

## **Do-it-yourself Exercise "Improve your Memory"**

It's not only a matter of training but a matter of getting rid of some invisible barriers. You can handle them by doing this exercise in a fun way, alone or with someone.

Go through this list many times and answer the questions listed each time. Recall several incidents of any kind. This exercise can be done for hours. Use this list often.

### **It is always possible to improve one's memory!**

*Recall a time ...*

1. which really seems real to you.
2. when you felt real affinity for someone.
3. when someone was in good communication with you.
4. when you felt deep affinity for somebody else.
5. when you knew you were really communicating to somebody.
6. when several people agreed with you completely.
7. when you were in agreement with somebody else.
8. within the last two days when you felt affectionate.
9. in the last two days when somebody felt affection for you.
10. in the last two days when you were in good communication with someone.
11. in the last two days which really seems real to you.
12. in the last two days when you were in good communication with people.

Learn where pains are coming from! Auditing can eliminate pain.

*Erase or nullify the physical pain, the losses of a lifetime, and vitality returns.  
– L. Ron Hubbard*

**If you have any questions or need more information please contact us.**