

# Eidetism

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Some people are able to reproduce some information about the subject, sounds or tactile sensations as much as possible. In this case, the psyche can perceive the object, even if it is missing. This phenomenon is still not studied to the end, while it is more common in childhood. In this article you will learn what Eidetism is, what factors contribute to the development of this phenomenon, as well as how to develop it.

What is Eidetism?

In psychology, in Eidetism, a type variation is implied, which is aimed at memorizing and reproducing the detailed image. For the first time about Eidetic memory spoke in 1907. Immediately this question was engaged in V. Urbankich, and after and other scientists decided to conduct experiments and analysis of data. In addition, the labor activity of scientists was directed not only to the study of the process itself, but also to detect the phenomenon in all people. In the course of research, it was revealed that not always external factors can affect the development of Eidetism and this skill is congenital. When Eidetism has tried artificially, it led to schizophrenia and suicide attempts. It was possible to prevent this with the help of repeated, but more competently invoking the eidetic images.

With the help of research it turned out to prove that the Eidetic memory is similar to hallucinations, only in the first case a person understands that what is happening is not real. These images may occur spontaneously. It is worth noting that each person has advocates for Eidethism, but someone has this phenomenon, and someone subsides. Typology Eidetikov

Scientist E. Jensch revealed the severity of the phenomenon in the Eidetics: for zero degree, a short-change displacer is characteristic of several modified signs; With the first degree, the image is played with features that relate to this object; For a second degree, weak or incomplete images are the norm; The third is characterized by weak and average visual images with possible manifestations of individual elements; Complex and complete images are formed at 4 degrees; If there are 5 degrees, the images may pop up in the smallest detail.

Conditionally Eidetics are divided into 2 groups. The first group includes those who sees so clear images that they can acquire obsessive. Another category of people can independently call in their imagination or suppress them. Development of Eidetism

To date, Eidetism is becoming increasingly popular, in connection with which there are many schools that study this type of memory. To develop an eidetic memory, it is necessary to review its lifestyle first, having developed stress resistance to many everyday phenomena that can cause stress.

When a person is experiencing anxiety and stress, this leads to the destruction of individual brain cells that affect the memory state. Such a state leads to the destruction of the individual, so over time it is better to seek help from a specialist, as well as put the course of drugs. However, at first, you can try to cope with the problem yourself.

Excellent assistants in the fight against stressful state are meditation and yoga. Also for normal physical and mental health, it is necessary to try to refuse or minimize the amount of bad habits, such as alcohol and cigarettes. It will not be superfluous to acquire useful new habits, for example, you can start the morning with a contrasting shower and easy charging, as well as to give time to mental development, reading books.

Thanks to physical activity, you can improve blood supply, reset the tension and maintain the body in the tone. Ideally, it follows at least 30 minutes every day.

The development of Eidetism is to work out the strategy for memorization. You can use special exercises that will help you in the development of this type of memory. For example, you can look at the formula for 10-20 seconds that you need to remember, after which you try to reproduce it. Over time, it is necessary to choose more complex formulas. Similarly, you can remember the text, depending on the small paragraph for a few seconds, after which you try to reproduce seen.

Develop Eidetism is simply enough if you do regularly. Improve memory using Wikium's cognitive simulators!