

PART 10



HOW TO TAP THE INCREDIBLE SECRET

Powers of Your Own Mind

How to develop a fantastic memory!

With a little practice after using the techniques in this month's release you will be amazed at how much easier it will be to remember facts, details, and tasks you have to do. You will be able to remember lists of names, telephone numbers, etc. You will be able to give speeches, lectures and presentations with much more confidence.

I expect your life, in common with most people, is full of things we have to do, appointments, phone numbers, people's names, information learned on courses for your work or at college. The list is endless.

Now and again on television we see amazing people dazzle us with feats of memory. Some magicians perfect the technique of remembering

people's names and faces even their jobs etc. Sometimes they will be able to recall the names of over two hundred people after only meeting them once!

Doormen of prestigious restaurants make sure they have mastered this technique. At the Canlis restaurant in Seattle the doorman amazed diners with the power of his memory. When they arrived he would park their cars but would never issue them with a ticket or write anything down. When the diners had finished their meal he would observe them through a small window and make sure their car was waiting for them when they left the restaurant.

This man had to deal with hundreds of clients during the week. How could he do this?

If I were to tell you that your memory is probably every bit as phenomenal as the magician's or the doorman's you might find that hard to believe but it is true. In fact you could probably do a lot better with the right techniques and a lot of practice!

Now there is an important point I want to make before we go on. Many people will complain that they have a poor memory when what they actually mean is that they have poor RECALL.

I have said it before but I will say it again. Your brain is able to remember everything you have heard seen or done. Inside your mind right now are probably all the names of your classmates from your reception class at infant school. You almost certainly know the address and telephone number of every place you have ever lived. You probably even know what you had for lunch on the 14th March 1985.

The fact that our brains retain all this information is well documented and many studies have been carried out. The problem for us is being able to recall this information which is filled away deep inside our subconscious mind. Now most of this information is of little value and we are not likely to want to remember it. But other information would be very useful to recall when we wanted or needed it.

The trouble is our brains are designed to confine most information into storage unless it thinks there is a good reason to keep it on hand. If we want to recall information we have to use certain techniques to help us get hold of it at a later date.

Your memory will only recall what it considers to be important or meaningful to your life. Your

memory will recall items, and situations if they have made a strong impact or have **Strong Associations**. As we shall see the ability to form associations is the key to most memory techniques.

However your memory remembers things best if they have or use the following characteristics.

1. **Memories that stimulate the sensory centers of the brain, particularly visual associations, are easier to recall.**
2. **Event which have strong emotional content like love, sorrow, or happiness will be easier to remember.**
3. **Events which involve unusual or outstanding qualities have a habit**

of sticking in the mind. (Like a flying saucer landing on top of your house). You are not likely to forget something like this.

- 4. Your mind will make sure you remember anything which has a connection with your survival**
- 5. Repetition is one way of helping your memory to recall certain facts or events.**

Sensory/Visual Associations:-

Any experiences which involve sight, sound, taste, touch, or movement will have particularly strong associations for our memory. The connections become more vivid for the memory if more than one sense is used. This is why it can help to read out aloud if you are trying to

remember something. If you act out what you are learning as well, this involves both your visual, kinesthetic and auditory senses at the same time.

Emotional Associations:-

Memories which are charged with great joy and happiness are unlikely to fade away. Let's face it you not going to forget the first person you fell in love with, or the day your son/daughter was born. You are also likely to remember days which are charged with great sorrow like the bereavement of a loved one for example.

The exception to this is where the grief, or experience, is so painful the mind shuts it out to avoid you feeling the pain.

Associations which are Unusual or Outstanding:-

This is one of the keys to many memory techniques. We tend to remember things better if they are unusual in some way. For example you would notice and remember if you someone parachuted into your garden or if a flying saucer landed on your front lawn and a little green man asked you directions to Andromeda. If you were to try and remember the people who were doing their shopping in the local supermarket last Friday you would probably have problems remembering anyone you saw because they didn't stand out any way, they were not unusual.

Intensity:-

Any situations that involve absurd, colorful, sexual, exaggerated, imaginative even painful

associations will be easier to remember. They “stick in the mind” somehow.

Necessary for Survival:-

You can be sure that you will remember what plants or snakes are poisonous if your life depended on it, or what plants are good to eat and which made you sick. You will remember that it is not a good idea to stick your tongue in the plug socket.

Repeated Items:-

This is perhaps the most commonly used method of remembering something although not always the most efficient. Telephone numbers that you constantly use will be stored away in your long term memory and will not have to be looked up.

This is because the connections in the brain will have been sufficiently myelinated. Any physical activity relies on repetition in order to perfect the techniques involved. This is true whether you are learning a new dance routine or mastering a new movement or form in a martial art. Musicians rely on a great deal of repetition to learn a new piece of music particularly if they want to commit it to memory.

In fact music is an interesting example because the process of learning a piece of music involves many senses at one and the same time. There are the visual cues from the printed score, physical cues from the act of playing the notes, to the auditory stimuli of the actual sounds produced. There can also be emotional associations that the music stirs within the performer.

Acronyms:-

Acronyms are used to summarize a group of items or words by using the initial letters of the words to form new word. For example MAD was used to describe the policy which kept the peace between the Soviet Union and the West during the nuclear age (Mutually Assured Destruction). There are many other very familiar examples NATO, OPEC, etc. These are useful ways of trying to remember some simple concepts.

Another simple technique commonly used in schools is a variation of the acronym system. We are often taught a rhyme in order to memorize a list of items. Most of us who were taught music will remember “*Every Good Boy Deserves Football*” which was used to teach us what the names of the notes on a staff of music are. However these two examples are very basic techniques of memory recall. I want to show

some other less well known methods which are very effective in memorizing lists of items and various unrelated facts. As you are now probably aware there is one basic key ingredient which always present in all memory techniques and that is:-

ASSOCIATION!

The key factor in being able to remember things is our ability to form associations. Some associations go hand in glove with one another and appear quite natural like swimming and water or sea and beach. Other associations are not so obvious so we have to have a conscious effort to form associations.

The more outrageous you can make the connections between the things you are trying to remember the easier it will be to remember

them. What you have to do is to visualize your associations as vividly as you can. Make them silly, ridiculous, humorous, sexy, and even frightening. The very act of taking the trouble to form these images in your mind makes the whole process of remembering them much easier.

The Link Method:-

In part nine I gave you a list of sixteen items for you to try and remember.

Telephone, lorry, office, pushchair, settee, guitar, bicycle, space shuttle, oil tanker, Post Office, Bank, clock, pencil, deep-freeze, train.

I want you read through them again for about five minutes and then close this release. Now try to write them down in the order they are given here.

How did you do?

These items are all unrelated to each other and so connecting them together in some logical way would seem difficult at first sight. What I am going to show you is how you can make links between these objects in a way that one leads you on to the next one and so on. It is rather like connecting the links in a chain.

By using the link method it is easy to remember all these items without having to write them down or carrying out repetition. What is more you will be able to remember them in order and even reverse order. And more over you will be able to retain this information for as long as you want or need to. You can use this method to remember lists of all manner of things. You can use it to remember appointments or main themes in a speech. It is particularly useful if you

have to recall any information that has to be recalled in sequence.

It can be hard to simply remember plain words or facts so we must find a way of making these items memorable in some way. In order to be able to do this we must learn how to form strong mental images. There are a few rules we must follow if our mental images more easily we must follow a few simple rules:-

- 1. Exaggerate our pictures perhaps by making objects much bigger than they really are or by using Vivid Colors. You can exaggerate the quantity of an item or items. Use three dimensions. You can also personify the objects by turning them into cartoon characters. In this way you objects can do seemingly impossible or outrageous things.**

2. Whenever you can, provided it is appropriate, you should add movement, action, humor, and, provided it does not offend your sensibilities, add violence or sexual connotations.
3. Try to draw on your own personal experiences when forming your mental pictures. Use people and things you know.
4. Try to use and involve as many of your senses as you can. Add sound, see the images clearly, but also add smell, taste, and touch.
5. Finally while forming your mental pictures you can form memorable associations or links by (a) Placing objects on top of one another, (b) Placing objects underneath one another, (c) Putting objects inside one another, (d) Or by smashing the objects

into each other, and (e) You can reverse the items.

Now the first two items on the list I gave you were **Telephone** and **Lorry**. Can you form a suitable mental picture to link these two items? Perhaps you can imagine a giant telephone on wheels crashing into a lorry? Or a brightly colored telephone in the shape of a lorry? Or you could have a lorry take on human characteristics and have it talking down the giant telephone to the office.

The important thing is to make strong mental pictures which mean something to you. These examples are just a few of many thousands of examples you could use. What I have done is make the items interact with one another, in this way the memory of one leads you onto the thought of the next item and it is in this way you can build your chain. In my last example I had the

lorry talk down the phone to the office. Imagine the office filled with a giant **pushchair**. You could have the pushchair relaxing on a **settee**. The settee could be playing the guitar or shaped like a guitar.

You could have a guitar riding a **bicycle**. The bicycle could ride up to the launch pad of the **space shuttle** which could take off but unfortunately crash into an **oil tanker**. The huge explosion could set light to a **post office** many meters away or the oil tanker could be blown right up into the air only to land on top of a post office. The fire from the post office might spread to the **Bank** next door. Firemen looking like **clocks** arrive to put the fire out and one uses a brightly colored **pencil** instead of a hose! **Do you get the idea?**

Finally the water to douse the fire is so cold it freezes everything because it is coming out of a huge **deep-freeze** and the deep freeze is large and heavy it has to be supported on a **train**.

Now I want you to spend a few moments to form vivid mental pictures of the sequence of events I have just described. I am sure you can think of some better ideas. Now wait a few moments and write out the list again.

I would be surprised if you did not do much better this time. What is more if you test yourself again in two days' time the chances are you will still be able to recall these items in perfect order. Don't worry if you have a little trouble with some of the items the thing is it takes practice to form strong mental images but in time it will become second nature!

The Room Method:-

This technique is a variation on a method to remember a sequence of facts or items that was widely used by the Ancient Romans. A senator giving an important speech to the senate would imagine a long walk and on this imaginary walk there would be key places or objects along the way. What he would do is associate these key points on the walk with the important themes on his speech in his mind.

As he imagined himself making progress on his walk he would come across these key stages or landmarks and this would jog his memory about what the next point he wanted to make in his speech. The landmarks could be anything from a fountain, a shop, or a particular villa etc. The point is it was the association with the landmark that was important and the fact that they were kept in sequence.

The room method is very similar except you use the various rooms in your house or flat. What you do is think of two or three distinctive objects in each room that you can use to form associations with whatever it is you have to remember.

The advantage of this system is that you know the layout of your house very well and this makes forming connections fairly straight forward. Suppose you wanted to remember the items below, all you would have to do is link each one with one or more of the objects in the rooms of your house.

For example in the hall you might use objects like, a table, a clothes peg, and the front door. Try to think of three objects you could use in each of the rooms of our house. Start with the

Hall and move around the house using each room in the order you reach them so as to keep them in sequence. For example the hall might lead into the lounge, then the dining room, then bedroom one, Bedroom two etc.

Try to remember the following list of items using the room method. Remember to use the techniques we used before when forming your mental pictures.

1. **Exaggerate.**
2. **Use Motion, humor etc.**
3. **Use personal experiences etc**
4. **Use as many of your senses as possible.**
5. **Put objects next to or inside one another etc.**

*Tomatoes, carrots, cauliflower, potatoes, peas,
broccoli, asparagus, beans, lettuce.*

*Apples, bananas, oranges, pineapple, grapes,
apricots, peaches, pears, tangerines.*

Numeric Memory Systems:-

As the title suggests numeric memory systems are designed to connect numbers to the items or facts you are trying to remember. One of the simplest techniques you can use is the “rhyming system”.

Rhyming System:-

What you do here is create key words, normally of tangible objects, to represent numbers. In this way you can recall items or appointments in the correct sequence. For example:-

- 1. Could be BUN.**
- 2. Could be.**
- 3. Is TREE.**
- 4. Is Door.**

5. **Is Hive.**
6. **Is STICKS.**
7. **Is DEVON or HEAVEN.**
8. **Is SKATE.**
9. **Is WINE.**
10. **Is DEN.**

You could try to make associations between the first list of items I gave you and the key words I have given here. The benefit of this system is that you will be able to think of an item out of sequence and give the number associated with it. For example the ninth item on the list below is Oil Tanker. If you associated this with the key word WINE you would know that Oil Tanker was the ninth item on the list, and so on. Have a go at forming connections with the following items this time use the key words given above.

**Telephone, lorry, office, pushchair,
settee, guitar, bicycle, space shuttle,
oil tanker, Post Office.**

Another system which is similar to the rhyme system is the “SHAPE SYSTEM”. What you do here is think of objects or key words whose shape remind you of the image of a number. For example the number one (1) might make you think of a pencil or pen, (2) could represent a swan, and so on. If you are a visual person then this approach might work better for you than say the rhyming system. This methods can work well if you want to remember short lists or appointments or perhaps main ideas for a presentation.

The Phonetic Memory System:-

I now want to show you what known as the most powerful numeric system yet devised. It is a little more complicated than the other two systems just mentioned but once you have mastered the basics it will give you the ability to recall vast amounts of data. You will be able to remember peoples telephone numbers, account numbers, formulae, technical equations, in fact it has can have a vast number of applications. If you have not come across this system before then prepare to be amazed! All the numeric systems are designed to relate abstract numbers to concrete or tangible items or facts.

As the name suggests we are going to use the sounds of consonants to represent the numbers from 0 to 9. Vowels don't count in this system

neither will silent consonants. Here is list of the sounds that we will be using:-

- 1. = (t).
- 2. = (n).
- 3. = (m).
- 4. = (r).
- 5. = (l).
- 6. = (j).
- 7. = (k).
- 8. = (f).
- 9. = (p).
- 0. = (z).

Now these sounds are not as random s you might think. The letter (t) looks a bit like the number one and the letter (n) has two legs going down and the letter (m) representing the number three has three legs. The fourth letter in the word four is an (r). Not all the key letters have such a logical connection and it might seem a bit

complicated at first but once you have mastered the basics it really is very easy.

The next step is to put some key, sometimes called peg, words to each of these sounds. Remember vowels and silent consonants don't count.

1. **(t) tea.**
2. **(n) Noah (as Noah' ark).**
3. **(m) mow. (as in mowing the lawn).**
4. **(r) ray.**
5. **(l) law.**
6. **(j) Jaw.**
7. **(k) key.**
8. **(f) fee.**
9. **(p)**
pie.

10. (s)

sea.

Now these are examples you could create your own peg words in fact it is a good idea to do so however you may wish to stick with these until you know what you are doing. In order to make it easier to find words to represent numbers we can use other sounds to represent the same number. See the chart below:-

Once you have mastered your basic key words of phonetic sounds you can expand your list of words. If you think about it all the numbers we use have the digits 0-9 in them. For example if you wanted a peg word to represent the number 11 you would choose a word with two (t) sounds in it like (tattoo). The first two (t(s) in tattoo represent the two 11 in eleven the third (t) does

not count because it is silent and of course the vowels don't count either.

For the number 12 you might choose the peg word (tin). Again one is represented by the (t) and the two by the sound (n). Here is a list of the next few peg words up to twenty so that you get the general idea:-

10. = toess.

11. = tattoo.

12. = tinn.

13. = team

14. = tarn.

15. = tain.

16. = tissue (this uses a soft ss sound so can represent the number 6). If you prefer you could have teachu.

17. = tacku.

18. = toffuee.

19. = tapu.

20. = noseu.

Once you have become proficient in creating you peg words to represent the numbers you need you can go on indefinitely. I think you will probably see how it is possible to memorize a list of at least a hundred items in any order you like. Provided you can make strong associations in your mind's eye with the thing you are trying to

remember you should not have any real trouble.
It does take practice to convert words into
numbers. See if you can work out what numbers
the following words make:-

Cauliflower, Market, Paint, Rarity, Gentleman, Medicine.

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Answers:-

Cauliflower = 7584

Market = 3471

Paint = 921

Rarity = 441

Gentleman = 621532

Medicine = 3102.

How to use the Phonetic system to memorize telephone numbers:-

You may have noticed that some of the words have many numbers representing them like gentleman. Now this can present problems trying to find words which go with certain numbers. The more numbers you use the harder it is to find an appropriate word. For example try and find a word to represent 742821937. It is for

this reason we tend to only use the first three syllables of a word when ascribing numbers to them. So gentleman would in fact represent 621 and not 621532. This makes it easier to find words which have meaning and with which we can make visual associations.

So let's see if we can create some peg words to represent the following telephone numbers:-

850 847 323 4423 555 8486 345 713

The first number 850 for me signifies the word (flies) and 847 represents (fork). Once I have these two images all I have to do is imagine the person whose telephone number it is being chased around the garden by a host of flies carrying a garden fork. I visualize the scene like a Tom and Jerry cartoon.

Let's take the next number 323 4423. What I would recommend you do here is find a peg word for the first three numbers 323 and then two other peg words to represent the numbers 44 and 23 respectively. Personally I think of the word Monument to represent the number 323. For 44 you could have the word Rare or Roar. For the number 23 you could use the word Numb. However, for me, another word sprang to mind for the number 23 which conjures up a very vivid picture in my mind when I put all three words together to form a link or association. What about the word enema. Let's face it the words *monument (323) roar (44) and enema (23)* conjure up a particularly strong image which you not likely to forget in a hurry. I am sure I don't have to spell it out for you! All you have to do now is associate the person or organization with that image.

You see this is a good example because this image follows the rules laid down earlier. To my mind the image is strong and vivid. It is amusing, well it is to my warped sense of humor anyway. It has powerful visual content. It also used sound as in the word roar. So this association appeals to our different senses which will make it much easier to remember later on. This is the key to developing a good memory. Things simply have to be made memorable.

What's in a Name?

Suppose you want to be able to remember people's faces after only having met them once? This technique is widely used by business people and salesmen because they know it gives them a considerable edge when dealing with their customers. People are very flattered when you remember them particularly if you can also remember their name. It shows that you have made an effort on their part or thought them important enough to want to remember them.

There are a number of characteristics that make up a person's face.

First of all there is the overall shape of the head.

The head can be:-

Square, Rectangle, Round, Bulging at the back, Egg shaped, Flat on top, or Flat at the back.

The face similarly be:-

Square, Rectangle, Full, Round, Triangular (With the level appearing at the top or at the bottom), Narrow.

The forehead can be:-

Low, High, Wide, Narrow, Receding, Bulging, Vertical or Horizontal.

The nose can be:-

Straight, Convex, Concave, Flat, Pug, Pointed, or Bulged.

The eyes can be:-

Large, Small, protruding, Receding, Almond-shaped, Slanting, Cross- eyed.

The Eyebrows can be:-

Bushy, Thin, Straight, Arch, Meeting in the middle, separated.

The mouth can be:-

Long, Short, Full lips, Straight lips, Protruding, Long, Short.

The ear can be:-

Large, Small, Triangle, Rectangle, Round, Sticking out, Close to the head.

The chin can be:-

Round, Square, Pointed, Jutting, Receding, Cleft, Double. Dimpled.

You can also consider the color of the hair. Shape of Moustache or beard, hopefully not on a woman! I bet you had never considered all those points before. You see if you can identify one or more strong characteristics form a person's face you are half way there to making an association between their looks and their name. *You have to be careful about the hair because people can often change their hairstyles sometime quite dramatically.*

I have not even described the shape or nature of a person's teeth. Do they stick out, do they have gaps between them, do they have too many, what color are they? You can go on and on. The point is you don't have to use all these items but just select the ones that seem appropriate. The very fact that you are aware of these characteristics means that you have a large number of associations, or hooks that can be used to help you make a mental picture in your mind.

Some people have a bad memory for faces because they think that all faces look more or less alike but we all know that is not really true, *ignoring identical twins for the moment and even then there are often some slight telltale differences.* What you have to do is try and identify the most prominent aspects of a person's features.

What you should try and do is go through a kind of check list every time you met someone new:-

Age.....

Face shape.....

Eyes (Colour and Shape).....

Hair (Colour and Shape/Style).....

Forehead.....

Nose.....

Lips.....

Ears.....

Chin.....

By developing your powers of observation you will be well along the way to being able to remember a person's face. Most of us find it more difficult to remember a person's name compared to their face. This is because again most of us tend to remember visual impressions better than what we hear. This is partly because we probably study things with our eyes for longer periods of time. This is particularly true when you are introduced to somebody new and you are told their name. We are able to study a person's face for a considerable period of time but perhaps only hear a person's name once. There are a few steps you can take to help you remember a person's name:-

1. Whenever you are introduced to someone make sure you hear the name clearly. As a rule most people fail to make enough of an effort to actually hear the name of the person they have been introduced to. If you did not hear the name clearly the first time ask them to

repeat it again. If you are still not sure ask the person who introduced you how the name is spelt. You will be surprised that most people will feel flattered that you are taking such trouble to show an interest in them.

2.Always repeat the name to yourself or better still out aloud once you have heard it. You might say that “I am very pleased to meet you Mr. Whitebed.” If his name is actually Mr. Whithead then they will correct you. Either way you get to hear the name out aloud. Try to repeat the name during the conversation.

3.If you can try to form an association between their name and their appearance. Some names which suggest a color like Black, White, Green, or an occupation like Carpenter, Taylor, make it easier to form the connection. So to do

names like Spring, March, Winter which denote seasons make associations easier. If the person's surname is Spring you could imagine them standing on an enormous spring bouncing around the room. The more outrageous, humorous, or ridiculous the image the better it will be fixed in your mind.

Famous names are also easy to form associations with like Churchill, Clinton, Nixon, Dillon, Lennon, or McCartney. We all probably have a strong image in our minds when we hear those names. All you have to do then is link the person you have just met to that image. Again try to make it more memorable in some way. If the name is Clinton I am sure there are a number of associations which could be made! It does not matter if they are sexual or lewd in some way

provided you remember them. You not going to tell the person what you are thinking. *Try not to burst out laughing if your association is particularly good!* You can use this technique if the person has a same name as someone else you know well. In the same way you can make some kind of connection between them.

4.If the name does not have any descriptive meaning and so you cannot find an obvious connection try and find a descriptive word which come close to the phonetic sound of the name. For example if the person's name is "Pickering" you could form an association using the words (*Pickrel, picket, or pickled as in herring*). Perhaps visualize them having their pockets filled with pickled herring. Or imagine them eating a vast plate filled with herring. The

bigger the plate the better of course.

So to summarise:-

- 1. Make sure you hear the name correctly.**
- 2. Repeat the name as soon as you hear it.**
- 3. Form an association between a meaningful name and the person preferably using some aspect of their appearance.**
- 4. If there is no meaning in the name find something similar and use that.**

Now there is a lot more I could say about the various systems I have just mentioned however to do this

subject justice would take up another course in its own right. For example it is possible to combine the different methods to produce a phenomenally powerful system. You can compartmentalize the various systems. You can use the link method in combination with the phonetic system. Or you can use the room method with the phonetic system. Basically the sky is the limit. What I hope I have done is introduce to you some ideas and techniques which will enable you to dramatically boost your memory power. The tape enclosed is designed to word on your subconscious mind because many people think they can't remember things because they have just got into the habit of forgetting. You don't have that excuse anymore!

Some memory experts believe that in order to develop a great memory you should stop writing things down or making lists. They believe you should get into the habit of storing everything in the mind. Perhaps they are correct but personally I really like making lists I enjoy writing things down it is probably because I have a bias

towards the visual side of things, *also some things are just so boring I don't want to clutter up my mind with them!* Basically there is no right or wrong way to use these techniques you can tailor them to suit your own needs.

Before I close on this release I just want to go through the basics of a memory system which some people use to remember foreign languages. Obviously if you have a good grounding in a language it makes life a lot easier particularly if you were taught Latin at school and you want to learn a European language. People with a classical background tend to be better at languages because they know what the root of the various words are. However for the rest of us we need a little extra help.

I will use the French language as an example but this system will work with all languages provided you have imagination and are adaptable. It works best with

remembering the names of items, i.e. (nouns). One of the biggest problems English people have is remembering the correct genders of words.

As you probably know Latin based European languages require you to know whether an item is masculine or feminine! *If you are studying German you have to deal with an extra category.*

Now I cannot go too far with this here but the general principle is that you have to make an association between the French word you are learning with an English word and expression that will give you the phonetic sound as close as possible to the French word. *This is not to be confused with the phonetic system mentioned earlier that is quite different.* This is your first step. The next step is to associate the word with the actual item in question. Finally you want to put a gender in there as well. I know this all sounds a bit tricky but it is not as hard as you think. For example:-

The French word for bedroom is *chamber* and it is feminine. Phonetically this word sounds like *shambre* *however* the words I would use to remember *chamber* charm and bra or charm-bra. Now this may sound a bit weird at first but I have no problem associating a lady taking off her *charming bra* in her bedroom or thinking of a bedroom filled with charming brightly colored bras. Obviously the word bra has feminine associations so this one is an easy example. Also most nouns which in e are feminine anyway but not all! Here is another example:-

The French word for tap is *robinet (m)*. The way I remember this is to think of a friend called Robin dancing on top of a gigantic bathroom tap. I imagine him losing his footing and falling into a net i.e. Robin-net. My friend is male and so that takes care of the gender. If the word was feminine then I would try and think of a girl called robin.

Now I could go on and on with many examples but I hope I have given you the general idea. The key with this system as with all others is to form strong associations. Again I could write several releases on this topic alone but I just want to give you the general idea for the moment.

I hope you have found this information useful and I wish you luck in using them in your everyday life. Incidentally I have a friend who is widely considered to be brilliant at playing bridge. Apparently he used a system based on the principals outlined in this course to memorize the cards!

Good Luck!