persistent action,
You can't lose!

Everything you read
Is a marvelous seed!
Which explodes into fortunes
And inspires great deeds.

I once had read, "Success leaves clues."
So I asked a genius, "What do you do?"
After much probing, the genius did say:
"Well, I read three books a day."

There is a vast world
To explore,
If you'll just read
A little bit more!

How To Begin Saturating Your Mind

Ideally, your entire day should be one continuous bombardment of positive, uplifting information.

The first waking hour sets the pace of the day. Whatever you do, listen to, or read in that first hour stays with you all day long. Have you ever woken to a song, and that song was in your head throughout the day? This is the principle in action. What if you awoke each morning to the most uplifting music, or the most powerful success literature possible? It is great to feel those inspirations coursing through the body all day long.

The alpha-wave state of the brain is the state of highest mental activity. It is the state you are in when you awaken in the morning and right before you sleep at night. You may achieve the alpha-wave state by taking 10 long deep breaths. You may achieve higher performance on test or in physical competitions by saturating the mind through positive affirmations, goal writing, goal reviewing, reading, success audio listening, etc. when the brain is in the alpha state.

Begin each morning with empowering messages and then continue the bombardment throughout the day. Raw foods action supplemented by daily self-improvement information saturation is a success formula which cannot be topped.

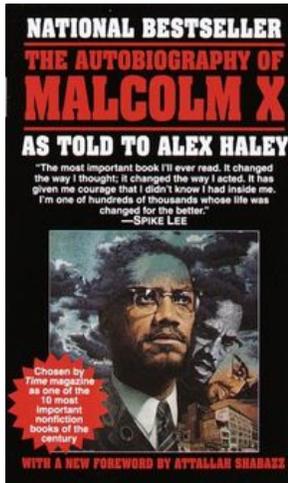
Chaos theory teaches us that even tiny differences of input could quickly become overwhelming differences in output - a phenomenon mathematicians have termed "sensitive dependent on initial conditions." In weather this translates into what is known as the "**Butterfly Effect**" - the notion that a butterfly stirring the air today in Peking can transform storm systems next month in New York. Since this is true, imagine how a *massive* difference in mind input through focused information saturation will equate into an extraordinary difference in output. The Butterfly Effect would become a Phoenix Effect.

Action Steps:

1. Everyone has their own way of learning things. Find out what works best for you. My preference is for reading and audio tapes. What is the best learning modality for you? If this is not clear, ask yourself: "How can I figure out what learning modality works best for me?" Try different approaches. Try alternative learning strategies.
2. Invest in good books. Invest your money in you and your family's education. Find the best health books and read them!
3. Make plans this week to attend a health or success seminar in your area.
4. Record all good ideas in your journal. Become a collector of good ideas you have gathered from live seminars, books, audio tapes, videos, and personal experiences.
5. Become a success-tape addict. Listen to success tapes while driving, eating, or exercising. Dispose of cooked-food addiction and replace it with success-tape addiction.
6. During your first waking moments each morning, listen to a song that inspires you and will keep you charged throughout the day. During the first 30-60 minutes each day, read success books or listen to empowering audio tapes.
7. Tape a new motivational quote to your nightstand or bathroom mirror every week.

MALCOLM X ON READING IN PRISON

Source: [The Autobiography of Malcolm X](#) as told to Alex Haley (179)



I suppose it was inevitable that as my word-base broadened, I could for the first time pick up a book and read and now begin to understand what the book was saying. **Anyone who has read a great deal can imagine the new world that opened. Let me tell you something: from then until I left that prison, in every free moment I had, if I was not reading in the library, I was reading on my bunk. You couldn't have gotten me out of books with a wedge.** Between Mr. Muhammad's teachings, my correspondence, my visitors-usually Ella and Reginald-and my reading of books, months passed without my even thinking about being imprisoned. In fact, up to then, I never had been so truly free in my life.

The Norfolk Prison Colony's library was in the school building. A variety of classes was taught there by instructors who came from such places as Harvard and Boston universities. The weekly debates between inmate teams were also held in the school building. You would be astonished to know how worked up convict debaters and audiences would get over subjects like "Should Babies Be Fed Milk?"

Available on the prison library's shelves were books on just about every general subject. Much of the big private collection that Parkhurst had willed to the prison was still in crates and boxes in the back of the library-thousands of old books. Some of them looked ancient: covers faded, old-time parchment-looking binding. Parkhurst, I've mentioned, seemed to have been principally interested in history and religion. He had the money and the special interest to have a lot of books that you wouldn't have in general circulation. Any college library would have been lucky to get that collection.

As you can imagine, especially in a prison where there was heavy emphasis on rehabilitation an inmate was smiled upon if he demonstrated an unusually intense interest in books. There was a sizable number of well-read inmates, especially the popular debaters. Some were said by many to be practically walking encyclopedias. They were almost celebrities. No university would ask any student to devour literature as I did when this new world opened to me, of being able to read and *understand*.

I read more in my room than in the library itself. An inmate who was known to read a lot could check out more than the permitted maximum number of books. I preferred reading in the total isolation of my own room.

When I had progressed to really serious reading, every night at about ten P.M. I would be outraged with the "lights out." It always seemed to catch me right in the middle of something engrossing.

Fortunately, right outside my door was a corridor light that cast a glow into my room. The glow was enough to read by, once my eyes adjusted to it. So when "lights out" came, I would sit on the floor where I could continue reading in that glow.

At one-hour intervals the night guards paced past every room. Each time I heard the approaching footsteps, I jumped into bed and feigned sleep. And as soon as the guard passed, I got back out of bed onto the floor area of that light-glow, where I would read for another fifty-eight minutes-until the guard approached again. That went on until three or four every morning. Three or four hours of sleep a night was enough for me. Often in the years in the streets I had slept less than that.

I have often reflected upon the new vistas that reading opened to me. I knew right there in prison that reading had changed forever the course of my life. **As I see it today, the ability to read awoke inside me some long dormant craving to be mentally alive.** I certainly wasn't seeking any degree, the way a college confers a status symbol upon its students. My homemade education gave me, with every additional book that I read, a little bit more sensitivity to the deafness, dumbness, and blindness that was afflicting the black race in America. Not long ago, an English writer telephoned me from London, asking questions. One was, "What's your alma mater?" I told him, "Books."

You will never catch me with a free fifteen minutes in which I'm not studying something I feel might be able to help the black man.

QUOTES ON READING

"Reading, after a certain age, diverts the mind too much from its creative pursuits. Any man who reads too much and uses his own brain too little falls into lazy habits of thinking."

—**Albert Einstein**

"I have sometimes imagined a library, *i.e.* a collection of the works of true poets, philosophers, naturalists, etc., deposited not in a brick and marble edifice in a crowded and dusty city. . . but rather far away in the depths of the primitive forest. . ."

—**Henry David Thoreau, 3 February 1852**

"I once had a Buddhist teacher who did not think much about spending one's life reading books. When asked which books I should read, he replied, "Read the books that save you from reading others." *Small is Beautiful* is and has always been one of those rare books—a book that can inform a lifetime."

—**Paul Hawken, Intro to *Small is Beautiful***

"I suggest that the only books that influence us are those for which we are ready, and which have gone a little farther down our particular path than we have yet gone ourselves."

—**E. M. Forster**

From an Internet Post

"Can u read this?"

I Cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzaniig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt!