



Hail Mary:

If a person looks straight up they are looking in an area that has them say to themselves "I can't believe..." also known as "consulting the virgin" because this is the eye position you would use in prayer or where your eyes go when you can't help by say "Oh, my lord or G-d!" This is why it has been named "Hail-Mary." It is located in a visual no man's land and usually where we store the ever changing present information.

Try this: Think about something lame that once happened to you. Where do your eyes go? This is what people access when they usually can't believe their experience - An OMG! moment.

If you are a dominantly visual person, you might try and place the objects (the visual information surrounding what you are trying to remember) you want to remember in this space. Then when you need the information look up in that spot to get all of it.



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