Masterclass Conclusion

There is much to learn and memorize as you continue your adventures with the Magnetic Memory Method. Because a solid understanding of how Memory Palaces work is critical to your success, let’s conclude with some intensive review. We’ll also expand on some of the most important Memory Palace concepts as we go through what you’ve learned.

The first step is to create a journey, but not just any old journey if you’re using the Magnetic Memory Method. Instead of simply creating a helter-skelter path throughout the building you are using, obey these four principles to create effective Memory Palace journeys that will be fun to use:

- Don’t trap yourself
- Don’t cross your own path
- Peer versus enter
- Select your “stations” with care

Let’s review each of these principles in detail.

1) Don’t Trap Yourself.

Over the years, I have found that many people I’ve worked with wind up trapping themselves in their Memory Palaces. This is because they start anywhere in their home at random instead of thinking the journey through.

For example, I’m presently writing in the kitchen. In this home, the kitchen would not be an appropriate starting point in this Memory Palace. This is because in order to have more than two or three stops along my journey, I would have to move deeper into the Memory Palace.

On the contrary, we want to move outward, towards an exit. This is so that we can get outside and add new stations or stopping points along the journey at any point we wish.

We always want to be able to add more stations.

Although a subtle point for true Memory Palace aficionados, we also want to avoid “Memory Palace Claustrophobia.” This condition describes the feeling that there isn’t enough space for the images we have created and left at a particular station.

I would be saying this tongue in cheek, but I have actually heard from one of my readers that this is a problem for her and I believe it! Anything that causes you to concentrate on matters other than the information you’ve stored in your Memory Palaces needs to be
avoided. Not trapping yourself along any point of the journey is a good place to start.

2) Don’t Cross Your Own Path.
This point is strongly related to the point about not trapping yourself. If you have a computer nearby, I discuss this at length in a free video on YouTube I created to help a reader who sent me a map of one of his Memory Palaces:

http://www.youtube.com/watch?v=IQ6j5d7Dvgo

(If you’re reading the print edition, or listening to the audio edition of this book and don’t feel like typing this address, just search for “Metivier YouTube avoid Memory Palace confusion” and it should pop up).

On the map, this reader shows how in order to move through his house, he felt he had to cross his own path. However, as you’ll see based on the drawing he supplied, we found a solution together.

You can easily follow these two principles by creating your first Memory Palace station in a “terminal location.” This term indicates the innermost room in your home that you can move outward from throughout the dwelling towards a door leading outside. Main bedrooms situated in the back corner of a home usually fit this description. In the first home in which I created a Memory Palace, my office was the terminal location.

The path I created was as follows:

My office
Laundry room
Bathroom
Bedroom
Wife’s office
Living room
Hallway
Kitchen

As you can see, it was possible for me to mentally move through the Memory Palace in a linear line without crossing my own path or trapping myself. I also did not need to pass through walls like a ghost, nor did I simply jump through the Kitchen window out onto the street.

We avoid movements like this because such actions require mental energy. Unnatural elements create “blips” in your journeys. You will not want to deal with interruptions like these when you use your Memory
Palaces later to recall information. Keep the journeys simple, linear and based on what you would do in reality.

I should point out that you don’t have to follow my advice here. I’m making this recommendation based on years of experience of my own and countless interactions with readers of my books. They confirm that passing through walls is the equivalent of crossing your own path because it distracts from the primary goal, which is finding information you’ve memorized.

Yet, it is important to experiment on your own. It is impossible to rule out that such unnatural strategies won’t work for some people. I am providing tried and tested guidelines, but ultimately each person needs to adapt the principles to their own use. If in doubt, move through your Memory Palaces in the same way you would if you were to walk through them along a linear path along which you do not cross your own tracks.

3) Peer versus Enter.

Of course, if you’re moving from room to room, how on earth do you avoid not crossing your own path, especially if you want to use multiple places inside of each room to store memorized information?

The problem is easily solved. Instead of entering any room, simply imagine that you are peering into it. If you identify and create multiple micro-stations within the room, instead of walking from station to station, simply cast your eyes (in your imagination) around the room. There should be no need to enter it.

The important point is that you want to make sure that you circle the room clockwise or counter-clockwise depending on the linear progression of the rest of your journey.

4) Select your “stations” with care.

Instead of calling each location within a Memory Palace “loci” (Memory Palaces are already locations), I call these stops along the journey “stations.” These stops literally are stations where you leave the information you’ve encoded using the other strategies discussed in this book.

There are at least three kinds of stations and a person using the Magnetic Memory Method could certainly identify more. These are:

- Macro-stations
- Micro-stations
- Virtual stations
A macro station is an entire room. If you use your bedroom to store one piece of information, then that is technically a macro-station. However, if you use the dresser, the windowsill, the left bedside table, the bed, the right bedside table, the closet and then the bookshelf before exiting the room, then these are all micro-stations within the room and the room itself no longer technically qualifies as a station at all. It’s simply part of the route where you pause and peer in the door to take a journey with the eyes in your mind around the room.

**Here’s A Full Review Of How To Get Started Building Your First Memory Palace:**

1) **Identify a location with which you are deeply familiar.** At this point, you should use a building to which you currently hold some connection. Again, it doesn’t have to be your home. It could be your office or your school. However, avoid things like large campuses. Use a relatively contained structure with a number of rooms connected by hallways and/or staircases.

2) **Find 10 “stations” within the location, which is now officially a Memory Palace in your mind.** You will use these stations as “drop-off” points for the information you want to memorize. A station can be an entire room or just part of a room.

   I recommend starting with entire rooms at the beginning. However, if you feel ready to “peer” into rooms by giving them multiple stations, do so. You will learn about your thresholds and limits as you explore the Magnetic Memory Method. As you explore, your mental abilities will extend.

3) **It helps to draw out the floor plan of the Memory Palace on blank paper or graph paper.** Again, visit:

   [http://www.youtube.com/watch?v=l06j5d7Dvgo](http://www.youtube.com/watch?v=l06j5d7Dvgo)

   or search for “Metivier YouTube Memory Palace confusion” and you’ll find a video depicting exactly how one of my readers has drawn out his Memory Palace and how to troubleshoot a small problem he had.

   As an alternative to drawing out your Memory Palaces, you can also create a top-down Excel file. I usually do both, but it depends on the purpose for which the Memory Palace is intended.
To see an example of how you can use an Excel file to keep record of what you’ve done in a Memory Palace (including the Memory Palace itself), visit:

www.youtube.com/watch?v=UMPMuOyfke4
(or search Google using the keywords “Metivier YouTube Excel file Memory Palace”).

Whether you draw or use an Excel file (or both), number each station in the Memory Palace in sequential order. Ensure that your journey starts in a terminal location (i.e. you’ve eliminated the possibility of trapping yourself within the Memory Palace). In addition, make sure that your journey moves in a linear line without crossing your own path.

4) Do all of these activities in a state of relaxation. Revisit the chapter in this book on the role of relaxation in imaginative Memory Palace work (i.e. play) if needed.

5) Test your Memory Palaces. Mentally wander through them and make sure that you can move from station to station without spending undue focus on the journey. The journey should be natural and closely resemble how you would move from station to station if you were really going to walk through the building.

6) Amplify your Memory Palaces. This means that you take a small amount of time to concentrate on your journey to make sure that it is vivid in your mind. A lot of people skip this step, assuming that because they are so familiar with the locations upon which they base their Memory Palaces that this isn’t important. In many cases, this is true.

However, personal experimentation and the feedback I’ve received from those experiencing monumental success from the Magnetic Memory Method demonstrates that taking just a few seconds to mentally walk through the Memory Palace and concentrate on the colors, the lighting and even the materials along the way greatly enhances the Magnetic “stickiness” of the Memory Palace. Personal experience will undoubtedly demonstrate that this is true for you too.

One very interesting reader and a participant in my video course, “How to Learn and Memorize the Vocabulary of Any Language,” shared the experience that her Memory Palaces were intensely vivified by walking through the Memory Palace and running her hands along the walls. I’ve experimented with this myself and it works gangbusters. Depending on the layout of your house, you can do this with your eyes closed for extra imaginative benefit.
Once you’ve gone through this procedure once, you can do it again and again. Because you now understand some of the basic principles behind truly effective Memory Palaces, you can be certain that the information you store in them will be easy to access each and every time you stroll through a Memory Palace in your mind.

**More On Gathering Memory Palaces**

One of the many elements distinguishing the Magnetic Memory Method from other trainings is my emphasis on creating lots of Memory Palaces and then organizing them in a particular way.

The classical method of organizing multiple Memory Palaces involves a “Grand Central Station” Memory Palace. Imagine, for example, using your high school. In effect, high schools are a collection of rooms connected by corridors.

When used as a central station for your Memory Palaces, instead of mentally walking into individual classrooms, these doors would lead into different houses you’ve lived in, other schools you’ve attended, shopping malls, etc.

I know that this option works well for some people, but I’ve found that it confuses the majority. You have to remember, for example, which door leads to which Memory Palace, and since there are so many doors and so many Memory Palaces, people both new to the game and filled with experience can get confused.

Ultimately, there is little to be gained from this process of linking together Memory Palaces based on real locations using an invented Central Station.

Why?

As you’ll recall, a fundamental rule of the Magnetic Memory Method is that we must reduce or eliminate everything that costs mental energy. When it comes to creating Memory Palace journeys and maintaining our networks of Palaces, using an invented gathering place filled with a variety of doors will certainly cause confusion for many people. This problem and its solution can all be summed up in one simple phrase:

**The Less You Have To Remember, The More You Can Remember**

It’s a paradoxical equation, but it’s a fundamental premise of mnemonics that is never discussed. The architecture and principles we are building do have a learning curve, but once the Magnetic Memory Method becomes second nature, it is like a very light software code that floats in the background. Plug it up with too many invented things and then you have to essentially rebuild the Central Station every time you visit it.
The Better Method

If we’re not going to use a “Grand Central Station” to connect our Memory Palaces, what other options have we? Undoubtedly, there are countless ways, but I have found that using the alphabet as a structural connector works the best.

First, the alphabet is not a building, and yet it is still a structure. It begins at A and proceeds to Z in a regular and predictable manner. If you find yourself at D, it’s easy to figure out that C precedes this letter and E follows. If your mind magnetically zooms to Y, then it is not an enormous feat of mental energy to see that X and Z are its closest neighbors.

Due to the nature of how we are going to assign Memory Palaces to different letters, we will never have an issue finding them because each Memory Palace will be alphabetically labeled.

Construction begins, then, by seeking out twenty-six Memory Palaces, each of which begins with a unique letter of the alphabet. For example, when I first created a 26-letter Memory Palace system, I used shopping malls, my high schools, but mostly the homes of friends. I now have multiple Memory Palace systems (akin to alphabet keys on a chain that are themselves alphabetically arranged according to subject) and here is a representative example that you can use to start thinking about and generating a network of your own:

A: Aberdeen Mall
B: Brock High School
C: Clark’s house
D: Dawn’s house
E: Eric’s house
F: Frank’s apartment
G: The Garage (concert hall)
H: Heather’s house
I: Ian’s house
J: Jessica’s house
K: Kane’s house
L: Liam’s house
M: Paramount movie theatre
N: Northern Face store
O: Owen’s house
P: Paul’s house
Q: Quinn’s house
R: Ryan’s house
S: Simon’s house
Let me offer a few notes on the choices here. Not all of these names represent exactly what they suggest. For example, Zoltan didn’t own a movie theatre. He was the contracted janitor who hired me to work there from 12-5 a.m. while I was a young university student struggling to pay the bills while I took the only undergraduate course I could afford that year (thanks Zoltan!)

Likewise, “Yolando” is the nickname of a friend whose real name actually starts with an ‘E.’ You’ll also note that “Paramount movie theatre” is used as the “M” Memory Palace.

Stretching things in this way is to be avoided, but not denied. This is because the mind will naturally bring you ideas, especially when you build your Memory Palace network in a state of relaxation. It’s important not to resist unless you feel that the association is too far out of whack and that you’ll have to expend energy memorizing it. As mentioned several times already in this book, unnecessary expenditures of mental energy are to be avoided at all costs.

At this point, you may be thinking that the Magnetic Memory Method is a huge investment of mental energy just to get started.

Not so. It will take you between 2-5 hours to get set up and using the full powers of your imagination to hold, maintain and use a system of Memory Palaces.

If you have any doubts about their power, I encourage you to read this article by a woman named Amanda Markham in Australia who used the Magnetic Memory Method to memorize 200 words of Arrernte in just 10 days:

http://www.magneticmemorymethod.com/amanda

What I like about Amanda’s article is that she includes examples of her Excel files, which allows you to see how someone has used them to achieve a memorization miracle. Naturally, she has followed the key principles we’ve talked about so far, including not trapping herself within her Memory Palaces and not crossing her own path.

All of what she says applies to memorizing any information.
We've already touched on the use of living spaces and work places for building and developing Memory Palaces. However, I'm often asked for more ideas and my answer to the question boils down to the following:

Memory Palaces are surprisingly easy to discover. Although you may not be a person like myself who has moved from city to city and moved several times within each city while attending multiple schools and working all manner of odd jobs during my younger years, I'll bet that you've lived in more than one house or apartment.

Assuming you have friends and family, you've also visited countless homes of other people. Your personal history is likely also rife with movie theatres, libraries, museums and if you can think in a structured manner about outside locations, there are also parks, forest trails and neighborhood walks at your command.

Wherever possible, it's good to take a walk around locations that you will use as Memory Palaces to amplify your memory. For example, if you can visit an old school, you won't necessarily improve your memory of the structure, but you'll make the location more vivid – and this means that it will be more Magnetic.

Now that you've learned about Memory Palaces, the next major step is to always keep one simple fact in mind: every place you visit can potentially become a new Memory Palace. You can deliberately focus on the location by paying attention to it in a completely new way, an intentional way that will make the layout even more memorable.

If revisiting locations isn't possible, you can look at old photographs, or in some cases, use Google Earth or Google Maps. In the case of public places, you can often search “blueprints” or “floor plans” and see representations of locations ranging from public libraries to shopping malls to casinos. In fact, I was given this idea by someone who wanted to use a casino he'd once visited and searched the Internet for a floor plan to help reconstitute his memory of the layout.

There are endless ways to revisit locations, and again, keep in mind that if your past happens to be limited, you can always strike out into the future by visiting new locations with a prospector’s eye. There is truly no end to the Memory Palaces you can build.

Once you've compiled a list of candidate locations, I recommend filling out the Magnetic Memory Worksheets.

These can be downloaded here:
http://www.magneticmemorymethod.com/free-magnetic-memory-worksheets/

It should take you only an hour or two to complete them. When you’ve done so, you’ll have a 26-Memory Palace network with ten stations in each Memory Palace. Because you are following the principles of not trapping yourself and not crossing your own path in these Memory Palaces, you’ll be able to add new stations to individual Memory Palaces later. If you’re not using the special, Telesynoptic Memory Palace technique taught in other books I’ve written (this technique is actually more appropriate to memorizing poetry so please forget I mentioned them unless you’re truly interested in the next level in Memory Palace technology), you can also assign more than one Memory Palace to each letter of the alphabet.

For example, you could have:

A1
A2
A3
B1
B2
B3
B4

This strategy can be especially handy when using Memory Palaces to acquire the massive amounts of information.

**The Magnetic Memory Method Is Perfectly Suited For That!**

In sum, the building and development of Memory Palaces takes only a small amount of time and effort. The next step is learning how to fill the Memory Palaces you’ve prepared with the information you want to memorize. This could be anything, ranging from facts, lists of historical figures, foreign language grammar or names and faces.

As a final suggestion, as you are filling out the Magnetic Memory Worksheets, concentrate on the journey and make it as vivid as possible. You can literally close your eyes and pretend that you are “turning up the volume” on the Memory Palace.

You can try this in the room you are currently in, reconstructing it in your mind and then making the layout bright, vivid and pumping with energy. It should almost be as if you’re casting some kind of spell or
attempting to manipulate reality like Neo in The Matrix and manipulating reality you are.

Next time you are out for a walk, shopping or just wandering around the house, consider the hundreds of locations you can use to build and extend Memory Palaces. The more we pay attention to our surroundings, the more material we have to work with.

As well, take every opportunity to visit places you’ve previously lived or gone to school. Revitalizing your familiarity with the locations you use to build your Memory Palaces is not entirely necessary, but at the very least, you should perform a mental walkthrough to ensure that you have enough material for at least the first 10 stations and ideally many more.

In addition, utilize the power of your imaginations and the images it brings you. Harness the power of coincidences such as those I related in the examples given in this book.

Make sure to remember the bicycle metaphor for memory and suit the principles to your own needs by making adjustments to the system taught in this book. You should never be afraid to play around, amplify and use absurdities.

Test yourself and compound regularly or when necessary.

Always, always relax when doing memory work.

You should also spend time thinking about the kinds of information you would like to learn or need to know. You should analyze how you can group different rules together and develop your understanding of math based on your areas of interest and goals. You will see many more connections by doing this.

It goes without saying that you should recite the vocabulary you’ve memorized as often as you can. Practice Memory Palace recall while speaking with friends or study partners. This means searching for the rules using a specific principle or formula (mentally walking through your Memory Palaces), rather than casting a hook and hoping a vocabulary word swims by and bites.

Finally, teach others what you have learned about memorization skills. Talk about how you built your Memory Palaces, the techniques of location, imagery and activity. Give your friends and colleagues examples of how you’ve memorized specific lines. Teaching others is one of the best ways to compound information that we’ve learned and it allows us to see other possibilities and new techniques we may have missed.

From this point on, you are now more than equipped to succeed with the Magnetic Memory Method. I hope that the examples and instruction throughout this book have helped you see the possibilities and options you have for creating images along dedicated Memory
Palace journeys that enable you to memorize information. If you have any questions, you can contact us through me at any time. My email is learnandmemorize@zoho.com and I endeavor to answer all questions normally within 24-72 hours.

Next time you are out for a walk, shopping or just wandering around the house, consider the hundreds of locations you can use to build and extend your Memory Palaces. The more you pay attention to your surroundings, the more material you will have to work with. As well, take every opportunity to visit places you’ve previously lived or gone to school. Revitalizing your familiarity with the locations you use to build your Memory Palaces is not entirely necessary, but at the very least, you should perform a mental walkthrough to ensure that you have enough material for at least the first 10 stations and ideally many more.

In addition, utilize the power of your imagination and the images it brings you. Harness the power of coincidences such as those I related in the videos. Use the principles discussed in this course and suit them to your own needs. Never be afraid to play around, amplify and use absurdities. Test yourself and compound. Always, always relax when doing memory work.

Finally, teach others what you have learned about memorization skills. Tell them how you built your Memory Palaces, the techniques of imagery and activity and give them some examples of how you’ve memorized specific words. Teaching is one of the best ways to compound what you’ve learned and to see other possibilities you may have missed.

I wish you a lot of fun with these techniques and great progress with your learning endeavors. I would be pleased if you contacted me to let me know how you’ve done, and if this course has helped you, please send me a testimonial so that others can learn this skill too. Remember: the more you learn, the more you can learn. The same is true with memory. The more you remember, the more you have learned. Learning is a special achievement indeed.