



Lecture on Methods of Teaching English

Third Year

By

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TECHNIQUES & PRINCIPLES IN LANGUAGE TEACHING • CHAPTER 6

Desuggestopia

Unlocking reserve capacity, overcoming psychological barriers, and acceleration through music and suggestion.

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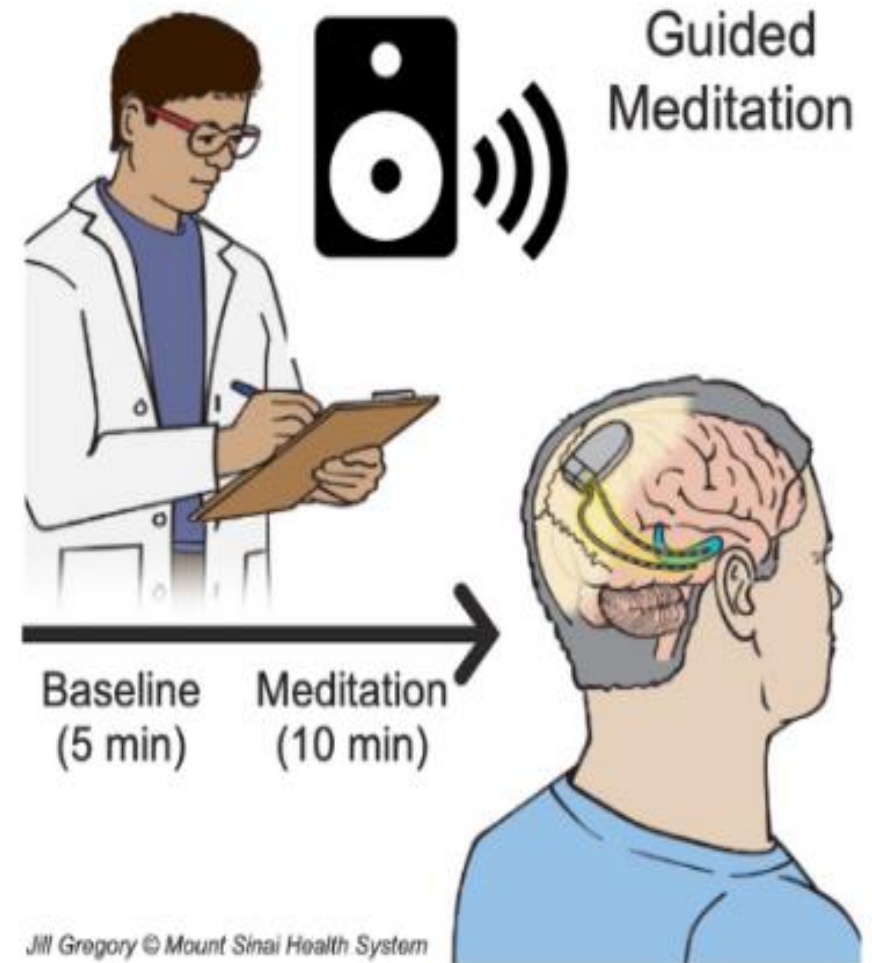
Suggestology & Desuggestion

Georgi Lozanov's Vision

Human potential is vast; learning is blocked by sub-conscious psychological barriers and fear of failure.

Desuggesting Negative Norms

Desuggestion removes societal limits to tap into mental reserve capacities (hypermnnesia).



Core Pedagogical Principles



Peripheral Learning

Environment teaches effortlessly;
posters on walls are absorbed
effortlessly.



Infantilization & Trust

Students regain child-like openness
and trust teacher authority
completely.



New Identity & Role

Assuming target culture personas
removes personal performance risk.



ENVIRONMENTAL DESIGN

The De-suggestive Classroom

1

Comfortable Seating

Padded armchairs arranged in a circle eliminate rigid institutional feel.

2

Dim, Soft Lighting

Warm ambient illumination induces relaxation and reduces anxiety.

3

Grammar & Art Posters

Decorated walls change frequently to support passive peripheral learning.

Role of Music & Baroque Rhythm

🎵 Baroque Largo Tempo (60 BPM)

Specific rhythm (Bach, Vivaldi, Handel) stabilizes body heart rate and breathing.

🧠 Alpha Brain Wave Induction

Music relaxes conscious control, enabling long-term memory acquisition and retention.



Active vs. Passive Concert Phases

First Concert (Active)

Teacher reads text dynamically matching musical intonation. Students follow text and native translation in target script.

Voice Intonation

Varying pitch and emotion prevents monotony and builds dramatic narrative hooks.

Second Concert (Passive)

Baroque music plays quietly while teacher reads text at normal speed. Students close eyes, lean back, and listen.

Subconscious Absorption

No active study required after class; text is reviewed mentally during sleep.

Primary & Secondary Adaptation

1. Deciphering Phase

Teacher introduces new vocabulary, grammar, and dialog story line.

2. Musical Concerts

Active and passive concert sessions build deep subconscious retention.

3. Primary Elaboration

Students read text aloud, sing songs, and engage in choral responses.

4. Secondary Creative Elaboration

Spontaneous communication games, skits, and role-play adaptations.

Participant Roles & Relationships

AUTHORITY & DESUGGESTOR

Absolute Authority

Teacher creates total trust, projects complete confidence, and desuggests psychological barriers to facilitate effortless learning.

RECEPTIVE LEARNER

Child-like Receptivity

Students surrender self-conscious fears, adopt fictional personas, and absorb language naturally without analytical strain.

Non-Stressful Error Handling

Indirect Error Correction

Teacher never interrupts or points out mistakes directly; correct forms are modeled softly in subsequent responses.

Holistic Evaluation

No formal exams or numerical tests; progress is evaluated through active participation, skits, and conversational fluency.

CHAPTER SUMMARY

Key Takeaways of Desuggestopia

Desuggesting psychological limits + Music & Comfort = Accelerated Learning.

1. Subconscious Potential

Reserve capacities unlocked by overcoming affective barriers.

2. Musical Synchronization

Baroque music induces relaxed, high-retention brain states.

3. Low Anxiety

New identities and indirect correction foster stress-free speech.