

Improving Your Memory and Recall

It is very important that you learn the best way to use your memory to its full potential and there are lots of techniques that can help.

The Journey Method

(Adapted from "Super Memory Power" by Dominic O'Brien).

According to multiple world memory champion, Dominic O'Brien, the three magic ingredients to unleashing perfect memory are IMAGINATION, ASSOCIATION and LOCATION. One technique that uses these is "The Journey Method"

The Journey Method can be used to help you to remember lists of objects. Prepare a journey in your mind consisting of 9 stages or stops along the way. The route should be made through a familiar location. For example, you could use a trip through your house, a trip to the shops, to your place of work or to the University. Give the journey a logical starting and finishing point.

The idea is to place each item from the list at each stage of the journey. The route that you take will preserve the natural order of the list. Learn your route then visualise seeing the objects on this route. The use of exaggeration, colour movement and humour will make the items less dull.

A "house" 10 stage route might look something like this:

Stage 1	Bedroom	Stage 6	Sitting room
Stage 2	Bathroom	Stage 7	Kitchen
Stage 3	Spare room	Stage 8	Toilet
Stage 4	Linen cupboard	Stage 9	Back door
Stage 5	Stairs	Stage 10	Garden shed

So, let's take a walk through the Journey using these stages:

Stage 1 Bedroom: imagine the bedroom, get a feel for the scene. Now imagine a **WALLET**. Exaggerate the size, the colour. Smell the leather. See the wallet as a big, fat and bulging. Full to bursting with crisp £20 notes.



Stage 2 Bathroom: imagine the bathroom. You look in the bath and you see a huge colourful **SNAKE** twisting and turning and hissing in the bath.



Stage 3 Spare room: now you are in the spare room and you see a huge **SCREWDRIVER** with a bright black and yellow handle. It's so big that it's sticking out of the window!



Stage 4 Linen cupboard: you open the door and an avalanche of **PEACHES** come tumbling out. The air smells of ripe tangy peach. You pick one up and bite it. Imagine the taste.



Stage 5 Stairs: You see a large red base **DRUM** thumping down the stairs making an incredible noise.



Stage 6 Sitting room: instead of your couch you have a massive **BOOK** in the middle of the room. Give it a colour!



Stage 7 Kitchen: You see a large grand **PIANO** squeezed into your kitchen and it's playing the "Food, glorious food..." song from the musical Oliver.



Stage 8 Toilet: You see a large **GOAT** sitting on the bowl reading a newspaper while chewing on the toilet roll.



Stage 9 Back door: you open the back door and instead of seeing the garden you see a large distorted reflection of yourself in a big fairground **MIRROR**.



Stage 10 Garden shed: you walk down to your garden shed and you see it being crushed by a **TANK**! Hear the noise of the tank and the cracking and splintering of the wooden remains of your shed.

