Principles of memorization!

1. Code the target content into a sequence of images

2. Create vivid, vibrant, multi-sensory images

3. More exaggerated the visualization, better the recall

4. Locate the images on a known journey thru a memory palace

5. Selecting a logical, known location map will facilitate memory recall

Dr.Ashwini K Aggarwal, India-Inspires.com

Example: Ganesh Stuti

My Memory Palace for the Ganesh Stuti is my local park – where I go for my morning run! Over the years, I have placed my mantras at different locations on the park run! I will take the example here of "Ganesh Stuti"!

My Memory Stations

1. Park Gate

2. Willow Tree near the gate

3. The Park Bench / 1st side

4. The Flower Bed/2nd side

5. The Gazebo/3rd side

Reciting Poems & Mantras from Memory- Basics

1. Code the target Poem into a sequence of images
   - If you can intelligently understand the poem and visualize the content
   - Else, try and adapt the sound to a visual image

2. Create vivid, vibrant, multi-sensory images
   - More exaggerated the visualization, better the recall

4. Locate the images on a known journey thru a memory palace

5. Selecting a logical, known location map will facilitate memory recall
   - For some people, physically travelling the memory palace will enhance recall

Example: Ganesh Stuti

Memory Station	What I store	Visual imagery
1. Park Gate	Start of Run	
2. Willow Tree	1st Line: Jai Ganesh, Jai Ganesh, Jai Ganesh Deva, Mata Janki Parvati, Pita Mahadeva	Visualize baby Lord Ganesh with Mother & Father Mahadeva
3. Park Bench	2nd Line: Ek Dant, Dayavant, Chaar Bhuja Dhari, Mastak Pe Sindoor Sohe, Moose Ki Sawari	Visualize Lord Ganesh with his one tooth, in a benevolent mood, 4 arms and with Vermillon Tika on forehead riding the mouse
4. Flower Bed	3rd Line: Fal Chadhe, Fool Chadhe, or Chadhe Mewa; Laddooan Ka Bhog Karein, Sant Karen Sewa	Visualize the Lord being offered Fruits, Flowers and Dry Fruits – him gracefully taking Laddoo sweets and being served by saints
5. Park Gazebo	4th Line: Andhan Ko Ankh Det; Kodhin ko Kaya; Banjhan ko poot dein; Nirdhan ko Maya	Visualize: The lord blessing the blind with sight; the leper with a fit body; the motherless with a child and the poor with wealth…

The first line is repeated after each of the subsequent prayer paras!

Example: I opened a book…

I Opened a Book

I opened a book and in I strode
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.

I opened a book and made some friends.
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.

I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a book inside me.

Julia Donaldson

- Poems like this one are RICH in Visual Imagery

- This beautiful poem makes me live my childhood story books and comics with their wild, vivid, visual images – and the earlier era fairy tale movies with dragons and Harry Potter images of invisibility cloaks

- The flow creates its own memory station items that can be anchored in a memory palace!

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