

Technique Four :: **Loci**

**W**hen you lose something, like your keys, do you notice that people tend to ask “well, where did you see them last?”. And then you try to visualise in your mind’s eye where your keys might be. Well, the ancient technique of Loci (the Romans invented it) works along similar lines.

In your mind’s eye, you visualise locations in a room and you place the items you have to remember in those locations. You then visualise yourself looking around the room logically (for example in a clockwise direction) and as long as your made up a creative reason for each item being where it is, you’ll find that your memory works amazingly well!

<i>Room</i>		<i>Location</i>	<i>Item</i>
_____	1.	_____	_____
	2.	_____	_____
	3.	_____	_____
	4.	_____	_____
	5.	_____	_____
_____	6.	_____	_____
	7.	_____	_____
	8.	_____	_____
	9.	_____	_____
	10.	_____	_____

**Y**ou can use this technique for all sorts of things. It works particularly well with people, such as historical figures. You can include important information about these people as part of their location.

But there are many other possibilities, such as using parts of your body as locations or reminders. Or you can put the first word of your image chains into each location to trigger each list you’ve memorised.