



# How This Easy Memory Technique Makes You Better At Creative Visualization



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## Easy Memory Technique

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Memory is the mental ability to store, retain and recall information. In this e-book I will show you how to use an easy memory technique to become better at creative visualization.

In order to get into harmony with the Universal Laws and vibrate out what you want to *The Quantum Field* it is necessary to create a **crystal clear 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.

The Universal Law of vibrations says that everything vibrates – including you. What you think and feel dictates your vibrational frequency and this sets up The Universal Law of Attraction. The Law of Attraction rests on The Law of Vibration.

So, in order for The Law of Attraction to work for you need to vibrate out what you truly want. And this is where **Creative Visualization** can help you.



Creative visualization is perhaps the most important skill you can learn for setting goals and aligning your subconscious resources to make achieving them almost automatic.

The more vividly you can see yourself living your dream life the more your subconscious mind will believe it is real and it will start to work for you 24/7 to make that reality come true.

The main task for the subconscious mind is to align the inner world and inner truths with the outer world. When you use Creative Visualization to feed your subconscious mind with a new reality it will end up as something true in your mind and then the magic starts to happen. Your **vibrational frequency** will change.

However, many people struggle with how to become a good creative visualizer and see crystal clear images of their dream life.



### 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 and “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 a lot of 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:

- detergent
- bananas
- milk
- cornflakes
- chocolate
- shampoo
- cucumber
- oranges
- bread
- peanut butter



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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. It has to be something that makes sense – something that looks like the number shape or something that makes you easily remember what image is representing that number.

In my number symbol-system I use the following:

### **The number 1: Tree**

For me the number 1 is a tree since the trunk of the tree 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 with 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.



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## The number 6: Revolver

In my system the number 6 is a revolver with 6 bullets.



## 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.



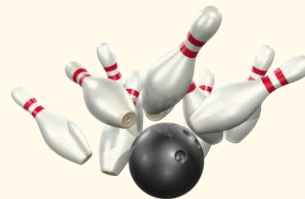
## The number 9: Cat

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, for instance, be a football post, 12 could be eggs since there are 12 eggs in a dozen... and so on.

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. This is easy to do.



## 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's supposed 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 crazy associations 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 revolver

For the 7th item make a crazy picture between the cucumber and the 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**

With this simple memory technique you enhance your memory and also your creative visualization skills. In addition you can use it to impress your family and friends.

On several occasions I have asked family and friends to **write down** 20 items for me to remember. I started off with just 10 items and I used the number hook system as explain in this e-book. After a while I expanded the number symbol system from 10 to 20.





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I then ask the audience to read out loud the first item they have written down. In the beginning tell them not to write down abstract words because it requires more training to make mental pictures of abstract words. So just tell them to write down normal things. It's just for fun and it is good exercise for your creative visualization skill.

After they have read out loud the first item use a few seconds to create your crazy, mental picture. You need to have time to make an association. So just be sure to tell them this before you start. Then, when you are ready, ask them to read the second item of the list out loud.

You really need to know your number list very well in order to make associations fast and effective, so make sure to practice the number list. It shouldn't take you long to really remember. You can use the one suggested here with the trunk of the tree as number 1, light switch as number 2 etc., or just make your own list.

I use a 20-number list and memorize 20 items. After family and friends have read out all the items and I have made 20 crazy associations I ask them to say a number between 1 and 20. If they, for instance, say the number 9 I immediately see the cat and I then easily remember the crazy association I made between the cat and the item belonging to number 9 on the list.

I also 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. They think I am a memory wizard while in fact I am using my imagination to create crazy images using a simple number system.



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In the process I also become better at creative visualization because I keep creating clear, fun and emotionally charged images in my mind. It's a great memory technique and anyone can do it. Try it out. Have fun with it and test it on family and friends. They will be super impressed. You can also use as a practical tool in your everyday life.

Sometimes when I am out driving and my wife calls me to pick up some stuff we need on the way home I use this easy memory technique to remember what I am supposed to buy. No need for writing down a list. I just walk into the store and in my mind I see the crazy images I made and I know what to buy.



The more vivid the associations, the more likely the brain will remember it. Create really crazy associations to improve your memory.



### 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. You can easily 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.



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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. You are actually training your creative visualization skills. This will be of great help to you when you want to attract things into your life from *The Quantum Field* using the Law of Vibration and Attraction.

ENJOY!

All the best,  
Camillo ☺



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