

"The best guide book for
increasing your memory power"

GAURAV MUNJAL

How to Unlock Your Super Memory Power?

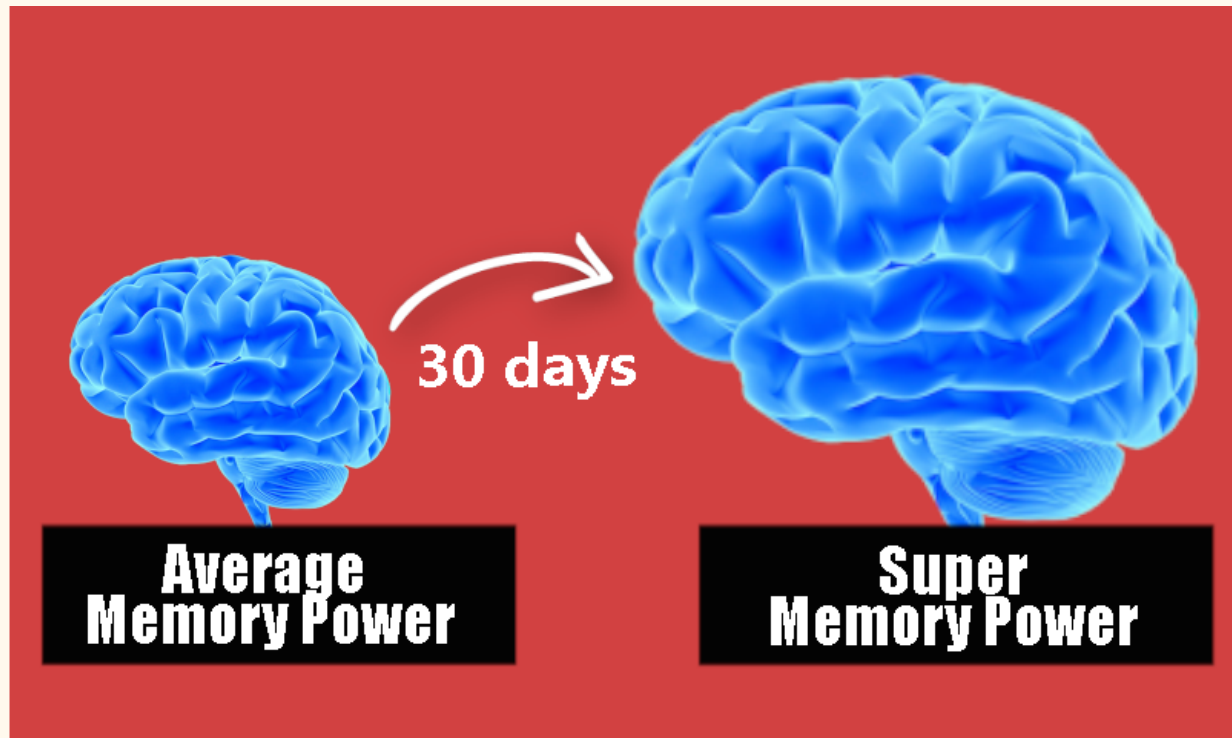
*The Stepwise plan you
won't find anywhere else*



BY PROF VED

Top Secrets to Unlock Super Memory Power

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INTRODUCTION

Forget if it is possible within 30 days or not; is it possible to develop an amazing memory power at all or are we stuck with what we have got?

There could be a doubt in your mind at the moment. But, the answer to the question is a big YES. Is it possible in the next 30 days? Again, absolutely YES.

If you say so Prof Ved. But, how?

It is my responsibility to give you the answer and a stepwise plan. Read on.

As you read this book I will ask you to watch a few videos from profved.com. I will provide you with the relevant links.

That way we will achieve two things -

1. videos will give you a lot more valuable information in less time
2. videos will show you how other folks just like you are able to memorize large numbers of facts & numbers effortlessly. That should give you a clear belief beyond any doubt that if others can do it, so can you.

Are folks who can memorize so much and so fast talented? Definitely not more than you!

Are they smarter with their memory power? Of course. Will they use this memory power to surgery ahead in their career? Why not? Why else, have a good memory power then.

So, let's get smarter with our memory power. Shall we?

Rest of the book is dedicated to that.

Let's test your memory first

Let us test your current memory power before we start. These are very simple and interesting tests.

Word test

Take this test by watching video links mentioned below. The test will help you find out how many words out of 30 random words you can memorize in 3 minutes. Keep a notebook and pen handy. Also, avoid any distractions.

[English] Test your memory power for words - <https://profved.com/1001>

[Hindi] Test your memory power for words - <https://profved.com/1002>

Number Test

Take this test by watching video links mentioned below. The test will help you find out how many words out of 30 random digits you can memorize in 3 minutes. Take the same precautions as above.

[English] Test your memory power for numbers - <https://profved.com/1003>

[Hindi] Test your memory power for numbers - <https://profved.com/1004>

Welcome to the world of memory techniques

You would be surprised to know that there were people 2500 years back in Rome who could remember 10,000 names using memory techniques. They could give fluent speeches for 3 hours without referring to any notes, again thanks to the memory techniques they used.

And, here we are in the 21st century, still not using memory techniques to organize our thoughts and memory.

Since you are reading this book, time to change that fact now.

What are memory techniques?

These are those mental skills, when applied at the time of processing any information, the information is placed in the long term memory much faster than normal. Information stays in the long term memory much longer than normal.

What is normal? Rote memory. Repeat the thing 10-20 times in gaps. The information will still get in your long term memory. Alas, you would have wasted too much time. And Alaaaaas, you will forget what you memorized sooner than you know.

The secret sauce of memory technique is that the human brain understands and memorizes things in a particular way. Just look how it can still remember a few events that happened 10-20 years ago. And on many occasions, it may not be able to remember things that happened just a few days back.

For instance, what do you remember the most from your childhood? Can you list down a few things?

And what were you wearing 10 days back in the evening? What exactly did you have for lunch that day?

See, you can recall much older events. And, yet struggle recalling events as recent as 10 days ago.

Memory is mysterious, isn't it?

Watch this video to see what I memorize from my childhood.

[English] What does Prof Ved recall from his childhood? - <https://profved.com/1005>

[Hindi] What does Prof Ved recall from his childhood? - <https://profved.com/1006>

Hippocampus

So what makes our brain memorize stuff.

The name of the part of the brain that puts information in long term memory is Hippocampus. The trouble is it is very strict. It is very difficult to bribe this gentleman. It is a seahorse shaped organ that sits at the same height as our ears. It's the same size as our little finger.

Hippocampus is the guy who you will need to bribe, if you wanted to put anything in your long term memory.

You can watch this video to know more about hippocampus.

[English] Hippocampus - <https://profved.com/1007>

[Hindi] Hippocampus - <https://profved.com/1008>

So, let's see what are those things that can convince the hippocampus to memorize information for very long. Because, nothing else will.

5 Top Secrets to memorize anything very fast

If you use these 5 secrets you can convince Mr Hippocampus to put any information in your long term memory. These are the five secrets.

1. Use of 5 Senses

There is a saying, "I hear I forget, I see I remember, I do I understand."

When we use only one sense there is less neural (brain) activity in our brain. When we use two such as we hear as well as we see, we have double the amount of neural activity. When we use more than two let's say we hear, we see and we touch, we have a lot more neural activity.

Which experience are we expected to remember more then?

You guessed it right. The more number of senses we involve while taking the information in, the more chance is that it will get into our long term memory.

Watch this video to see an example that will convince you of the power of using 5 senses to memorize.

English - Use of 5 Senses Example - <https://profved.com/1009>

Hindi - Use of 5 Senses Example - <https://profved.com/1010>

2. Use of Restorff Effect

In 1933, the German psychologist Hedwig von Restorff conducted a series of experiments to try to identify what makes something memorable. She concluded that one of the strongest criteria for recall is individuality. If something stands out for being a different shape, size, colour or in some other way significantly, characteristically different from the other items around it, it becomes easier to recall.

For example, in a room full of people dressed in black tie, the person in white tie sticks in the mind. Take the list Lantern, Fish, Clock, Ears, Vase, Shahrukh Khan, Car, Necklace, Wheel, Suitcase, Boat, Hammer, Spoon. The item that stands out is Shahrukh Khan – not because he's famous, but because he's the only person in a list of inanimate objects.

So, when we memorize information, we need to make the information stand out. How? By making the information unusual, by making it stand out.

If I had to memorize mango, I would not see a normal mango. I would make it a mango that is as large as the tree, or a mango that is small as a marble. That's, just one example. We can use the Restorff effect everywhere to memorize things much faster.

3. Use of Logic

Whole of our left brain is said to be logical. If facts are connected with each other logically, that's when we remember it more. This is why we are asked, "don't use rote memory, try to understand the topic."

What does that mean?

It means try to use logic to connect what you are learning now to what you already know. And that way, when the information sounds sensible, we know that the information is going to stick in our mind for very long.

As an example, if I ask you to memorize a boat, tyre, package, switch, cabbage, rat and boot. You will find it much easier to memorize if you connected each of the items logically into a story. Something like this - When I got down on a beach from the boat, I saw a tyre. I started rolling the tyre with my hands and it went on and on and fell down near a brown package. When I looked closer, I saw a red switch on the package. Naturally, I switched it on, with fear of course. Suddenly, the package opened. I saw a cabbage inside. No sooner I was relieved, I saw a rat come out and run frantically on the beach only to hide inside a boot that was lying on the shore.

The story has other elements that makes it memorable, but most importantly the items are connected to each other with the use of logic. And, that ensures we find it easier to memorize.

4. Use of Emotions & Feelings

When you analyze what you remember from your past, you will notice that your emotions come into play first. Probably before you remember the details of any episode from your past, you remember how you felt about it. For example, do you remember the day you learned to ride a bicycle? When I think about this, the first thing that comes back to me is the feeling of elation – and slight panic – when I realized I was responsible for staying upright all by myself.

Emotions like joy, love, pride, fear, pain, embarrassment, etc can implant events into our memories so deep that we may remember them lifelong.

Just see what information you recall from your childhood memories, and see what emotions you were involved in. In many instances, you may find fear was the emotion.

Now, when we are trying to memorize stuff, we need to pay attention to how we feel. We need to bring emotions into the picture. For instance, when I was about to press the switch in the example I mention above, I imagined I was scared while I was doing so. And, there was no way I was going to forget that switch in the sequence of words.

5. Use of Location

The use of location in our memory is not quite intuitive. But, did you know that One body of research shows that the hippocampus region of London black cab drivers, who spend three years learning “The Knowledge”, about 500 routes around the city, tends to be slightly larger than that of the rest of the population. The more experienced the driver, the bigger the hippocampus. So, there is a special section in hippocampus that allows location based memory to go through into long term memory quite easily.

If you analyze your old memories again, other than the emotion you felt, the location of the event would pop up in your mind straight away.

So when you have to memorize, link an object/fact to a location and you will memorize it much faster. For example, if you have to memorize the word feather, you will memorize the word much easier if you saw the feather falling down your bedroom window onto the floor. You assigned a location to the feather, and it became memorable.

Great. These were the five top secrets to unlock your super memory power. Use them and you are on the right track to memorize facts & numbers fast. And, retain them longer.

All this has been factored into when memory techniques were designed. Memory techniques are many and they need a lot of elaboration & practice. Going forward you need a plan to master memory techniques in the next 30 days. Let's look at the next section.

Plan to get Super Memory Power in the next 30 days

There are two stepwise plans I suggest for the next 30 days to get Super Memory Power. Lets call them Plan A & Plan B.

Plan A

This plan will work faster. It is foolproof & failproof. You will get a definite outcome in the next 30 days. But, you will need to invest a small sum of money. Here are the steps -

1. Join the [Super Memory Course by Prof Ved](#).
2. Complete a few lessons everyday.
3. Practice the exercises as suggested after every lesson.
4. Work with the personal coach, who will guide & motivate you to complete the course within 30 days with the required outcome.
5. Use the powerful memory in daily life to excel

Plan B

This plan may take longer as it is a self study plan and you will be on your own. I will give you the topics you will need to learn. How much time will it take? It depends on how hungry you are to increase your brain and memory power. Do the research on Google on the following and increase your memory power. Don't forget to practice a lot of exercises on what you learn.

1. Understand your brain
 - a. Especially the parts that play important role in memory formation
2. Learn what is Power of Association in Memory
3. Learn what are dimensions of Association in Memory
4. Learn Link method to memorize a list of words
5. Learn Journey Method to memorize a list of words
6. Learn Substitution Method & use its power in memorizing
 - a. Any geographical fact
 - i. such as country-capital, state-capital, country-currency
 - b. English vocabulary
 - c. Foreign words
 - d. New scientific terms or any new terms in your field of study

- e. Periodic Table
 - f. Names & faces
7. Learn how Journey method & substitution method can be combined to remember points in speeches & presentations
 8. Learn about Number shape system
 9. Learn about Number Rhyme System
 10. Learn about Peg System
 11. Learn a memory technique similar to Vedx number System that allows you to quickly memorize 100 digits
 - a. The Vedx part you will not find anywhere other than the Super Memory Course, but you will find other methods using which you can memorize 100 digits fast
 12. Learn how to remember Dates
 13. Learn how to remember names & faces
 14. Learn how to memorize correct spellings
 15. Learn about Mnemonics
 16. Learn about improving observation power, key to good memory
 17. Learn how to remember misplaced things
 18. Learn about foods that boosts your memory power
 19. Learn how to apply the learnt memory techniques in your daily life
 20. In the end test your memory by taking the test in the first part of this book.

Sounds like a lot of things. But, that is a deception. The topics here are easier, shorter, and far more interesting.

Plan A vs Plan B

Plan A will ensure a good and definite outcome, save your time, get you going with the help of a personal coach. If you want to put Plan-A into action - visit profved.com and search for Super Memory Course and enrol. Here is the direct link - [Super Memory Course](#).

If you do not have that small sum of money to invest right now, follow plan B and make it work. Keep your focus & energy high. And, conquer the world of memory techniques.

You are the master of your fate, you are the captain of your ship. So, you will need to decide what works best for you. You having an amazing memory power is important. I would love to play a role. But, that is secondary.

All the best.

Prof Ved

A few of the many kinds words for the Super Memory Course

“

The Super memory program delivers

★★★★★

This course really delivers what its promises. Very satisfied with the practicality and resources available.

Nikhil Kumar

“

I loved it all the way through

★★★★★

I love it all the way through, with all the lecture and the life tips I have not only the pre knowledge for something more in my life but more confidence doing it. Thank you for finding you

Priya Pillai

“

Life Changing Course

★★★★★

Life changing course very important for studentsthings that i learned here was the party of academies but they dont teach us these thingsi wished that i learned this at the age of 10-12. Thank you sir.

Ashraf

“

Great, amazing course!

★★★★★

Great, amazing course. I am enjoyed this with great techniques of memorizing. Thank you.

Soni

“

100% recommend it

★★★★★

This will be a milestone in my personal growth and learning. 100% recommend it.

Santhosh D

“

Excellent Course

★★★★★

Excellent course, I have been struggling to remember what I learn, This course helped me a lot with great tools and techniques to increase my memory retention and read faster. Thank you Prof Ved.

Ashraf

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