



Easy memory techniques

from CamilloLoken.com

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

For the past decade I have had a passionate and dedicate interest in finding out more about how this Universe really operates. On my quest I also came across the Universal Laws and how they govern our lives. One of the most known laws is the Law of Attraction. But how do we use this law to attract what we want into our lives?



In order to really get The Law of Attraction to work for you it's 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 clearly see what you want in your mind. Many teachers in The Law of Attraction field talk about applying Creative Visualization for this first step. It's all about making the images you see in your mind come alive and be vivid.

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 associations are the better it is.

Why?

Because ridiculous, crazy associations make a stronger impression upon your 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 they are easy to use. And it’s a lot of fun too. One technique I use a lot is the mental-hook-technique.



Using mental hooks

This memory technique is 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 create a mental list in your mind 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 each number.

It has to be something that makes sense – something that looks like the shape of 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 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 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 key because these numbers will represent your hooks.

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, for instance, 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 creating crazy images in your mind.

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 were to create an image of a normal apple tree it would not stick out in your mind – it would not be anything special - not crazy enough. It would be difficult to remember. The more illogical, crazy and ridiculous it is 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 as. 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. And this “banana-switch” would be anywhere in your house/flat where you have light switched. So, when you went to turn on the light in, let’s say, your bathroom there was the “banana switch”. It’s illogical, it’s crazy and ridiculous. If you use a swan, as your number 2 symbol, you could let the neck of the swan be made up of bananas. Just have fun with it and make the image crazy and ridiculous.

The third item on the shopping list is milk. We could for instance picture each of the legs of the barstool (the number 3 symbol) 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 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. Then immediately your brain would remember the car being filled with cornflakes because you made an image that made no sense to your mind so it will remember it.

It also works the other way around.

If I would ask you 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 for me to remember. When you are first starting out ask people to write down concrete things – not abstracts since this requires a bit more practice. I then ask them to read the items out load one by one. I use a few seconds to create a crazy association in my mind and then I tell them to say the next item on their list. To make this work 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. I then ask them to pick any of the 20 items on the list and I will tell them which number on the list it is. It works like a charm. People get so impressed they think that I am a memory genius. It's a great memory technique which is easy to learn. So try it out. Have fun with it and impress friends and family members with your incredible memory skills.

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’m sure you can easily describe your kitchen or your living room in detail to me. Why? Because this is something you see every day and know well.

If you were to remember 10 items you could, for instance, mentally place 5 of them in a clockwise manner in the kitchen and the other 5 in your 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 previous example 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 mentally place different items in each location.

Using these memory techniques will enhance your memory and also your ability to create vivid pictures in your mind. You will become better at doing creative visualization and this will be of further 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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