

Memory Power Workshop — Overview

Note the Holistic Health Architecture blueprint

- Everything that impacts your health affects your brain
- Everything that impacts your brain affects your memory
- Also, attention, alertness, cognition, learning

“A sound mind in a sound body.”



Mnemonic Aids

Initial Intention / Attention (Mindfulness)

Repetition (Rote)

Association (creating a story that connects one item to the next)

Imagination and Exaggeration

Location / Memory Palace

Phonetic Alphabet

Deck of Cards (photographic training with Old Maid cards, Tarot, etc.)

Kinesthetic and muscle memory

(Dance, tai chi, also fingers, keyboard, musical instruments, etc.)

Language Specific

Structure & Organization (pattern recognition)

Rhyme

Meter

Alliteration (Old English)

Acronyms & Acrostics

Timing

Periodic Review (1-10 minutes, 1 day, 1 week, 1 month, 5-6 months)

Self-Quizzing

Bedtime / Morning

Note: Relaxation is very beneficial to the imagery creation and recall process (Mindfulness).

The primary techniques are Association, Location, and Imagination.

The Seven Obstacles

1. Transience: memories tend to fade over time.
2. Absent-Mindedness: failure to pay proper attention.
3. Blocking: “tip of the tongue” retrieval inhibition.
4. Misattribution: paramnesia or false memories.
5. Suggestibility: misleading questions creating misattribution.
6. Bias: selective perception leading to selective memory.
7. Persistence: inability to forget unwanted or unnecessary memories.

