

Star **METRO**



Curious rite

These kids are not 'it' in a game of hide-and-seek, nor does it look like they're playing blind man's buff. In any case, both games don't involve playing cards, so why is the child on the left holding up a playing card to his forehead? But then again, maybe it's not a game after all.

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M10 Feature

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Blindfold

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Photos by ART CHEN

BLINDFOLDED with a piece of purple cloth, Yong Shu Wen was murmuring the words and colours on the numerical cards placed before her by her facilitator who was seated opposite her.

The Year One pupil from SRJK (C) San Yuk in Rawang then went through some English essays and newspapers quickly. She read

them correctly despite the fact that she was blindfolded.

Another facilitator guided Year Three pupil Jeannie Chua's finger to each word in a newspaper article and the latter read the article without much problem.

Unperturbed by the challenge to read the logo of Chinese radio station 988 (Star RFM Sdn Bhd), she not only managed the feat but to repeat it.

The two youngsters were among some pupils who attended a three-day Glance



Lim attending to a participant during the course.

Feature M11

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way to studying better

Remember Course held in Seri Petaling, Kuala Lumpur, recently.

Blindfold reading guru Vincent Lim, 47, from Penang, conducted the 11-hour course and taught the children how to be focused and to relax their mind, listen attentively, do mind-mapping and read while blindfolded.

The blindfold reading technique is to train a child to use his mental energy to glance, remember and process any data that he is glancing. After the child's mental energy is initiated by his guru, he can make use of the right brain and alpha brain wave in his learning process.

Amelia Yap was taken to the course by her father, Yap Kum Fatt, who had heard of Lim's teaching method from his friends. Yap thought that he would give it a try, as his daughter was not focused in class.

"My father wanted me to be focused," said Amelia. "I learnt to look at two pages of the book and close my eyes. I could only read a bit on the first day but it was better on the second and third days."

Yap was impressed with his daughter's progress.

"After seeing the demo (which was held for the parents of the participants on the third day of the course), I think she can do even better than that," he said.

Another participant, Low Yoong Wee, 15, from SMJK Confucian in Kuala Lumpur, said when he closed his eyes and touched the text on the reading materials, he could see "weird colours" before his eyes.

"This helps me to remember what is important in the textbook. I think it will make things easier for me when I prepare for my SPM exam next year," he said.

SMK Damansara Jaya student Ho Su Li said: "On the first day, I was a bit nervous. The course required us to relax our mind and the teacher taught us several steps to help us relax, like taking deep breaths and loosening our body."

"Then, I practised at home. On the second day, it started to work for me and I became more confident when it eventually did work out."

Szeyi Lo, 15, a student of SM Aminuddin Baki in Kampung Pandan, Kuala Lumpur, who had attended the course last year and found that the method helped her in her studies, was there to help out and do some revision.

"The mind-mapping technique helps me to concentrate on my studies and remember what the teachers say or what I have read, while blindfold reading allows me to use my right brain to see what is in front of me."

"You can see a lot of light, like purple, green and blue; it depends on the person," she said.

According to Lim, the four major factors that hamper a person's ability to perform in his studies are that he does not have a "quiet" mind, he is not focused and alert to his environment, he does not know how to relax himself and he does not have self-confidence.

"When the students first come to my class, I will initiate their mental energy, which means I will transfer my energy to their brain. Then, their brain will be full of energy and when that happens, they can use their left or right brain, or the whole brain," he said.

He added that it was more difficult to teach students aged above 18 because they would have cultivated bad studying habits that were



A blindfolded Amelia reading from a card during the demonstration, watched by her father, Yap Kum Fatt (left), and Lim.

difficult to change.

"We train them to focus on the material and then they can see clearly - the materials will become bigger than what you could see. When they

read like this, the information will go into their mind," he said.

Lim has been conducting the course in Penang, Bukit Mertajam, Taiping, Ipoh, Malacca, Kuantan,

Kota Baru and Sandakan for the last five years.

For information on the course, call