

Free memory techniques

from One Mind - One Energy

Memory is the mental ability to store, retain and recall information.

In order to really get The Law of Attraction to work for you it is necessary to create an image of what you want in your mind. This is the first step you need to take to get what you want. You need to see what you want in your mind.

Many teachers in The Law of Attraction talk about applying Creative visualization for this first step.



But how can you train yourself to see vivid images in your mind?



One way is to train your memory with memory techniques

Memory is developed through associations – not just associations, but through ridiculous associations. The more ridiculous the association is the better.

Why?

Because it makes a stronger impression upon memory. Logical, “normal” associations will not stand out and hence do not leave strong impressions.

I have used memory techniques for many years and it’s easy to use and it is FUN.



Use mental hooks

It's all about creating mental hooks and adding images to these hooks. You can use any hook system. I usually use the number symbol system.

Here is an example:

Let's say you are going shopping and you have 10 items on your list:

1. detergent
2. bananas
3. milk
4. cornflakes
5. chocolate
6. shampoo
7. cucumber
8. oranges
9. bread
10. peanut butter

Instead of writing down a list with these items you can easily make a mental list and off you go.

Here's how:

First you need to have the number-symbol (hook-system) in place. You need to make an association with regards to the numbers.

Something that makes sense – something that looks like the number shape or something that makes you easily remember what image represent that number.

In my number symbol-system I use the following:

The number 1: Tree

For me the number 1 is a tree since that reminds me of the number 1. It could be a pencil, a pen or anything resembling the number 1.

The number 2: Light switch

For me the number 2 is a light switch because it has 2 positions - on and off. It could be a swan since the swan has the same shape as the number 2 - or it could be anything else that works for you.

The number 3: bar stool

In my system the number 3 is a bar stool – 3 legs



The number 4: Car

In my system the number 4 is a car – 4 doors or 4 wheels

The number 5: Glove

In my system the number 5 is a glove. It could also be a hand

The number 6: 6-gun

In my system the number 6 is a 6-gun. It could also be a dice – 6 sides

The number 7: Dice

In my system the number 7 is a dice – lucky seven. It could also be something that rhymes like Heaven

The number 8: Hourglass

In my system the number 8 is an hourglass since it has the shape of the number 8

The number 9: Cat

In my system the number 9 is a cat – 9 lives

The number 10: Bowling

In my system the number 10 is a bowling alley - 10 pins

You can keep going and make associations for more numbers – 11 could be a football post, 12 could be eggs since there are 12 eggs in a dozen... and so.

When you have the number symbol system in place you need to go over it and make sure you easily remember what symbol represent what number.

Now the fun begins

We will now make **CRAZY pictures/associations (non-logical)** of the number symbols and the shopping list items. We start with the first item – Detergent

Our first number symbol is a tree so we make a crazy picture/association in our mind involving the detergent and the tree.

You could picture a big hole in the tree and detergent pouring out of the tree like a river. Or maybe the tree is covered with detergent – or detergent boxes. It could be any crazy picture you want and the most important thing is to make it as crazy, illogical and ridiculous as possible. It is suppose to make no sense. Have fun with it.

Do not use logic

If you use logic you will most probably not remember the picture.

To illustrate: if the first thing on your shopping list was apples you would need to make a mental picture of apples and a tree (the number 1 symbol). If you choose to make that a normal apple tree it would not stick out in your mind – it would not be anything special - not crazy enough. The more crazy and ridiculous the better.



Put yourself into the image

Put yourself into the image if you want to – add colours, add feelings – and you will remember it with ease. Cartoons are excellent examples of how crazy something can be illustrated. If you watch a cartoon like Tom & Jerry you would easily remember some of the crazy stuff going on because it stands out in your mind. It makes an impression on your mind and memory.

The second item on our shopping list is bananas. We could picture the light switch (the number 2 symbol) as being a banana with a big white button on it. If you use a swan as your number 2 symbol you could let the neck of the swan be made up of bananas. Make it fun and crazy.

The third item on the shopping list is milk. We could for instance picture each of the legs of the barstool as being made up of milk cartons. Mentally see yourself sitting on the stool, the stool falling apart, you falling down and milk splashing all over you. Or use any other crazy association.

The next item is cornflakes – We could for instance fill the car (the number 4 symbol) with cornflakes. When we open the door cornflakes is pouring out of the car
Use the same crazy association for the rest of the items as well.

For the 5th item make a crazy picture between the glove and the chocolate
For the 6th item make a crazy picture between the shampoo and the 6-gun
For the 7th item make a crazy picture between the cucumber and dice
For the 8th item make a crazy picture between the oranges and the hourglass
For the 9th item make a crazy picture between the bread and the cat
For the 10th item make a crazy picture between the peanut butter and the bowling alley

And that's it

Now you will be able to recall this list with ease – both by numbers and by items.

If I would ask you what shopping item number 4 is you would first see the number 4 symbol in your mind as being the car and then immediately the brain would remember the car being filled with cornflakes.

It also works the other way around.

If I would ask what number on the shopping list cornflakes is you would see the cornflakes pouring out of the car. Since the car is the number 4 symbol cornflakes is the number 4 item on the shopping list.

Impress your family and friends

In addition to enhance your memory and imagination you can also impress your family and friends with this technique. On several occasions I have asked family and friends to write down 20 items (in the beginning ask them not to write down abstracts since this requires a bit more practice) and read them out loud one by one allowing me to be able to mentally make an association. You really need to know your number list very well in order to make associations fast and effective. After I have made 20 associations I ask them to give me any number from 1 to 20 and I will tell them what the item was for that number. Also I ask them to pick any of the 20 items on the list and I will tell them which number it is. It works like a charm and they get really impressed. It is a great memory technique. Have fun with it.

The Memory Palace technique



There are also other techniques you can use like the Memory Palace technique.

The ancient Greeks were masters in using memory techniques. Memory was a science and they used the Memory Palace technique when they needed to store large quantities of information.

A Memory Palace is a location or series of locations that you know well. You mentally walk through “the palace” and place the items to remember in each location. The location must be a place you know very well like your house. I would be quite sure that you easily would be able to describe to me your kitchen or your living room in detail, because you know it so well.

If you were to remember 10 items you could for instance place 5 of them in a clockwise manner in the kitchen and the other 5 in the living room. Make sure to hook them up with items already in your kitchen to make it easy to remember. For instance, when you walk into your kitchen look at it in a clockwise manner. Let’s say the first noticeable large object you see is your microwave. You would then place item number one – detergent from our item list – together with the microwave. Make a crazy, ridiculous picture. The next noticeable object might be your sink. You would then make a crazy picture of the sink and item number two – bananas and so on.

With this technique there is no limit to how much you can remember. When you have used up all your rooms in your house as memory locations you can continue using your garage, your cottage or a friend’s flat or the office space where you work or your local grocery store etc. Just make sure you know the location very well so you can place items in each location.

Using these memory techniques will enhance your memory and also your ability to create vivid pictures in your mind. This will further be of help to you when you want to attract things into your life using the Law of Attraction.

ENJOY!

All the best,
Camillo Loken ☺

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