

Complimentation[®]
INTEGRATED
INSTITUTE
OF



DAY ONE

HOW *to* REMEMBER *to* FORGET WHAT YOU *don't* NEED *to know*.



PONDER

WHAT IS MEMORY?

WHAT FUNCTION DOES IT SERVE?

– WHERE IS MEMORY LOCATED?

– WHY DO WE HAVE MEMORIES?

– WHAT IS ‘FORGETTING’?

– CAN WE SHARE THE MEMORIES OF ANOTHER?

– HOW CAN MEMORY BE ‘IMPROVED’?

– ARE OUR MEMORIES OUR OWN?

– CAN WE REMEMBER EVERYTHING?



CONSIDER

WHAT WOULD HAVING NO MEMORY BE LIKE?

REGARDING ALL MEMORY AS FALSE

- WHERE IS MEMORY LOCATED?
- WHY DO WE HAVE MEMORIES?
- WHAT IS ‘OUR’ MEMORY?
- CAN WE DESTROY THE MEMORIES OF ANOTHER?
- WHAT DO MEMORIES FEEL?
- CAN WE GET RID OF MEMORIES?
- IF WE DON’T REMEMBER SOMETHING, DOES IT EXIST?



REFLECT

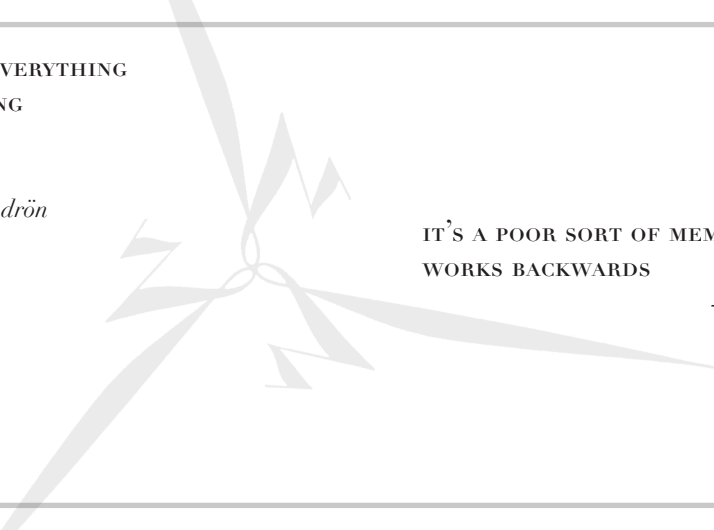
HOW DO YOU KNOW THAT YOU REMEMBER?

CAN YOU REMEMBER NOT REMEMBERING?

- THAT WE ARE VERY GOOD AT NOT FORGETTING TO REMEMBER WHAT WE DON'T NEED TO KNOW
- WE SHOULD REALLY BE REMEMBERING TO FORGET THAT WHICH WE DON'T NEED TO KNOW
- THAT MEMORIES ARE NOW?
- HOW WE TALK ABOUT MEMORIES IS HOW WE THINK OF THE WORLD
- BEFORE WE CAN TALK, WE REMEMBER NOTHING

PEOPLE WILL KNOW NOTHING AND EVERYTHING
REMEMBER NOTHING AND EVERYTHING
THINK NOTHING AND EVERYTHING
DO NOTHING AND EVERYTHING

- Machik Labdrön



IT'S A POOR SORT OF MEMORY THAT ONLY
WORKS BACKWARDS

- Lewis Carroll

THERE ARE LOTS OF PEOPLE WHO MISTAKE
THEIR IMAGINATION FOR THEIR MEMORY

- Josh Billings

21ST FEBRUARY 2015

