

Memory Improvement

Now I am going to give you a few suggestions about memory recall. In the first place, the art of memory is attention. You must pay attention to anything in order to remember it. People with excellent memories that don't pay attention, don't remember. People with most excellent memories - heads of state, governors, famous doctors, lawyers, who are at a party and are introduced to people, may say, "How do you do, Mr. Smith?" and one minute later, don't know what the man's name is. They don't know. Why? Because they didn't remember. Why don't they remember? Because they paid no attention at the time he was being introduced. To remember something, you must pay attention. You think of the name, you look at the man, you associate. You think of the name, you look at the man, you associate them, you want to know the man's name. You really want to remember.

Some people carry this inattention over for the rest of their lives and just pay no attention. They don't really care about remembering till the time comes that they need the information, then they want to remember. That's not good. The very first lesson in being able to recall something is to remember it in the first place. You have to put the facts in a memory bank before you can recall it. When you feel excessively fatigued and when you're tired and when you're worn out, and when you don't feel good, the tendency is to say, "Ah, the heck with it. I won't pay attention to that." And then your memory fades. It's not because you don't have a good memory. You have an excellent memory, but you're not using it because you're not paying attention. You must literally pay attention. Then you store the facts properly in the memory bank and it's ready for you when you need it. So the first point is, from this moment on, I don't care how fatigued you are, I don't care what difficulty you feel, I don't care what you've got on your mind, from this moment on, you're going to utilize the good memory you have by paying attention. Paying attention to what's going on around you, to what's being said and what you hear, what you see, so that when you need to go into the memory bank to make a withdrawal, you don't hold them up with a pistol.

You fill out a withdrawal slip or write a check and have it cashed. You do the same thing with a memory bank. You don't force them to give you the money. You don't force your memory bank to give you the information. As soon as you try to force, you won't be able to think of it. You say, "I've got to know that, I've got to know the name of that song. I need to know the name of that person or phone number. What was it? What was it?"

Immediately, you find your subconscious mind rebelling against you and the harder you try, the harder it is to remember. This does not mean you have a bad memory. This is true for every single living human being. It's part of the way we are made. It merely means you are using the good memory that you have improperly. Just like if you went up to a bank with a gun, you'd be using the bank improperly. You'll get more money by writing a check than by using a gun.

That only leads to frustration and that same thing is true with a memory bank, if you try to force it. It will lead to frustration. In order to recall, you let the subconscious do the recalling for you. And it comes to your mind naturally, and if it doesn't come immediately, forget it. And it will wash up on the sands of consciousness in a few moments when you least expect it. One method of recall known to everyone is by simply going down the alphabet. What was the name of that hotel? Was it B or C or D? Oh, D. That's it. It's the Dubuque Hotel. That is to say, you had a hook, a hook which you stretched down into the bank and withdrew your memory. Just like the check that you write. You wrote the check.

By picking the proper letter, you gave the letter to the teller of your memory bank and up came the answer in cash. Now the same thing can be done in many ways, not only the alphabet. If you want to remember where you left something, you simply go through the motions of what you were doing at the time that you left it. You retrace your steps mentally. By retracing the steps, since the memory is hooked in with it, you write a check and it's cashed by the memory bank. In many, many ways, you're going to learn to retrace your steps mentally. To write that mental check by doing something that's associated with

the memory you want, you use that other bit of information as the check that you write in order to get a withdrawal from the memory bank. This fact alone, the practice of this system, will increase your ability to recall 200%.... 200%! Your memory has always been good.

It isn't a question of needing to improve your memory. It's a question of properly utilizing the memory bank that you have in order to obtain the maximum recall or withdrawal from that bank. Now all these suggestions I have given you are very important, for they represent the proper way to begin utilizing the good memory you have. First, you make the proper deposit in the memory bank by paying attention, second, when you want to make a withdrawal from the memory bank, your memory recall is successful because you withdraw in the proper manner using a check, not a pistol. You don't force it. You utilize some association that you already know to bring it out. These suggestions alone will improve your memory recall over 200%.

Your memory from today on is improving in every department. You shall always remember what you need to know at every moment of time. The impressions received will be clearer and more definite. Whatever you wish to recall will immediately present itself in the correct form in your mind. You are improving rapidly every day, and very soon your memory will be better than it has ever been before. Whatever you need to remember will be easily and readily recalled.

Whenever you need something from your memory, you will formulate the question in your mind, stay relaxed and wait for the answer. Whatever you need to remember will be easily and readily recalled. Whenever you need any bit of information, it springs naturally to your mind just like water gushes from the source. Whenever and wherever you have use for a given bit of knowledge, the very need of that material makes you calm and easy. The mere need of that bit of information or knowledge makes you feel at ease, calm and self- possessed, because you know you now have a better memory. You now have a greatly improved memory for many reasons; you are more interested in retaining

everything. You are more interested in remembering because it makes for a

more interesting life. All obstacles which up to now may have influenced your memory are fading away and everyday in every way your memory is becoming better and better. Whatever you have learned or need to remember is always at your beck and call, and you are always calm, at ease and composed.

When you are faced or confronted with _____, all the material that you have learned flows freely and easily through your mind and is easily recalled.

The 3 Parts of a Good Memory:

1. Impression - you concentrate on what you need to remember.
2. Retention - your retention span is steadily increasing.
3. Recall - whatever you need to know flows freely and easily through your mind.

Emerge