Memory Meditation

Original source A. Medvedev "The Secret Teachings of Taoist Warriors": link

Technique

1. Focus on some recent event with vivid emotions, feelings, experiences. It can be a holiday, a hike in the mountains or in the forest, a meeting with a loved one or an acquaintance, an extreme situation or a sport.
2. Try to remember in as much detail as possible everything that happened in this situation. Start remembering the day the event happened. What did you do in the morning, what after and all the way up to the moment of the event. When you get close to the moment, take your time, remember all the details. What was around, what was the time, what was the temperature, what were you wearing and what was on the people nearby, if they were there. Remember your thoughts and feelings. What were you thinking at that moment, what were you experiencing? Try to reconstruct the events in as much detail as possible.
3. Remembering one event, try to remember several more similar events. If this is a holiday, remember the others, if there are sports competitions or a hike, then remember the others too. Try to see and relive every moment. Dive into the details, mentally ask yourself clarifying questions and remember the details to answer.
4. Switch to another category of events, remember a number of other highlights. Remember as many events as possible in different categories, ask yourself questions and remember as many details as possible. Try to tune in to other people through memories and remember their aura, emotions, moods and try to penetrate deeper than you could perceive at the time of living the events.
5. After you have activated the required chain of neural networks in memory responsible for memories and their detailing and strengthened through an attempt to penetrate deeper into the states of the people around you, proceed to remembering the main task. Remember today and yesterday in detail, then go to the required dates and events. Do not jump far at once, it is better to move systematically from day to day, from hour to hour. If you remember events according to plan, you can travel back in time and remember from there, as if you are experiencing a period of time again.
6. Remembering what you need to remember, change the situation in your memory as follows - experience events with greater emotionality, try to change the event as if you experienced more pleasure from it, or were more emotionally and mentally involved, make the memory more colorful, more intense , make the reactions and states of the people around you more emotional in your memory, relive everything anew, but in better quality, with more detail and more emotions and physical sensations (feel the temperature, wind, touch, smells - everything should be bright, brighter than it was) .
7. Repeat this exercise regularly until you recall the events of a sufficiently long period of your life, or all of them. This will allow you to make memory more responsive so that you can get the information you need from memory faster at the right time. Moreover, the brain will get used to such work and you will be able to fill events with emotions in real life at the moments of work and fix them in memory purposefully - the main thing is to remember the algorithm.

Memory stores what is important - the more colors, emotional and mental saturation in the memory, the higher the priority of importance in your memory. If you want to remember an important code, but it is written in black ink on a white sheet, the memory importance will be low. If you remember yourself with paper in your hand, the smell and temperature around, the colors of walls or houses, the events of the day in conjunction with the code, then the priority of importance will be higher, since the volume of involvement in the experience of the moment and, accordingly, its saturation will also be higher.