

# Simple Techniques for a Fantastic Memory

## Memory Experiment One

Take this experimental memory test to see how well you can do without Memory Techniques. Then if you think you need them we can proceed with Lesson One.

In this lesson I will show you how to use the techniques to memorize the same list you are experimenting with. If the techniques work for you then we can proceed to conquer the basics of the memory system.

Take two blank sheets of paper and label them Test One and Test Two. Number both sheets vertically from 1 to 20. Study one of the lists below for about three minutes. Then turn it off and test yourself to see how many items you can remember. Use Test One to record the items you remember. Be fair and honest with yourself. No one else will know if you did it or not. Test Two can be taken after I show you how to lock the list of items into your memory. You will score perfect or close to it on Test Two. I give two lists so you can choose the one you like best.

### Items for our grocery list

1. Cheese
2. Bread
3. Bagels and cream cheese
4. Bacon
5. Deodorant spray
6. Yogurt (yucky stuff)
7. Tissue paper (to avoid using the word toilet)
8. Milk
9. Dr. Pepper
10. Salt
11. Spaghetti O's
12. Bullets (I think he meant beans)
13. Pancake Mix
14. Butter
15. Fruit Roll-ups
16. Diapers
17. Apples
18. Poster Board (for the real grocery list)
19. Potato Chips
20. Video Games (in case we get bored)

### Supplies for our new office

1. Computer
2. Paper Clips
3. Printer
4. Paper
5. Scissors
6. Desk
7. Rolling Chair
8. Pens
9. Highlighters
10. Copier
11. Fax Machine
12. Stapler
13. Staples
14. Post it note paper
15. Lamp
16. Secretary
17. Organizer
18. Telephone
19. Mouse
20. Keyboard

Okay, if your three minutes are up, close this e-Book and go take Test One. Then you can open it again to check your accuracy. Then if you wish we will proceed with Lesson One – Basic Memory. I will help you lock this list into your memory. Then you can go take Test Two on the same list.

## Lesson One

Everything that you have experienced from birth until now is in your memory. But something has to trigger it onto the monitor of your mind. That's what Memory Techniques do. They provide a way for you to file things into memory and give you a trigger to recall them at will.

We remember everything in pictures. Something that is abstract and doesn't make a picture won't stay in the memory easily unless it's put in with a Mnemonic Device. A Mnemonic Device is a memory aid. When we were children we learned how to spell Geography using this little jingle: George Ellison's old grandfather rode a pig home yesterday. Each word of the jingle begins with one of the needed letters for geography. That is an example of a mnemonic device, anything used to help the memory.

To remember each item on our list we will picture it in and lock it to something that is already in the memory. The longest list of things already in the memory is "numbers" they go to infinity. The Memory System gives you a way to turn numbers into pictures so you can hook to them anything you wish to remember and be able to recall at will.

I will give you the picture or "hook" for the first 20 numbers so we can hook the items on the list to these numbers. Below is the list of the first twenty hooks:

### Using Mental Hooks

- |         |          |           |           |
|---------|----------|-----------|-----------|
| 1. Toe  | 6. Chow  | 11. Toad  | 16. Teach |
| 2. Noah | 7. Cow   | 12. Tin   | 17. Tag   |
| 3. Ma   | 8. Foe   | 13. Tam   | 18. Taffy |
| 4. Row  | 9. Boy   | 14. Tree  | 19. Tub   |
| 5. Law  | 10. Ties | 15. Towel | 20. Nose  |

The first hook is **Toe**. Picture it as the big **Toe** of your right foot. It's important to use the same picture each time you see the hook. The first item on our grocery list is **Cheese**. To hook **Cheese** onto **Toe** just associate the two together in a picture in your mind. Take the big **Toe** of your right foot and shove it through the **Cheese**. Hook the **Cheese** with your **Toe** to carry it out of the store. See that picture clearly in your mind. Then don't try to remember it. When the test comes, it will be there.

The second hook is **Noah**. You can't easily see **Noah**. But you can see his ark. I always see the ark with a long ramp going up to it; and **Noah** is taking animals up the ramp. This time he is carrying loaves of **Bread** up the ramp. **Bread** is the second item. The animals will need something to eat. See the picture briefly but clearly, and don't try to remember it.

The third hook is **Ma**. See your own **Ma** splitting the **Bagels** and spreading **Cream Cheese** on them.

The fourth hook is **Row**. See a **Row** in your garden. Dig holes and plant **Bacon**. You'll never have to buy it again; we'll just grow some. Health Specialists will love organic **Bacon**.

The fifth hook is **Law**. You can't see a **Law**; but you can see a lawman. I always see Marshall Dillon; and I give him two guns instead of one. This time he draws from his holsters **Deodorant Spray**. We're just going to fumigate the bad guy into submission.

The sixth hook is **Chow**. I see a full place setting, plate, knife, fork, spoon, and glass. This time for **Chow** we are having **Yogurt**. Put a high dab of that yucky stuff on your plate. Don't savor it too long. Try to forget it.

Seven is **Cow**. The item is **Tissue Paper**. See a **Cow** chewing up a whole roll of **Tissue Paper** or a whole package of rolls. The more ridiculous the picture, the easier you'll remember it. She's grinding it back and forth like a cud.

Eight is **Foe**. My **Foe** is the old devil. I see the little red devil from the comic books, with a long pointed tail and a red pitchfork. This time he's sticking his pitchfork through a gallon of **Milk**. Just a quick picture is all it takes. You won't forget it.

Nine is **Boy**. Choose a significant **Boy** in your life; and always see the same one. I have identical twin boys. I see both of them even though the hook is singular. See your **Boy** shaking up the **Dr. Pepper** then popping the tab. See the mess he makes.

Ten is **Ties**, plural. I'll tell you why later. See neckties. The item is **Salt**. **Salt** the neckties they'll wear better. You'll be the **Salt** of the earth.

Eleven is **Toad**. See a **Toad** eating **Spaghetti O's**, twirling them on his tongue.

Twelve is **Tin**. Always see the same **Tin**. I see an old rusty bent up piece of **Tin**. It's a target for shooting **Bullets**. You don't need a gun. Squeeze them between your teeth. Spit the beans at the **Tin**. Make sure they hit hard like **Bullets** and make holes.

Thirteen is **Tam**, a Scottish cap. I always see a graduation cap. In the **Tam** we are stirring **Pancake Mix**.

Fourteen is **Tree**. The item is **Butter**. **Butter** grows on Trees. Just reach up and pick a stick of **Butter**.

Fifteen is **Towel**. Roll up the **Fruit Roll-ups** in the **Towel**.

Sixteen is **Teach**. You can't see a **Teach**; but you can see a teacher. Pick a significant teacher and use the same one every time. The item is **Diapers**. The **Teach** is teaching us how to apply the **Diapers**.

Seventeen is **Tag**. I see a price **Tag**, with a hole in it, with a wire through the hole. And the **Tag** always says \$39.95. Put the price **Tag** on the **Apples**. **Tag** each one individually. For that price they'll taste delicious.

Eighteen is **Taffy**. I see stretchy, stringy, gooey, candy. It's all over the **Poster Board**. Use the **Taffy** to make the real grocery list on the **Poser Board**.

Nineteen is **Tub**. I see a bath **Tub**. Fill it with **Potato Chips**. Then climb in and hear the crunch. No one can eat just one.

Twenty is **Nose**. The item is **Video Games**. Take your **Nose** and the **Video Games** and do with them whatever you want.

Now that wasn't so bad, was it? It was kind of fun, don't you think? Take your time getting to Test Two. They'll still be there when you're ready to take the test. That's the beauty of locking it in. You can relax before the test and smile with confidence. No need to worry. You've got it! Pictures don't go away. I always relax before giving a speech. I don't even think about the speech until I'm in front of my audience. In a speaking contest I smile knowingly at my competitors hastily going over their notes. I've been there. I know how it is. Now, I'm always confident that I will win.

Using Memory Techniques you'll gain confidence, and creativity. You'll be able to relax and be humorous and fun in every situation instead of being fearful and stressed because you might forget something. Using Memory Techniques I "aced" everything in college and graduated with high honors. Professors would excuse me from taking tests and final exams saying, "You'll just get another A and an F wouldn't hurt your grade point average. If I can do it, you can too!

Okay, ready to go take Test Two? Don't go frantically back over the list to see if you have it. Just relax. When you relax you can think clearly. Your memory will perform just fine. If you get fearful it wipes out the memory. Then you wouldn't be able to recall anything or to think at peak capacity. The mind goes blank. I experience that when I'm called upon to give an Impromptu Speech.

You don't know the Hooks yet. **You can use your list of twenty hooks.** And recall each of the items we locked to the hooks. After you take the test come back here again and check them against the list.

Taking the Test. Checking the Test...

## **The Basis of the Memory System**


All right, how did you do? If you didn't score perfectly don't worry. You'll get better all the time as you practice using Memory Techniques. I've been using them for twenty-seven years and I still make mistakes sometimes. Not very often though, but we're human. Our minds wander sometimes and it interferes with what we're doing.

Now that you know how to **use** the Hooks, let's take a look at how we are going to **learn** the Hooks. Below is the Mnemonic Alphabet. If a Memory System is based on the Mnemonic Alphabet it will work effectively in every memory situation. If it's not then you will have to learn the memory system using rote memory. It won't be as easy to use. It won't be foolproof. You'll find that using Mnemonics makes the world hum pleasantly.

The Mnemonic Alphabet is based on the idea that there are only ten consonant sounds in the entire English language; the rest are duplicates. Once you learn those ten consonant sounds and which number each one corresponds with, you'll be able to turn numbers into pictures. You'll see how and why each Mental Hook corresponds with its respective number. You'll even be able to turn phone numbers into pictures and remember them easily.

The Mnemonic Alphabet will be the most difficult thing you have to learn in order to conquer your memory. And you'll know it in less than 10 minutes. We use Mnemonics to learn it too. And once you learn it, everything else will be a breeze. So let's take a look at it.

### The Mnemonic Alphabet

1. T, D, Th    Cross **one** finger on each hand and it makes a T. The Time of Day
2. N            **Two** fingers pointed down make an N.
3. M            **Three** fingers pointed down make an M.
4. R            Four is spelled FOU**R**.
5. L            When you hold up **five** fingers it forms an L.
6. J, G, Ch, Sh    A backwards 6 is a J. Just George & Charlie Showed.
7. K, C, G, Q    Two 7s butted back-to-back make a . Curtis Kissed Gertrude Quickly.
8. F, V, Ph    The written **f** has two loops and the 8 has two loops. For supper we had Fruit, Vegetables, and Pheasant.
9. P, B        A backwards 9 is a P. I'm spreading it around like Peanut Butter.
0. Z, C, S    Zero is spelled **Z**ero. Zeros Circle the Stars.

Note: (**The vowels and the letters W-H-Y have no numerical value**)

As you can see, the number one sound in the Mnemonic Alphabet is "T" the "Tuh" sound. "Duh" and "Thuh" make the same sound. Voice each of these sounds, not the letters. Notice how your tongue hits the roof of your mouth the same each time. To remember that number one is "T" hold up one finger on each hand and cross them to

make a T. To remember that D and Th go along with the T say this little phrase: The Time of Day.

Number two is “N” because the N has two straight lines down. Hold up two fingers pointing down.

Number three is “M” because the M has three straight lines down. Hold up three fingers pointing down.

Number four is “R” because four is spelled f o u **R**. Spell four in the air with your pointer finger. Make the “R” **R**eal big and you’ll remember that.

Number five is “L” because when you hold up five fingers you see an L.

Number six is “J” because 6 is a backwards J. Draw the 6 and the J in the air with your pointer finger. The soft “G” “Ch” and “Sh” make the same sound. Voice these and notice how your upper and lower teeth touch the same way each time. To remember that these four go together use the sentence: Just George and Charlie Showed.

Number seven is “K” because two sevens butted back to back make a **K**. Bend your two pointer fingers and touch the lower knuckles together. The hard “C” the hard “G” and the “Q” make the same sound. Say each of these and notice how your mouth expels a blast of air the same each time. To remember these four together use this sentence: Curtis Kissed Gertrude Qickly.

Number eight is “F” because an 8 has two loops and the written **f** has two loops. The “V” and the “Ph” make the same sound. Say the three and notice how your upper teeth and your lower lip meet the same each time. To remember these three together use this sentence: We’re having Fruits, Vegetables, and Pheasant for dinner.

Number nine is the “P” because a backwards 9 is a P. Draw them in the air with your pointer finger. The “B” makes the same sound. And “b” is just a “p” upside down and backwards. Voice the two and notice how your lips touch and make a popping sound. To remember that the two go together use this sentence: I’m spreading it around like Peanut Butter.

And last the zero, not the ten, is “Z” because 0 is spelled **Z**ero. Write it in the air with your pointer finger. Make the “Z” a **Z**illion times bigger and you’ll remember. The soft “C” and the “S” make the same sound. Voice the three and notice how your tongue pushes air through your teeth the same each time. To remember that the three go together use this sentence: Zeros Circle the Stars. Use your pointer finger in the air and circle the stars. Motion is a memory aid too.

## How the Hooks are Made

Let's take a look at our list of Mental Hooks and see how they correspond with the Mnemonic Alphabet. Then Lesson One will be complete. But if you are willing I will also show you how to remember phone numbers using the Mnemonic Alphabet.

- |                 |                  |                   |                   |
|-----------------|------------------|-------------------|-------------------|
| 1. <u>T</u> oe  | 6. <u>Ch</u> ow  | 11. <u>T</u> oad  | 16. <u>T</u> each |
| 2. <u>N</u> oah | 7. <u>C</u> ow   | 12. <u>T</u> in   | 17. <u>T</u> ag   |
| 3. <u>M</u> a   | 8. <u>F</u> oe   | 13. <u>T</u> am   | 18. <u>T</u> affy |
| 4. <u>R</u> ow  | 9. <u>B</u> oy   | 14. <u>T</u> ree  | 19. <u>T</u> ub   |
| 5. <u>L</u> aw  | 10. <u>T</u> ies | 15. <u>T</u> owel | 20. <u>N</u> ose  |

The hook for number one is **Toe**. Look at the list and notice that the "T" is underlined. That is the first sound in the Mnemonic Alphabet. To make a word that represents number one, thus turning 1 into a picture, you can use only the number one sound in the Mnemonic Alphabet, and throw in letters with no numerical value. Remember the **vowels and the letters W H Y have no numerical value?** Ask yourself **WHY**.

Now, the words To or Too would also have a value of 1, wouldn't they? But they don't make a picture in your mind, do they? The hooks are scientifically created so they all make a picture and so none of them will interfere with any other. It's best not to change any of them. In the whole Memory System, The Billy Burden Memory Master Method, there are 100 hooks. And you will also be shown how to go beyond 100. The sky is the limit. You can find a way to purchase the whole Memory Course at:

<http://www.PatrioticAmericanMemoryTraining.com/MemoryTechniques.htm>.

Look at the list of hooks and notice how the underlined letters correspond with the Mnemonic Alphabet. When you get to number 10 two letters are underlined because you need a "T, D, or Th" for the 1; and you need an "S, C, or Z" for the 0. Make a list of all 20 hooks and underline the letters that correspond with the Mnemonic Alphabet.

Notice the number 6 has the "Ch" underlined, not just the "C." Notice in number 14 the "Tr" letters are together while the previous ones are separate. That's okay as long as you can hear both sounds. Voice the word tree. Can you hear the "tuh" and the "r" as two distinct sounds?

Notice number 18. **Taffy** has two f's. That would seem to be number 188, wouldn't it? Voice the word "**Taffy**." You only hear one "f" don't you, ta fy?

Now you know how the hooks are made. You could make 80 more of your own. But the Billy Burden Memory Master Method would teach you so much more! We have only just touched the tip of the iceberg when it comes to memory. At the end of this lesson I will give you a list of other things you can learn with the whole memory album.

## Locking in Phone Numbers

Now that you know the Mnemonic Alphabet you can lock into memory any number. There are several different methods of doing that. I will show you two methods of remembering phone numbers: a short-term memory method, and a long-term memory method. Other methods you can learn from the Memory Course and from further training in my seminars.

When I first meet someone and get his or her phone number, I have to lock it in quick unless I have something on which to write it down. That seems to be the best way of remembering anything, write it down. But when I do, I lose track of where I wrote it. When I lock a phone number into short-term memory, it's there for days or weeks. When I lock it into long-term memory I can recall it years later.

To lock it into short-term memory just use the hooks. You only have twenty hooks right now. If I tell you my number 431-3980 and you have to lock it in quick using the hooks you already know, you will be using **Row, Ma, Toe, Ma, Boy, Foe, Sauce**. The hook for 0 is **Sauce**. It contains two zeros and three non-numerical vowels.

You have to put those seven hooks together into a rough draft sentence and remember it until you have time to lock the number in long term. On a **Row** of **Ma's** Toes, **Ma's Boy's Foe** spilled **Sauce**. When you learn more hooks you'll have more options for making a quick sentence. With practice you'll get good at it.

Below is the lesson in remembering phone numbers long term. Using the Mnemonic Alphabet rather than hooks gives you infinitely more options for creating a jingle for the person and the number.

## What's My Line?

How would you like to have the ability to remember every phone number that's important to you, or any other kind of number that you use regularly?

With what I'm going to show you today, you will see that it is not only possible but also very easy and can be lots of fun.

What I do is create a one-line jingle that makes a picture in my mind to tell me what that number is. Remember don't just create a picture; see it happening!

The 1<sup>st</sup> letter of each word in the jingle (line) represents one digit of the number. So all you have to ask is, "**What's My Line?**" Here are four example numbers:

Jill Miles - 421-9935 – **R**esourceful **N**ew **D**irector- **B**e **P**retty **M**iles **L**ady.

Rilla Gardner – 481-6522 – **R**illa **F**orgot **T**he – **C**hild's **L**ast **N**ame **N**early.

Wes Allen – 431-3980 – **R**ea**M** **D**on't – **M**emorize **P**eople's **F**aults **S**ecretly.

Rod Doloree – 281-7959 - **N**ow **V**ictorious **D**oloree – **C**ontinuously **P**rays **L**ong **P**rayers

The only tools you need to be able to do this are: The Mnemonic Alphabet, and a good imagination, which will develop tremendously as you use memory techniques.

Now that you know the Mnemonic Alphabet you can create a line for each number that you want to remember. The 1<sup>st</sup> letter of each word represents the digits of the number. Try to fit the person's name into the jingle. Then just ask yourself, **What's My Line?**

I challenge you to lock in any number you need to remember by turning it into a picture. Amazing things can be done with Mnemonics. Have fun playing **What's My Line?**

Here is a list of the areas of Memory Training covered in the Billy Burden Memory Master Method. If you choose to go beyond Basic Memory now is the time to do it while the Memory System is priced lower than it has ever been.

1. [Remembering any list in sequence](#)
2. [Number feats that make you look like a mathematical genius](#)
3. [Remembering telephone numbers](#)
4. [Remembering addresses](#)
5. [Calculate the day of the week for any date past or future](#)
6. [Facts and formulas](#)
7. [Instructions and ideas](#)
8. [Remember what you read](#)
9. [Remember a speech or a script](#)
10. [Remembering foreign languages and English vocabulary](#)
11. [Remember the lay and play of cards](#)
12. [Appointments and Schedules](#)
13. [Music - Instrumental and Vocal](#)
14. [Bible Memory](#)
15. [Names and Faces](#)
16. [Remembering Trivia](#)
17. [Student Memory](#)
18. [Becoming a better listener](#)
19. [Overcome Absentmindedness](#)
20. [Improve your powers of concentration](#)

The **Billy Burden Memory Master Method** complete **Memory Training Course** all in one album is on sale now for only \$79.95. It includes eight audiotapes plus a Training Manual notebook, which gives you all the material in print. Regular price is \$150.00.

There is a way to get it for only \$49.95! See details and make the purchase online at: <http://PatrioticAmericanMemoryTraining.com/MemoryTechniques.htm>.

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