

Body Palace

Using the human body as a memory storage system

BODY PALACE

A 50-Loci Memory System

Head → Toe Encoding

HEAD & FACE

- ① Back of the neck
- ② Back of the skull
- ③ Crown
- ④ Forehead
- ⑤ Eyebrows
- ⑥ Eyes
- ⑦ Cheeks
- ⑧ Nasal bridge
- ⑨ Nostrils
- ⑩ Philtrum
- ⑪ Upper lip
- ⑫ Lower lip
- ⑬ Epiglottis
- ⑭ Tongue
- ⑮ Front teeth
- ⑯ Chin
- ⑰ Ears

NECK, ARMS & HANDS

- ⑱ Front of the neck
- ⑲ Shoulders
- ⑳ Delts
- ㉑ Forearm
- ㉒ Elbow
- ㉓ Lower arm
- ㉔ Wrist
- ㉕ Back of the hand
- ㉖ Knuckles
- ㉗ Palm
- ㉘ Pinky finger
- ㉙ Ring finger
- ㉚ Middle finger
- ㉛ Index finger
- ㉜ Thumb

TORSO

- ㉝ Upper back
- ㉞ Lower back
- ㉟ Chest
- ㊱ Nipples
- ㊲ Addomen
- ㊳ Belly button
- ㊴ Waist
- ㊵ Hips
- ㊶ Buttocks

LEGS & FEET

- ㊷ Upper legs
- ㊸ Knee
- ㊹ Back of the knee
- ㊺ Shins
- ㊻ Heel
- ㊼ Top of the foot
- ㊽ Sole
- ㊾ Big toe
- ㊿ Little toe

Lunika Memory Systems

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