

Hello, I'm Kate D'Ore, I'm here to tell you about the 4th of 5 basic memorizing techniques and how to apply it.

To recap numbering is a form of loci. It will give your mind an image for a number which you will conjure up when you want to recall a listed piece of information. In the last episode we looked at how the shape of numbers can create images in the imagination. In this episode we use a system that we learned as young children – the rhyming system which relies on the sound of the numbers to give us an image e.g. one, sun, two shoe three tree.

Our brain loves rhymes, and the rhyming system goes up to 20, although it is less well remembered beyond 10. I will give you all 20 at the end of the transcript, but here we will just concentrate on the first 10 and attach them to the 10 highest mountains in the world. The challenge is an exercise in remembering unfamiliar names as most of the mountains are not well known. If you have no interest in learning these mountains remember that what is important is the exercise of your imagination in creating images for unknown words, which you can then apply to other subjects and especially a foreign language.

Here are the numbers and suggested images. Find a quiet place, relax and create your pictures.

1. ONE-BUN, gun, fun (a fun fair)
2. TWO-SHOE: Pooh (Winnie), loo, poo (vulgar does work in memory)
3. THREE-TREE: any season, any type of tree. Climb it, sit under it, hang stuff on the branches.
4. FOUR-DOOR: anything can be behind it when it is opened.
5. FIVE-HIVE: Honeycomb, bees, see, smell, taste and touch the honey.

6. SIX-STICKS: chop sticks, drumsticks, throw one for the dog, put on a fire, use to play a game.

7. SEVEN-HEAVEN: angels and fluffy clouds. Angel Delight.

8. EIGHT-GATE: sit on it open it, see through it, go through it.

9. NINE-LINE, WINE: a washing line, peg things on it, tie up something, race to the finishing line.

10. TEN-HEN: see her, feel her, and hear her! Where does she nest or lay her eggs?

Now a few general facts. The more you know about a subject, the easier it is to be interested in it and plant it in your memory. Of the ten highest mountains. All are in the Himalayas apart from K2 which is in the Karakoram Range in Pakistan.

It worth remembering that the highest mountain in the world is Mauna Loa on the island of Hawaii. Only about 4100m of Mauna Loa are above sea level but measured from its true base on the bottom of the ocean, in the Hawaiian Trough, the total height exceeds that of Everest by over 3/4 of a mile.

The Himalayas span 4 countries and if you wish to remember these too, create a stereotype image to add to your mental picture of the mountain.

The countries are:

TIBET (CHINA) - Use a Buddhist monk with their distinctive saffron robes.

NEPAL - sounds like nipple: the word used for the rubber teat on a baby's bottle, or if you are not too squeamish someone with a ring through their nipple. The image makes me feel quite queasy, but it is certainly memorable. Otherwise, perhaps you could use a Sherpa.

INDIA - a woman in a sari or a man in a Sikhs' turban.

PAKISTAN - someone wearing a parka jacket with a fur lined hood

CHINA - a Chinese dragon or maybe the Great Wall

Add these stereotypes to the appropriate mountains if you wish.

1. EVEREST Tibet/Nepal.

Most people will have no difficulty in remembering that Everest is the highest mountain in the world but if the name does escape you, the image for 1 is 1- SUN or BUN, GUN - so think of the sun shining through an Everest window - it is so hot that it cracks the glass, or shoot a gun at it or throw a bun through.

2. K2 or GODWIN- AUSTEN Pakistan/China

(Called K because it was one of the two highest peaks surveyed in the Karakoram Range).

2- SHOE - God and Jane Austen pouring 'Special K' with that distinctive red K on the packet into a shoe while breakfasting on a mountain. Give them both fur-lined parkers to remind yourself that this is the only mountain that is not in the Himalayas.

3. KANGCHENJUNGA India/Nepal

Pronounced KUNG CHUN JUNGA

Picture 3- a TREE – then break the word up:

A KUNG Fu warrior is fighting with his CHUm (friend) in the TREE tops of a JUNGle.

You will need an image for a chum. Make it a good one as it also represents 63 in the Major System. I use an old school friend. I have not seen her recently, but it always works, perhaps because we have been chums for over sixty-five years.

Look for useful connections to help your brain. The fact that 3 is represented by tree and the end of the word sounds like jungle will help you remember.

4. LHOTSE China/Nepal

Pronounced LOET SAY

4- DOOR - Break the word up:

LO - limbo dancing (how LOW can you go?), LOis Lane (Superman's girlfriend), Sweet and LOW, add in the song Swing LOW.

ET - eat

SAY - Leo SAYer, Alexei SAYle, SAIL on the SEA (we have used an image of a sail for SAY before – so it might be a good image for your glossary).

Superman burst through the door carrying LOis. They EAT on board a SAIL boat.

5. MAKALU Tibet/Nepal

Pronounced MACK A LOO

5 - HIVE – Lee Mack or a man in a MAC is chased by bees into a LOO, or the bees 'make a loo'.

6 CHO OYU Tibet/Nepal

Pronounced CHO O YOU

6- STICKS

CHew on a pOIO stick and play polo with ewes (female sheep) as mounts.. Another image is the whole game being played by sheep. Fixing in your head the image of a sheep to represents the sound U will be particularly useful later too, as will a Polo mint for an O sound.

7. DHAULAGIRI Nepal.

Pronounced DOWLER GEER EE

7 - HEAVEN. Again, break the word up:

DOW - Dowler - sounds like Dowser who is somebody who uses a divining rod to discover water and divine ties in with 7 heaven.

GEAR - gears, gear stick, 'Top Gear', Richard Gere.

EE - 'Eee!', exclamation (Daphne in Frazier), eye. You will need an image for the 'ee' sound for later use, especially if you intend to use memory techniques to help you learn text word for word.

You could also use an image of a Gary for Geeree. Gary from 'Men behaving Badly' or Gary Cooper.

Picture heaven and a Gary dowsing in the clouds

8. MANASLU Nepal.

Pronounced MAN AS LOO

8 - GATE - MAN AS a LOO (think Halloween costume) walks through a gate.

9. NANGA PABAT Pakistan.

Pronounced NAN GA PA BAT

9 - LINE

NAN takes GArdening gloves from the washing LINE or you might prefer an image of Nan pegging a Manga comics on the line. She then bowls to PA who BATs.

10. ANNAPURNA Nepal.

Pronounced ANNA PUR NAH

10 - HEN – A hen nest on the lap of Anna, someone you know called ANNA or anyone famous (Anna Kournikova, tennis player, Anna Pavlova, ballet dancer, Anna and the King of Siam). A cat jumps up and chases off the hen. Anna strokes the cat who PURs while Anna eats a banaNA . That 'na' sound comes up often in words and so I always use a banana for it,

but you might prefer the "Nah Nah Nah" song by the American rapper Kanye West.

This last is rather easy for me as I once had a delightful cat called Anna. She was a wonderful mother (very much, 'the mother who feeds' which is the meaning of the mountain's name). She was also exceptionally good natured, so purring came naturally to her. She was too indolent to chase our hens but when she was old and dozing by the Aga, the canary flew straight into her mouth. I would like to say that the shock killed them both, by that would be hyperbole. It did do for the poor canary, but Anna passed peacefully away a few years later, while still snoozing by the aga.

With all the foreign names, that was not the easiest test, but I hope with this collection of facts about the world you have discovered the thrill when images float up into your brain to help you come up with an answer. The good news is that you can apply these techniques to anything that you need to know or that interests you - exams, general knowledge, specific subjects, learning by heart and foreign languages.

The bad news is that without a systematic review schedule which I will cover in a later podcast you will lose this newly acquired knowledge. However, when done properly, review does not take long and with mind maps, it can be fun, and drawing is very good for the memory.

So, use it or lose it. Next episode is the very last technique, the Major System, and then you will have all the tools you need to remember anything. Goodbye till then.

As promised:

11 – football team, Devon (cream tea)

12 – delve (as in dig and delve), elf

13 – hurting (someone bandaged and on crutches)

14 – courting (lovers)

15 – lifting (weight lifter)

16 – kitchen

17 – leavening (dough rising, bread)

18 – waiting (queue, waiting room)

19 – pining (pineapple, pine trees, 19th hole/golf)

20 – empty (my plate's empty)