

You can use the 'Link System of Memory Enhancement' to creatively associate all the things you need to remember by linking them up with one another in a fun way!



By Minoo Jokhi

The 'Link System of Memory Enhancement', which is also called the 'Chain Method', is a system of remembering agendas like To-do lists and important events based on creating an association between the items that need to be remembered. It is always better to learn by linking or association rather than merely by mugging up.

The Link System is a method of memorizing lists that is based on creating an association between the items of that list. The Link Method is one of the easiest mnemonic techniques available. One can use it by making simple associations between items in a list and linking them with vivid images containing the items.

In my years of teaching Memory Development Classes I feel sad to see the pressure on children's faces, their nervousness, phobias etc. One problem is students blindly mug up their studies without any understanding of what they are learning. The process of cramming and mugging up can demotivate children who learn without any joy. It will kill creativity and lead to no real cognitive development in kids.

There is so much pressure in today's times that a child mugs up without understanding and is not able to develop the very vital creative skills needed to succeed in life. So mugging up doesn't help for real value-based learning.

The Link System

The Link System is a technique where there is amazing fun and where you link and remember for a long time. The main principles of the Link System are Imagination, Association and Location. The aim should always be: learn once, remember forever.

The Link System is an easy to learn and effective memory technique. Humans remember things, very largely, by linking

How to enhance your powers of recollection & banish forgetfulness



them to other things. Learning to use the link method effectively is not just an end in itself; it helps in studies and in day to day life. The Link System is also easy to understand. It works by coding information to be remembered into images and then linking these images effectively.

Both, the Link System and Story Telling techniques, are very simple to learn. Let us take these 10 words: Cricket Bat, Pen, Scissor, Spectacles, Car, Chocolate, Slippers, Tubelight, Plate, Cake.

I have mentioned 10 words, do not write them and say them in order. Straight as well as vice versa. Let us try learning all the words by linking them in this manner:

Cricket Bat and Pen: Close your eyes and instead of seeing yourself playing with a bat and writing with a pen, make a funny link of playing with a pen and writing with a cricket bat.

Scissor and Specs: Close your eyes. Instead of seeing yourself cutting with a scissor and wearing specs, make a funny link of wearing a pair scissors on the bridge of your nose and cutting paper with your specs!

Before we go further, go through all the 4 words: Cricket Bat, Pen, Scissor and Specs. Repeat. Repetition and revision within 8 hours helps.

Car and Chocolate: Close your eyes. Instead of seeing yourself driving a car and eating a chocolate, make a funny link of eating up your car and driving a bar of chocolate around town.

This is fun; so now we have Cricket Bat, Pen, Scissor Specs, Car and Chocolate. And vice versa Chocolate, Car, Specs, Scissor, Pen and Cricket Bat. Take a minute each; close your eyes and link them both ways.

And similarly we wear Tubelights; walk and fall and walk and fall... hahaha and have slippers, which give light and lastly the cake is not on the plate but instead eat the plate not the cake. In no time we learned 10 words. Once we finish with 10 words, we can take many more new words, even sentences and paragraphs with ease.

While stress and tension comes with mugging, we can learn so much with the Link System in a fun and enjoyable manner.

Some Tips

Remember three important tips:

1) **Picture your words out of proportion:** While closing your eyes and visualizing, make the item as large as possible. Make it humongous, gigantic and really huge.

2) **Picture your items in action:** It is the funny and embarrassing

things that we don't forget, rather than the normal events. It is absurd associations, which help us to visualize better and remember things faster with ease. An embarrassing situation faced years ago a person always remembers, it stays in the memory forever and refuses to get erased even with time.

3) Exaggerate the number of items: While associating two items, whenever possible exaggerate the number of items involved. E.g. If there are 5; make it 25.

MATH TRICK

Let us take two 2 digit numbers ending with 5 with a difference of 10. E.g. 45 and 55. If we multiply 45 and 55; write 75 in the end as when two numbers ending with 5 with 10 difference is there; 75 comes in the end and the first digits are 4 and 5 of 45 and 55 so instead of multiplying 4 and 5; take the higher number 5 and add 1. It becomes 6; multiply 4 and 6 which is 24 and the answer is 2475.

Similarly take 125 and 135. Write 75 in the end and multiply 12 and 14 as 13 plus 1 is 14 and the answer of 12 times 14 is 168 and the answer is 16875.

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