

Building a Perfect Memory and Recall #LA002

Go ahead now and take a deep breath in and then let the breath out with a sigh. Concentrate your attention on my voice and allow your mind to resonate with each word that is being uttered. This process of this tape is to increase your memory and recall of information, in fact building a perfect memory and recall for you. So as you listen to my voice, your inner mind is going to begin a process of making corrections to information as it flows freely into your mind through your thoughts and to become a part of your body's awareness.

So whether you're taking a test or having a casual conversation, you will know that you know, and any negative thoughts, any negative concepts, any negative beliefs that stand between who you are now and what you are going to be learning will simply dissolve. They will dissipate and melt away, freeing your incredible mind to build a perfect memory and recall. For you learning will be fun, exciting and positive, and all you need to do is breathe. So breathe in deeply again and breathe out completely, realizing that the brain is using 85 per cent of the body's energy. And as the brain uses that amount of energy, you are going to begin to use it to benefit you, benefiting your mind and body, creating results in life that you can verify by testing situations.

Feel your awareness of relaxation as that part of your mind that remembers perfectly your heartbeat begins to join in on the process. Notice the rhythmic, natural action of your heart as it resonates relaxation to the tips of the fingers, to the ends of the toes, and the body and the mind synchronize.

Your thoughts become well organized and every day it gets easier and simpler and more natural for you to learn. Learning for you will be easy and natural. Like the sun shining brightly on the earth itself, so too information will shine brightly into your subconscious mind for perfect recall upon awakening. Whatever courses you're attending, whatever classroom experiences you are participating in, the information will be categorized, organized for perfect utilization for you upon awakening. Whether you're reading a book or listening to a lecture, your mind and body will synchronize, your thoughts becoming well organized.

Relax the arms and legs. Feel the body relax as you notice a slight pulsation in the tips of the fingers, in the ends of the toes, and you begin to understand differently now how the body works. Your body, working perfectly, will guide you and direct you into a knowing. There is a part of your mind that knows everything that you need to know. It knows it simply because that's what it does, the same way it knows how you breathe. One set of muscles is helping you to breathe in while the body itself naturally allows you to breathe out. Your mind and body know exactly what you need to see. So allow your inner awareness of information to expand in and your inner mind to get better and better at recall. Perfect images, perfect sequence, and perfect order. Each time you relax comfortably, feeling your body sink gently into the surface you are resting upon, and you become less and less aware of the stresses and constraints and confusion of your outer world while you begin to clean up your inner world.

Imagine the opportunity of your mind being like your home. In the same way that you walk through the rooms of your home, I want you to walk through the halls of consciousness in your own mind. Imagine in the same way that you would clean each room you're now cleaning

the resources, skills and abilities of your own mind. By cleaning each skill, by honing each resource, by creating the ability to know that you know, you will build a perfect memory and recall. And every day, in every way, your recall and will only gets better, better, better and better than the day before.

Comfortably, now, take a deep breath in, holding the breath for the mental count of three, letting the breath out with a sigh, shifting your awareness down to the feet and ankles, noticing the feet and the ankles going loose, comfortably limp, completely and totally relaxed. So relaxed and comfortable that you are willing to open your mind to the possibility that for you there are even greater possibilities, that you will remember everything you see, you will remember everything you hear, you will remember everything that you experience perfectly. So perfectly, so naturally, so automatically, that during testing situations, during life experiences, whether you are on the job or in school, you will find your mind working so perfectly. It will be as a sponge absorbing water and squeezing that information back out into your life experience when and where you need it the most. So freely, so naturally, so automatically will you change what you can that when you are studying or when you are in the classroom or when you need to remember something the most, you will selectively allow all other information to dissolve.

Your focus, your attention and your concentration will only get better. Your attention to detail will surprise you. You will be amazed at how easy it is for you to remember names, dates, and information about people or classroom information. You will be amazed at how natural it is for your subconscious mind to organize and activate your genius.

Now, your genius is a part of you that continues with a genuine, positive attitude. So deep inside there is a part of your mind that continues your heartbeat. It continues your breathing and the rebuilding of your body at a rate of fifty million cells per second. That part of you is far greater than your conscious mind. It is far greater than your conscious thoughts. It is that part of your mind that we are speaking to and with during this hypnotic process.

So the hands begin to relax deeper than before, so comfortably that while you're in the classroom, your awareness will be on what's being said or perhaps the material you're reading or the task or the assignment that you find yourself and you meld with the information so comfortably, so confidently, that everything that your instructor knows you know. Everything that's written in the book is imprinted directly into your subconscious mind for perfect recall. The legs and the arms begin to respond, and each time that you listen to this hypnotic message you will increase your ability to learn, to remember and to recall information. Each time you will be willing to expand your mind, embrace new thoughts, new attitudes and new beliefs, and create changes, which are positive, dynamic and productive for you.

Only you know how all of this information is going to benefit you. So today, as you create the benefits in your mind, as you create the benefits in your thoughts, you imagine walking through your home again, this time noticing how you are organizing your life by organizing your personal space, organizing it in such a wonderful and positive way that everything has its place and everything is in its place. You will pay attention to detail; such detail that when you leave your home, when you return, before you walk into a room, you will begin to practice this memory system. You will imagine exactly how you left your room, and if anything is out of place, you will recognize it. You will notice it because you are expanding you mind. You are

embracing new thoughts. You are allowing possibility thinking that for you there's the possibility that there are greater possibilities in your life.

As the chest and back begins to relax and the inner organs ever continue to respond in a healthy, wonderful and loving way, you will find that your ability to learn, comprehend and understand information will only get better. Even now that small, still voice of wisdom that tells you that you know that you know is becoming stronger, stronger and more powerful, and any old negative thought, any old negative concept, any old negative belief, is being cast from your mind, dissolved generally from your thoughts, effortlessly removed from this day forward from your body's awareness. You will always know that you know. In the same way that you know your name, there is a feeling, there is a sensation, and there is a realization that you know, and that's your perfect memory. It will grow like a seed being planted in the fertile soil. And each suggestion being planted in the fertile soil of your subconscious mind is sprouting forth into behaviors, attitudes and beliefs that will awaken your genius.

So the letter E in genius represents enthusiasm. You will find it natural to be enthused about whatever course material you are reading. Even the most boring material for others will become exciting and dynamic for you. As you read the material or listen to the lecture, your mind will respond like a child hearing the most beautiful music they have ever heard. Your mind will remember it in perfect sequence, in perfect order, when necessary.

You are on a need to know basis from the universe, and everything you need to know you will know. It's easy and it's natural for you to know that you know, and each time your memory system will get better and better, finding that whether it's for tasks, whether it's for a job, whether it's just in your personal life, you will be amazed at how your intelligence is increasing. Today is a new day, a day filled with discovery, and you're discovering you. So as you discover you, you will notice the letter N in genius stands for nonstop energy, and whatever you need to do to construct a perfect memory, a perfect recall of information, your subconscious mind knows and has committed the time, energy and resources to steering it and establishing it. And the subconscious, once given a direct suggestion, will only continue on a path of success until the completion of that goal.

So all you need to do now is breathe and allow the success to flow freely into your mind and success to flow freely down through your thoughts, creating successful attitudes, creating successful concepts, creating successful beliefs that will follow you like shadows through the rest of your life. The energy, while learning, will only increase as you drink more and more water during the learning sequence. Your brain, a hydro engine, needs more water than you ever dreamed possible, more oxygen, so you will find that you are breathing through the learning experience, that it is natural for you to take a few deep, cleansing breaths and roll your shoulders back, feel your chin roll upward, and you are proud that you are using your mind, your most powerful asset, in the learning sequence. Your attitude about learning is only getting better. It is easier and more natural for you to study, to comprehend and remember, and remember each time better than the time before.

Notice how again you're walking through your home. You are taking care of business during the amount of your day and you're fine. It's easy and natural to pick up and to keep your space clean and neat and orderly as a direct reflection of your subconscious mind: Neat, clean

and orderly -- so neat, so clean and so orderly that you're amazed at how you enjoy the simplest tasks, how you enjoy the most productive behaviors, and how it is easy for you to develop the characteristics of a successful student by activating your own genius. It's natural to release stress. It's normal to remove worry. It's perfectly natural to increase your ability to retain information. Every day, in every way, you're getting better, because your memory is getting better with you.

Feel the shoulders, neck and head area relax, and soon, very soon indeed, you will have no awareness of the body; yet you will have great awareness, an inner awareness of the power of your own mind to produce results in your life, results that are positive, loving and dynamic, results that will convince you that you are a genius, that whatever you need to see, whatever you need to hear, whatever you need to experience, you have the resources within you. And a genius is someone who uses the talents, the skills and the abilities that they currently possess and moves them beyond their current level of existence.

So today you're approaching all problems from a different level, from a higher level of acceptance and a higher level of commitment to succeed, so today as you listen to my voice, you will understand the I in genius. It represents your imagination. Today I am going to ask you to imagine that you are projecting your mind into the future, that you are there and you've done it: You've developed a perfect memory and recall. Every piece of information you need to remember, you do it perfectly. Your focus, your concentration, only gets better, and you create selective states of awareness that allow you the freedom of information. Even around the most difficult people, even under the most stressful conditions, you have developed a perfect memory and recall system. It's easy and natural for you to remember information that is important for you -- important for testing situations, perhaps, or on the job.

You're amazed at how easy it is for you to wash away the strain and the confusion of the past and you accept your mind's perfect memory, your body's perfect recall, and you're allowing the free flow of information now from the subconscious mind, freely flowing into your thoughts, freely flowing into your attitudes, freely flowing into your beliefs, so that the days will seem as weeks and the weeks will seem as months, and each time that you use your imagination, it becomes simpler, easier and more natural for you to imagine success. After all, you're creating success thinking. Once learned, it will be a habit. You're creating the habit of success.

So you will allow the letter I in genius to represent unending drive to succeed. You will remember that you have that quality within you. You will direct your motivation and your awareness toward increasing all levels of learning. By removing all negative thoughts from your mind, removing all negative concepts you will have more memory to recall more information, information that you currently need, whether it's for tests or for a job situation. Each time that you enter into hypnosis you will find it easier and more natural to relax, easier to let go of the hands and the feet. Just let them go now. Feel them dissolve as you enter into the last stage of this memory system, this perfect memory and recall process.

As you remember, the letter S in genius stands for spontaneous, intuitive breakthrough. Today you're preparing your mind for a breakthrough. You no longer need be bound by the limitations of the past. Today you are going to freely flow into the future, where results happen naturally, spontaneously and automatically.

Now become unaware of the legs and arms and allow your mind to expand into all of the

directions that you might go upon awakening, the infinite number of ways you can succeed. As the hips and torso melt away, you relax with the current information from current books that you've read, from current lectures that you've attended. Whatever information you have currently in the last day and the last week and the last month experienced, imagine that you are refreshing this information so that it is stored, it's organized, with such perfect rhythm and sequence that upon awakening, if you need it, you will remember it. It is from here that I want you to plan your success one-day at a time. Planning success one day at a time, feel the success in your mind. Sense it. Feel it through your body, knowing that in a moment, as you relax completely, this process will come to an end. But as the process will come to an end soon, you will return fully back into the room.

Only when you notice that your body and mind have synchronized, all the internal connections have been made, and a foundation for true success has been established. And when you are willing to allow each suggestion to click into place so that whether you are in the classroom or on the job or having a casual conversation with a family member, you are remembering perfectly and naturally all information. So freely will it flow into your conscious mind that when you awaken today, your shoulders will roll back, your chin will roll upward, and you will build the sensation and feeling of self-confidence, self-esteem and inner worth, a feeling that allows you to do whatever needs to be done with greater excitement, with greater joy than you ever dreamed possible.

When you notice this process ends, then and only then will your eyes open. You will become wide awake, feeling fine and in perfect health, feeling better than ever before, knowing that each time that you close your eyes with the intention of going into hypnosis, you will go ten to one hundred times further inside, activating your perfect memory, activating your perfect recall of information.

So take all the time you need, and when your eyes open, you will be wide-awake, wide-awake, feeling fine and in perfect health. Feeling better than ever before, and this is so.