

MIND MOVES MATTER

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Of late there has been a lot of interest shown in studying the powers of the mind. Anyone will readily admit that while medical science has made great strides in understanding the physical body, very little is known about the mind, although it is admitted that physical disorders very often arise from disturbed mental states. Science has been able to describe the tangible world, but the mind is very little understood and its powers remain a mystery. The Buddha however placed great emphasis on the need to understand and control the mind before happiness can be attained. In the very first verse of the Dhammapada it is stated:

“Mind is the forerunner of (all evil) states. Mind is chief; mind-made are they. If one speaks or acts with wicked mind, because of that, suffering follows one, even as the wheel follows the hoof of the draught ox”

This short article describes how modern man is slowly beginning to understand the vast potential of the mind – something which was discovered by the Buddha twenty-five centuries ago. Modern parapsychologists have made tremendous advances to study the nature & power of the mind which have only been dimly understood so far. While it is interesting to note that so many studies are being carried out in the Soviet Union one wonders whether these studies are being carried out to further subjugate man by controlling not only his body, but his mind as well. In Buddhism, the power of the mind is studied and developed to liberate man to give him dignity and to ennoble him. Through “mental culture” a man may find emancipation. Let us hope that the discoveries made by science will not be used to impose more shackles on the human being.

-- Ed.

Psychokinesis or PJK (mind moves matter). This is a very important bit of evidence showing how the mind has in itself a strange, unknown form of energy that has baffled scientists and even hardcore materialists in the Soviet Union. It is true that PK is still a young science, if it should be admitted as a science at all. But quite a number of careful tests under the scientists’ scrutinising eyes and under the conditions and circumstances chosen and controlled by those scientists themselves have proved that, rare as this ability is, its power cannot be

brushed aside as a myth, superstition or a charlatan's gimmick. Back in 1943 the Parapsychology Laboratory at Duke University announced that the PK effect had been demonstrated. In the tests the subject exerted a volitional effect on falling cubes, attempting to make them fall at will. The resulting scores were found to be amazingly beyond mean chance expectation to a significant degree. These results, it must be remembered, had been obtained after all possible precautions had been taken to avoid other interfering agents except the mind alone. Of course, there were some failures due to the emotional conditions of the subject, which, unlike in the case of other material agents, cannot be perfectly controlled or always duplicated. This is to be expected when the mind, whether of a human being or an animal, is taken into account. After all the tests, the results obtained definitely suggest the fact that PK phenomena are special manifestations of a basic psycho-physical interaction between subject and object that is two-way in character.

Paradoxically, the significant results of this field of knowledge about the power of mind over matter are better known and obtained in the land of the so-called hardcore materialists, the Soviet Union. Following are extracts from a new book "*Psychic Discoveries Behind the Iron Curtain.*" a Bantam non-fiction book by Sheila Ostrander and Lynn Schroeder.

Accounts of this truth are centred on a woman in her forties popularly known by her pseudonym as Nelya Mikhailova although her real name is Ninel Sergeyevna Kulagina. The power of her mind to move matter at a distance, for example, plastic cases, a pitcher weighing a pound, an assortment of dishes, cups and glasses, a compass, a matchbox, has been tested, re-tested, and proved and re-proved. The list of scientists investigating her ability read like a "Who's Who" of Soviet science. Along with the scientists, reporters from *Moscow Komsomol and Moscow Pravda*, published by the city's Communist Party Organisation, said they found "no hidden threads, magnets or other gimmicks." It was concluded that her PK has nothing to do with mysticism. When a person thinks, he radiates energy and this energy is stronger in some persons. PK is a physical psychological fact.

Of course, there were skeptics and critics, who chose to discredit her before they attempted any personal and systematic proof. They argued that she had hidden a magnet in her person, but they forgot how a magnet can move such things as a cigarette or a matchbox. They also ignored the fact that the tests were conducted and controlled by distinguished scientists, who had her physically examined by a medical doctor and had her X-rayed to make sure there were no hidden objects or magnets concealed on her person, nor any fragments of shrapnel lodged in her body from her war injury.

What is more important, her PK power was manifested not only in the moving of still objects at a distance, but in the stopping of moving objects some distance away. For she was known also to stop the pendulum of a wall clock. This twofold ability therefore appears to be complete: it reveals the fact that mind not only can move still matter but also can stop a moving object. It is popularly said “ When Nelya Mikhailova wants something, she just stares at it and object begins to creep toward her.”

The truth about mind moving or stopping matter points to another significant, very probable conclusion: if mind can move or stop matter, it should be able to heal or harm the body, which is a kind of matter also. In fact this truth has been widely accepted nowadays by medical scientists and psychiatrists, who have found too much confirmatory evidence to be repudiated by any layman. However, the significant and very probable conclusion is that, if mind can move and stop matter, and also can hurt or heal the body, then it should be able to build or create a body as well, thereby deriving the ‘clay’ from the soil of its own versatile creative powers. In Buddhist terms, these are nothing but the fourfold powers, of the *blinding* power of Ignorance or *Avijja*, the *burning* power of Desire or *Tanha*, the *binding* power of Attachment or *Upadame* and the resultant *building* power of *Karma*.

An argument may be inserted here that such a power is too rare to be reckoned with. We admit this fact, that it is rare, but we hope the genuine skeptics will also admit that the truth is more widely accepted and that the possibility is there. As earlier mentioned, how many world champions are there in any field of sports and others? For example, how many Peles are there in the Field of soccer? How many Cassius Clays or Joe Fraziers in boxing? How many Einsteins or Newtons in science? How many Lincolns or Churchills in politics? How many Mozarts or Chopins in music? And lastly, how many Christs or Buddhas in religion? It is obvious that in these fields, the seeming monopoly is not based on favouritism, for the “chosen few” are so chosen by virtue of their merit alone. And it is through the achievements of these “chosen few” that the rest of their brethren are directly or indirectly benefited.

Extracted from “Towards Light”