

Copyright of this publication is vested in the WHJ Mayers Lodge of Research and the author, and anyone wishing to reproduce it in full or in part should first obtain permission from the Lodge Secretary.

The Lectern

Official publication of the

WHJ Mayers Lodge of Research



To Seek The Light of Knowledge

Volume 20 Issue 3

September 2011



R.W.Bro. W.H.J.Mayers was the first District G.M. of the District Grand Lodge of Carpentaria within the United Grand Lodge of Queensland

THE LECTERN is the official publication of.

W.H.J.MAYERS MEMORIAL LODGE OF RESEARCH

Holden under the Charter of Gregory Lodge No. 50H UGLQ

**AFFILIATE OF THE AUSTRALIA AND NEW ZEALAND
MASONIC RESEARCH COUNCIL**

Opinions expressed in this publication are not necessarily those of the Lodge as a whole or Freemasonry in General but are of the authors

THE RITUAL AND THE ART OF LEARNING AND MEMORIZING

A paper presented by V W Bro. Lyndon Brandt, Deputy District Grand Master, District Grand Lodge of Carpentaria in 2011.

The art of learning and memorizing the Ritual is a subject that concerns every Brother who strives for delivery excellence. To tell the story in the best way that you can often presents great difficulties, or on the other hand, exhilaration, for the deliverer.

We all know the feeling of insecurity, of not putting enough effort into the learning, but we also know the feeling of exhilaration when upon completion you feel as though you still go on, but the charge is over and you have been successful. A feeling of 'where did that go, that was short', that the charge should have been longer is also felt because you knew it so well and feel that your presentation was a masterful one.

The delivery of the charge is a matter of pride not only to the deliverer, to the Lodge and to your visitors. Everyone wants to see you do well. No one knows how hard you might have worked and yet you choose to present what is your knowledge of the charge to the candidate.

To be successful in this area is not easy for we are all made of different parts and we all either have a gift of remembering large pieces of Ritual or on the other hand no such gift exists. It is a gift to have it but if you, are like most of us, then you will be in the category that spend a very large amount of time being consumed by the effort that is needed to recall it.

You are not alone.

I have seen some absolutely splendid ritualists over my Masonic times. Brethren who you would think would have no hope at all in delivering large charges but it is those Brethren who always deliver in an outstanding fashion because they have found the time to put their efforts into it.

As the Craft is made up of all types of persons, coming from the professions, the trades and other backgrounds, it is the diversity of character that we see on display giving their all in a proper rendition of the Ritual. This is part of the magic of Freemasonry.

How do they recall it. Well as I have said earlier, some are merely blessed with the gift of recall, some with the photographic memories. It is those who

seem to read something twice and remember it forever, then there are those who settle down with the book and spend many hours reciting it so that it is imprinted on their minds ready for presentation on the day.

I see no mystery in learning and memorizing ritual. The first barrier is demystification, you might be thinking the charge seems long, it is complex or appears so, it has difficult or archaic language, it has some complex or abnormality of words and the accompanying feeling that you will never learn it. It is hard work, but what emanates from that work is a complete understanding of the words, thus the ceremony is more complete and better understood by the person learning it. A proper understanding is thus gained. The other advantage is that the more difficult or obscure words that are used become more familiar, thus, you accept the fact that you can remember what you are trying to learn.

The other added advantage of learning and memorizing the ritual is that Brethren become very familiar with the definitive style of the ritual together with its rhythms, patterns and meters.

A more correct and complete interpretation of the ceremonies is gained by a more thorough knowledge through familiarity, adds to one's enjoyment overall.

LEARNING

The setting of one's mind to learning the ritual is the first key to memorizing it. If you do not have the desire, then it will not happen. You must set aside some quiet time when your concentration levels are at your highest and then either recite it verbatim, saying the words aloud, if this is your method.

You may write the passage down or you might also write just the first letter of each word of the passages. This has been effective method in one of the very best ritualists that I have ever seen.

The individual choice is what works for you but there is no doubt that an amount of say 30 minutes daily would be what is required.

Of course you do not leave this until the last week prior to the meeting. There would be too much pressure to perform and failure is never too far away.

There is no easy road but determination, dedication and discipline will bring you a response that will have the Brethren in awe of your delivery and that joy that you will receive in delivering a masterful effort.

CONCENTRATION

You must find a place where you are content, with time and space being used to your advantage. You must put yourself in the correct frame of mind for the task at hand, and you need silence. Each of you will discover what you require to be successful in this area.

In essence you keep the matter in hand in the focus of one's consciousness and this area is one for the individual.

You may always use the same chair, the same area, be the same time of day, but it is imperative that it become a habit.

What at first seems difficult and complex upon the initial reading becomes less so when time and patience are applied. It is then that you know that you are winning.

METHOD

The exploration process commences, with familiarization as a primary factor as the whole, it begins to take shape; you gain an understanding of phrases, words and usages.

My method is to read the passage aloud, about 5 times. Gain familiarity with the language, the tempo, and any of the more unfamiliar or difficult words that are in the passage. You might want to write the more obscure words down to assist. Learn their proper pronunciation.

After this is done, you will find that there are some small areas that will 'stick in your mind'. There may not be many but some will stick. You are starting to win. Homer, the author of the Iliad and the Odyssey, relied on repetition, rhythms and other patterns to recite his work from memory. Repeated readings aloud will enable you to get a picture of the whole charge in your mind to develop that sense of sequence and continuity.

I also try to remember where it is on the page that the extract part is that I have been learning. I find that when delivering charges, if I can recall this then it assists me in recalling without prompt.

In a short time it will be seen that somehow either miraculously or otherwise through dint of application, the ritual seems to become alive, and familiarity sets in.

One must learn carefully and exactly for if something is learned incorrectly then it is a waste of time and you will be disappointed yourself. You do want to alter the intended meaning of the words.

I always start by reading the charge right through, but in the initial stage, I take a short passage that makes sense, one that is punctuated properly, and learn it to a point of familiarity. I might even change the punctuation to make it read correctly. I do not necessarily learn the charge to completion but I know the essential ingredients. I then go to the next part and the next part etc thus after some time then putting all the components of the charge together into the whole item seeking sense from the works.

It is a wise thing to go over the passage from commencement to end because you will find that you will substitute your words meaning the same thing as the passage, for certain other words in the passage. They might well mean the same but they are not the printed Ritual. In any case the repetition will give you a further means of learning the work.

It has been said that you should never learn it in isolated blocks. I believe that you have to make sense of what you are learning for it to stay in your memory.

I use the recall of where certain areas are printed in the Ritual Book to assist my familiarity in this area. I place in my mind's eye exactly where the passage on the page of the Ritual is eg half way down the page etc.

A journalist named Joshua Foer has just published 'Moonwalking with Einstein – The Art and Science of Remembering Everything'. In this book he states that we no longer need to remember telephone numbers, our mobile phones do that for us, addresses, we have computers that store electronic addresses, we don't need to bother with multiplication tables, pocket calculators or your mobile phone will do that for you, Museums, photographs the digital media and books act as store houses that were once internalized.

This sort of example results in society no longer being able to remember those lengthy poems, bush poems of extraordinary feats of memory and tales, we are quite simply forgetting how to remember.

Foer's book outlines methods to be used in mastering the art of memorizing long strings of names, numbers, faces and the like.

He calls the process 'elaborative encoding' which involves converting information such as a shopping list into a 'series of engrossing images'.

If you want to remember some household objects then visualize them in an unforgettable manner. Start by creating an image of gherkins standing in a

garden. Next to it imagine a giant tub of cottage cheese - the size of an indoor pool - and then picture Lady Gaga swimming in to. And so on. Each image should be as bizarre and memorable as possible.

REFERENCE TO RITUAL

You will not be able to resist hearing yourself once you have commenced. If you get stuck on a word or forget a passage, refer back to the Ritual rather than thinking you are right. You do not need to learn a perpetuation of errors, your time is too important for this.

Read the charge through; see how you go but the reference to the written word will soon tell you where you are with it.

You will never learn a passage of ritual in just one sitting or a number of sittings unless you are someone very special. Needless to say that at meetings the ritual is never available for you to look at in any case, it will be in the hands of the prompter.

Speak to the prompter and discuss what you are going to do to attract his attention should you need assistance. You might just look at him, you might just say, 'prompt'. Advise him prior to the Ceremony that you might only need a word, or that you might only need a phrase of some 3 to 4 words of a particular passage. Tell him not to give you the whole paragraph thus taking away from your delivery.

TIME IS REQUIRED

You have to know when 'enough is enough'. On any given day your mind will get tired and no matter how you force the situation, you will not remember what you have just attempted.

It is a fact that when we are at rest our sub-conscious minds are still at work and should be given an opportunity to consolidate what has been learned.

I take the view that this is an effective method of retention. Never cram, it only adds to your stress levels and usually you cannot retain the work anyway.

Remember that a Proper Preparation Prevents a Poor Performance.

Fatigue is a factor which is never far away, and it is always best to start a passage of Ritual far enough ahead of the actual Ceremony to allow adequate rest and refresh periods to rejuvenate your attitude and mindset.

Proper planning of the attack on the Ritual is just as important as the learning of it, e. g. if you know you will be nominated for the Master's position for the forth-coming year, then see your Director of Ceremonies or your allotted Assistant District Grand Superintendent of Workings and he will be glad to advise you on your parts to be learned. If that is complied with, then there is every chance of a smooth transition and you will know your work as you should.

It has been said that material learned over a period of time is actually learned more easily and is retained more thoroughly.

One has to have a very understanding wife or partner, not forgetting the children. Interruptions are always there but you must find the best time. So, Brethren be very kind to your family. They will then see that Freemasonry really means something to you and that your Ritual is important and you might be, even more loved and respected in family circles.

I have found that frequent revision is a must. Once you know the charge you will have no trouble recalling it and always deliver it aloud.

DELIVERY

Having mastered the charge, the next point to be considered is the delivery in Lodge. You will have had a minimum of 2 practises so all Lodge Brethren will be familiar with your style.

The other factor is the effect on the listeners. Nervousness is always there, but remember your clarity of voice, your diction, your eye contact, your positiveness, your hand movement and your speech will be measured by your colleagues and you have to conquer these aspects.

There are perhaps Five Levels in the Art of Learning and Memorizing Ritual

LEVEL ONE

You know the charge well enough to paraphrase it but there is a complete lack of precision.

LEVEL TWO

You know the words pretty well but some odd phrases and words still cause hesitation.

LEVEL THREE

You know all the words, and if you concentrate very well, you will get them right most times, but slips still occur if your attention wanders or if you get distractions.

LEVEL FOUR

You know the words exactly and rarely slip up by using the wrong word, There is still some work to do on imparting the correct emphasis and meaning during delivery.

LEVEL FIVE

The charge is known very well, no trouble in conveying the meaning and tenor of the story. You are now 'pause, word, phrase, meaning and import' perfect.

TOTAL RECALL

King Cyrus (c. 600 BC or 576 BC–530 BC), also known as Cyrus II or Cyrus of Persia, was the founder of the Persian Empire under the Achaemenid dynasty, could recall all of the names of the soldiers in his Army.

Lucius Scipio, born 2nd century BC-abt. 183 BC was a Roman General and statesman, knew the names of the whole Roman Empire.

The storage capacity of the brain is virtually limitless - the estimated number of patterns nerve cells could form is 1 followed by 800 zeros.

Goldfish can retain memories that last up to 3 months.

The elephant has the longest memory or any member of the animal kingdom and can even remember where other elephants died.

A man named Ben Pridmore from Derby is World Memory Champion – memorizing the order of a shuffled deck of cards in 24.68 seconds. He can memorize the precise order of 1528 random digits in an hour and any poem handed to him.

Mahan Dulai 11 years of age is the United Kingdom's junior Memory Champion memorizing 31 numbers, 40 faces, and 44 random words in 5 minutes.

The Sinclair ZX8i computer went on sale 30 years ago, had 1KB of memory. You would need 50000 of them to run iTunes.

The average person is believed to have 70000 thoughts a day.

FINALY

The Art of memory is credited to the ancient Greek poet Simonides, or Simonides of Ceos (c. 556 BC-468 BC) was a Greek lyric poet, who was perfectly able to recall the scene in a banquet hall moments before the roof collapsed, simply by reviewing it in his mind's eye.

The method of 'loci' assigns distinctive images to anything one wants to remember, placing the images in familiar rooms or buildings. Recalling, then, becomes a matter of travelling through those locations, or 'memory palaces' and noting the images assembled there.

There is a great responsibility placed upon all of us to perform the Ritual with due credit. One is always on display and one knows when a good or bad job is done.

It is our goal, or ought to be, to always deliver Ritual work of a very high quality thus enhancing the Ceremonies, impressing the Candidate, the Representatives at an Installation but also yourself in having the pride and complete satisfaction that you have performed it so well.

Grand and District Grand Officers are under the same strict obligations to perform the Ritual only with the highest standards in view as you can be

assured that ‘there will be talk’ as to the performance or the lack of it, if it is not done to a very high standard and why would you embarrass yourself with a poorly delivered charge.

Surveys of our younger generations have revealed that the rote learning and delivery of Ritual should not be changed but become more entrenched as part of Freemasonry. I leave that statement for you to ponder.

It is true that our society has changed so very much over the years but the true tenets and principles of the Craft have never changed and ritual delivery is seen as being one of the established landmarks of our Order.

The delivery of Ritual is one of those landmarks which has stood the Craft apart over many centuries from the other societies, and as Freemasons it is our duty to accept the challenge of learning and memorizing, thus our philosophies and learning are expounded in a most regular and proper manner.

Brethren, such of these are my thoughts, from my years of learning and memorizing, there is no easy way except through time, perseverance and general hard work. I hope these words encourage your efforts, sustain your hopes, and reveal a true inner strength that just maybe, you didn’t know you had.

Good Luck at all times. Lyndon Brandt Deputy District Grand Master
2011

In the light of VW Bro Brandt’s lecture I thought it appropriate to include in this Lectern the following which is taken from a paper written on the HelpGuide website by.

Melinda Smith, M.A., and Lawrence Robinson. Last updated: June 2011

How to Improve Your Memory

If our brains were computers, we’d simply add a chip to upgrade our memory. The human brain, however, is more complex than even the most advanced machine, so improving our memory isn’t quite so easy. Just as it takes effort to build physical fitness, so too does boosting brain power.

A strong memory depends on the health and vitality of your brain. Whether you’re a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your grey matter as you age, there are lots of things you can do to improve your memory and mental performance. Read on for some of the most promising ways to keep your mind and memory in top form.

Harnessing the power of your brain. How memory works

They say that you can't teach old dog new tricks, but when it comes to the brain, scientists have discovered that this old adage simply isn't true. The human brain has an astonishing ability to adapt and change—even into old age. This ability is known as *neuroplasticity*. With the right stimulation, your brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways. The brain's incredible ability to reshape itself holds true when it comes to learning and memory. You can harness the natural power of neuroplasticity to increase your cognitive abilities, enhance your ability to learn new information, and improve your memory.

Improving memory tip 1: Don't skimp on exercise or sleep

Just as an athlete relies on sleep and a nutrition-packed diet to perform his or her best, your ability to remember increases when you nurture your brain with a good diet and other healthy habits.

When you exercise the body, you exercise the brain

Treating your body well can enhance your ability to process and recall information. Physical exercise increases oxygen to your brain and reduces the risk for disorders that lead to memory loss, such as diabetes and cardiovascular disease. Exercise may also enhance the effects of helpful brain chemicals and protect brain cells.

Improve your memory by sleeping on it

When you're sleep deprived, your brain can't operate at full capacity. Creativity, problem-solving abilities, and critical thinking skills are compromised. Whether you're studying, working, or trying to juggle life's many demands, sleep deprivation is a recipe for disaster.

But sleep is critical to learning and memory in an even more fundamental way. Research shows that sleep is necessary for memory consolidation, with the key memory-enhancing activity occurring during the deepest stages of sleep.

Improving memory tip 2: Make time for friends and fun

When you think of ways to improve memory, do you think of "serious" activities such as wrestling with the New York Times crossword puzzle or mastering chess strategy or do more light hearted pastimes—hanging out with friends or enjoying a funny movie—come to mind? If you're like most of us, it's probably the former. But countless studies show that a life that's full of friends and fun comes with cognitive benefits.

Healthy relationships: the ultimate memory booster?

Humans are highly social animals. We're not meant to thrive in isolation. Relationships stimulate our brains—in fact, interacting with others may be the best kind of brain exercise.

Research shows that having meaningful relationships and a strong support system are vital not only to emotional health, but brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline. There are many ways to start taking advantage of the brain and memory-boosting benefits of socializing. Volunteer, join a club, make it a point to see friends more often, or reach out over the phone. And if a human isn't handy, don't overlook the value of a pet—especially the highly-social dog.

Laughter is good for your brain

You've heard that laughter is the best medicine, and that holds true for the brain as well as the body. Unlike emotional responses, which are limited to specific areas of the brain, laughter involves multiple regions across the whole brain.

Furthermore, listening to jokes and working out punch lines activates areas of the brain vital to learning and creativity. As psychologist Daniel Goleman notes in his book *Emotional Intelligence*, “laughter...seems to help people think more broadly and associate more freely.”

Looking for ways to bring more laughter in your life? Start with these basics:

Laugh at yourself. Share your embarrassing moments. The best way to take ourselves less seriously is talk about times when we took ourselves too seriously.

When you hear laughter, move toward it. Most of the time, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, “What's funny?”

Spend time with fun, playful people. These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.

Pay attention to children and emulate them. They are the experts on playing, taking life lightly, and laughing.

Improving memory tip 3: Keep stress in check

Stress is one of the brain's worst enemies. Over time, if left unchecked, chronic stress destroys brain cells and damages the hippocampus, the region

of the brain involved in the formation of new memories and the retrieval of old ones.

The stress-busting, brain-boosting benefits of meditation

The scientific evidence for the mental health benefits of meditation continues to pile up. Studies show that meditation helps improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high blood pressure. Meditation also can improve focus, concentration, creativity, and learning and reasoning skills.

Meditation works its “magic” by changing the actual brain. Brain images show that regular meditators have more activity in the left prefrontal cortex, an area of the brain associated with feelings of joy and equanimity. Meditation also increases the thickness of the cerebral cortex and encourages more connections between brain cells—all of which increases mental sharpness and memory ability.

Get depression in check

In addition to stress, depression takes a heavy toll on the brain. In fact, some of the symptoms of depression include difficulty concentrating, making decisions, and remembering things. If you are mentally sluggish because of depression, seeking treatment will make a big difference in your cognitive abilities, including memory.

Improving memory tip 4: Bulk up on brain-boosting foods

Just as the body needs fuel, so does the brain. You probably know already that a diet based on fruits, vegetables, whole grains, and “healthy” fats will provide lots of health benefits, but such a diet can also improve memory. But for brain health, it’s not just what you eat—it’s also what you don’t eat. The following nutritional tips will help boost your brainpower and reduce your risk of dementia.

Get your omega-3s. More and more evidence indicates that omega-3 fatty acids are particularly beneficial for brain health. Fish is a particularly rich source of omega-3, especially cold water “fatty fish” such as salmon, tuna, halibut, trout, mackerel, sardines, and herring. In addition to boosting brainpower, eating fish may also lower your risk of developing Alzheimer’s disease. **If you’re not a fan of fish, consider turning to fish oil supplements.** Other non-fish sources of omega-3s include walnuts, ground flaxseed, flaxseed oil, pumpkin seeds, and soybeans.

Limit saturated fat. Research shows that diets high in saturated fat increase your risk of dementia and impair concentration and memory. The primary sources of saturated fat are animal products: red meat, whole milk, butter, cheese, sour cream, and ice cream.

Eat more fruit and vegetables. Produce is packed with antioxidants, substances that protect your brain cells from damage. Colourful fruits and vegetables are particularly good antioxidant super food sources. Try leafy green vegetables such as spinach, broccoli, romaine lettuce, Swiss chard, and arugula, and fruit such as apricots, mangoes, cantaloupe, and watermelon.

Drink wine (or grape juice) in moderation. Keeping your alcohol consumption in check is key, since alcohol kills brain cells. But in moderation (around 1 glass a day for women; 2 for men), alcohol may actually improve memory and cognition. Red wine appears to be the best option, as it is rich in resveratrol, a flavonoid that boosts blood flow in the brain and reduces the risk of Alzheimer's disease. Other resveratrol-packed options include grape juice, cranberry juice, fresh grapes and berries, and peanuts.

For mental energy, choose complex carbohydrates.

Just as a race car needs gas, your brain needs fuel to perform at its best. When you need to be at the top of your mental game, carbohydrates can keep you going. But the type of carb you choose makes all the difference. Carbohydrates fuel your brain, but simple carbs (sugar, white bread, refined grains) give a quick boost followed by an equally rapid crash. For energy that lasts, choose complex carbohydrates such as whole-wheat bread, brown rice, oatmeal, high-fiber cereal, lentils, and whole beans.

Improving memory tip 5: Give your brain a workout

By the time you've reached adulthood, your brain has developed millions of neural pathways that help you process information quickly, solve familiar problems, and execute familiar tasks with a minimum of mental effort. But if you always stick to these well-worn paths, you aren't giving your brain the stimulation it needs to keep growing and developing. You have to shake things up from time to time!

Memory, like muscular strength, requires you to "use it or lose it." The more you work out your brain, the better you'll be able to process and remember information. The best brain exercising activities break your routine and challenge you to use and develop new brain pathways. The activity can be virtually anything, so long as it meets the following three criteria:

1. It's new. No matter how intellectually demanding the activity, if it's something you're already good at, it's not a good brain exercise. The activity needs to be something that's unfamiliar and out of your comfort zone.

2. It's challenging. Anything that takes some mental effort and expands your knowledge will work. Examples include learning a new language, instrument, or sport, or tackling a challenging crossword or Sudoku puzzle.

3. It's fun. The more interested and engaged you are in the activity, the more likely you'll be to continue doing it and the greater the benefits you'll experience. The activity should be challenging, yes, but not so difficult or unpleasant that you dread doing it. Use mnemonic devices to make memorization easier. Mnemonics (the initial "m" is silent) are clues of any kind that help us remember something, usually by helping us associate the information we want to remember with a visual image, a sentence, or a word.

Tips for enhancing your ability to learn and remember

Pay attention. You can't remember something if you never learned it, and you can't learn something—that is, encode it into your brain—if you don't pay enough attention to it. It takes about eight seconds of intense focus to process a piece of information into your memory. If you're easily distracted, pick a quiet place where you won't be interrupted.

Involve as many senses as possible. Try to relate information to colours, textures, smells and tastes. The physical act of rewriting information can help imprint it onto your brain. Even if you're a visual learner, read out loud what you want to remember. If you can recite it rhythmically, even better.

Relate information to what you already know. Connect new data to information you already remember, whether it's new material that builds on previous knowledge, or something as simple as an address of someone who lives on a street where you already know someone.

For more complex material, focus on understanding basic ideas rather than memorizing isolated details. Practice explaining the ideas to someone else in your own words.

Rehearse information you've already learned. Review what you've learned the same day you learn it, and at intervals thereafter. This "spaced rehearsal" is more effective than cramming, especially for retaining what you've learned.

Mnemonic device	Technique	Example
Visual image	Associate a visual image with a word or name to help you remember them better. Positive, pleasant images that are vivid, colourful, and three-dimensional will be easier to remember.	To remember the name Rosa Parks and what she's known for, picture a woman sitting on a park bench surrounded by roses, waiting as her bus pulls up.
Acrostic (or sentence)	Make up a sentence in which the first letter of each word is part of or represents the initial of what you want to remember.	The sentence "Every good boy does fine" to memorize the lines of the treble clef, representing the notes E, G, B, D, and F.
Acronym	An acronym is a word that is made up by taking the first letters of all the key words or ideas you need to remember and creating a new word out of them.	The word "HOMES" to remember the names of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.
Rhymes and alliteration	Rhymes, alliteration (a repeating sound or syllable), and even jokes are a memorable way to remember more mundane facts and figures.	The rhyme "Thirty days hath September, April, June, and November" to remember the months of the year with only 30 days in them.
Chunking	Chunking breaks a long list of numbers or other types of information into smaller, more manageable chunks.	Remembering a 10-digit phone number by breaking it down into three sets of numbers: 555-867-5309 (as opposed to 5558675309).
Method of loci	Imagine placing the items you want to remember along a route you know well or in specific locations in a familiar room or building.	For a shopping list, imagine bananas in the entryway to your home, a puddle of milk in the middle of the sofa, eggs going up the stairs, and bread on your bed.