

# Mind palace

It can be really hard to visualise some aspects of the knowledge we need, including the internal body cavities, the life cycles of parasites and the process of disease.

You may find building your own visual place to recall this information helps more than recalling words or pictures used in books.

Your mind palace can be whatever you need it to be all it needs is for you to be able to walk around it in your head. You can create sign posts, or coloured paths and different rooms for each thing you wish to learn.

If you wished to recall the passage of air through a cat from nares to arterioles it may help to picture you walking through the anatomy as different rooms such as the:

- Nasal cavity
  - Enter via the nares, either left or right and take care not to slip on the mucous membranes, the air will be cool and damp
  - Walk along the top of the hard palate
  - Crawl through the twisted nasal turbinates
  - Slide down the epiglottis to the pharynx
- Pharynx
  - You are in the nasopharynx but watch out for the bouncy castle that is the epiglottis sweeping you into the oropharynx
  - You have 5 possible exits
    - Back to the nasal chambers
    - Reverse into the mouth

- Head to the ear via the eustachian tubes
  - To the stomach via the oesophagus
  - To the lungs via the larynx into the trachea
- Trachea
    - You're in a tunnel as if you're a dog at agility. The tunnel is dark and ridged and a little flexible
    - As you get to the end of the tunnel you can go left or right to get the lungs – there is more room in the right lung but before you decide on your path consider what changes there are to your path
  - Bronchii, bronchioles and alveolar ducts
    - You must enter the smaller and more complete tunnel of the bronchii to progress
    - The space around you gets smaller and you are in the bronchioles and the rigidity of the space lessens
    - You keep choosing different smaller paths and end up in the smallest of spaces with an almost see through wall – you are in the alveoli at the very edge of the lung tissue
  - Lungs
    - In the lungs you will pass through the pulmonary membrane around the alveoli and be taken on a circuit of the body in some oxygenated blood