

# Silva Method and the Ultimate Mind

One Good Mind creates life's perfect balance by using the Silva Method and other mind tools

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## What Can Magicians Teach Us about the Brain?



A magician tosses a ball into the air once, twice, three times. Suddenly, the ball vanishes in mid-flight. What happened?

Don't worry, the laws of physics haven't been broken. Magicians do not have supernatural powers; rather, they are masters of exploiting nuances of human perception, attention, and

awareness. In light of this, a recent [Nature Reviews Neuroscience paper](#), coauthored by a combination of neuroscientists (Stephen L. Macknik, Susana Martinez-Conde, both at the Barrows Neurological Institute) and magicians (Mac King, James Randi, Apollo Robbins, Teller, John Thompson), describes various ways **magicians manipulate our perceptions**, and proposes that these methods should inform and aid the neuroscientific study of attention and awareness.

### Magicians Secrets Revealed

The underlying concept of using quirks in human perception to learn about how the mind works is an old one. Visual, auditory and multisensory illusions, in which people's perceptions contradict the physical properties of the stimuli, have long been used by psychologists to study the mechanisms of sensory processing. Magicians use such sensory illusions in their tricks, but they also heavily use cognitive **illusions**, manipulating people's attention, trains of logic and even memory. Although magicians probably haven't studied these phenomena with the scientific method—they don't do controlled experiments—their techniques have been tested over time, perfected by practice and performed under conditions of high scrutiny by skeptical audiences looking to spot the trick.

[Read the entire article here](#)

(Via [Scientific American](#).)

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