

# MIND TRAINING SESSIONS

## SUMMARY

The Ancient Alpha Numeric Code of Memory

Application

# Pick a picture or word which is the easiest for you to remember

# Resonate Numbers with sounds and Pictures

- \* 1 = T = Tie
- \* 2 = N = Noah
- \* 3 = M = Ma
- \* 4 = R = Rye
- \* 5 = L = Law
- \* 6 = Sh = Shoe
- \* 7 = K = Key
- \* 8 = V = Ivy
- \* 9 = B = Bee
- \* 10 = T, S = Toe

# Some examples

- \* 33 = MM = Mummy
- \* 47 = RK = Rock
- \* 49 = RP = Rope
- \* 51 = LT = Lite

# Today's Task of the day

- \* Use the numeric code to come up with pictures for 1 to 100
- \* Share the results with your respective groups