DOMINIC O'BRIEN

Quantum
Memory
Power

LEARN TO IMPROVE YOUR MEMORY WITH THE WORLD MEMORY CHAMPION!

WORKBOOK

Quantum Memory Power

Discover—and Use—The Easy Tools That Super-Charge Your MEMORY!

IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

Contents

INTRODUCTION

Congratulations. You have placed yourself on the path to greater accomplishment by adding this program to your learning library. Accurate, instant recall pushes you ahead of competitors. Master these techniques, and you'll *always* make your own opportunities.

Dominic O'Brien has held the World Memory Champion title a record seven times. Perhaps you didn't know such a contest exists . . . or maybe you simply *forgot*. Well, his competitors will never forget his amazing feats. At the recent Mind Sports Olympiad, on his way to the championship, Dominic O'Brien:

- Memorized 40 packs of cards in exact order

- Repeated verbatim the exact order of a single deck in less than 40 seconds

- Recalled 155 randomly-selected words in 15 minutes

- Correctly repeated back 240 numbers in five minutes

- Memorized 2,385 digits in 30 minutes

Prior to developing this impressive system program, Dominic O'Brien was "the most absent-minded, forgetful person you could imagine." About thirteen years ago, while TV channel surfing, O'Brien saw Creighton Carvello demonstrate his impressive memory, using playing cards. Inspired, O'Brien embarked on a voyage of discovery, culminating in being named World Memory Champion seven times.

He notes he has no special gifts or talents, and encourages that with discipline and desire, you too can master these same techniques he developed over a thirteen-year period.

It's beneficial to test yourself on what you are hearing and learning in this audio program. Doing so helps to reinforce all the important information Dominic O'Brien is sharing with you. The answers to these questions, and other questions you'll encounter throughout this Guidebook appear at end of each quiz section for easy reference (but don't peek!). If you're answers are incorrect more than 30 percent of the time (three errors in ten questions) it may be wise to go back and listen to the sessions again, only this time more closely.

Questions

1. What are the three main ingredients necessary to develop the awesome power of your memory? *(Hint: Remember the acronym ALI.)*

    A. _____

    B. _____

    C. _____

2. If you hear the word "snowman," and that reminds you of Christmas, which memory technique are you using?

    _____

3. How did Dominic O'Brien develop each and every one of his memory techniques? Choose one and place a check next to your answer.
    A. Intense research
    B. Trial and error
    C. He found them in an ancient Roman book he recently bought in a Bookstore featuring rare, old books

4. Because the early Greek society was an oral culture, if it were to survive then everything it stood for had to be passed on verbally from generation to generation. Why did this require that the Greeks develop artificial memory devices?

    _____

    _____

    _____

    _____

5. If there is such a thing as a "map of memory," it is to recall things that took place based on *(Hint: The answer starts with the same letter as the middle letter in the ALI Formula.)* That's because the middle letter stands for this word. What it is?

    _____

    _____

    _____

    _____

6. What does the letter "I" stand for in the ALI Formula? Why does Dominic O'Brien hail this ingredient as the "fuel" of an active and prodigious memory? (In your own words.) Because:

    _____

    _____

    _____

    _____

7. What is the key ingredient to creating vivid mental pictures?

    _____

    _____

    _____

    _____

8. The Link Method, sometimes known as Story Method, is the best way to memorize which of the following — place a check next to the answer.
    :

            A. Individual names in a large group of people
            B. In order, the routes you'll take on a car trip of more than 1,000 miles;
            C. In order, a list of objects.

9. What is the inherent shortcoming of The Link Method?

    _____

    _____

    _____

    _____

10. In your own words, briefly detail what The Journey Method to remembering involves. *(Hint: There are the two major components).*

    A. _____

    B. _____

The Answers

Answer to Question #1:   A. Association; B. Location, and C. Imagination

Answer to Question #2:   Association

Answer to Question #3:   Trial and error

Answer to Question #4:   So that their values, laws, morals and other key ingredients of their society is accurately passed on to future generations. The survival of their society depended on accurate word-of-mouth, oral history.

Answer to Question #5:   Location

Answer to Question #6:   Imagination

Answer to Question #7:   Imagination

Answer to Question #8:   C. A list of objects, in order

Answer to Question #9:   It is very time consuming

Answer to Question #10:   The Journey Method for remembering things links A. objects with B. locations. It means that when you see a picture of a lush, tropical isle, you immediately associate it with Hawaii. However, The Journey Method can also be used to remember award-winning movies, large bodies of water, etc., as Dominic demonstrates in his audio program.

Exercise 1: The Journey Method

When you learn by doing—*in addition to listening and/or reading*—you hasten the day that you will successfully use the memory techniques taught in this program. It is our sincere hope that this Guidebook helps you reach your objectives as quickly and efficiently as possible. In this exercise you use the *journey method* of recalling things.

But before we get into that, let's look at a little history. Much of this program is based on Mnemonics. Put simply, a mnemonic is anything that aids memory.

The named is derived from Mnemosyne, the Greek goddess of memory and the mother of the nine Muses. Utilizing mnemonics is an extremely effective way of converting unintelligible data into something our brains can more readily accept.

The most common forms are verses and acronyms. For example, the verse, "Thirty days hath September, April, June, and November; all the rest…" reminds us of the number of days in each month. To recall the colors of a rainbow (red, orange, yellow, green, blue, indigo and violet as they appear in the sky), you may have been taught the acronym, "**R**ichard **O**f **Y**ork **G**oes **B**attling **I**n **V**ain." Of course, the first letter of each word represents one of the colors.

The Journey Method, which we're about to study, helps its users anchor symbolic images of numerous items to each stage along a route. It can therefore be accurately described as a mnemonic method.

In this exercise, the first thing to do is to prepare a journey in your mind consisting of ten locations or stops along the way. The route should meander through areas familiar to you. For example, you might list as ten the various stores you usually visit on a shopping trip. Or you might list the landmarks that help you find your way to a friend's house.

Once you do that, we'll want you to mentally place an object at each stage of the journey. From there on, it becomes like an Easter egg hunt you designed for yourself.

You go to the location to discover what you left there. Perhaps you'll decide you want your journey to be a listing, in order, of all the rooms, storage areas, etc., you visit while you're getting ready to go to work each day. For demonstration purposes, here's a route through a typical house:

Stage 1: Bedroom   **Stage 6:** Pantry (for cereal)

Stage 2: Bathroom   **Stage 7:** Kitchen (for breakfast)

Stage 3: Shower   **Stage 8:** Toilet

Stage 4: Master closet   **Stage 9:** Refrigerator (bagged lunch)

Stage 5: Dresser   **Stage 10:** Garage

Now let's turn our attention to what particular item, animal, etc., you want to leave at each of these locations. They are:

Wallet	**Snake**	**Screwdriver**	**Book**	**Piano**
Peach	**Drum**	**Goat**	**Mirror**	**Tank**

Now you're ready to create your own journey. List your locations in a logical sequence in **Column A**. For the sake of illustration, let's assume you selected the same route that is detailed above. That means that for **Location 3**, you wrote down "Shower."

And let's say that in your home shower, you have a showerhead that is attached to a long hose. In some ways, the hose reminds you of a "snake." So that's the word you should write across from **Location 3**. Now it's time for you to try it out.

When you're visualizing the Snake in the Shower, listen to it hissing. Notice its colors and markings. See it as it twists and weaves its way around the shower curtain. When thinking of items, try to use all your powers— imagination, association, location, exaggeration, movement, humor, color, taste, smell, sight and sound.

Now let's begin. In **Column A**, please list the various stops along the way in a journey of your choice. You may pattern them after various commuting landmarks, or room-by-room order in which you begin your day. In short, *you are to determine the locations* and *the sequence* you are listing the items in.

In **Column B**, and from the list provided (Wallet, Snake, Screwdriver, Peach, Drum, Book, Piano, Goat, Mirror and Tank), please select one item for each of the ten locations. Select the item that you'll instantly associate with that location. Remember to use all your senses and imaginative powers.

Finally, once you think you've memorized the items, cover **Column B** and on a separate sheet of paper, list the items in order from 1 to 10. It's okay to continually check **Column A**, however, *since it is acting as a memory jogger*. Upon completion, uncover **Column B** and check your answers. If you missed more than three, you probably tried to hurry through the memory process.

NOTE: Instead of completing this exercise by writing in this Guidebook, you may wish to print this exercise several times, so you can do this exercise repeatedly and track your progress. We're providing two exercises for you to complete and are placing them on a page of its own to facilitate this process. — The Editor

Look them over again, very closely. Recall the sequence of all of the locations and items as well. There's an important reason for doing this, as you'll find momentarily.

COLUMN A (Location)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

COLUMN B (Item or object)

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

COLUMN A (Location)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

COLUMN B (Item or object)

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

The more you do this exercise, the better you'll become at it. Soon you'll do it quite swiftly, and it might not be long before ten items no longer challenge you and you want to try doing 20, 30, and 50 and maybe someday even 100. Now, to see how good you really are, cover up the list of items one more time and then answer the following:

1. What item follows the Screwdriver?
2. What item follows the Piano?
3. What item, if any, comes before the Mirror?
4. Which item(s) are between the Drum and the Piano?
5. In the space provided below, list all ten items in reverse order.
   (Hint: Mentally reverse your journey and it becomes easy.)
   (1)_____   (2)_____
   (3)_____   (4)_____
   (5)_____   (6)_____
   (7)_____   (8)_____
   (9)_____   (10)_____

Exercise 2: The Journey Method

Now let's repeat this exercise, but with a unique twist. We're going to give you the information for **Column A**, the world's largest bodies of water. Your challenge lies in determining what objects, animals, emotions, etc., you'll list in **Column B**. Pick ones that will jog your memory regarding the body of water you are relating them too. If you've always wanted to go on a Mediterranean cruise, then you would probably list the word, "cruise" opposite the word, "Mediterranean," putting "cruise" in **Column B**.

COLUMN A (Location)	COLUMN B (Item or object)
1. Pacific Ocean	_____
2. Atlantic Ocean	_____
3. Indian Ocean	_____
4. Arctic Ocean	_____
5. Arabian Sea	_____
6. South China Sea	_____
7. Caribbean Sea	_____
8. Mediterranean Seas	_____
9. Baring Sea	_____
10. Bay of Bangor	_____

To determine what to list in **Column B**, it is often wise to list the first thing that pops into your head. For instance, for the Pacific Ocean, you may think of desert islands. You can enhance that picture by thinking of waves crashing into majestic rock-strewn coast, palm trees swaying gently in the breeze, and the fragrance flowers emit glorifying the air. The more vivid your mental picture, the easier it will be to recall.

You don't have to think in realities, either. You can insert mystical and mythical characters, outer space travel—you name it—as long as it is memorable.

Exercise 3: The Journey Method

Let's continue down this same path again. Instead of locations, however, this time we're going to look at Academy Award motion pictures, listing the nine "Best Picture" Academy Award winners from 1991- 1999. We are listing the films and their dates in Column A. In Column B, we want you to write whatever will help you remember those films/ dates. To really make this fun, we won't list the films in chronological order.

COLUMN A (Film & date)	COLUMN B (Item or object)
1. Forrest Gump (1994)	_____
2. Unforgiven (1992)	_____
3. Shakespeare in Love (1998)	_____
4. American Beauty (1999)	_____
5. The Silence of the Lambs (1991)	_____
6. Braveheart (1995)	_____
7. Schindler's List (1993)	_____
8. The English Patient (1996)	_____
9. Titanic (1997)	_____

Memorizing this list using traditional methods would require you to repeat it over and over again. Not only would that be time consuming but it would also be sheer drudgery. The Journey Method makes remembering fun and easy.

Do your remember how essay questions work? We've all encountered them during our schooling. To refresh your memory, essay questions require you to write a brief essay about the material you've learned.

Their purpose is, as with any examination, to see if you've retained the material that was taught. They also allow for some personal interpretation of the material.

We'll keep these questions easy. You can limit your response to less than 100 words, and we'd like you to use at least 25 words.

Questions

1. What are the basics of the, You Remind Me of Someone technique? In other words, how does it work? *(Hint: Explain how it involves a chain of associations.)* Would you find this technique valuable? Why or why not?

    _____

    _____

    _____

    _____

2. Detail in broad terms the factors that comprise The What's My Line Technique.

    _____

    _____

    _____

    _____

3. Explain what is involved in the technique called Feature Link.

    _____

    _____

    _____

    _____

4. Detail the important points concerning the technique First Name/Places.

    _____

    _____

    _____

    _____

The Answers

Answer to Question #1: The answer to the first essay question should run along these lines. Keep in mind what you have written doesn't and shouldn't repeat this answer word-for-word, but rather contain the same nuggets of information. The basics of the **You Remind Me of Someone Technique**, in order are: A. You try to link the person you just met with someone you already know, based on looks, mannerisms, or maybe the fact that the person looks like your aunt. B. This gives you a location to work from, i.e., your aunt's house. C. The technique is based on a chain of associations, and the next thing is to link the surname with something else. If you've just met Mrs. Shepherd, imagine her with her sheep standing outside your aunt's house. Now you've established links between the person's face, a location, and a key image. As to whether this technique would prove of value to you, that's something you alone must determine.

Answer to Question #2: **The What's My Line Technique** works in the following manner: This technique is a slightly different version of the one listed above. Again, it involves forming a chain of associations, but this time the chain is anchored by an occupation. If the person you've just met doesn't look like anyone familiar or famous to you, the way to establish your anchor is to find out his or her occupation. If you've just met a car salesperson, for instance, you may first think of you're a local auto dealer's show-room—maybe a place where you've bought a car in the past.
Let's say the car salesman is named George—we'll do a first name this time. The rest is easy—you picture George Bush (either senior or junior will do) in that showroom trying to sell a car. Voila! You've made the connection you'll remember. If the salesman's last name is Baker, simply picture George Bush in a baker's hat!

Answer to Question #3: **The Feature Link Technique** rests upon the following foundation: You take note of a feature involving the person you've just met and then place them in an easy-to-recall scene. It is great to use when a person has a face that doesn't remind you of anyone familiar or famous, and a location doesn't immediately come to mind either, so you're forced to create an artificial, or "feature" link.
That link is based on an interesting feature you've noted about the person, such as a bulbous, red nose, huge earrings, etc. Let's say you've just met a Pat Whitehead, and the only thing memorable about her is a wide strand of white hair off to the right side of her head. If you associate her with a woman patting her white streak of hair, it will be easy for you to recall Pat Whitehead the next time you meet.

Answer to Question #4: The important points regarding the **First Name/Places Technique** are that the association link you forge using this technique is based on connecting someone's first name with a specific place you'll be able to recall at a moment's notice. It can be used to remember dozens of first names at parties and events. Let's say you've just met someone named Carol. You could immediately associate her with a place, a packed church at Christmastime, with the music flowing out into the night from the open doors. The connection, of course, is Christmas carols.
You can associate Harry with the hairy apes you always love to visit while you're at the zoo. You can associate David with the lovely city of Florence, Italy, home to the famous David statue. You could associate Martha with Washington's estate along the Potomac.

Exercise 4: Associating Numbers with Shapes

Dominic has used this method to capture seven world memory championships. Interestingly, he suspects competitors are using it, since they've been narrowing the gap since this program came out. It is an ideal way to recall numbers 0-10 by associating them with their shapes. By studying number shapes, and using your imagination, you can come up with very memorable mental pictures.

If you create your own images, you'll remember them faster and easier than if you accept the shapes created by Dominic. This isn't always easy to do, and can be quite time consuming. If you're in a rush, perhaps you'll just want to rely on the images Dominic has created, and postpone devising your own until time is on your side. Soon we'll be listing the numbers 1 – 10, along with suggested shapes to help you remember them. Decide if you can relate to them, or if you'll have to come up with, at least, several new ones. Select images that will work for you. Insert that image in the space provided. If you choose not to, since you already like Dominic's word picture for that particular number better than any you could devise, simply leave the space blank.

Dominic's Number & Shape(s)	My Own Word Picture(s) For This Number is:
0. donut, or Cheerios	_____
1. candle, or pencil	_____
2. swan	_____
3. handcuffs	_____
4. sailboat	_____
5. curtain hook	_____
6. elephant's trunk	_____
7. boomerang	_____
8. snowman or Marilyn Monroe	_____
9. balloon on a string	_____
10. stick & hoop	_____

Finally, commit to memory the words pictures you have selected. Now to determine if you've done a good job or not, use these images to remember the following number: 8005259000. The eight is a snowman image. The zeros are two donuts, and so forth. Once you've committed the number to memory, by associating numbers to shapes, you will have learned the Nightingale-Conant toll-free number 1-800-525-9000!

Exercise 5: The Number/Rhyme System

This is another easy, and simple way to remember numbers from one through ten. Since it becomes very difficult—if not impossible—to get numbers in their teens to rhyme with anything, Dominic doesn't recommend using it for numbers above ten.

Listed below are numbers 1 – 10, along with words the numbers rhyme with. These rhymes help you create word pictures to help you remember the numbers. Consider creating your own rhyming word for each number if you don't like the ones Dominic has put forth, or if you believe another will work more handily for you. After selecting a rhyming word that works best for you, write in the space provided. If you're happy with Dominic's selection, simply leave the space blank.

**Dominic's Rhyming Word
For The Number listed is:**

**My Own Rhyming Word
For This Number is:**

1. gun _____

2. chew _____

3. tree _____

4. door _____

5. hive _____

6. sticks _____

7. heaven _____

8. gate _____

9. wine _____

10. pen _____

Finally, commit to memory the words pictures you have selected.

Understanding the Dominic System

The Dominic System is an acronym for the Decipherment Of Mnemonically Interpreted **Numbers Into Characters**. It can be used for remembering a wide range of important information, including telephone numbers, appointments, statistics, equations, the entire 20th century calendar, atomic weights and numbers of the Periodic Table, historical dates, birthdays, anniversaries—practically anything involving a number.

Learn what these numbers stand for. Since this entry consists of only ten associations, it shouldn't take you too long to master it. However, master it you should, and don't be tempted to continue in this Guidebook, at least as far as this lesson is concerned, until you are certain what each digit stands for. Here is the special code.

1 = A	**6 = S**
2 = B	**7 = G**
3 = C	**8 = H**
4 = D	**9 = N**
5 = E	**0 = O**

Learning this new code couldn't be easier, since there are only ten letters and they refer to 1, 2, 3, 4, 5, 6, 7, 8, 9 and 0. By ascribing a letter to each digit, you begin to pull numbers out of the mire of anonymity. To make more sense of this, here's how Dominic arrived at the various letters.

The first, second, third, fourth and fifth letters of the alphabet are A, B, C, D, and E. So in the Dominic System, he made those sequential alphabet letters correspond exactly to the 1 to 5 numerical sequence. Since he felt that six was a strong "s" word, that sounds sexy and sends out S signals, he made the letter to correspond with the number six to be S. The seventh and eighth letters of the alphabet are G and H. He chose N for the number nine, because it is a "nice word" and lastly the number zero can be best recalled by the letter O.

Once you understand this system, you can create numbers that represent people, places, things, and so forth. The number 33 could represent Charlie Chaplin. The number 43 gives you DC, which could stand for David Copperfield. The number 53, or EC, could represent Eric Clapton. You can also associate the numbers with the ages of close friends. Martha may be 53 years of age, hence the number 53, and so forth.

It helps immensely, although it's not absolutely necessary, to form a vivid mental picture of each person, but it is very important that you associate them with *their own unique characteristic action or prop*. This is important for making the characters more memorable.

You are now in a position to give two-digit numbers a character by translating them into the new language. Take 18, for example. That translates into AH. Let the letters suggest a person to you. AH may suggest the U.S. actor, Arthur Hill. Now give him an action or a prop. How about envisioning him climbing a hill.

How about 11? This translates into AA, which are the initials of tennis star Andre Agassi. His action is swinging a tennis racket. Here's a chart to demonstrate this process graphically:

Numbers	Letters	Person	Action
00	OO	Olive Oyl	Eating spinach
06	OS	Omar Sharif	Playing bridge
07	OG	Organ Grinder	Holding monkey
08	OH	Oliver Hardy	Berating Stan
09	ON	Oliver North	In denial

Exercise 6: The Dominic System in Action

Part I

1. Create a list of 100 numbers from 00 to 99, and then start writing down the names of all the people with whom you have immediate associations.
2. When you have exhausted that idea, decode the numbers into letters to see who might fit them.
3. Try to make your army of people as diverse and colorful as possible. You must be able to distinguish between characters, so have only one football professional, one musician, one golfer, and so forth.

Part II

In the next few days or upcoming weeks, start associating pairs of numbers with people. To make it interesting, you may wish to include royalty, politicians, actors and celebrities, family members, business associates and so forth. The more adept you become at quickly assigning numbers to people, the faster you'll be able to apply the Dominic System when you're meeting new people and desperately need to remember their names.

The Dominic System works best when, in addition to assigning numbers to remembering people, you picture in your mind a brief scene involving each individual. If you associated 08 with Oliver Hardy, for instance, by picturing him taking a pratfall, it anchors the memory for you. To remember Albert Einstein, recall the number 15, which stands for his initials.

Also, picture him at a blackboard, with a pointer that is aimed directly at his famous formula. Remember how messed up his hair always was. Perhaps envision him with a devilish grin on his face. Make sure he's got on a rumpled, worn suit coat.

My Diary of Actions & Results Using The Dominic System

Record for your own review your thoughts about how this system worked for you on the first day you used it. Include both the good and bad.

On the first day of using this system, I found:

_____

_____

_____

_____

_____

_____

After the first week of using the Dominic system, this is what I discovered:

_____

_____

_____

_____

_____

_____

During the second week of employing this system, I can honestly say that:

_____

_____

_____

_____

_____

Questions

1. What technique involves putting the theme of what you're planning to do, such as a speech, or what you want to accomplish, such as getting a job promotion, at the center of a chart and then drawing spokes radiating out from the center, with little symbols, single words, or pictures on the ends of the spokes?

   _____
   _____
   _____
   _____
   _____
   _____

2. Once you've completed this chart or diagram, what does it reflect about you and what you're seeking?

   _____
   _____
   _____
   _____
   _____
   _____

3. This system represents an excellent way to diagram a speech because:

   _____
   _____
   _____
   _____
   _____
   _____

4. Once you do that, what is the next step?

   _____
   _____
   _____
   _____
   _____
   _____

5. Can The Journey Method be used to plan and plot a speech? Yes or No?

    _____

6. What is a good way to remember specific quotes you can sprinkle about in a speech you're planning to deliver?

    _____

    _____

    _____

    _____

    _____

7. Can you use the same method to remember jokes? Yes or No?

    _____

8. What does it usually mean if you forget one of your key images in the midst of making a speech or presentation, besides bewilderment and embarrassment?

    _____

    _____

    _____

    _____

    _____

9. What is the best way to create an "appointment book of the mind"?

    _____

    _____

    _____

    _____

    _____

10. This question has two parts: A. How do you create a Mental In-tray, and B. What can you use this technique to accomplish?

    _____

    _____

    _____

    _____

    _____

    _____

    _____

    _____

    _____

    _____

The Answers

Answer to Question #1:   The technique is called Mind Mapping

Answer to Question #2:   It acts as a mirror to your mind, reflecting what you are thinking.

Answer to Question #3:   It's an excellent system for diagramming a speech because you see the key points.

Answer to Question #4:   You can then take them and convert them by associating them with highly imaginative, colorful key images.

Answer to Question #5:   Yes

Answer to Question #6:   Attach colorful images to the key points you want to recall.

Answer to Question #7:   Yes

Answer to Question #8:   It means that it wasn't important to begin with.

Answer to Question #9:   The key parts are: A. Starting place; B. Points along the way, and C. Concluding destination.

Answers to Question #10 Parts A & B:

A. To create a Mental In-tray, you rely The Journey Method, this time to associate tasks that need to be accomplished with familiar landmarks of a journey of your choice. The journey should be simple, and not consist of more than 10 landmarks.

B. It's a memory device to help you remember to make important phone calls, set and keep appointments, recall important anniversaries, and that type of thing.

Exercise 7: Testing Your Powers of Association

We all have powers of association, which we utilize to remember things that are important to us. As you've already learned in this program, sometimes it is easier to remember a person's name if you can just associate them with the location in which you came to know them. That's just one example of this important power.

This exercise helps you to establish some rather interesting images in your mind. Since we're relying on words as the basis for this exercise, technically you could consider it a word association exercise. Test yourself on this several times. Most likely you'll become quite good at it.

If you notice you're quite good at, let's say, the first eight connections, then work on the remaining ones until you have them down pat. First we'll list the words with the images we want you to connect them with. Then, on the following page, we'll either just list the word, or the image, but not both, or expect you to fill in the blanks. Good Luck!

The Word	The Image
Hot air balloon	telephone
Cleopatra	train
Desk	waterfall
Bow & arrow	umbrella
Streaker	scarf
Rambo	ice skates
Sandwich	lamppost
Napoleon	beach ball
Pencil	rocket
Penguin	microphone
Book	trapeze
Negligee	George Bush
Velcro	boxer shorts
Gorilla	hammer
Cannonball	Madonna

Okay, do you think you can remember them all? If not all of them, at least five of them? There are 15 sets in all, so that's a lot to remember—at least at first. As time goes on, we're hoping this will be a piece of cake for you.

You'll have better luck if you've created vibrant, vivid, and exciting images. Sometimes the more outlandish you make them, the more they will help you recall what you want to remember. This exercise should do the trick. You may wish to photocopy it several times, and use those photocopies to fill in the blanks, thereby honing your powers of association. Again, Good Luck! We're rooting for you. To facilitate photocopying, we'll put this exercise on the next page, all by itself.

The Word	The Image
Hot air balloon	_____
Cleopatra	_____
_____	waterfall
_____	umbrella
_____	scarf
_____	ice skates
Sandwich	_____
_____	beach ball
Pencil	_____
Penguin	_____
_____	trapeze
Negligee	_____
_____	boxer shorts
Gorilla	_____
_____	Madonna

Now, that wasn't so bad, was it? If you're like most people, you probably noticed something that, upon consideration, made good sense. It is simply this. The images you found the most easy to recall were the ones in which you painted as complete a mental picture as you could, using all your senses, colors, shapes and so forth. Good for you.

A Closer Look at Remembering Capitals

Let's take a look at how to remember the names of the capitals of individual states, or countries. The secret, of course, is to forge a link between the country and state and it's capital.

For instance, Manila is the capital of the Philippines. Now how would you make a connection there? Well, think of a friend of yours who is pining away because he's ill. His name is Philip. Man—ill, right? Phillip—pining, right? Now perhaps you view these connections as bit far fetched but there's definitely a chain of links here.

All right, let's have a look at the capital of Switzerland. The capital of Switzerland is Bern or Burn-ee. So imagine the Swiss have come up with some new ritual. Imagine a Swiss citizen standing atop a mountain and exposing a bare knee as he's yodeling. Now this should be a quick, immediate association for you. Just a reminder—three keys of memory are association, imagination, location.

Be sure to use humor when you're creating your images. Why? We tend to return, or we want to return, to happy memories. If you make happy mental connections in the process, you increase the chances you'll enjoy returning to them later.

Let's look at another example. The capital of Afghanistan is Kabul. When the Russians were fighting the Afghanistan rebels, Kabul was in the news quite a bit, so perhaps you've heard the name before. To better recall it, imagine that all the cars in that capital city are driven by bulls. Once you become inventive, there's always a link if you allow your mind to find one. And you might associate Afghanistan with an afghan sweater. So the links you've forget are afghan sweater and bulls driving cars.

Let's take New Zealand. The capital of New Zealand is Wellington. Now if you look at a map of New Zealand, by a little stretch of the imagination if you were to turn New Zealand up side down, it could look like the shape of a beef Wellington, and sometimes that's all you need to go on. The capital of Australia is Canberra, not Sydney, Again by a little stretch of the imagination if you look at the map of Australia, it vaguely looks like the shape of a camera.

Here's another one, the capital of Grenada, is St. George's. So what do you think of? Well, when Dominic thinks of the name St. George's he thinks of George slaying a dragon. But this time he's got modern weaponry, he's using a grenade. Grenada, St. George's.

Okay let's have a look at the American states. Again, just allow yourself to find a link. Try to make the connections fairly immediate. Use all the tools available to you, use your senses, imagination, exaggeration, humor, sex if you'd like, color, movement, sight, sound, smell, taste, and touch.

It doesn't matter if you already know what the capital is, we're going to give you one now. The capital of Mississippi is Jackson. Now to Dominic it's a straightforward connection there. Imagine seeing Michael Jackson wading through the Mississippi, trying to get to the other side. The capital of New York is Albany. Again try to pick out a feature. You might think of the Statue of Liberty, but this time imagine your Statue of chicken so they've opted for frankfurters. Again, Dominic has made an association there.

Obviously, with some of these states and capitals you've got to be a little bit more inventive. The capital of South Dakota is Pierre. Now when Dominic hears South Dakota he thinks of those presidential sculptures, Mount Rushmore, the monument there.So this time picture a pier jotting out from the carvings and put yourself there, see yourself coming out on this pier. Immerse yourself in the scene, South Dakota, Pierre.
For the little time that it requires, if you just create memorable images like that, you're never going to forget

them. And of course you're engaging the whole of your brain. You're right brain is suddenly involved. It has become active in the learning process.

Let's take another one Montana and Helena. Let's take another one, Montana and Helena. Helena is the capital. Perhaps you can associate it with someone you once knew, or now know, by the name of Helen, or Helena, or even Mount St. Helen name Imagine your friend, or even the mountain, playing the game Montana Red-Dog. Actually Mount St. Helen, while not in Montana, could serve as a reminder of both the state of Montana (Mount) and its capital Helena (St. Helen).

Do you remember the old fashion way where you had to keep repeating information? Well with this method you can go right through all 50 states quickly and effortlessly. You might get a few wrong but you judge how much faster is this method.

Let's test you. What's the capital of Mississippi? Got the image, Michael Jackson. What's the capital of New York? Think of the Statue of Liberty, Albany. Capital of Kentucky? Frankfort. Now what happened to South Dakota with the monument? It's Pierre, isn't it. Montana? Helena. Still got those countries? What's the capital of Switzerland? Bern. And Afghanistan? Kabul.

Now again all the time you're doing this, in a sense you are oiling the memory machine; you're exercising creativity. You're allowing you imagination to do what it's best at doing, being highly inventive. You're freeing up the mechanism by which memory works, association. And it's starting to get faster. Not only are you exercising your memory so that it becomes more efficient in so many ways, you are also becoming smarter because you're gaining knowledge.

Associations are starting to get automatic. Sometimes it's so fast that you don't even know how you've come up with an association.

Now that we've got the wheels of association working in your mind, let's try another exercise. We're going to list ten American states and their capitals. What we want you to do is to quickly construct a meaningful association. It doesn't matter how you get there just as long as you make a link. Okay let's make a start. This exercise is to underscore how quickly you'll be able to learn the capitals of all the states in the U.S.A.

Knowing and reciting the capitals of all the states in the union is an arduous task. While it is true that many youths learned to memorize them in either grade school or high school, if you didn't, now's the time you can with ease.

While this is certainly useful to youngsters studying geography, it is also important for those persons who plan on participating in game shows, where the jackpot can be quite substantial. Yes, in the business world, and your personal life as well, having an outstanding memory can pay big dividends.

Before you begin in earnest, try to think of all the state capitals you already know. You probably know your own state's capital. And if you've moved around the country, yet stayed in each place for a few years, you can probably recall all the capitals of the states you've resided in as well. Whether you realize it or not, you may even know the capitals of some of the states that surround the one you dwell in.

What we're trying to say is that you already know some state capitals. So you aren't starting from scratch. Still, we shouldn't belittle the task at hand for you, because it is quite formidable. With Dominic's approach it should be less so. Let's see how you fare in this exercise.

State	Capital	Connecting Link
Alabama	Montgomery	
Alaska	Juneau	
Arizona	Phoenix	
Arkansas	Little Rock	
California	Sacramento	
Colorado	Denver	
Connecticut	Hartford	
Delaware	Dover	
Florida	Tallahassee	
Georgia	Atlanta	
Hawaii	Honolulu	
Idaho	Boise	
Illinois	Springfield	
Indiana	Indianapolis	
Iowa	Des Moines	
Kansas	Topeka	
Kentucky	Frankfort	
Louisiana	Baton Rouge	
Maine	Augusta	
Maryland	Annapolis	
Massachusetts	Boston	
Michigan	Lansing	
Minnesota	St. Paul	
Mississippi	Jackson	
Missouri	Jefferson City	
Montana	Helena	
Nebraska	Lincoln	
Nevada	Carson City	
New Hampshire	Concord	
New Jersey	Dover	
New Mexico	Santa Fe	
New York	Albany	

State	Capital	Connecting Link
North Carolina	Raleigh	_____
North Dakota	Bismarck	_____
Ohio	Columbus	_____
Oklahoma	Oklahoma City	_____
Oregon	Salem	_____
Pennsylvania	Harrisburg	_____
Rhode Island	Providence	_____
South Carolina	Columbia	_____
South Dakota	Pierre	_____
Tennessee	Nashville	_____
Texas	Austin	_____
Utah	Salt Lake City	_____
Vermont	Montpelier	_____
Virginia	Richmond	_____
Washington	Olympia	_____
West Virginia	Charleston	_____
Wisconsin	Madison	_____
Wyoming	Cheyenne	_____

So, wasn't that a challenging exercise? However, if you can manage to name all 50 states and their individual capitals as a result, it should be well worth the work.

Making Connections Between Words & Their Meanings

Now let's look at how, with some thought and effort, you can find ways to connect words to their meaning. Doing so is a sure-fire way to boost your vocabulary.

When you hear a new word, or read one in a book, if you're like most people who don't know what it means, you probably go immediately to the dictionary and study how it defines the word. And if you're like most people, by the next morning, you've forgotten the definition.

The trick is to connect words with their meanings is to forge a link between the words and their meanings. Take the word *garrulous*, which means *talkative*.

At first glance you probably cannot see obvious link between these two words, garrulous and talkative. They certainly don't sound similar. The only thing they have in common is that each has three syllables. So you need to engage or call upon that inexhaustible supply of creative imagination and you've got plenty of it. Right, you need to think of a link. Something that makes sense to you, and something you can relate to. How about *Gary talks a lot*. Now, not only does it sound like garrulous but we rather sneakily put in the meaning of the word as well. Garrulous, Gary talks a lot. Talkative. So in effect, *Gary talks a lot* acts as a bridge between the words you want to understand and its meaning.

How would you construct a mental bridge between *cacophonies*, which means a that is *a harsh sound*? Cacophony is a harsh sound. Well, think of a cackle of hens. They make a pretty harsh sound. Cacophony, the cackle of hens, caca-hens, cacophony.

Vociferous means *a loud outcry or noisy*. So, just think of *voice ferocious*. Vociferous. Here's another: *Largess* means *bestowal of gifts*. Now think of two words, *large* and *the dollar sign*. So you've got large, dollar sign, S. Imagine bestowing someone with a gift of a large amount of dollars.

Here's another. *Impasse*. *Impasse* is a *position from which progress is impossible*. Now we've all had situations like that. Think of impossible to pass. Impasse.

Here are a few more examples for you. *Exigent*, that means *urgent, demanding action*. Think of an announcement. *Exit gents, urgent*. *Eclectic= selecting from a variety of sources*. He collects it all. Eclectic. How about *parity*, that means *equality in status*. Think of *level par, parity*. How about *factitious*, that means *contrived, produced artificially*. So think of fact, fictitious.

What about spelling? Do you spell the word that means spud p-o-t-a-t-o or do you lean towards p-o-t-a-t-o-e? Is it with or without an e? Think about it. For any word you're not sure of, you've got to get inventive, and create a reminder. So, simply remember that no solo potato has an e in it, but two do. In other words, a single spud is a p-o-t-a-t-o, but multiple spuds are p-o-t-a-t-o-e-s. In other words, the only time you stick an "e" in is with plurals.

Okay, here's a spelling test for you and it's real tough one. It includes words that are frequently misspelled, so don't become upset if you miss some of these the first time out. If you're like Dominic, it has probably been years and years since you've had a spelling test.

While the words comprising the test may be difficult, the structure of the test isn't. In fact, it is very simple. We're going to give you a word and you try to spell it.

Is the word that is synonymous with *segregating things* spelled s-e-p-e-r-a-t-e or s-e-p-a-r-a-t-e.

Does the word *anoint* have two or three n's in it? It's got one n to begin with so it's a-n-o-i-n-t. Another one, *receive.* "I before E except after C".

Another one. Cemetery. Well, there's no "a" in the word cemetery if that's what you were thinking.

Embarrassed. Embarrassed has got two r's and two s's. Here's another one, pursue. How do you spell that? Well it's p-u-r-s-u-e. Okay? A-c-c-o-m- o-d-a-t-e. Or a-c-c-o-m-m-o-d-a-t-e?

Now as before, you just need to be a little bit inventive. So, let's take those words, *separate*. It's *para* in the middle, so imagine somebody in a parachute descending upon the word *separate* The parachutist is separating the word. Para.

Now what about *anoint*? Well just think of an ointment, two words. Then you can't get the spelling wrong.

Receive. " I' before "e" except after "c". And what about *cemetery.* There's no "a" in it—they're all "e's. Really look at the word "cemetery". Do you see what Dominic sees? He believes there's a sort of a nice symmetry to the word, "cemetery," if you give it just a little bit of thought.

How can you remember that there are two "r's" and two "s's" in *embarrassed*? Well, think of feeling embarrassed so you're rose red and feeling like an ass. Rose red, "rr" and "ass" has got two "s'"s in it. So two "r's", two s's".

Here's another one. Pursue. How can you remember that it's *pursue*? Well, imagine being pursued by a thief who's after your purse. *Accommodate.* Well, think of taking your company car, "cc" to the Motorway Motel, "mm".

So all the time you're doing this, not only are you picking up valuable learning skills, but you're also exercising and developing the whole of your brain. You may notice that you're slightly quicker at brainstorming and ideas are coming to the fore faster.

Your memory craves imagination and making associations. So, feed it what it likes by helping your imagination link words to meanings to build your vocabulary. The best way to do this is to link words with meanings.

And when it comes to spelling, look for pattern or clues to help act as a reminder for spelling. Now using this same technique, just think how you could approach learning a foreign language.

Think how much easier, faster and more fun it would be to munch your way through 50, 100, 1,000 words of Spanish, French, German.

You can do it, as you've learned by listening to the tapes and heeding what they're teaching.

Exercise 9: How to Develop a Photographic Memory

We hope you have the time and inclination to participate in an interesting exercise. Master the steps we're about to show you and you'll actually be able to memorize the contents of a newspaper. But before you panic at the thought, let us assure you that this particular exercise is only going to involve 10 pages of a newspaper.

As you master the technique you'll learn here, you can certainly go beyond 10 newspaper pages, and it's feasible that with practice and dedication you'll reach the level of memorizing all the pages in a newspaper.

But, at the risk of repeating ourselves, we're only going to do 10 pages in this exercise. So what we want you to do is mentally picture in your mind a journey in the open air.

It could take place in one of your local parks, assuming you're familiar with it. It could be a favorite walk of yours long a trail near your home, or it could even involve a trip to distant shores that you recently took.

There are several stipulations, however. You need to be very familiar with at least ten stops, or landmarks, or visits along the way. And you need to unfailingly recall those ten steps in the sequence they occurred.

So get out a sheet of scratch paper to begin with and see if you can come up with a journey you're quite familiar with, and one in which you've proven you can recall ten stops as they occurred.

Doing this is extremely important, because those ten stops, etc., will be serving as your anchors to what you want to remember.

So to start the ball rolling, list the ten stages of your journey in the space provided:

The Stages of Your Journey	Your Landmarks	Image
Stage 1:	_____	an aircraft
Stage 2:	_____	Dean poster
Stage 3:	_____	summer scene
Stage 4:	_____	ad for socks
Stage 5	_____	phone box
Stage 6:	_____	kids/football
Stage 7:	_____	two 50 pencepieces
Stage 8:	_____	Jaws poster
Stage 9:	_____	picture of a gift shop
Stage 10:	_____	a pair of mailboxes

Okay. Have you got the 10 landmarks of your personal journey recorded in the spaces provided?

Don't worry about anything at this time except what goes into the first column. We want you to be very clear on that at the outset.

Now that you've listed your ten anchors in a sequence you feel you can remember, cover up what you've listed with a heavy piece of paper (one you can't see through) and—on a separate sheet—list those ten locations, visits, etc., in the same order you originally used.

Now it's time to take a peek and see if your memory was accurate. If so, by all means proceed. If not, retake the little memory test outlined above until you can list in accurate order all of the stops.

If you've accomplished that, it's time to move on to the next step. In this step, we're going to learn to remember the items listed in the Image Column.

As we give you the images, try to connect each of these images to the specific location you've chosen. Here's your first image: it's an aircraft.

Using all your senses, touch, taste, sight, smell, sound, motion, color, movement, and so forth, paint a vivid mental picture of the images we're listing. Just anchor that to the background. Aircraft.

Images	Anchor Information
	(See information below to find what to write here)
Image 1. an aircraft	Example: Flight number A-A-91
Image 2. a poster of James Dean	
Image 3. a typical summer scene involving water, boats	
Image 4. an ad for socks	
Image 5. telephone box	
Image 6. children playing football	
Image 7. two 50-pence pieces	
Image 8. a film poster of Jaws	
Image 9. a picture of a gift shop	
Image 10. a pair of mailboxes	

Have you got these images memorized yet? Next, attach more information. View these images as hangers or hooks, so you can attach more information. So go back to **Image 1**, aircraft. Now we're going to start filling in some details, using all the, techniques that Dominic has given you before. Using number shapes, convert the information into images and attach them to each of your symbols that you've got in the picture.

We'll go through the first one with you. You remember that you've got the aircraft as your mental backdrop. So, you remember you have your aircraft in the scene now wherever you're standing on your walk. Right, now here's a flight number we want you to convert into another image, and attach to that aircraft. Okay, the flight number is A-A-91.

So think about it, how are you going to split those up and convert them into images? Well you can think of American Airlines, or you can think of Andre Agassi. And what about 91? Well, that converts into NA in the Dominick System, which gives you the astronaut, Neil Armstrong. Okay, Andre Agassi and Neil Armstrong, AA-91. Okay? You got the picture?

Now move on to the next image and it's that poster of James Dean. And the caption underneath it is "Rebel Without a Cause". Now you probably know that like the back of your hand anyway. So bring that to life, "Rebel Without a Cause". Remember that pose, in which James Dean has on a leather jacket and he's smoking a cigarette?

Okay, moving on to **Image 3** now—that summer scene with the boats. Now the caption this time is that "The temperature is a humid 88 degrees".

Again, you've got to convert the numbers into pictures. So 88, using the Dominick System will give us HH. So who's your character for HH? How about Hulk Hogan. Okay? So have him in the boat now. Again, immerse yourself in the picture.

Okay, moving on now to **Image 4**, remember it was an ad for a pair of socks selling at $6. So you can convert six into let's say an elephant's trunk. So you connect elephant to the socks.

Image 5 is that telephone box. We're going to give you a note now saying that *you've got to phone this number*. Extension 1-8-9. So remember, you split that into a pair of digits, it gives you a person, Alfred Hitchcock, 1-8. And then you've got the 9, which is the number shape for balloon and string. So you've got Alfred Hitchcock holding a balloon and string and he's by the telephone box. Great.
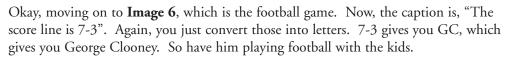
Okay, moving on to **Image 6**, which is the football game. Now, the caption is, "The score line is 7-3". Again, you just convert those into letters. 7-3 gives you GC, which gives you George Clooney. So have him playing football with the kids.

Image 7 is those 50-pence pieces. Right. The caption is, "Metal detector finds treasure of 50-pence pieces". So just imagine yourself there with a metal detector and you've come across all this treasure of 50-pence pieces.

Okay, nearly there. **Image 8**, now it's that poster of Jaws. Remember that famous poster? Well, the caption is, "Dentists on strike". Is that memorable or what?

Image 9 is the photo of the gift shop. Look at the photograph this time in your mind's eye. Notice how the name of the shop is "Present Company". **Image 10** is the two mailboxes. And the caption is, "Scientists clone mailbox."

Okay. So we just go over the scenes again, review the scenes, let them wash over you and see what information comes to the fore. Right, go back again, what do you see? See if you can get it before we discuss it. It's an aircraft, flight number AA-91. Next stage, James Dean, caption, "Rebel Without a Cause". Easy one.

Image 3 was the boating scene and the caption was "Temperature soars". To think of it, Hulk Hogan, it has got to be 88 degrees. Next **Image 4**, okay, it's an ad for a pair of socks and the price is, think of the elephant, $6.00. It's easy, isn't it.

Image 5 is of the telephone box. Now what's the extension number? Just think of the image of Alfred Hitchcock, balloon and string, it's got to be 1-8-9. Great. **Image 6** is children playing football. Who's in there with them? The actor George Clooney and that's GC gives you 7-3. So that's the score line.

Image 7, what's the caption? Metal detector finds treasure of 50-pence pieces. Okay. Now, it's on to **Image 8**, that famous poster of Jaws, and what's the caption? Dentists on strike.

Image 9 is, of course, the picture of the gift shop, and what's it called, what's the title above the shop? "Present Company". And finally, it's **Image 10** of those two mailboxes. So the caption is, "Scientists clone mailbox". Great.

We broke the entire process into two separate sections shown on page 32. We had one column that overlapped into both sections, (Images) for the sake of showing continuity. However, when all columns are properly put together they look like this:

A. You determine ten landmarks on a familiar trip. These are 10 stages.

B. Next you record the 10 images you want to link up to those 10 locations.

C. The final step is to provide anchoring information about each of those 10 images.

This method can easily be associated with memorizing a newspaper. Your 10 locations, in this instance, would the paper's first ten pages.

Can you see how it's working? The initial symbolic images are acting as coat hangers; they're hooks so you can attach more and more information. So in theory you could go back again and add more information to those new images that you're creating all the time. And that's the basis on which you can memorize the entire contents of a newspaper.

Understanding the Two Sides of Your Brain

Now we're going to take a look at what's going on in our brains. Why is memory training one of the best exercises you can give your mind to develop the whole of your brain? What are the left and right brain functions? Why do you have to be in a certain mood to maximize your concentration? What exactly are the perfect conditions for learning?

These are just some of the issues we'll be looking at in this section. The brain and how it works is a fascinating subject, and certainly one that cannot be covered in its entirety in this Guidebook, due to space limitations. If you want to find out even more about the brain, looks it up in a good encyclopedia. It's a fascinating topic that has intrigued humankind for hundreds of years, and we're still finding out there is much to learn about it.

If you're unsure if you're doing these exercises correctly, we're going to explain in greater depth what it feels like to have a pumped up memory. Dominic believes memory training, as outlined in Quantum Memory Power, bounces your brain, and promotes harmony in all areas of your life.

It can lead to successful relationships and yes, success in business. To understand why Dominic feels this way, let's take a little look inside your brain--in particular the functions of the left and right brain.

The upper part of your brain is known as the cerebrum and it's divided into two parts or sides. These are the left and right hemispheres. Your brain is essentially a mixture of electricity and chemistry. There's a continuous flow of electricity across the left and the right hemispheres that varies in frequency throughout the day.

For most of us the speed at which one side of our brain is operating matches pretty well the speed of the other side. Hence the normal phrase, a balanced brain. However, if one side gets damaged, then this can lead to an imbalance in brainwave frequency.

Each hemisphere processes information in a slightly different way. For example the left-brain is more specialized in serial processing, and analyzing information in a linear way, one piece after the other. So that's why our left-brains are ideally suited to mentally absorbing material presented in a speech and solving problems in a logical way, and dealing with numbers. The right brain is more specialized in parallel processing. In other words, taking in several bits of information at the same time. The right brain is better suited for processing pictures, colors, features and emotions. It's highly active during dreaming.

Generally, the left hemisphere could be better suited for things like words, numbers, order, analysis, speech, linear, sequence and logic; whereas the right brain is more to do with spatial awareness, color, dreaming, overview, rhythm, dimension and, of course, imagination. While both sides aren't splendidly isolated, people either favor one side or the other.

If you're predominantly left-brained, you love using logic and numbers, and could be an accountant or lawyer. If you're right-brained, you lean towards being an artist, a musician, a writer, an architect, or a dreamer.

So, bearing in mind that those skills of left and right brain, just think for a moment which sides of your brain you're using to memorize a shopping a list using the journey method. Now think about it. Well, you're using order, you're using order throughout the journey so that's the left-brain.

Of course you're using your imagination and that's right brain. You're using spatial awareness, right brain again. Now what about words? Yes, you're listening to words and converting the words from the left-brain into pictures into the right brain. You're using color, right brain. You're using logic, remember we keep telling you to use logic. Of course, make the journey logical and use logic. So you're using left brain logic. You're using overview. You're using serial processing. Yes, you're taking in information one bit at a time. You're using parallel processing. You're converting serially delivered information and putting that into an overall scene using many things at once. So in fact, you pick any one of those cortical skills and you should find you're exercising all of those brain functions. In other words, you're engaging both sides of your brain.

How would this manifest itself with two perfectly synchronized hemispheres? What might you expect by blending these two hemispheres? Well, how about colorful logic? Right and left. Imaginative speech. Spatial analysis. Spatial analysis. Spatial analysis

Okay, now answer this for us. After the first couple of exercises, did you feel like your brain was a little bit strained? A little bit overworked? Well, like any under-used muscle, it takes a while to develop and to loosen up.

What you're doing is you're summoning up the whole of your brain. You're asking for the whole of your brain to give you its undivided attention.

Now if you drive a car, can you remember the first time you had a driving lesson? So many things you had to do at once. Didn't that just hurt your head? Didn't you think to yourself, "Heavens, I'm never going to master all this." It's just too much to do. But you did. Driving now is automatic for you.

Dominic believes that his style of memory training will soon have you engaging both sides of your brain, and doing so will become automatic.

But there's more evidence for this balancing, harmonious effect of memory training. Let's now look at your brainwaves. There are four types of brainwaves we use, they're beta, theta, alpha and delta. Beta is the fastest. If you're having an epileptic fit then you're in very high beta. You're sort of above 30 cycles a second. Beta operates around 14 cycles a second, such as when you're engaged in conversation.

When you're listening, instead of doing the talking, your brain is working at about seven or eight cycles a second. That's alpha, and it is perfect for perfect concentration and receiving information.

Now ever so often your brain will slow down even more, down to theta. And theta is the memory wave. This is when you download information. So when you're going through the journey and you're recalling information and picking up old memories, your brain should be dropping to round about 3 to 5 cycles a second. Now when you're dreaming you're also down in theta.

When you drop down to one cycle a second, then that's delta, that's the lowest level you can go, and you're not even dreaming then. There's just enough brainwave activity to drive your vital organs. Throughout the day we go up and down like a yo-yo. We're using our brainwaves in automatic.

What does this tell you? Well, a number of things. To learn at a good speed, you need to slow down your brainwaves, which is a bit of an oxymoron. So it's not a good idea to be shouting or having an argument or getting hysterical if you want to study.

Now it seems that the peak-learning wave is the alpha wave. So ideally you want to be in a quiet room with no distractions and somewhere where you can be relaxed. And if you want to recall information, you need to slow down even more to the theta wave.

Think about it—you're more likely to remember events from the past if you're sitting in a quite room with your eyes shut than you are in the middle of a riot.

By choosing to do any of the exercises in this course, you're promoting balance and harmony in your brain. Your brain has approximately 300-billion neurons. Neurons are the working parts of the brain. And it's the combinations of connections between these nerve cells, the brain cells that give rise to memory.

So every time you have a new, unique thought, you're making new connections between neurons in your brain. The latest estimates are that we use somewhere between three to seven percent of our brain's potential.

That's a huge, that's a vast untapped resource. So that's why Dominic keeps saying, not only are these exercises extremely practical, but also they're highly beneficial for exercising the whole of your brain.

Questions

1. What are the left and right sides of your brain called?

   _____

2. What is the upper part of your brain called?

   _____

3. Your brain is essentially a combination of what?

   _____

4. What are the four types of brain cells?

   _____

5. List at least two things which alpha brainwaves are ideally suited to?

   _____

6. Which brainwaves are slow that they only generate enough power to drive your vital organs?

   _____

7. Which brainwaves are the fastest?

   _____

8. Which brainwaves can be considered to be the memory waves?

   _____

9. Which brainwaves are the peak learning waves?

   _____

10. Approximately how many neurons does your brain have?

   _____

11. What are neurons?

   _____

   _____

12. What gives rise to memory?

   _____

   _____

Answers

Answer to Question #1:   hemispheres

Answer to Question #2:   the cerebrum

Answer to Question #3:   chemistry and electricity

Answer to Question #4:   Beta, theta, alpha and delta

Answer to Question #5:   concentration and receiving information

Answer to Question #6:   alpha

Answer to Question #7:   beta

Answer to Question #8:   theta

Answer to Question #9:   theta

Answer to Question #10:   300 billion

Answer to Question #11:   Neurons are nerve cells of the brain. They are the working parts of the brain.

Answer to Question #12:   The connections between brain cells

The Right Frame of Mind Technique

In the audio program accompanying this Guidebook, Dominic O'Brien details for you a technique he developed and perfected that can put you in the right frame of mind for studying.

We thought you'd enjoy this brief description of that technique in writing, where you can refer to it anytime you need to. It is ideal to use this approach when you really need to learn something, but find you cannot concentrate.

While some may compare it with such practices as meditation, self-hypnosis, or neurolinguistic programming, Dominic prefers calling it *getting in the right frame of mind.*

Step One: Lie down on your back or sit comfortably in an armchair.

Step Two: With you eyes closed, focus your attention on every muscle in your body, starting with your feet.

Step Three: Concentrate on relaxing your feet, and then work your way up, letting go of any tension in your muscles.

Step Four: When you finally reach your face, feel the tension go out of it. Relax until such time as your jaw sags and succumbs to gravity.

Step Five: Now concentrate on your breathing. Think about your heartbeat, and acknowledge any feelings of nausea caused by stress or anxiety. Breathe deeply and slowly, even though you're heart might be pumping away furiously.

Step Six: Then, using your imagination, try to translate whatever feelings of pain and nausea you may have into an associative tangible image.

Step Seven: Next imagine a hand dipping into your body, grabbing the offending objects and throwing them miles away.

Step Eight: Continue the process until most of the stress has been removed.

Step Nine: When your body is relaxed, and you're breathing deeply, and your nausea is reduced, conjure up an image of a place or a person that gives you thoughts of peacefulness. This could be a scene from your childhood, a holiday location or a loved one. Latch on to that image and try to immerse yourself in those pleasant, warm feelings.

Step Ten: Now, slowly superimpose that pleasant picture on to the image of your anxiety. You might, for example, visualize walking into an (*anxiety creating*) examination room at college or the boardroom at work and see your loved ones standing there.
By blending or mixing the two images together, one of happiness, the other anxiety, you are, in effect, neutralizing the object of your fear. So, having stared your worst fears in the face and remove any bad feelings associated with them, you can now approach the job in hand in a completely relaxed, positive state of mind.

An Advanced Test

Here is your first advanced test. You need to prepare for a journey, which involves 30 stages, landmarks, stops, etc. If you've already got a route around your house, say, of 10 stages, then just extend it further to 30.

If it helps, write down the stages on a piece of paper, to can get used to the stages and go through it a few times. Make the stops interesting; and use a tree stump or a newspaper stand. Don't have too many stages all alike. If your journey takes you on a train, don't have more than one compartment. Make each stage unique.

Try to take the same vantage point each time. Get a feel for each stage. It's not easy to explain the feelings you get from a room, but it's a mixture of things. Close your eyes and picture yourself floating along your prepared journey. Now as you do that, these are the points to look out for. How should you see each stage? Do you see associations from the past and do they all blend together to give you that unique feeling about a certain room. Do you have these feelings?

Check your breathing; make sure it's relaxed. Take in healthy breaths; in and out. You see, oxygen is vital for memory and your well-being. It promotes brain growth.

Move along your journey and feel your body relaxing all the time. Your mind shouldn't be racing; it should feel as if it's ticking steadily. It should be relaxed but focused.

If you notice your eyelids are fluttering just slightly, that's only a sign of the alpha waves. And that is certainly good news. If you've got that, you're in perfect mode for concentration and for listening. It's also for receiving information.

Make sure you're sitting upright; feet squarely on the ground; with a straight spine; head faced forward; hands on legs, and with a good posture. But again, feeling relaxed, smooth breathing.

If you think you know the route backwards and forwards, we'll give you the 30 objects in sequence. With your eyes closed, you should already be in position at the first stage.

You're waiting for something to happen. Now, again, use logic. But this time just use slight exaggeration. You don't have to make it too exaggerated because already these images should become natural to you.

Use color if you like, make the picture instant. Use the first image that comes into your head; the first association.

Here is the entire list: **(1)** a yellow balloon; **(2)** roses; **(3)** a guitar; **(4)** a tea pot; **(5)** a fluffy dog; **(6)** a painting; **(7)** a bus; **(8)** a pair of sandals; **(9)** ice cream; **(10)** a mirror; **(11)** a tape measure; **(12)** a blue pen; **(13)** a briefcase; **(14)** an umbrella; **(15)** a statue; **(16)** milk; **(17)** a computer; **(18)** a wedding cake; **(19)** a giraffe; **(20)** a pair of skis; **(21)** a palm tree; **(22)** a fishing rod; **(23)** a hat; **(24)** a hammer; **(25)** a bag of diamonds; **(26)** a rope; **(27)** a golf bag; **(28)** a sparkling dress; **(29)** a diary; and **(30)** a fountain pen.

The Stages of Your Journey	Your Landmarks	Image
Stage 1:	_____	a yellow balloon
Stage 2:	_____	roses
Stage 3:	_____	a guitar
Stage 4:	_____	ice cream
Stage 5:	_____	a fluffy dog
Stage 6:	_____	a painting
Stage 7:	_____	a bus
Stage 8:	_____	a pair of sandals
Stage 9:	_____	ice cream
Stage 10:	_____	a mirror
Stage 11:	_____	a tape measure
Stage 12:	_____	a blue pen
Stage 13:	_____	a briefcase
Stage 14:	_____	an umbrella
Stage 15:	_____	a statue
Stage 16:	_____	milk
Stage 17:	_____	a computer
Stage 18:	_____	a wedding cake
Stage 19:	_____	a giraffe
Stage 20:	_____	a pair of skis
Stage 21:	_____	a palm tree
Stage 22:	_____	a fishing rod
Stage 23:	_____	a hat
Stage 24:	_____	a hammer
Stage 25:	_____	bag of diamonds
Stage 26:	_____	a rope
Stage 27:	_____	a golf bag
Stage 28:	_____	sparkling dress
Stage 29:	_____	a diary
Stage 30:	_____	a fountain pen

You may wish to make a several copies of this chart for the sake of practicing with them. This is an especially valuable idea if you will be sharing the concepts from this Guidebook with others on your team, or family members, etc. As a purchaser of this program, you have Nightingale-Conant's permission to do so without infringing on NC's copyright.

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is full of woe,
Thursday's child has far to go,
Friday's child is loving and giving,
Saturday's child works hard for his living,
And the child that is born on the Sabbath day
Is bonny and blithe, and good and gay.

On the 8th December 1980, John Lennon, who as one of The Beatles helped shape the music and philosophy of a generation, was shot dead in New York. Lennon, aged forty, was returning home from a recording session. As he and his wife, Yoko Ono, were about to enter their apartment block, he was approached by Mark David Chapman, a mentally disturbed fan to whom Lennon had given his autograph earlier in the day. Chapman shot Lennon five times at point-blank range.

I was recently reminded of this notorious assassination by a magazine article. As I tried to picture the scene, I wondered what on earth could possess anybody to go to such drastic lengths to achieve notoriety. Was there anything relevant about the date? I knew in an instant that Lennon was shot on a Monday.

I knew it was a Monday, because I have 'learnt' the 20th century calendar. Similarly, I could tell you in an instant what day of the week it was on 7 September 1936 (Monday), or 3 March 1911 (Friday). And I know what day it will be on 10 August 2057. That will be a Friday and I will be exactly 100 years old!

It is an extremely useful skill to acquire, one that I personally use all the time. It is also a very entertaining party trick. I use it to great effect for demonstration purposes. Usually someone will tell me their date of birth, and before they have had time to say, 'it's a con!', I have told them which day of the week they were born on, and which famous people they share their birthday with. Surprisingly, there is very little to learn; you have already done most of the work in previous sessions.

Imagine that today is your birthday. As a present, a friend has organized a surprise party for you. You come home from work to find that your house has been taken over by 100 guests: a mixture of friends, relatives, and famous people.

The guest list bears an uncanny resemblance to the people you memorized for the **DOMINIC SYSTEM**. This time, however, the characters represent years, from 19**00** to 19**99**.

Take **B**enny **H**ill, for example (or your equivalent character suggested by **BH**). Using the **DOMINIC SYSTEM**, he represents 19**28** (**2 = B, 8 = H**).

Or **H**oratio **N**elson (**8 = H, 9 = N**). He represents 19**89**.

The house is too small to accommodate all the guests in one room, so your friend has allocated each person to a particular room, and told everyone to stay there for the whole evening. Some guests have even been banished to the garden. As far as possible, they have been spread evenly; some areas have fourteen people and some fifteen. I will tell you in a moment who has been allocated where.

The Method

When someone tells me a date, I make an instant and simple calculation. The date is broken down into its component parts: **year**, **month**, and **day**, and I give each one a basic **numerical code** (anything between **0** and **6**). I then add them together to work out the day of the week. The party scene you have just imagined is an easy way of remembering the relevant codes.

The Year Code

The setting for you party should consist of six rooms and your garden. Each area must be distant and have familiar associations: furniture, pictures, windows. It doesn't have to be your own house. You might prefer to choose your place of work, a health club, a school, your parents' home. It is important, however, that you use the location solely for calculating dates.

Allocate to each room a number between **0** and **6**. As the garden is not a room, we will call it zero. I suggest that you use the simple **number-shape method** to remember the other numbers.

AREA	NUMBER	SHAPE	ASSOCIATION
garden	**0**	**football**	Playing in the garden
bedroom	**1**	**telegraph pole**	Telephone engineers have erected an unsightly pole outside your bedroom window
spare room	**2**	**swan**	A rather tasteless porcelain **swan** ornament sits on the dresser (that's why it is in the spare room)
staircase	**3**	**handcuffs**	I always keep these handy at the top of the stairs in case I have to arrest an unwelcome intruder
sitting-room	**4**	**sailboat**	The seascape oil painting above the fireplace depicts a sailing boat
kitchen	**5**	curtain **hook**	Why are the curtains drawn in the kitchen?
bathroom	**6**	**elephant's trunk**	An elephant's trunk (downstairs) acts as a shower attachment (another tasteless feature, I'm afraid)

The next stage is to work out where each person has been allocated. This will give you the all-important code number (between **0** and **6**) for the year you have been told. If someone says they were born in 19**75**, for example, you need to know that **G**loria **E**stefan (**GE = 75**) is singing in the *spare room*, which gives you **code 2**.

Room Allocation

Here is a list of the people who have gathered in the garden, and the years they represent. Needless to say, you should use your own characters – a mixture of personal acquaintances and celebrities.

Garden:	Code number **0**	**football**	
Olive **O**yl	19**00**	**E**amon **A**ndrews	19**51**
Omar **S**harif	19**06**	**E**benezer **S**crooge	19**56**
Alec **G**uinness	19**17**	**S**eve **B**allesteros	19**62**
Bing **C**rosby	19**23**	**G**erry **C**ottle	19**73**
Benny **H**ill	19**28**	**G**amal **N**assar	19**79**
Christopher **D**ean	19**34**	**H**umpty **D**umpty	19**84**
Duke **E**llington	19**45**	**N**icholas **O**wen	19**90**

The idea is to imagine each person in a different part of your garden. Make people interact, and incorporate the **actions** you gave them in the **DOMINIC SYSTEM**. You might picture **O**mar **S**harif *playing backgammon* with **E**benezer **S**crooge. **G**erry **C**ottle is *swinging on a trapeze* at the end of the garden above **B**enny **H**ill's *milk float*. **S**eve **B**allesteros is chipping a few *golf* balls over to **A**lec **G**uinness.

Use all your senses. Hear the scraping noise of **C**hristopher **D**ean *skating* around and around on a frozen puddle. And remember the number code. It is not a room, so the code is zero (number-shape = football). Imagine a large **football** in the **garden**. Now move inside the house to the bedroom, where another group of guests are entertaining themselves.

Bedroom:	Code number **1**	**telegraph pole**	
Ossie **A**rdiles	19**01**	**E**lizabeth **G**oddard	19**57**
Organ **G**rinder	19**07**	**S**ean **C**onnery	19**63**
Anne **B**oleyn	19**12**	**S**addam **H**ussein	19**68**
Alfred **H**itchcock	19**18**	**G**erard **D**epardieu	19**74**
Barry **N**orman	19**29**	**H**arry **E**nfield	19**85**
Clint **E**astwood	19**35**	**N**eil **A**rmstrong	19**91**
Dominic **O**'Brien	19**40**	**N**igel **S**hort	19**96**
Delia **S**mith	19**46**		

I always find it fascinating to imagine the conversations that would ensue at this sort of party. What, for example, do you suppose **C**lint **E**astwood is saying to **S**addam **H**ussein – '*Go ahead punk. Make my day!*' **B**arry **N**orman is filming **G**erard **D**epardieu. **D**elia **S**mith is showing **H**arry **E**nfield how to cook a pizza. And **N**igel **S**hort is teaching **S**ean **C**onnery a thing or two about chess, although Connery has a gun trained on him under the table.

You can have great fun creating your own scenes, but remember to link each character to their particular room. And use pieces of furniture to help fix the characters in your mind's eye. The chess match could be taking place on your dressing table; the cables from Barry Norman's camera are wrapped around your standard lamp; Anne Boleyn is staring out the window as she contemplates her fate. And don't forget the room code is 1. If your number-shape for 1 is a **telegraph pole**, then incorporate that into the scene.

Here are the remaining rooms, the corresponding years and codes. Once you have assigned everyone to his or her respective room, you have got the code number for any year from 1900 to 1999.

Spare room: Code number **2**   *swan*
19**02**, 19**13**, 19**19**, 19**24**, 19**30**, 19**41**, 19**47**, 19**52**, 19**58**, 19**69**, 1975, 19**80**, 19**86**, 19**97**

Stairway and hall: Code number **3**   **handcuffs**
19**03**,19**08**, 19**14**, 19**25**, 19**31**, 19**36**, 19**42**, 19**53**, 19**59**,19**64**, 1970, 19**81**,19**87**,19**92**,19**98**

Sitting-room: Code number **4**   *sailboat*
19**09**, 19**15**, 19**20**, 19**26**, 19**37**, 19**43**, 19**48**, 19**54**, 19**65**, 1971, 19**76**, 19**82**, 19**93**, 19**99**

Kitchen: Code number **5**   curtain **hook**
19**04**, 19**10**, 19**21**, 19**27**, 19**32**, 19**38**, 19**49**, 19**55**, 19**60**, 19**66**, 1977, 19**83**, 19**88**, 19**94**

Downstairs bathroom: Code number **6**   **elephant's trunk**
19**05**, 19**11**, 19**16**, 19**22**, 19**33**, 19**39**, 19**44**, 19**50**, 19**61**, 19**67**, 1972, 19**78**, 19**89**, 19**95**

The month code

The second stage of the operation is to get a numerical code for the month. Here is a list of the numbers for each month:

January **1**	April **0**	July **0**	October **1**
February **4**	May **2**	August **3**	November **4**
March **4**	June **5**	September **6**	December **6**

They are not difficult to remember. But you must get to the point where you can instantly know the code for each month. There are a number of ways of doing this. Some people memorize the numbers as one long sequence like a telephone number – 1440 2503 6146. But the best way is to find a link between each month and its code. Exercise your imagination to create a relevant connection and use number-shapes where necessary.

Listed below are a few suggestions:

January (**1**) No need for any visual mnemonics here. January is the *first* month of the year, hence **1**.

February (**4**) Think of the Beatles and *'The Fab Four'* (Feb 4)

March (**4**) Think of **march**ing **for**ward. Imagine an army sergeant dishing out some square-bashing orders, *'4-ward MARCH!'*

April (**0**) Have you ever been caught in an April shower where hailstones are the size of footballs? Nor have I, but I can imagine footballs falling from the sky, denting the roof of my car and bouncing in the road. **Football** is the number shape for **0**.

May (**2**) I remember this by thinking that 'may' suggests a twofold choice: someone may or may not do something. Alternatively, think of two makes matches: Bryant and May, and Swan Vesta. Combining the two gives **swan** and **May**. **Swan = 2** (somewhat obscure but quite neat!).

June (**5**) Do you know anyone called June? Picture her holding out her hand and saying, *'Give me five!'*

July (**0**) Do you know anyone called July, or Julie? Picture her heading or kicking a **football**, the number-shape for **0**.

August (**3**) August makes me think of the star sign, Leo. **Leo** contains **3** letters.

September (**6**) If you think of the rather unsavory word, septic, you'll remember the code for September. **Septic** contains **6** letters.

October (**1**) I picture an **oct**opus sitting on top of a central telegraph pole, one with plenty of lines leading from it. **Telegraph pole = 1**

November (**4**) Picture the tranquil scene of a religious **nov**ice praying on a **sailboat** as he drifts out to sea. **Sailboat = 4**

December (**6**) December is Christmas time. Think of Father Christmas riding into town on an **elephant**. **Elephant's trunk = 6**

You now have your codes for the various months. It doesn't take long to memorize them, and don't feel obliged to use my examples. Whatever you do, though, you must remember each number and its month. It's no good just remembering the list of numbers.

The Day Code

So, there you have codes for each year and each month of the year. All that's left to learn now is the easiest code of them all and one that is self-explanatory – the day code. All you need to know is that the week starts on a Sunday, hence 1, and ends with a Saturday, which you must call zero.

You will have noticed that all the code numbers fall somewhere between **0** and **6**. This is because we are working in base 7. We are, after all, trying to calculate days of the week. To establish the day code, take the date of the month, the 17th for example, cast out as many 7s as you can and see what you are left with. In this case take 14 away from 17, leaving 3, which is the day code. If the date is less than 7,

1 for example, then 1 becomes the day code. Once you have learnt these three codes (years, months, days) you are ready to calculate any day of the week this century.

The Calculation

To calculate the day of the week, simply add together the three codes: year, month, day. Once again, if the grand total is more than 7 (9 for example), simply cast out as many 7s as you can, leaving 2: a Monday.

Example a)   7 September 1936

Day code: 7, cast out the 7   = 0
Month code: September = **Septic 6** letters   = 6
Year code: 19**36 = CS = C**laudia **S**chiffer
posing on your **stairway**   = 3
                                         Total   **= 9**

> By casting out the 7, this leaves us with **2** (9-7 = 2) What is the 2nd day of the week? Monday. **7 September 1936** was a **Monday**

Example b)   31 August 1963

1Day code: 31, cast out four 7s (4 x 7)   = 3
Month code: August = **Leo** (**3** letters)   = 3
Year code: 19**63 = SC = S**ean **C**onnery
In your **bedroom**   **=** 1
                                         Total   = **7**

> By casting out the 7s we are left with 0. **31 August 1963** was a **Saturday**

Example c)   3 March 1911

1Day code: 3   = 3
Month code: March = '4-ward March!'   = 4
3 Year code: 19**11 = AA = A**ndre **A**gassi
in the **downstairs bathroom**   = 6

                                         Total   = **13**

> Take 7 away from 13 and you are left with 6. The 6th day of the week is Friday. Therefore, **3 March 1911** was a **Friday**

When you get more proficient at the mathematics, you should cast out any 7s as you go along. If I were doing the above example, I would have added 4 to 3, making 7, and cast out 7, making 0. That leaves me with 6, which must be a Friday.

If a **leap year** is involved, you will sometimes have to make a slight alteration to the calculation. Leap years are divisible by 4 (19**80**, 19**84**, 19**88**, 19**92**, etc.). Let us suppose the date you are asked about is a leap year and falls between **1 January** and **29 February**. In this case (and no other), simply **subtract 1 from your final total**. If the date falls within a leap year, but is outside January or February, simply carry out the calculation as before.

Example d)   21 February 1984

This must be a leap year as 84 is divisible by 4.
1 Day code: 21, cast out three 7s, leaving 0   = 0
2 Month code: February = 'Fab **4**'   = 4
Year code: 19**84** = **HD** = **H**umpty **D**umpty
falling off the wall in your **garden**   = **0**
                                          Total   = **4**
              Leap year adjustment   **-1**

> Subtract 1 from 4, because it is a leap year and the date falls between
> 1 January and 29 February. This leaves a total of **3**, which must
> be a **Tuesday**. **21 February 1984** was a **Tuesday**

Please note that the year 1900 was not a leap year. The only century leap years are those divisible by 400. The year 2000 is a leap year.

People are often puzzled when I tell them how it is possible to work out the day of any date this century. They see me do it in an instant and then are dismayed when they discover how much work is involved. In fact, it doesn't take long at all to come up with the answer. The more you practice, the quicker you get. You must have faith in the ability of your brain to recall information virtually instantly.

There are, however, two techniques that I use to give the impression of instantaneous recall. First, ask the person to repeat the data slowly. Second, start calculating the moment they impart the information.

For instance, as soon as someone says '*The 29th*…' I am immediately casting out the 7s (four of them) leaving me with **1**.
> '…*of May*'. Again, I instantly think of the twofold choice, **may or may not**, so I know the month code is **2**.
> With a subtotal of 3, I am now already ahead of the question, waiting for them to say the year.
> '…*1958.*' Ah yes, **58** is **EH**, **E**dward **H**eath, who is in the **spare room**.
> Spare room = porcelain **swan** = **2** and bingo! 2 + 3 = **Thursday**.

Barely has the member of the audience finished speaking and I already given them the day of the week they were born on. They walk away confused, dazzled, or just depressed, unable to comprehend how I did it. Now you know the secret!

How to remember
the calendar dates of other centuries

Once you have become fluent with the codes, there is nothing to stop you from being able to calculate other century dates. You just need to know one more set of simple codes:

1753-1799   = 4
1800-1899   = 2
                      = 6

So, calculate as you would do for the 20th century and then add on the relevant code depending on the century

Example: January 28, 2002 = 1(Jan) + 0(28) + 2(year02) + 6(21st Century) = 9 = Monday

Example: September 22, 1767 = 6(Sept) +1(22) + 6(67) + 4(18th Century) = 17 = Tuesday

My Notes

My Notes