



«Phenomenal Memory Course 4.0» - Introductory Lesson

## INTRODUCTION

Hello!

Welcome to the School of Phenomenal Memory Introductory Lesson!

Thank you for your interest in our School and in the “Giordano Memorization System”.

This short, practical lesson is designed to allow prospective students, memory enthusiasts and just about anyone interested, to try out some of our memorization methods for themselves, in order to experience at least to some degree what is possible to achieve with our system.

Thus, this lesson was designed to be fairly brief and basic.

If you're interested in knowing more about the theoretical information behind the training course, you can access the free GMS Manual [here](#). It is a 170 page book packed with detailed and scientific explanations of all methods and techniques used in the course.

We don't sell techniques. We offer an extensive training course consisting of 60 lessons. You cannot improve your memory by merely reading a book about it. Our memory training is very similar to fitness training - knowing how to work out is different than going to the gym and working out.

The “Giordano Memorization System”, or GMS, was developed in 1990 by

Vladimir Kozarenko, and it is the most powerful memory and attention development program on Earth.

GMS reveals the secrets of Phenomenal Memory – the ability to memorize any type of information, in any amount, even entire books, quickly and efficiently. An ability that is considered impossible by our society.

From a few hours, to several months, years or even a lifetime, GMS students have full control over the storage and recollection of information in the brain.

In 2006, Ruslan Mescerjakov created an online community called “[The School of Phenomenal Memory](#)”, thus making the memory system available to the rest of the World.

Today, there are more than 4,000 people with phenomenal memory throughout the World.

To obtain such a memory, one must go through a specialized training program which is one of the most challenging programs in the World. Phenomenal memory is not a gift. It is a skill.

Whether you want to develop a phenomenal memory, or even come anywhere near that level, you will have to go beyond your current limits.

This material is designed for you to do just that.

## **EXERCISE 1**

### **Pre-test**

Before you begin trying out the memorization techniques, please perform this initial test to measure your current memory capacity.

The reason for this is that few people ever put their memory to the immediate test, and thus most people are unaware of the limits and habits of their mind’s work.

Read the list of 20 items once through, and then immediately close this file, or hide this page. On a separate piece of paper write down as many items as you can remember, attempting to get them in the correct order.

When you're done with that, compare your answers with the original information to determine how well you did. Feel free to do several more attempts after that, to see how many more items you will be able to remember on your second/third/fourth/etc... attempts.

Now, we will ask you to focus in on the task at hand, and make sure you do your best to remember as many items as possible.

### **Task:**

Read the following list of 20 items once, and then test your recall:

**Phone – cupboard – book – pencil – weights – rope – plane – shoe – beetle – skyscraper – bottle – globe – elephant – fence – plate – pistol – microphone – hammer - lamp – calendar**

When you're done with the test, you may move on with the lesson.

### **About your results:**

Having done the test, rate how difficult it was for you, and note what your results were. At the end of this lesson, you will compare your results before and after.

Do not be discouraged by poor performance. The very purpose of this lesson is to show you how to turn memorization into an easy and enjoyable activity.

Looking at this situation from a positive point of view, the more difficulty you experience now, the greater will be your improvement by the time you have completed this lesson.

After doing the initial test, we will begin by explaining a few basic concepts about GMS, which are imperative that you understand.

## VISUAL THINKING

GMS is a memorization system based on visual thinking, which means working with visual images in your imagination. In GMS, visual thinking is defined as a set of miscellaneous operations with visual images in a persons' imagination, such as: image enlargement/minimization, image rotation, image modification, image transformation and connecting two images together. We will get to image connection shortly.

Usually, people memorize information through verbal repetition. In GMS, information is memorized through the use of visual images. The memorization process has nothing in common with the usual methods of recall. GMS recollection involves viewing the information in your mind. You do not remember but, instead, scroll the pictures through in your imagination like slides on a computer screen. The information is transformed into speech (or writing) at its output stage.

After you learn even the simplest methods of memorization, you will realize that you have never even tried to memorize consciously before. This is how GMS memorization differs in its quality and volume from the latent capacities of human memory.

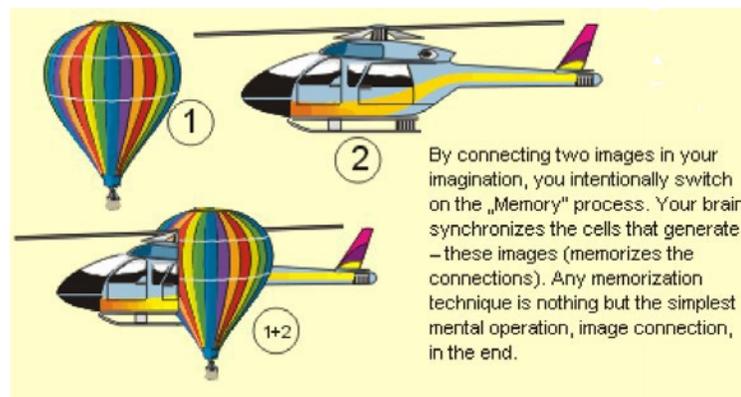
## CREATING A CONNECTION BETWEEN TWO IMAGES

**The main mental operation in GMS is the “Connection of two images”.**

This mental operation is the foundation of everything we do in GMS.

As you will see, memorization is not performed by using rote learning, but by using controlled thinking. Every time you connect two images in your imagination, you make your brain remember that connection – you intentionally control and manage the memorization process.

When you connect two images in your imagination, you imitate the natural perception of the images as already connected. And the connection between artificially connected images is remembered just as well as, or even better, than a connection between actually perceived in the real world connected images.



Both images must be as large as possible, as detailed as possible, as colorful as possible and three dimensional. The time for creating one connection should not exceed 6 seconds.

Whatever type of information you memorize, whatever method you use, only two images can be connected in your imagination at one moment.

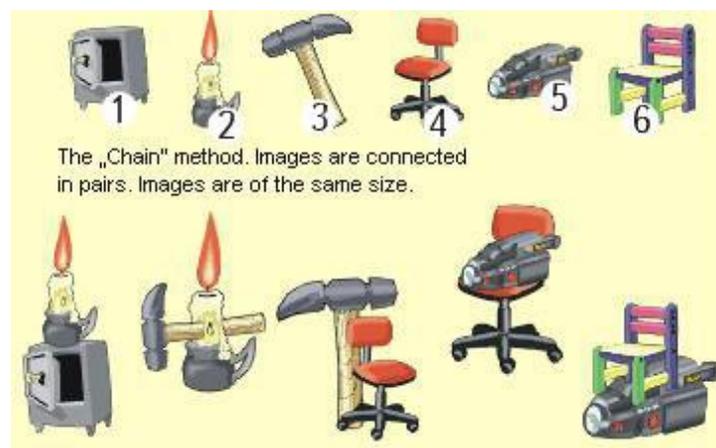
## EXERCISE 2

### The “Chain” method

When you memorize using the “Chain” method, images are connected in pairs. You must also distinguish the first and second image of every pair. For this purpose, the second image of a pair is placed above the first one, pierces it or is situated on the right side of the first one. The images in pairs are approximately the same size and must be in contact with each other.



Any image you see in your imagination must be large, detailed, in color and three-dimensional. Seeing images in detail is the most important part. Try to imagine images as detailed as possible.



Every last image in each pair is also the first image in the next pair, so each pair is already in sequence and connected.

[Here is a video tutorial for the Chain method:](#)

## PLEASE REMEMBER:

1. Any image you see in your imagination must be as large as possible, as detailed as possible, as colorful as possible and three-dimensional.
2. You must follow the **6 second rule**: The maximum time allowed to form one connection is 6 seconds.

This is how exercises should be performed: you adjust and connect a pair of images within 6 seconds, then you immediately move on to the next pair of images, connect them within 6 seconds, then you immediately move on to the next one, and so on until you reach the end of the sequence.

For example, a sequence consisting of 10 items, that requires 10 connections to memorize, will require no more than  $10 \times 6s = 60$  seconds to memorize.

If you don't feel that a connection is properly formed and the 6 seconds are up, just move on to the next connection and make sure you create it within the time limit. It is better to miss or skip one connection, and recreate it later on your second run, rather than spending 20-30 seconds pondering over a single link. It all comes down to how focused you are on the task at hand.

1. It is important to use specific items. For example, do not use just any pencil, try to use a specific pencil that you can recall from real life, for instance - a pencil with black stripes and an eraser at the end. Not just any apple, but a green, shining apple. The more specific and detailed your images are the better/easier they can be connected and memorized. It is also a mistake to use cartoon images. All images should be reality based.

It is important to remember that images should stay the same after memorization. For example, if you connect knife and apple, make sure you always visualize them the same way, - for example, apple – a green, shining apple and knife – a big, black knife from the kitchen.

!!! Always keep your eyes open while memorizing/recalling information. This is very important!

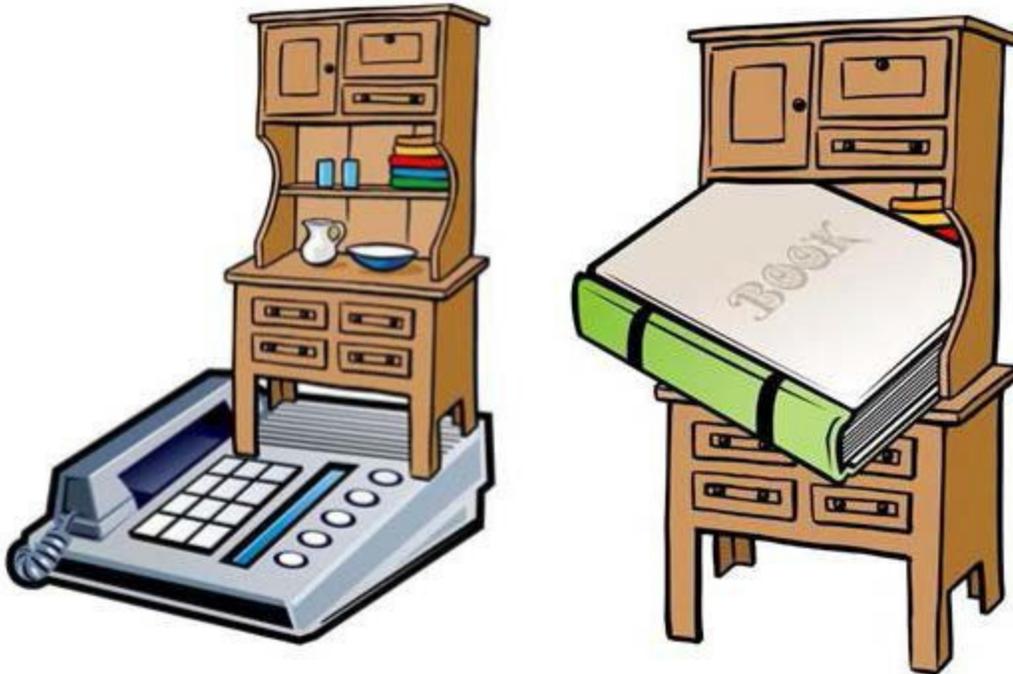
## Task:

Now, let's return to the list of words we used for the pre-test. Only this time, you will FULLY memorize them using the Chain Method.

Memorize the sequence of words using the "Chain" method.

**Phone – cupboard – book – pencil – weights – rope – plane – shoe – beetle – skyscraper – bottle – globe – elephant – fence – plate – pistol – microphone – hammer - lamp – calendar**

## Illustration:



The first connection: a cupboard on the phone (the phone and the cupboard are of the same size). The second connection: a book is in the cupboard (both are of the same size). The third connection: a pencil is on the book (images are of the same size). The fourth connection: weights are on the pencil. The fifth connection: a rope is on the weights. And so on.

## **Remembering:**

Remember the first image - “phone”. Examine it in your imagination. The “cupboard” image will appear SPONTANEOUSLY. Switch your attention to the cupboard. Enlarge it so that the phone image disappears. The image of a “book” will appear SPONTANEOUSLY. Switch your attention to the book. The cupboard has to disappear. Examine the book. The pencil appears SPONTANEOUSLY – switch your attention to the pencil... and so on.

Recall the information from this exercise. Write down the words. Check them. Repeat until you achieve perfect recall of all the words and their correct sequence.

## THE PROCESS OF RECORDING INTO MEMORY

However paradoxical this may sound, the mental operation that switches the “memory” process on is, in fact, the operation of connecting together two images in the imagination. When you connect two images, your brain fixes that connection. This happens very quickly. When you perform the exercises, you only need to fix the images connected in the imagination for about six seconds.

### Results after using the Chain Method:

If you performed the exercise correctly and as instructed, then your results should be dramatically different now, having used the Chain Method, as opposed to when you first tried memorizing the usual way.

Now, recall the sequence of words once again, the same way, only this time recall it backwards: start from the last item and move your way back along the connected pairs of images in the sequence until you reach the first item.

After you do that, you can also recall from a random point in the sequence: choose a random word from the list, and recall forward or backwards from that point.

The reason for this is to show you that you have complete control over the recall process. Feel free to use the Chain Method to memorize and recall other lists of words, for example randomly generated lists or shopping lists, etc.

## USE OF THE CHAIN METHOD

The Chain Method is the very first technique that is taught to students of Pmemory. It is typically used to remember a short sequence of around 5-12 non-repeating elements. The Chain Method is not used to remember long sequences (30, 40, 50 and more items). Students memorize long sequences with the Chain Method only as a training exercise.

If we want to memorize long sequences of items, especially those which contain reoccurring elements, we use the Cicero Method, which we will do next.

## EXERCISE 3

### The Cicero method

The Cicero Method is based on naturally created connections in the brain when you perceive objects up close a few times. Thus, these objects (and the connections between them) are already present in your brain and you don't need to memorize them on purpose. These objects should only be recalled several times in order to fix their precise sequence.

These selected images are used as support images in GMS. Other images are recorded on them. The Cicero images are auxiliary and make it possible to memorize other images distinctly and consecutively.

A support image is an image that is used as a storage unit, to which another image is connected.

Support images are additional images that help finding information in the brain. Therefore, we can use a sequence of support images as a storage array for a list of items.

As an object (support image) for the Cicero method, we will use the objects in familiar settings in your home or on a familiar road. Images must never be repeated. Names can be repeated, but the pictures must always be different.

The process of forming support images in the memory can be compared to the computer disk formatting process. Information cannot be recorded onto a disk unless it is formatted. Unless the system of support images is created in your memory, you will not be able to memorize data consecutively.

#### **Task:**

Form 30 support images in your memory using the Cicero method.

In the Cicero Method support images are generated by mentally going around a room/location you are familiar with. Try to remember a hallway in your home.



Walk clockwise around it in our imagination and select 10 different images from this hallway. It is very important that you always remember the images in the same order.

**Illustration:**

Start with the hallway:

Entrance door;

Light switch;

Stairs;

Window between the floors;

Mailboxes;

Entrance door of the porch

...

When there are no new images to choose, switch your attention to the next room in your home. Walk around it clockwise and single out 10 more images.

Sofa;

Table;

Chair;

Pink;

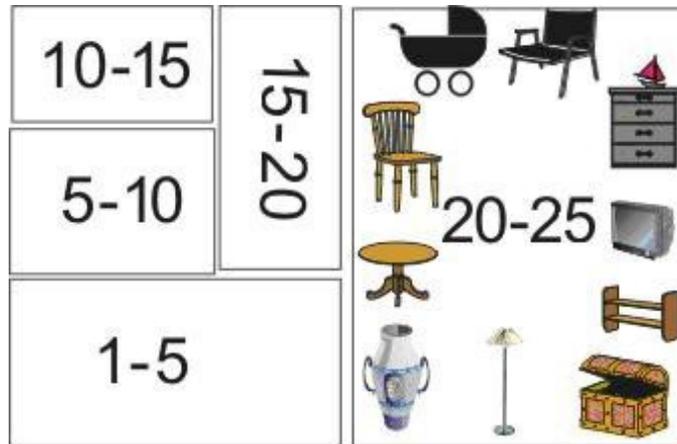
Pony;

Broken clock;

Chair;

Computer

...



View all the 30 images in your imagination consecutively, yet view each image separately.

**Please note:**

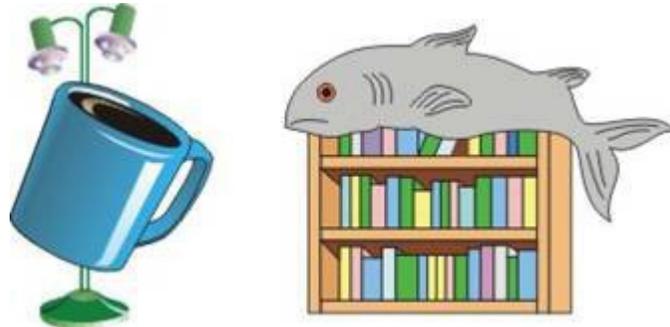
The amount of support images generated from ne room is given only as an example. You can choose up to 50 images in one room and this depends on your apartment.

**Task:**

Memorize the following list of 30 items using the [Cicero](#) method:

**Bottle - apple - box - chocolate - stick - elephant - chicken - mole - fence  
 sheep - onions - star - mouse - table - towel - paper - wheel - spray can  
 sugar bowl - cucumber - sauce - ball - sofa - glass – bowl – giraffe –  
 tower – pineapple – net – rifle**

## Illustration:



Images are connected in pairs. The first image of each pair is a support image. The second one is the memorized image. The images are roughly the same size, with the support image slightly larger.

Remember, the support image is usually a bit larger than the memorized one.

A big bottle is in the entrance door;  
There is a big apple in the light switch;  
A box is on the stairs;  
A big chocolate bar is stuck to the window;  
A stick is stuck out of the mailbox;  
An elephant is on the porch.

## Remembering:

Activate the sequence of support images in your memory. Remember the door, and see the bottle on it. Imagine a light switch and see an apple on it, or the stairway with a box in it. Remember a window, and see a chocolate bar on it. Imagine a mailbox, and see a stick protruding out of it. Remember the entrance door and see an elephant.

Achieve a perfect recall before moving on.

## USE OF THE CICERO METHOD

The Cicero Method is used to memorize long sequences, because each item is memorized in isolation from the rest. Which means that if we fail to remember one item from the sequence, that does not cut off our access to the rest of the words that we do remember at that time.

Also, this allows us to remember sequences with repeating items without getting confused, for example:

**Apple – backpack – mouse – mouse – coin – mouse – wallpaper**

Feel free to try that out for yourself.

And the Cicero Method allows for the memorization of extremely long sequences, consisting of 100, 200, 300 items and more. Provided that you have prepared enough support images for the task.

Also, it is important to note, that if new information is recorded onto a set of support images, the previously connected images will be erased or forgotten.

## ON CONTROL RECALLS AND LONG TERM STORAGE

After memorizing information using GMS techniques, one may perform TEST REMEMBERING. If you memorized 30 items, they should be written down on a sheet of paper.

Afterwards, the recorded information must be compared with the source information. This testing must always be performed to ensure that you are not making mistakes during the memorization stage and creating false connections.

After the test remembering and error correction you are certain that the information can be reproduced in full volume and without mistakes. It is only after this that you can begin fixing the information in the brain by repeating it multiple times.

We can only recommend an approximate temporary repetition scheme that goes as follows:

The first remembering should be done after 40-60 minutes following the memorization. It is during this time that the connections created once are destroyed in electric memory.

The second remembering should be done after about three hours from the previous.

The third is done after about 6 hours and the fourth takes place the next morning. Anyway, any new data must be remembered intensively within the first three-four days after the primary memorization.

After such connection fixation it can be stored for approximately 6 weeks in your brain even if you do not return to the information at all. After 6 weeks the data will gradually start to erase. This means that for the lifetime storage of information it should be remembered at least once in 6 weeks.

Recall and repetition schemes for long term storage are examined in detail in the second module of the course.

For now, feel free to practice recalling the information from the example exercises to test yourself how long you can remember them.

You might want to try memorizing several more randomly generated sequences and practice recalling those as well. You will amaze yourself with how much you will be able to remember in a short amount of time.

## CONCLUSION

Congratulations on finishing the Introductory Lesson! We hope you enjoyed it! At this point, you may compare your results from Exercise 1, and compare them to the results you got on Exercises 2 and 3. We can confidently assume that there was a dramatic improvement.

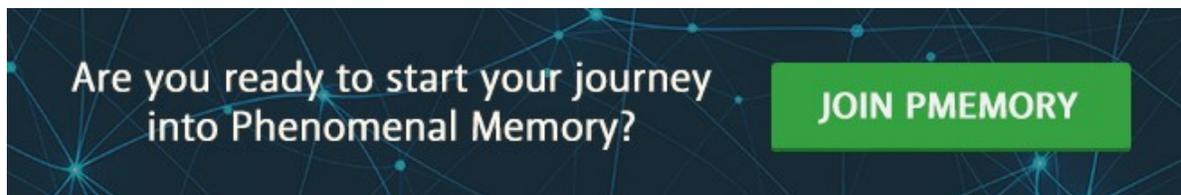
As you can see for yourself, you have achieved dramatic results just after minimal instruction over a short hour. Imagine how much more you will be able to do after weeks and months of sustained, dedicated training, practice and coaching!

Your results are limited only by your dedication and ambition. The more you

put in, the more you get out of it.

If you're serious about memory training, if you would like to have this powerful skill in your life and you're willing to invest the time and energy needed to obtain it, then we'd love to have you in our School!

When you become our student we will make sure you obtain your Phenomenal Memory.



Kind regards,  
The School of Phenomenal Memory team.