



# Expand your attention

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## About the author

Iliyan Yanakiev is a member of the World Intelligence Network (WIN) and two exclusive high IQ societies (CIVIQ IQ 145 SD15 and ISI IQ 148 SD15) restricted for the top 0.13% and 0,07% of the population. He was a special guest lecturer at MENSA. He was interviewed by national tv and national radio. Iliyan is consultant and lecturer, who helps people achieve their dreams by improving their mind.

## The truth about IQ and measuring intelligence

IQ means “intelligence quotient” and it represents a number which is derived based on statistics and standard deviation. What this means is that most people should score about 100 on an IQ test. However IQ160 on one test might be less than IQ150 on another test. This is because there are 3 deviations used on IQ tests – 15, 16 and 24 and because of that, in order to compare IQ scores, one has to know the IP, or intelligence percentile. The IP represents what percentile of the population, based on statistics, will score less. For example if you score IQ 130 SD15, your IP is 98%, this means that your score is in the top 2% on that test.

The upside is that there are a few tests which have been used for a long time, so they have good design and statistics, and if one’s score is especially high, like IQ 180 on multiple good tests, or if it is even reported as too high to be properly measured by psychometrists, then we can say that that individual is definitely smarter than most people. However the downside is that statistics cannot be 100% reliable, and more importantly, even the most comprehensive IQ test cannot measure the whole scope of intelligence. For instance, there are test to measure emotional intelligence and other test for different abilities. Intelligence is just more that what an IQ test can measure. How well one communicates? How happy is he? How healthy is he? How easy does one get what he wants in life? How able he is? What abilities he has? How much control of his general environment he possesses? How creative he is? There are so many factors we could think of, which will indicate a person’s intelligence.

To resolve this issue, we first need to define very well, what we are attempting to measure. And we can rely on the definition of intelligence as the ability to differentiate.

## What is intelligence?

Intelligence is the ability to differentiate. In other words, how well you determine difference and lack of difference. This ability is the underlying necessity for intelligent thought. And it is an ability which can be improved.

The simplest form of logic is binary, meaning one or zero. This is the ability to differentiate. It all begins with you distinguishing between yourself and your general environment, you differentiate between your body and the environment, you differentiate between the separate objects in your environment. For example: You differentiate that there is something in front of you, you differentiate that there are two objects in front of you, you differentiate that there are of different size, you differentiate that they are both paintings, you differentiate that one is Giuseppe Arcimboldo's "Spring" and the other is Daniele da Volterra's "David and Goliath".

The better you differentiate within a subject the more intelligent you are in that subject. Your general intelligence is your general ability to differentiate. The more you learn and the more you differentiate, the more your intelligence increases. If you never learn anything new, your intelligence will never increase.

Understanding that intelligence is the ability to differentiate is the first step on the road to higher intelligence, the next one is the intelligent thought process.

## How to increase your intelligence?

Your intelligence, and whether it will increase, depends on how you think. To think intelligently, you need to do three things:

1. Expand your attention.
2. Examine thoroughly.
3. Exclude assumptions.

The first step of the intelligent thought is expansion of attention. Let us say that you will travel with your car. You get in the car, start the engine, and go. To expand your attention will mean for example to: check the oil, go around the car and look at the tires, check the route to your destination, etc., before you go. Doing these might save you from engine failure, flat tire, or other troubles.

The second step is to examine thoroughly. This would mean that instead of looking vaguely at something, you have to examine it as thoroughly as possible. When you look under the hood of your car you can just see the oil level, but you could also examine more closely and see what the color of the oil is (this might indicate issue), or other liquids, such as the water, the liquid for the cooling system, the liquid for the breaks and so on.

The third step is to exclude assumptions. If something happens to your car you could assume that you cannot fix it, but, if you expand your attention and examine thoroughly, you might find out that you can. Or you may assume that you know how to fix it, but you don't.

A fool is someone who is fooled, genius avoids being fooled. Expanding your attention, examining thoroughly, and excluding assumptions is what you have to do to avoid being fooled. To the degree that you do these three things, you will think intelligently and you will not be fooled.

## Emotions

Your emotions might help you or fail you. Emotional intelligence is the ability to differentiate emotions. How well you determine your emotions and in what emotional state you re in? How well you determine the emotions of other people? What changes your emotions and those of others? How do you change your emotions and those of others? You see ultimately what you get as a result from intelligence is control. If you are emotionally intelligent you will have control over your emotions.

The emotions can be put on a scale:

1. Serenity
2. Exhilaration
3. Enthusiasm
4. Interest
5. Boredom
6. Anger
7. Fear
8. Apathy
9. Greif
10. Regret

There are many more which can be put on the scale. The higher one is on the scale, the more able he is. You will be emotionally intelligent to the degree that you can rise your emotional state higher on the scale and you can raise other's emotional state higher on the scale. The better you are able to rise your emotional state the more you will be able to increase other abilities. Have you tried learning something while being at a low emotional state? How about when you were exhilarated to learn? Also, the better you can increase the emotional state of others, the better you will be able go communicate with them and thus come to agreements with them. How successful you will be if you cannot communicate with others and reach agreements with them?

But is all begins with the ability to differentiate. Differentiate between emotions, what makes yours go up or down, what makes another's emotions go up or down, etc.

## Processes

Here are a few processes you can do on your own. Do each process until you get a cognition, and then stop and move to the next one.

Think of a time when you were differentiating between two objects.

Think of a time when you were differentiating between two emotions.

Think of a time when you were differentiating between multiple objects.

Think of a time when you were differentiating between multiple emotions.

Go outside and differentiate between as many objects as you can.

See how they are all different.

See how they are all the same.

Go outside and differentiate between as many emotions as you can.

See how they are all different.

See how they are all the same.

Write down your cognitions. What did you notice? There are no right answers, what is true is what is true for you.

## To find truth, find falseness

The truth is buried beneath falseness. To get to the truth, you have to discover the falseness. What does truth mean? Truth is “as is”, it is the reality of how something is. Falseness is “not as is”, or unreality. Being able to differentiate between truth and falseness is crucial for intelligent thought.

Let's examine more closely falseness. Let's assume that you have never in your life eaten a mango and you think you will not like it, but when you actually try it for the first time, you find out that you really like how it tastes. In this case the falseness was an assumption, the assumption that you will not like the mango. You maybe had assumptions about the taste or the texture. It is only when you have enough reality, that the falseness melts away. Only when you actually taste it, you see how it tastes like, and whether you like it. Sometimes you were convinced that something was true and it turned out to be false. History have many dramatic example of that.

What is the solution to revealing falseness? It is the three steps: expanding your attention, examining thoroughly, and excluding assumptions. By doing these three things, you will discover the falseness and get to the truth.

## Conclusion

Provided all of the above, what is the most important factor without which any of it will not be possible? It is attention. You cannot differentiate, if you cannot pay attention. The first step is “expand your attention”, and without attention, you cannot examine, and you cannot notice assumptions which then you can exclude. Attention is the most primary.

Do each process until you get a cognition, and then stop and move to the next one.

Remember a time when you paid attention.

Right now – pay attention.

Go outside and pay attention

Write down your cognitions. What did you notice? There are no right answers, what is true is what is true for you.

You can also do this: Everyday after you wake up, say to your self “Today I will expand my attention, I will examine thoroughly, I will exclude assumption.”