

Simonides of Ceos, Greece and the Methods of Loci

Legend has it that Simonides himself was approached by Zeus and another unnamed Goddess of Greek cultural origins to be given the Methods of Loci and Total Recall. When Simonides taught some of this to the local politicians who demanded to know how he amassed a perfect memory of everything in the city and all of the people's names and faces they were destroyed by Zeus for their corruption in a banquet hall seated also by Simonides who was spared. Simonides was later called on by the local authorities to identify the bodies. The local authorities were amazed to see that Simonides identified them all based on where they were seated around the tables.

Some of the memory techniques written down on parchment and papyrus passed down through the ages until they found their way into the hands of Roman Catholic Monks who brought back the knowledge to Europe in the Crusades. The methods were taught and shown to Dukes and nobles of Europe. The Methods of Loci were originally one part of a supreme work on memory.

