Search Wikipedia Search

Edit View history Tools >

mind confro

BASIC LECTURE SERIES

Read

(Top)

Biography

Technique

Skepticism

References

External links

See also





Silva Method 文A 11 languages ∨

Contents hide Article Talk

> The Silva Method is a self-help and meditation program developed by José Silva. It claims to increase an individual's abilities through relaxation, development of higher brain functions, and psychic abilities such as

> clairvoyance.^[1] It has been criticised as being pseudoscience.^[2]

It has been variously classified as a self-religion, [3] a new religious movement, and a cult. [4] While there has been reference to the cult concept as it relates to the Silva Method, Powers^[4] acknowledges how the Silva Method does not quite fit since the Silva Method benefits from general population appeal and accepts interface with traditional medicine.[4]



From Wikipedia, the free encyclopedia

José Silva, an electronics repairman, grew up in Laredo, Texas. He developed an interest in psychology to see if it could help him increase his children's IQ. After experimenting and being convinced of his daughter's sudden clairvoyance, Silva decided to learn more about the development of psychic abilities. [5]

In 1944 Silva began developing his method, formerly known as Silva Mind Control. He used it on his family members and friends before launching it commercially in the 1960s.[1][6]

Silva was the subject of a 1990 biography. [7]

Technique [edit]

The technique aims to reach and sustain a state of mental functioning, called alpha state, where brainwave frequency is seven to fourteen Hz. [8]:p19-20 Daydreaming and the transition to sleeping are alpha states. [8]:p19-20

Silva claimed to have developed a program that trained people to enter certain brain states of enhanced awareness. He also claimed to have developed several systematic mental processes to use while in these states allowing a person to mentally project with a specific intent. According to Silva, once the mind is projected, a person can allegedly view distant objects or locations and connect with higher intelligence for guidance. The information received by the projected mind is then said to be perceived as thoughts, images, feelings, smells, taste, and sound by the mind. The information obtained in this manner can be acted upon to solve problems.^[8]

Skepticism [edit]

James Randi wrote that the Silva Method: [6]

claims to develop improved memory, learning ability, and paranormal powers like telepathy. Much of the course consists of "visiting" absent persons imagined by students and performing diagnoses on them. No tests of the validity of this practice have been done; such tests are discouraged by the teachers of the system.

See also [edit]

- Autosuggestion
- Extra-sensory perception
- Visualization
- Remote viewing
- Samyama
- Self-help

References [edit]

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External links [edit]

- Silva Method Case Working Site ☑
- The Silva Method official website ☑
- The Silva Method Official Partners ☑

V•T•E	Meditation [hide]
Main topics	Brain activity and meditation · History of meditation · Meditation in popular culture · Mind-body interventions · Research on meditation
Traditions	Anapanasati (Buddhist breathing meditation) · Buddhist meditation · Christian meditation · Taoist meditation · Dancemeditation · Dancemeditation · Dhyāna (Buddhist meditation) · Dhyāna (Hindu meditation) · Henosis (Neoplatonic meditation) · Islamic meditation · Jain meditation · Jewish meditation · Muraqabah (Sufi meditation) · New Age meditation · Naam Japo (Sikism meditation) · Neigong · Pranayama (yoga breathing practice) · Qigong · Shikantaza (Zen Buddhist seated meditation) · Silva Method · Tantra · Transcendental meditation (TM) · Vipassanā (Silent meditation) · Yoga · Zazen (Zen Buddhist seated meditation) · Zhan zhuang (tai chi standing meditation) · 5Rhythms
Techniques	Biofeedback · Brainwave entrainment · Breathing · Chanting · Concentration · Conscious breathing · Counting · Emptiness · Guided meditation · Higher consciousness · Mantra · Mindfulness (Mindful Yoga) · Mudra · Music · Oneness · Poetry · Postures · Prayer · Relaxation · Samyama · Tantric sex · Silence · Sound · Trance · Visualization
Leaders	Focused attention (Thich Nhat Hanh) · Open awareness (Jon Kabat-Zinn · Sam Harris) · Multiple methods (Pema Chödrön · Susan Piver · S. N. Goenka · Joseph Goldstein · Yuval Harari · 14th Dalai Lama · Matthieu Ricard · Sharon Salzberg · Daniel Goleman · Thubten Chodron · Martine Batchelor · Stephen Batchelor)
Works	The Varieties of the Meditative Experience
Related	Meditation and pain
← Category	
Authority control databases: National ✓ Israel ☑ · United States ☑ · Czech Republic ☑	

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