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THE FOLLOWING CONDENSED SUMMARY COMES FROM DALE SWAIN.

ULTRA-RECALL I \*

UltRec utilizes the principle of "field or matrix regeneration", in which a particular memory is reactivated (recalled), not simply because an associated memory is reactivated (as in mnemonics), but because the entire field (scene) in which the particular memory is located is reactivated.

Unlike limited mnemonic "chaining" or "linking", in UltRec, "first line or element" memories are spontaneously recalled when the entire field is stimulated and memories may be recalled in any sequence.

ESSENTIALS

PPCF - Psycho-Physical Contextual Framing - produces a mental set or focus maximally conducive to strong imprinting and effective recall; PPCF serves as a mental set structuring device.

(1) Body Position - long known by memory researchers to be important to imprinting; an example would be of a retired military sergeant who couldn't remember his service number, he was then prompted to assume the "saluting position" of attention when he used to report to his commanding officer and suddenly the number popped up in his mind.

(2) Point Pressure - Tension and pressure are created at certain areas to provide physiological framing cues to be used in conjunction with linguistic cues to link mental and physical states.

(3) Linguistic Activator Signals (LAS) - sets of words selected as "framing activators/markers".

NATURE OF MEMORY

Memory is somewhat analogous to acupuncture; in acupuncture, "energy fields" interwine along various meridian lines and can be stimulated by needles, so in memory, "conceptual fields" interwine along certain framing borders which can be regenerated by physical and linguistic framing signals.

HOW TO SELECT LAS TERMS

(Instructions are for right-handers; left-handers do opposite with hands and feet) Step 1 - sit naturally and relax. Step 2 - turn left foot inward toward right foot, turn left palm upward. Step 3 - press toes on sole (pressure point) or, stand, bring shoulders back tightly to draw pressure on shoulder-blades, press thumb and forefinger of left hand together (pressure point).

To select your initial LAS, assume the seated Body Position and then relax, say to oneself, "there will occur to me after I get up, a nonsense syllable, which will signal the beginning of something important to be remembered. It will be my initial LAS for memory training; it will mean nothing to me in my language but will serve only as a memory marker." For example, "Fek" or "Noop".

Next, in a completely separate session, select the ending LAS, using the same method as above, but use "ending" instead of "beginning".

Lastly, in a final, separate session, select the middle LAS - it should end with a vowel, not a consonant.

Ideally, LAS terms should be chosen during hours when one's metabolic rate is the lowest. After each session, the appropriate LAS term should intuitively pop up in one's mind; if more than one pops up, chose the one you are the most comfortable with.

A memory-frame is partly a marked-out and identified time-span. It is mentally categorized in the brain as distinct from other unmarked experiences.

#### IMPRINTING

Assume seated Body Position; repeat initial LAS term to mark beginning of framing sequence; use toe pressure; repeat initial LAS term again. Start with watching ½ hour news programs or TV commentaries as practice sessions; at the start of program, activate initial LAS, then periodically, during the course of the program, apply pressure point tension and middle LAS term, then at the end of the program, initiate the end LAS term. This is similar to starting a motor in a car, keeping it going by pressing periodically on the gas pedal and then turning it off. (With sufficient practice, one will usually be able to discard the starting positions and just use the pressure point and linguistic signals). Next, go to 1 hour practice sessions reading books or magazines, then on to 2 hour sessions (movies are good for this) and finally to 3 hour or more sessions, (one may want to start with the standing Body Position here since one may be physically active).

#### RETRIEVAL

Step 1 - relax in same body position in which information you wish to recall was implanted; ideally should be done at low metabolic rate.

Step 2 - create muscular tension at pressure point.

Step 3 - repeat initial LAS and mentally visualize/re-create the original conditions under which the PPCF you wish to recall was recorded.

Step 4 - as associations begin to form and memories begin to "click", repeat middle LAS to activate or regenerate the mid-range of the sequence. With minimal practice you will regenerate entire sequences with practically total recall (more advanced techniques are used in UltRec II, where experiences are actually relived (not just recalled), e.g., sights, sounds, emotions, taste, touch, etc.).

Step 5 - after retrieving all you wish, simply close sequence using final LAS while focusing on pressure point and body position. This important step provides "closure" to complete the cycle and to reinforce PPCF as a completed structure. PPCF's not properly closed tend to fade and blend with other open-ended sequences; use same LAS terms for all time sequences.

Other Courses - Ultra-Recall II (available only with UltRec I); Meditation; and AssimiLearn - perhaps the most far-reaching discovery of ARA, can be used to develop any cognitive or motor skill, 50-80% or more increased learning rate.

\* Developed by a college professor/memory researcher with twenty-years experience. Consistent user-evaluation reports of 100-200% improvement in one week.

WILL 606 MEMBERS PLEASE LET ME KNOW WHAT RESULTS IF ANY THEY GET USING THIS METHOD, I WOULD LIKE TO KNOW.