



Presents

Art of Reading

by

Dr. P.R. Subas Chandran, Ph.D.,



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This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

those who are not empowered with a vision to read.



FROM THE AUTHOR

Art of Reading (AOR)

“கற்க கசடறக் கற்பவை கற்றபின்
நிற்க அதற்குத் தக.”

[Read knowledgeable books and inculcate the imbibed virutes]

Our memory stores all the information received through the five senses. Of this information, visual info is approximately 82 per cent, and the rest 18 per cent belongs to four other domains- auditory, olfactory, taste and touch. It is evident that visual information is the dominant one, and it plays an essential part in developing one's personality. Unlike a picture of a landmark building, when you see casually or intensely, the reading needs effort. It makes an impeccable impact on your memory, and you can sharpen your cognitive skill. Art of reading is not some compilation of information but has much more dimensions. The book traverses into different topics such as face reading, telepathy, mind-reading, photogenic study, graphology and clairvoyance. Finally, how reading is benefiting the reader is explained crisply by compiling ideas borrowed from many schools of thought and presented into a capsule form.

One of the benefits of Reading loudly will enhance your public speaking skills by shedding your inhibitions. It is befitting to quote here about Late C. N Annadurai, former Chief Minister of Tamil Nadu. He was admitted for a cancer operation. When the doctor asked him whether he can administer anaesthesia, he responded that he may be given a book to read and let him perform the operation. In the context of fast-moving and time scarce world people like to listen than read yet we made a humble attempt of 30 minutes reading, and you will not regret having paid 20 rupees. Explore the experience.

All the best

(Dr.P.R. Subas Chandran)





FOREWORD



Prof. H. Lajipathi Rai, M.Com., Ph.D.
Former Vice-Chancellor, Dr B.R. Ambedkar University, A.P.

FOREWORD

A content that need a fatty book but contrastingly author chose to capsule it in a pocket-size format presenting to suit all ages with a befitting title "Art of reading". I agree with the author that reading is also an art in every sense. By reading with nuances, one could mesmerize the listener, and an improper way of reading could make the audience flee.

When some readers read the Bible, Quran, or the Bhagavad Gita, they make a significant audio-visual impact on the listener because they immersed into it. The book elucidates on different shades of reading by which many hidden traits in one's personality could be observed. The price of this book is surprisingly low, and its content is more than its worth. I know Dr Subas Chandran as a motivational speaker very closely. Indeed, I am delighted to pen this foreword for the benefit of anyone interested in reading. I am convinced that this book, specially students, will significantly improve their reading quality and enrich those who wants to learn about the art of reading.

Wish the reader and author all the best.

H. Lajipathi Rai
(PROF H.LAJIPATHI RAI)



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Prof. H. Lajipathi Rai**, Former Vice-Chancellor, Dr.B.R. Ambedkar University, A.P to have foreworded the Art of Reading vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of Reading



WHY?
WHO? **READ?**
WHAT?
HOW? **WHEN?**
WHERE?

Pretty Interesting!

Reading begins the moment you are out of mother's womb into the world and open your eyes, the prime i.,e., 82% visual is based either picture or text. Yes, a new born who reads its surrounding, is a silent spectator; the mother reads the mind of a hungry child; the farmer, predicts the weather reading the open sky; the doctor reads the functioning of the nerves with the pulse beat on the health issues of a patient; but gone are the days when we found real doctors in the midst of quacks these days, Shshsh... Money makes the mare go, after all; the driver reads the road culture; a business man, the market trends so on and so forth. Thus it's axiomatic, reading encompasses every field of activity. But the lexicographer uses a specific jargon to suit each: observe, notice, survey, diagnose, predict, fore say, investigate, analyse and the list goes on. Freeze your thoughts on these till cracked later.



The journey
of a lifetime
starts with
the turning
of a page

- Rachel Anders

By the way, what's reading, in our common parlance?

Yes, the process of decoding symbols to derive meaning. It is a form of language processing. It entails the key technique where eye tracking,-reading as a series of eye fixations with saccades (rapid eye movement between the fixations) is performed. It is the frequency with which the words in a sentence are uttered and correlated to comprehend the substance. This also improves comprehension and retention speed of the brain.

Reading comprehension, for that matter, is the yardstick to measure one's ability to quickly grasp the message conveyed by the symbols. It is individual brain appertained as well as community usage enhanced by experience and reason. Present world is handy with e-learning, online textbooks. Not to comment.

Writings of George Bernard Shaw and G.K. Chesterton seem to exchange the most amusing witty conversations.

Chesterton: I see there has been a famine in the land.

Shaw: I see the cause of it. Were I so fat as you I would hang myself.

Chesterton: Were I to hang myself I would use you for the rope

Likewise John Dryden and Alexander Pope share repartees and scorns. Once, Henry David Thoreau was arrested for not paying the tax. His bosom friend, R.W. Emerson visited him in the prison and asked him what he was doing inside the prison walls. H.D. Thoreau came up with a repartee of the naturalist's pride: "Whatever you do outside I do it inside" (helplessly fighting Civil Disobedience).

Reading is Purposive

- Reading, as a hobby may be thought to kill time, but has a direct bearing on the brain through optical nerves and this practice being visual it evinces great impact on the memory.
- Reading is studying to gain knowledge, kill the others' time
- Reading is anything of the above listed to skill everybody's time every time.

“

I don't believe in the kind of magic in my books.
But I do believe something very magical can
happen when you read a good book
- J.K. Rowling

Write to be understood,
speak to be heard, Read to Grow
- Lawrence Clark Powell

”

A worthy hobby undoubtedly 'coz,
it's the best of friends forever.

Can you deny that you haven't read or heard of any of these in your childhood days? Indian Shakespeare-Kalidasa's Shakunthalam, Raja thanthri Rajaji's Mahabharath, Valmiki's Ramayan, Stories of Garuda puruan, Fairy Tales, Vishnu Sharma's Panchatantra stories, Tagore's Short stories, especially Kabuliwala, Akbar and Birbal, Vikram Aur Vethaal, Tenali Rama's stories, Kushwant Singh's jestings, Prem Chand's short stories, Mulk Raj Anand's, Girish Karnad's stories, Tinkle, and of course, the most sought after, J.K.Rowling's Harry Potter series and much more..... a library of collections (repertoire) all in the line? The exclusive human sentimental touch from Jayakanthan's tamizh novels, kalki's, etc....

“Reading maketh a full man; conference a ready man;
and, writing an exact man”.

- Francis Bacon

Reading texts purportedly to pass an examination or earn livelihood involves strategy to use Linguistic regularities-accent, tone, stress and pause. Reading comprehension, the highest intellectual activity tests the reader's verbal ability, the speed of reading number of words per minute, the vocabulary used, the syntactic order, structure and structural styles adopted in a piece of writing-the readiness to reproduce and recreate; respond cognitively, etc. Monotony prevails in such reading.

To some, the eye fixations with saccades between the speech groups may not be rhythmic due to reasons of vernaculars learning a language as second language; mother tongue pull while speaking a lingua franca at a



social gathering and so on. The inadequacy may tell on the reader's psychology. The author, being a psychologist, provides with suggestions to remove such hurdles. One among them is the popular Mirror exercise, - (to stand in front of the mirror and read aloud* that has received the best credit ratings) one of the scientifically proven techniques to overcome many inhibitions including Introvertness (Refer the author's other paperback Art series). Psychologists are of the view that a practice for ten minutes every day makes your personality a better version. Soon after waking up the first thing to do is to stand in front of the mirror talking to yourself. This will anchor your personality too very well because (VR*) every thought process and memory is visual based if you could practise every day it will be a bonanza and reading loudly before the mirror will also shed many of the shortcomings in the behavioural attitudes thereby moulds your traits. Conversely, no man is perfect. Misreading and malapropism are a few common errors in reading. Such spices to reading help you laugh away your follies that let your substance blossom fulfilled.

The third major macro communicative skill imbibes parameters to suit the need:

Personalised reading is a self orientation process adopted for either skimming through the headlines of the newspaper or scanning the text for an assessment or browsing the pages of a novel at bedtime attributes most often to silent reading. Some do read aloud out of curiosity, tension or stress. Fair enough, you may have pretty well conjectured by now, the linear distinction between skimming (superficial reading) and scanning (spade work).

MALAPROPISM

NOUN: THE HUMOROUS MISUSE OF A WORD BY CONFUSING IT WITH A SIMILAR SOUNDING WORD.

FOR EXAMPLE:

THE WEATHERMAN SAID THERE WAS A 90% CHANCE OF PARTICIPATION THIS AFTERNOON.

MY GRANDFATHER HAD EYE SURGERY TO REMOVE HIS CADILLACS.

THE DOCTOR GAVE ME A SUBSCRIPTION FOR MY ALLERGIES. I WENT TO THE STORE TO PICK UP GRAFFITI AND STREAMERS FOR THE PARTY.

*The more that you read, The more things you will know
The more that you learn, The more places you will go*

- Dr. Seuss

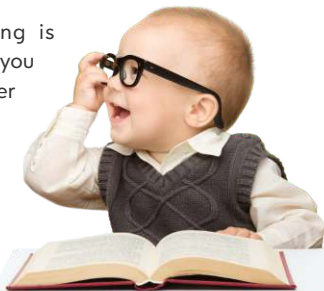
Well then, **silent reading**-when we concentrate or focus on a purpose that the subject has to be read intently and substance perceived in a short span of time, this is the best method.

Reading to an audience, say for instance, a teacher reading text to the class or an individual student to the rest of the class is all a matter of concern. This develops the skill of intent listening. During referencing, to jot down the important points quick reading is commendable.

Artistic reading, the most advanced skill of the four macro components of Communicative language Learning (CLL) LSRW, accounts for the style of using the linguistic components,-voice modulations accentuation with diction.* Intonation and speech articulation go well for the purposes of emotional reading of sensational talks, campaigns, oratory and public speeches, poetry reading, dialogue rendering, drama, etc. News paper reading; commentary, compering presentations and such others fall under this category of formal reading as well.

“Some books are to be tasted, others to be swallowed, and some few to be chewed and digested”.

Most surprisingly, you know reading is contagious and addiction in a way. If you are in a Boarding School you will sooner or later realize the fact. Here none talks; each minds his way with a book, you naturally get inclined to reading.



Analogy - Anna durai

Once, a bibliophile (a bookworm/lover) had no money to buy his coveted book. He was walking on the pavement when he noticed a gentleman waste his money buying the costliest cigar packet. Stealing to begging fell a better choice to save his skin and foster his reading thirst. The wallet heavy for anything with thousands of dollars worth got thinned out lying on the pedestrian path caught sight of a vendor. Poor guy that he was held responsible for the theft: One doth the deed and the other, hath the blow, obviously. These booklovers are also sometimes like drug addicts going to any extent to satiate the craze.

Case Study



When Mahatma Gandhi was young as a boy of 8 and 10 he inculcated the hobby of book reading. His dogma of Truth and Nonviolence are influenced by his reading the play 'Sathya Hari chandra' per chanced lying on his father's study table. He practised first what he preached later, what he did himself- Hence his biographer opines: "If the Battle of Waterloo was won at the play fields of Eton, then it is right to say freedom of India was, in the classroom of fifth standard where Gandhiji's conviction to follow the principle of never to lie even at the cost of life refused to obey the teacher who prompted him to copy the spelling of 'kettle' during the dictation test conducted by the Education Inspector. It is quite evident that habits die hard. That's why it's often said one

book is better than two teachers or the best of friends, today and forever. Every coin is Janus-faced. Dyslexia is a cognitive difficulty rather brain based disability to read, while Alexia, -acquired dyslexia, is reading difficulty due to brain damage, stroke or progressive illness.

Reading has other faces.....

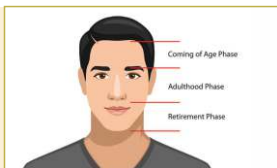
Let's break for the psycho analytical perspective of reading. The Art of Reading maneuvers to take a different course. Reading is punned on for interpreting the smart way of studying the facial expressions, bodily posture, photogenic features, stroking structures of hand writing, the lines in the palm, so on and so forth. Sending and receiving signals (valentine darlings may know it better), color message, vibration message, clairvoyance, mind reading, telepathy are all the spice of the book. Skim through the pages for more. Till then adieu!

Face reading

Face reading kens the character of a person from the facial features of the person proving the axiom: face is the index of the mind. For instance, a broad cheeked

person seems to be authoritative and domineering. Being as old as humanity itself, it has its roots in Indian mythology, Greek and Chinese. Aristotle and Plato have written at length about the science of face reading physiognomy. At present, the world renowned Jades Institute of Face reading and coaching (www.jadeinst.com), China trains students in this science.

Dr. Prem Gupta is the harbinger of the legacy.

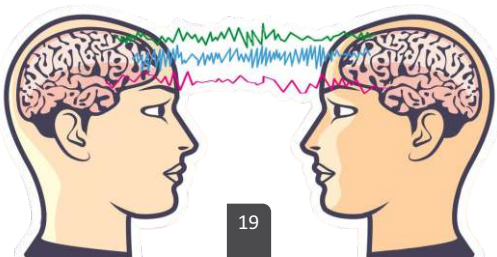


Telepathy

“Oh! I just were thinking of calling you and there you are”

Distance+ feeling/perception. The act of transferring thoughts into someone else is quite credible, authentic. The scientific principle involves the brain to send message enter the mind of the other person in the form of electric signals through nerves.

Every reader might have encountered in life longing to see the near and dear may stand before you in a giffy: “Think of the devil and there it is!” “HUNDRED YEARS...Just thought of calling there rings...” what do you mean by this? Aspiring to communicate to someone is sent to the drive, the Ether. All our thinking is vibration and travels in signals to the receiver through the medium of ETHER. I don’t think anyone has missed this experience. This is called Telepathy. Everyone knows how TV or mobile transmissions work. Sound or light signals get converted into Electro Magnetic Wave signals in the studio and the idiot box converts these signals. Again these signals are decoded by the Neurons into thoughts. Neurons possess neuroharmones that act as autocrine and paracrine messengers transmitted through the electrons inside the neuron. The mutual frequency wavelengths, bandwidth, frequency modulation, call it anything, match perfectly and the message in the thought is carried in the form of signals. That’s why man is machine. (The physics concepts of Time Zone and Time Travel are in the



process) Now, you want to read a book and your quest is sincere, your vibrations are very strong. That's why it is believed, faith can move mountains.

The co-author cites how the migratory pelicans reporting after a year identify the offspring left at the egg stage the previous year. More surprisingly than not, the hatched out chicks identify their mother birds. The beauty of Mother Nature in the undistorted transmission and reception of signals, i.e., the very person to whom it is sent receives it, is all amazing. Absolute vibration works absolutely.

The message can be read with the aid of electronic devices like Electro Encephalo Graph (EEG). Frederic W.H. Myers, the founder of the Society for Psychical Research (SPR) has been credited with coining the word and rephrasing it as thought-transference. Like radio and TV signals to receive-coding and decoding. Thoughts, likewise, are also transmitters and receptors.

Mind reading

Mind reading is an actual communication between two minds, - the mentalism. It is akin with the principle of telepathy. Mind reading is different from skepticism.*



Photogenic study

Photogenic study or otherwise picture reading tells a person from his looks. Quite handy with forensic science helps identify the culprits or criminals.



Graphology

Graphology,* the flair amidst the modern youth, is the science of studying the behavior and psychology of a person through the size, shape and structure of the scripts of an individual. [(<https://handwritinguniversity.com/>) Art of Writing*] Caprio Baldi from Italy in 1622 published the first book on Handwriting analysis.

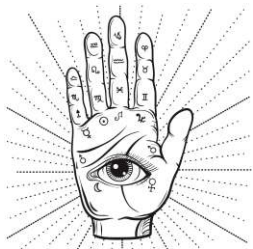


Clairvoyance

The French esotericist, Paul Sédir explains the meaning: clair-clear; voyance- vision as the ability to gain information about an object, person, location or physical event through extrasensory perception. Anyways, it is classed under parapsychology and considered as pseudoscience. Clairvoyance-can, therefore, be defined as a clear sighted ability to foresee persons and events distanced by space and time. Recognition-ability to predict /perceive future, retro cognition-see past events and remote viewing, - telesthesia is the ability to grasp remote or hidden target without support of the senses, perceive present things happening beyond the range of normal perception, are the available three types. Prophecy and Oracle are often linked with this. Most interestingly, Sherlock Holmes, Arthur Canon Dolye understood the manifestations* of the concept to be more authentic. The French term, Déjà vu is a kind of feeling to have experienced the situation previously.

Palmistry or chiromancy

Palmistry or chiromancy is palm reading or as it is known as hand prediction to learn the personality of a person, fortune or future by reading the palm. Its origin is in India, China and roman fortune-telling. Astrology, numerology, soothsaying, predictions, forensic predictions voice reading, etc. all have a say in the aspect of reading. To add a pinch of salt and pepper to this spicy episode there's yet another



but never to try* side, **Necromancy*** art of speaking to the dead. It's prohibited. So never ever try reading this-what we most often come across in Harry Potter series. **Traffic signals** are the 'Big Brothers' to the list. **Cryptology is the most reserved hot cake amidst the CID, FBI and red hat** big guys.

Thus, the art of reading and deciphering either from symbols, sounds, shapes, lines, pictures or scripts is enthralling that induces in you the habit of reading either for fun and frolic or gather information. Feel like giving a try? Just go ahead!

Here are a few classics and best sellers for your reading.

1. Richard Bach's **ONE**
2. George Orwell's **1984**
3. William Faulkner's **Fire and Fury**
4. Sydney Hopkins (Pseudonym Fynn)'s **Mr. God... This is Anna...**
5. Ian Rand's **Fountain Head**
6. **The predictions of Nostradamus-complete work**
7. **P. Scott Hollander's Handwriting analysis**

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- Websites: www.who.int
- Who Wrote My Destiny - by Dr. P.R. Subas Chandran
- Why Mr. Modi should become the PM? - by Dr. P.R. Subas Chandran
- ఆకాశమేపార్ధు (Sky is the limit) - by Dr. P.R. Subas Chandran

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