



JOE
DIAMOND
LIVE



PSYCHOLOGICAL GUIDE TO THE MIND

•
A QUICK & DIRECT LOOK AT HOW THE
MIND WORKS

PERCEPTION | MEMORY | PERSONALITY



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INTRODUCTION

If you are reading this, you have likely seen me perform one of my mind reading shows, and were interested in learning more about how the mind works.

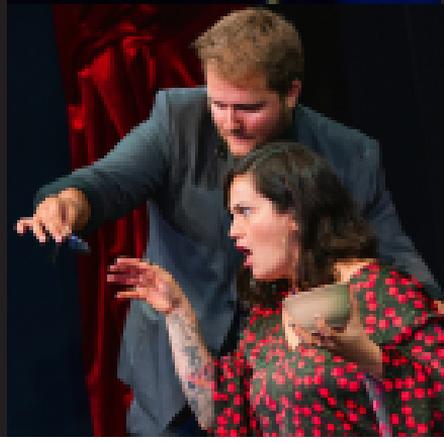
What follows is a general overview of some of the strange aspects of the human mind.

Rather than explain how "Mind Reading" works, we'll be exploring how THE MIND works, which is actually so much more fascinating & weird than what you might have seen me do on stage.

I do hope you'll take the time to follow along and try these experiments along the way. You'll learn not only about the human mind, but you'll be learning about how YOUR mind works, in particular!

Thank you for taking the time to read, and I wish you lots of success!

- Joe Diamond, 2023



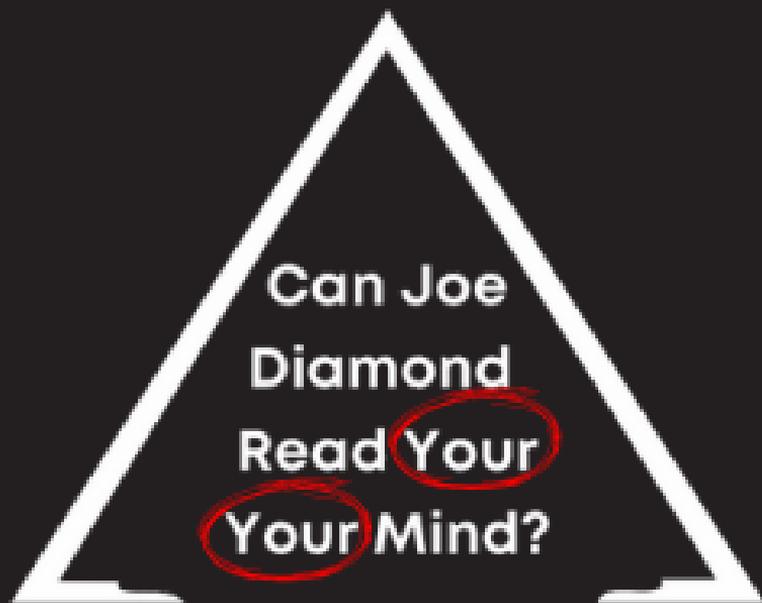
READ THIS OUT LOUD...



**Can Joe
Diamond
Read Your
Your Mind?**

QUIZ TIME:

DID YOU SPOT THE SECOND "YOUR" IN
THE TEXT?



If you missed it, don't worry. It doesn't mean you are dumb, or your brain is broken. Quite the opposite! It means your brain is working perfectly! The next page proves it... 

Accoedrign to racheearch at Cmabrigde
Uinervtisy, it deoesn't mttar in waht
oredr the ltteers in a wrod are, the
olny iprmoentn tihng is taht the
frist and leat ltteer be at the rghit
pelaa. The rset can be a toatl mses
and you can siltl raad it wouthit
porbels. Tihs is bcuseas the huamn
mnd dees not raad ervey lteter by
istlef, but the wrod as a wlohe...

See? Your Mind is AMAZING!



...AND NOW,

SOME EXPERIMENTS

GRAB A FEW SHEETS OF PAPER
AND A PEN OR PENCIL...



X-RAY VISION

**CAN YOU SEE THROUGH YOUR OWN HAND?
LET'S SEE...**

**ROLL UP A SHEET OF PAPER TO MAKE A TUBE.
HOLD UP ONE HAND BESIDE THE TUBE.
LOOK THROUGH THE TUBE WITH ONE EYE, BUT
KEEP THE OTHER EYE OPEN TOO!
IT SEEMS THERE IS A HOLE IN YOUR HAND!
SEE? YOU HAVE X-RAY VISION!**

READING YOUR OWN MIND

Get ready to read your OWN mind!

We're going to learn to do this through a variety of exercises, starting with a few personality readings so you can learn about what kind of person you are.

Later, we'll delve into some simple memory techniques. If you've seen me memorize a shuffled deck of cards in under 30 seconds in my show, I give a brief explanation on stage that while simple to grasp, is difficult to execute. What you'll be learning here, you'll be able to execute almost immediately, I promise.

At the end, we'll go over a simple 'meditation' that any one can do within seconds. It's more of a mental exercise, but I promise, the more you do

To start, we're going to use that pencil and paper!

Please do NOT skip ahead! Take your time to write your answer to each question. Best to write what comes to you first. Don't think about it too much, just answer with whatever comes to you naturally.



THE SPHERE

1. Think of a sphere. How big is the sphere? What is it made of, and what is the surface like? What color is it? Where is the sphere (e.g. on the ground, floating, etc.)? Is it transparent? If so, can you see inside?
2. Where is the Sphere? Is it in a field? If so how big is the field? Is it in a room? What are the surroundings like? Is it in an empty void?
3. Imagine your favorite animal next to the Sphere. What is the animal doing, and where is it in relation to the Sphere?
4. Think of flowers growing close to your Sphere. Count the flowers, how many are there?

Interpret Your Answers on The Next Page →





1. The Sphere represents your MIND. The size of it is your ego. The surface represents what is observable to others about your personality. It's what you want others to notice about you. The texture of the Sphere (ie, smooth, rough, bumpy, etc.) represents your style & vibe.
2. The environment the Sphere is in represents your public persona, what you choose to show of yourself to the world. It's size is the representation of your perspective of the universe, and how detailed your life is. The more details in the room, the more detailed you are.
3. The Animal represents your ideal partner. What the animal is, and what it is doing is the balance of both what you want and what you need. The closer it is to the Sphere, the more this person is in your life in the present moment.
4. The number of flowers you imagined represents how many true friends you have in your life, currently.

WHAT DOES THIS REALLY MEAN THOUGH?

To be fair, this is just a simple personality test based on other classic psychology tests.

This is meant to be fun first, and hopefully insightful, second. Like any oracle, or piece of art, it's about self reflection. If you look at a tarot card, or a painting in an art gallery and see nothing of yourself in it, that's ok. You still took the time to think about the piece, and yourself. I do hope that one day these personality tests and psychological profiling techniques allow us to understand our minds in ways we could have never thought possible.



That said, here's another quick personality test you can try. Take your index finger of your dominant hand, and draw a Q, a capital letter Q, on your forehead.

Keep your finger over the eye you drew the tail of the Q. Believe or not, that tells us a LOT about you.

If you're over your RIGHT eye, that means you drew it as if you yourself would see that Q, which means you tend to only perceive the world from your OWN perspective. These people aren't the best liars.

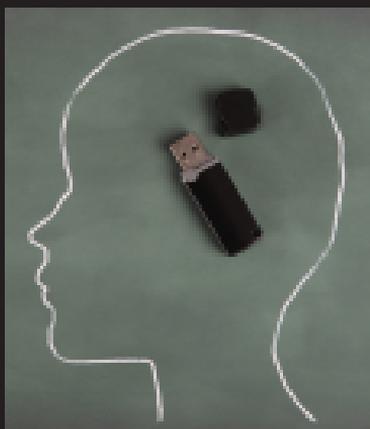
However, if you draw the tail over your LEFT eye, that means you drew it how the rest of the world would see that Q, because you are used to putting yourself in other people's minds/shoes. These people tend to be better liars.



MEMORY

Believe it or not, I have a terrible memory. I'm awful with names, for example. But if I am able to link it with something else in the moment, I'm much better at it. This is often known as a mnemonic. Like if I meet someone named Rose, I'll imagine the flower growing out of their head like a Dr. Seuss character. It's visual, and hard to forget. The mnemonic is ANY device to help you remember something. It can be a pattern, association, or even a rhyme. Here's a list that uses rhyming to help remember a list of ten items:

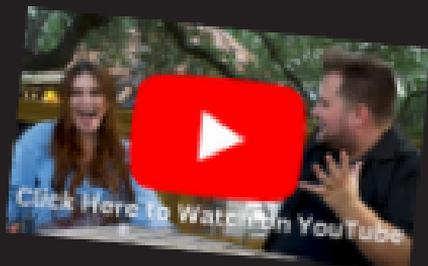
1. Bun
2. Shoe
3. Tree
4. Door
5. Hive
6. Sticks
7. Heaven
8. Gate
9. Wine
10. Hen



Now, watch along with the video below, and see if you can link each of those rhyming words to the object my friends suggest in the video as I make the list. Don't worry, if you don't get it perfectly, I teach you everything in order to accomplish this by the end of the video!



Or Scan This Code With Your Phone...



PRACTICAL USES

This 'memory peg' system can be used for a large variety of things. You can of course use this to show off to your friends, like I do in the video. You can memorize shopping lists, or use this in a speech to break the ice at the beginning. If you are single, this is actually a great 'game' to do on a first date, just DON'T do it to show off. Instead, tell the other person that to improve your memory, you have been practicing memorizing random lists, and ask if they can 'test' you. Then of course, you teach THEM afterward. It's a great way to get to know one another, and keep the conversation going. Also, if you're feeling ambitious, here's pegs for 11-20:



11. Comes From Devon
12. Shelf
13. Skirting
14. Courting
15. Lifting
16. Sweet Sixteen
17. Can't Be Seen
18. Baiting
19. Pining
20. Century

There's lots more mnemonic techniques for memorizing long strings of numbers, people's names, entire magazines, and shuffled orders of playing cards. I highly recommend "The Memory Book" by Harry Lorayne & Jerry Lucas. It's the book all other books just sort of copy, and it's still easily available on Amazon.

This is more than enough to get you started. There's no shame in note taking, record keeping, or asking folks to repeat themselves. All these things show you CARE. If people see you making a genuine effort, or double checking on the spelling or pronunciation of their name, they'll appreciate it. And very often, that effort made means you don't have to check your notes as much as you thought you'd have to....

THE LABYRINTH

Here's a fun, simple exercise, almost a meditation, that has shown to have positive psychological effects on those who try it. The labyrinth below is unlike a maze, because there are no dead ends. When you trace the path with your finger, you'll always travel from the outside to the center. Most who walk the path, or just trace it on a smaller version like the one below usually start from the outside, pause in the center, then retrace their steps back again.

The three stages are called *Release, Receive, & Return*.

Release: As you walk/trace towards the center, symbolically release all problems and concerns.

Receive: Pause in the center. This enables you to receive guidance.

Return: Trace the maze back to the outside, and return to everyday life with new insights, and hopefully some peace of mind.





THANKS FOR READING!

**TO BRING ME TO YOUR NEXT
PARTY OR EVENT, VISIT:**

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