FREE REPORT

Unlock the secret to genius memory!

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Introduction to Mnemonics Using Creative Visualization Techniques

It is not true that you need to be a genius to have exceptional memory. You do not need to have a high IQ either. Memory is a skill, which means it can be learned and improved upon.

The only thing you need to do is utilize fairly simple brain-friendly techniques to recall objects, numbers etc. for use in the real world.

A very important aspect of memory improvement is that you do NOT READ your way to improved memory. You BUILD your memory through creative techniques.

The Memory Professor System teaches proven memory techniques where you will see immediate results after each session. However, it only works if you are willing to do the exercises. You wouldn’t expect to learn to swim or drive a car by reading about it, would you?

Mnemonics work in vivid ways, the more outlandish the mental-image, the easier you'll remember it.

The more aspects (color, sound, smell, texture) you can conjure up for an image, the longer you will remember. If the brain is not bored, it will remember: the more disturbing, interesting or even violent the image.
One simple yet very effective memory hack is the Rhyme Method. When you were little, your parents and teachers read you stories with rhymes in them. There is a reason for this. Humans are great at remember rhyme among many other things.

The Memory Professor System takes things you are already good at, and applies them to things you are likely not so good at remembering such as numbers, names, arbitrary lists etc.
Step 1

Memorize these 10 objects and attempt to repeat them in order. You have 2 minutes.

List to Memorize

1. Duck
2. Movie
3. Goat
4. Frog
5. Goggles
6. Helmet
7. Ladder
8. Robot
9. Owl
10. Golden Rock
Step 2

Now cover up the page and try to recount the list. How many did you get right?

Can you repeat the list in order?

Now cover up the list and answer the following question without looking at the list again.

Which object was number 3? 8? 10?

Wait and hour and see how many of the objects you can recall.

Don’t worry if you didn’t do so well, most people can recall a handful of the objects after an hour but have trouble recalling the 3$^{rd}$, 8$^{th}$ or 10$^{th}$ object out of sequence.
Step 3

Now memorize the below numbers with the words that rhyme with them. This will be much easier than the previous exercise.

e.g One rhymes with Sun

Two rhymes with Blue..

Three rhymes with Tree.. etc.

1. Sun
2. Blue
3. Tree
4. Door
5. Dive
6. Bricks
7. Heaven
8. Date
9. Wine
10. Zen
Once you have memorized the number rhyme pairs, go back to the original list and create a vivid image for each of the objects.

In this example, we have done it for you. Check out the composite images below.

For example: One – Sun – Duck, duck being the first item you are trying to memorize while associating it with first please on the list.

You can create a vivid image of a duck walking into the sunset as shown below. Do this for all of the images.
Paired Memory Images

<table>
<thead>
<tr>
<th>Number</th>
<th>Image</th>
<th>Word(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td><img src="image" alt="Sun" /> <img src="image" alt="Duck" /></td>
<td>Sun - Duck</td>
</tr>
<tr>
<td>Two</td>
<td><img src="image" alt="Blue" /> <img src="image" alt="Movie" /></td>
<td>Blue - Movie</td>
</tr>
<tr>
<td>Three</td>
<td><img src="image" alt="Tree" /> <img src="image" alt="Goat" /></td>
<td>Tree - Goat</td>
</tr>
<tr>
<td>Four</td>
<td><img src="image" alt="Frog" /> <img src="image" alt="Door" /></td>
<td>Door - Frog</td>
</tr>
<tr>
<td>Five</td>
<td><img src="image" alt="Dive" /> <img src="image" alt="Goggles" /></td>
<td>Dive - Goggles</td>
</tr>
<tr>
<td>Six</td>
<td><img src="image" alt="Bricks" /> <img src="image" alt="Helmet" /></td>
<td>Bricks - Helmet</td>
</tr>
<tr>
<td>Seven  – Heaven – Ladder</td>
<td></td>
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<tr>
<td>------------------------</td>
<td></td>
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<tr>
<td>Eight  – Date – Robot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nine  – Wine – Owl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ten  – Zen – Gold Rocks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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The important thing is to create a highly visual image in your mind.

1. SUN – DUCK: Think of a duck sunbathing under the bright sun. Feel the heat of the sun.

2. BLUE – MOVIE: Think of a movie theater with blue seats and blue curtains bathed in bright blue light. Smell the popcorn.

3. TREE – GOAT: Think of a goat charging at a tree.

4. DOOR – FROG: Imagine a giant frog knocking at your front door.

5. DIVE – GOGGLES: Imagine yourself diving in the sea with heavy dive goggles. Taste the salt-water. Feel the water against your skin.

6. BRICKS – HELMET: You are building a house with bright orange bricks while wearing a heavy orange helmet. You are sweating and your muscles are aching from the hard work.

7. HEAVEN – LADDER: you are climbing up a ladder towards the sky, trying not to fall down. Feel the gentle wind on your face.

8. DATE – ROBOT: Think of how shocked you are when you see robots on a date. The male robot is trying very hard to impress the female robot. He even brings her red roses.

9. WINE – OWL: the owl is drunk out of its mind on wine. His face is flushed and he is being overly friendly. Almost falls off the branch of the tree he is drinking on.

10. ZEN – GOLD ROCKS: You are walking in a beautiful, serene Japanese Zen garden when you see golden rocks stacked on top of one another, completely at odds with the rest of the garden.
Part 4

Now that you have memorized the above pairs, recall the objects in order.

1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
6. ____________
7. ____________
8. ____________
9. ____________
10. ____________
Answers to Part 4:

1. Duck
2. Movie theater
3. Goat
4. Frog
5. Dive
6. Helmet
7. Ladder
8. Robot
9. Owl
10. Golden rocks
Part 5

Let's repeat the previous exercise, but change up the order. Which object is:

8. ____________
10. ____________
 7. ____________
 5. ____________
 2. ____________
 3. ____________
 1. ____________
 9. ____________
 4. ____________
 6. ____________
Answers to Part 5.

8. Robot
10. Gold rocks
7. Ladder
5. Goggles
2. Movie theater
3. Goat
1. Duck
9. Owl
4. Frog
6. Helmet
Part 6.

Wait until tomorrow and see how many of the objects you can recall in order. Repeat this a week from now.

You will be amazed at what your mind can do.

In the Memory Professor System, we take what we are already good at, such as

- image recognition
- facial recognition
- spatial orientation
- rhyme and stories

and apply them to things we are not so good at such as numbers, names, arbitrary lists and many more.

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