

## 7-5: The memory palace

Another mnemonic system that deserves a mention is called the memory palace. This is the different system, instead of changing ideas together by forming these mental links or mashed up between the visual symbols between the ideas. Instead of you are linking each visual symbol to geographic place. So the way it works is that our memories of places of things that are familiar to us are very, very good. So the way you could do this is imagine a walk you could take through your old house, your childhood home, to where you live right now, to your commute to work, to where you might just walk, to the grocery store for example and imagine this in vivid detail. So imagine yourself walking through it and the way the memory palace works is that along the way, along the way of walking there you want to mentally create a link associated whatever you're trying to remember in the sequence with the particular geographic landmark. So if I'm walking through the grocery store, and I'm trying to memorize the list that we are talking about earlier with the pinecone, banana, frog, gym, milk that one there then I might instead imagine a link between pinecones and bananas, what I might imagine is that my front door there's a puppet push through a way to thousand pine cones in order to get through there and then when I get to the elevator through there is a giant banana wearing a suit and top hat just being there in there the elevator with me. And then when I get out in the front door of the building there is a frog that is blocking the way; and has to hop around this frog in order to get out to the street. And so using this process with the places familiar with you, you could also store a lot of information and in some ways it has a little bit more refills save than just using the link method. Because the link method does not have any relative context so you're not sure where things are so if you have a broken link so you're missing a link in a sequence of a hundred for example and you are missing a particular link and you might not be able to get back on the list whereas in this case you have a very good geographic memory so if you skip over one then you will probably still continue with the rest of the list because there are associate with these geographic sequence that you are very much used to.

So this is another way of recording listed information and it can be good also for information that has some kind of category organization. So for example if we are trying to remember the amino acid, I might remember the ones that are fouler, the ones that are not hydrophobic those ones that are not going to be found in the pool. So I can imagine going to the place that I used to work, they had a pool there and I can imagine that when I go up to the park which is in the pool then all of my walk around the pool will be encountering these other visual symbols for the amino acid that are not hydrophobic. They have this water friendliness in the molecules. And that way I can create also another association because the place which is the organizing influence which is in this case the pool, the entire room even though it might have several symbols. They are all categories

under this general sort being found in the pool. And so you can do this for a lot of ideas so if you have to remember 20 or 30 and you want to remember also categorical details about it and you can also make sure that they are associated with the same place. So that's another way you can use the memory palace. If you are very interested in this technique, I highly recommend the book *Moon walking with Einstein* it was by Joshua Fore. This is where I first encounter this method and I can be again very useful for those situations where you do need to memorize.