



Mind Power

Naresh Kumar

Independent Researcher,

ABSTRACT

Even the Mind does not know that it possesses power beyond its imagination. The survival instinct is embedded in our mind and we shall be able to face any threat which comes our way; how else the human race survived while many species became extinct. It is the power of mind which alone found ways to survive. Mind Power has made us reach the moon and converted many impossible into possible.

In this paper, we shall explore the power of the mind. We shall understand what Mind Power means, its correlation to the brain and consciousness, and how it moves from one impossible to another.

Keywords: Mind Power, Power of the mind, Mind & Brain, Mind Power and ESP

Focused Mind is one of the strongest forces on the earth-Mark Victor Hansen. Mind Is supreme. Mind has infinite capacity and it is up to us to harness its capacity as per our will. Our will can extend its capacity and we become what we will to become, we achieve what we will to achieve. Our minds can influence the universe, how else are we making it possible to establish our residence on the Moon? We are still discovering the power of the mind after a realization that the capability we possess is far beyond what we can imagine. We extend our will and the mind power extends. We achieve the impossible and move towards breaking further barriers. It is our mind only which has brought us to our current state from the Stone Ages. Humanity has progressed by leaps and bounds using the mind power and has still not reached the final destination or is there a final destination? The path of progress is endless because we are in an infinite universe where there is no end to progress.

If you change the way you look at things, the things you look at change. - Wayne Dyer. Things do change if you will them to change. Nothing seems to be impossible if the mind dares.

In this paper, we shall explore the power of the mind. We shall understand what Mind Power means, its correlation to the brain and consciousness, and how it moves from one impossible to another.

What is Mind Power

Mind Power means our mind's capability to accomplish seemingly impossible tasks. It is the mind's power only which makes us achieve what looks impossible, how else, we could land on the moon! It is the power of our mind that we have survived while many species have become extinct. It is the power of the mind which could unravel mysteries of nature and we could establish science with its branches which make us learn the 'why' and 'how' of the phenomena which seem to baffle us.

It was the power of mind which could enable Uri Geller to bend a steel spoon only with the mind's power. The mind is continuously striving to achieve what seems impossible and it is only because of mind power that the impossible becomes possible.

In our lives, Mind Power plays an important role. As per Nicole Serena Silver¹, "Our minds are the most powerful tool that we can harness for all levels of success in life. Our thoughts shape who we are and who we will become, as well as influence our physical well-being and our emotional state. The power of the mind is a tool we are still discovering and just beginning to unleash. The capability we each possess is far greater than most of us can even begin to imagine. In many ways, our minds impact our lives and transition our thought patterns to benefit us."

John Kehoe² has more elaborate views on Mind Power. He goes on to say that "Mind Power is directing your thoughts towards a desired outcome. Focus on success and you attract success. Focus on fear and failure and you attract failure. Mind Power is understanding these principles and making our thoughts work for us. Your thoughts are the primary creative forces in your life. Your thoughts are vibrations of energy. While it sounds like a concept or theory, this is a new reality that quantum physics has revealed to us. Your thoughts and hence your mind have a powerful influence on your life."

Mind Power lies in its thoughts which get transmitted from the Universal Mind when we put before it our intent to accomplish a feat. We derive powerful thoughts from the Universal Mind which empowers our minds and we strive to achieve the impossible.

Before we explore what ‘Impossibles’ have been achieved and what are in line, let us explore how our mind power correlates with neural wirings of our brain.

Mind Power and Brain

There is a general misconception that the mind and brain are the same. Often people use the terms interchangeably. In reality, they are different but interconnected entities. The mind thinks and the Brain acts. Mind gives commands and Brain executes. Mind power manifests through the neural activities in the brain.

Caroline Leaf³ explains how mind power acts through the brain:

The mind uses the brain, and the brain responds to the mind. The mind also changes the brain. People choose their actions—their brains do not force them to do anything. Yes, there would be no conscious experience without the brain, but experience cannot be reduced to the brain's actions. The [mind is energy, and it generates energy](#) through thinking, feeling, and choosing. It is our aliveness, without which, the physical brain and body would be useless.

That means *we* are our mind, and mind-in-action is how we generate energy in the brain. When we generate this mind energy through thinking, feeling, and choosing, we build thoughts, which are physical structures in our brains made of proteins. This building of thoughts creates structural changes in the brain called [neuroplasticity](#).

The brain is an extremely complex neuroplastic responder. This essentially means, that each time it's stimulated by your mind, it responds in various ways—including neurochemical, genetic, and electromagnetic changes. This, in turn, grows and changes structures in the brain, building or wiring new physical thoughts.

The brain is never the same because it changes with every experience you have, every moment of every day. In sum: Your mind is how you, uniquely, experience life. It's responsible for how you think, feel, and choose. And your physical brain merely responds to these unique experiences.

The essence of Caroline's narration is that the brain is only an instrument which obeys the commands of the Mind. The Mind is the supreme power which through the thoughts generated in it makes brain neurons to fire so that the thoughts convert into actions.

If we link it to what was said about the universal mind; the power flows from the universal mind which acting on the intent brought to it from our minds, germinates power-impregnated thoughts in our mind which in turn charge the brain and make its neurons to fire to create actions. The firing neurons of the brain culminate into actions resulting in achieving the impossible—so is the power of the mind and the brain its machinery to convert thoughts into visible actions!!

The mighty mind achieves impossible through its power and the brain is instrumental in converting its thoughts to physical reality. The mighty mind through its thoughts finds a way to explore and reach the causal roots of nature's mysteries which face us.

Let us look at some the nature's mysteries faced by us and the mind's power engaging its might to the unexplainable phenomena which are not normal i.e., Paranormal Phenomena.

Mind Power and Paranormal Phenomena

We, in normal waking hours, hardly think that whatever we are doing is happening due to thoughts which manifest due to mind power. Mind is behind all acts we do, our successes and failures and all we achieve in life. These themselves are pieces of evidence of the mightiness of the mind. We take these with a pinch of salt. But we all get awestruck when some bizarre paranormal events (that science can't explain) happen due to the power of the mind and we exclaim how did mind made it happen and then we appreciate the fact that the mind's power is infinite.

Nature has a treasure of unexplained phenomena which get termed as Paranormal. The human mind because of its inherent curiosity, attempts to understand the mysteries of nature. Paranormal turns into normal as the mind power compels science to expand its horizons to explain these bizarre happenings. For example, if we recall primitive times, nature's phenomena of thunderstorms, lightning and rainbows were considered paranormal but as the human mind explored the causal reasons behind these, the mystery behind these was unveiled and these have become normal phenomena and today we are not wonderstruck when these manifest. These paranormal events were primitive non-psychic events; the contemporary non-psychic phenomena needing explanation by the power of mind are -sightings of UFOs, the mystery of the Bermuda Triangle, the formation of Crop circles etc... It is only a matter of time and the power of the human mind will solve these mysteries.

On the psychic front, the mind is exhibiting tremendous power through the psychic phenomena manifesting across the world continuously and sporadically and we are baffled by these. Science is unable to explain these phenomena through the existing laws of science.

You will be wonderstruck on learning the mind power resulting in the mind-boggling phenomena:

Mind Power and Paranormal Psychic Phenomena:

Wikipedia⁴ presents a long list of paranormal psychic phenomena manifested by the power of the mind:

- **Astral projection or mental projection** – The ability to voluntarily project an [astral body](#) or [mental body](#), being associated with the [out-of-body experience](#), in which one's [consciousness](#) is felt to separate from the physical body temporarily.
- **Atmokinesis** – The ability to control the weather by calling for rainfall or storms.
- **Automatic writing** – The ability to draw or write without conscious intent (*especially done by mediums who, while in trance, connect with discarnate spirits through automatic writing*).
- **Bilocation** – The ability to be present in two different places at the same time, usually attributed to a [saint](#).
- **Cryokinesis** – The ability to control ice or cold with one's mind.
- **Curse** – Any expressed [wish](#) that some form of [adversity](#) or misfortune will befall or attach to one or more persons, a place, or an object. (*and the mind power results in the curse becoming a reality*)
- **Energy medicine** – The ability to heal with empathic, etheric, astral, mental or spiritual energy. (*Reiki, Colour Therapy etc...*)
- **Ergokinesis** – The ability to influence the movement of energy, such as electricity, without direct interaction.
- **Hydrokinesis** – The ability to control water with one's mind.
- **Iddhi** – Psychic abilities gained through Buddhist meditation.
- **Illusions** – The ability to conjure up illusions from one's mind. (*Hallucination, Pareidolia etc..*)
- **Inedia**—The ability to survive without eating or drinking has resulted in starvation or dehydration in multiple cases.
- **Invisibility** – The ability to turn oneself invisible.
- **Levitation or transvection** – The ability to float or fly by mystical means.
- **Materialization** — The creation of [objects](#) and [materials](#) or the appearance of [matter](#) from unknown sources.
- **Mediumship or Channeling** – The ability to communicate with spirits. (*automatic writing as described above is one such means of discarnate communication*)
- **Mind Control** – The ability to control someone's mind. (*Hypnotism*)
- **Petrification** — The power to turn a living being to stone by looking them in the eye.
- **Phytokinesis** — The ability to control plants with one's mind.
- **Prophecy** (also *prediction, premonition, or prognostication*) — the ability to foretell events without using induction or deduction from known facts. (*Precognition*)
- **Psychic surgery** – The ability to remove disease or disorder within or over the body tissue via an "energetic" disruption that heals immediately afterwards.
- **Pyrokinesis** – The ability to control flames, fire, or heat using one's mind.
- **Psychic Hold** – The ability to throw an electric current like a rope.
- **Shapeshifting or transformation** — The ability to physically transform the user's body into anything.
- **Telekinesis or Psychokinesis** – The ability to influence a [physical system](#) without physical interaction, typically manifesting as being able to exert [force](#), control [objects](#) and move matter with one's mind. (*Example—URI Gueller could bend steel spoons (without touching them) only by mind power*)
- **Teleportation** – The ability is the hypothetical transfer of matter or energy from one point to another without traversing the physical space between them.
- **Thoughtography** – The ability to impress an image by 'burning' it on a surface using one's mind only.
- **Time Travel** – The ability to escape the flow of time by jumping to either the past or the future.
- **Witnessing** – The gift of being visited by high-profile spiritual beings such as [Mary](#), [Jesus](#) or Fudosama ([Acala](#)).
- **Xenoglossy** — The ability of a person to suddenly learn to write and speak a foreign language without any natural means such as studying or research, but that is often rather bestowed by divine agents.

Extrasensory perception

Extrasensory perception, or *sixth sense*, is an ability of the mind and comprises a set of abilities of perceiving without using the known five sense organs—eyes, ears, nose, tongue and skin.

- **Clairvoyance** – (*Seeing through the mind's eyes*) The ability to see things and events that are happening far away and locate objects, places, and people using a sixth sense.
- **Dowsing** – The ability to locate water, sometimes using a tool called a *dowsing rod*.
- **Dermo-optical perception** - The ability to perceive unusual sensory stimuli through the skin.
- **Dream telepathy** – The ability to telepathically communicate with another person through dreams.
- **Precognition (including psychic premonitions)** – (*Reaching future through the mind*) The ability to perceive or gain knowledge about future events without using induction or deduction from known facts.
- **Psychometry or psychoscopy** – The ability to obtain information about a person or an object by touch.
- **Remote viewing, telesthesia or remote sensing** – (*Seeing through the mind's eye*) The ability to see a distant or unseen target using extrasensory perception.
- **Retrocognition or postcognition** – (*Mind recalling past events without the use of the brain*) The ability to supernaturally perceive past events.
- **Telepathy** – (*Mind to Mind Connection*) The ability to transmit or receive thoughts supernaturally. Ability to tread other's mind.

The list is not exhaustive, one could go on adding the feats the mind power is capable of performing- be it hypnosis, (OBEs)-aiding out-of-body experiences, sensing the presence of ghosts, etc...

We shall not be able to capture full details of all the above capabilities of mind due to paucity of space; let us explore a few of them:

Telepathy (Mind-to-Mind Connection)

Mind Power is evidenced by recurring incidences world over where a person is found to read another person's mind who is located thousands of miles apart, especially when the other person is in distress. And this happens more often between people who are emotionally close to each other or when they have a special bond like being twins. Occasionally it happens even with friends not so close to you. You may have noticed that sometimes you just remember a friend and the mobile rings and he is on the line. This is mind to mind connection. It is frequently observed that when a close relative staying miles away is in pain, sadness engulfs you for no reason in your sight.

Literature abounds in such instances. I shall quote just a few:

Look at an incident in the life of Mr. Hans Berger who gave the world "EEG":

One morning, while a young boy, Hans was on horseback during a training exercise, his horse suddenly reared. Hans was tossed into the air and he landed hard on the road, directly in the path of a fast-approaching, horse-drawn cannon. He realized with horror that he was about to be crushed, but the driver of the cannon managed to stop the horses in time. The accident left Hans thoroughly shaken but without serious injury.

At the same very moment, many miles away in his family's home, his older sister was suddenly overwhelmed with an ominous certainty that something bad had happened to Hans. She anxiously insisted that her father sent him a telegram. Hans on receiving the telegram, knew that his feelings of intense fear had somehow reached his sister.

Many years later, Hans wrote, "This is a case of spontaneous telepathy in which at a time of mortal danger, I transmitted my thoughts and my sister, who was particularly close to me, acted as the receiver". (Dean Radin⁵)

The above true account is glaring evidence of the power of the mind, where the mind enabled the exchange of communication through a mind-to-mind connection between Hans and his sister who stayed miles away from him.

Joshua Hehe⁶ narrates another incident which is evidence of mind power:

"In 1955 a Wisconsin housewife named Joicey Hurth was washing dishes when suddenly she became certain that her daughter was about to be killed. She later learned that at the time she received the impression that her daughter was in danger, the girl had been hit by a car and seriously injured, though not killed. Hurth's experience is an example of one of the most common incidents of telepathy, in that it occurred when the apparent sender of the telepathic message was in crisis.

Moreover, according to one study by Ian Stevenson, a professor of psychiatry at the University of Virginia, nearly 70 per cent of telepathic incidents involve close family members, whereas approximately 28 per cent of such incidents occur between friends or acquaintances and only 2 per cent between strangers."

Such incidents bringing light to the Mind's Power keep on happening and exhort the human mind to investigate causal reasons for Telepathic phenomena. Even though causal reasons are still escaping us, research is being done to explore this power of mind. How information can travel long distances from one mind to another?

Ralph Lewis⁷ attempted to find causal roots of the information transfer from one mind to another. The following gives the details:

Ralph Lewis⁷ illustrates what thoughts are and how the information is physical. As per him, "Fundamentally, our thoughts are maps which represent and correspond to things that our brains have either perceived with our senses, felt with our emotions, or formed as an action plan. All of these are electrochemically mediated processes. Thoughts may be fleeting, or they may later be consolidated as memories. Memory too is a physical process, encoded by structural molecular changes in neuronal connections.

Sensory perceptions and their memories are physical representations or maps, imprinted by an event"

He goes on to suggest the possibility of Telepathy as follows, "Since thoughts are physical and have spatial dimensions (each thought being represented by complex connections between large arrays of neurons), you might wonder if it's possible to 'read' a person's thoughts from their brain's patterns of neuronal activity. Scientists have already been on that project for several years. Today Scientists have created **artificial retinas** through sophisticated mathematical analyses of how real retinas convert images to electrical impulses to send to the brain. In attempts to mind reading, scientists have developed algorithms that can learn to interpret brain signals and reproduce a rough version of images "seen" in a person's mind"

Thus, we are on a path to read a person's mind externally, which may lead to some clues as to how thoughts get transferred to other's minds.

Hutson Matthews⁸ expands on the theory of algorithms which could open avenues for solving the mystery of Telepathy:

"Now scientists have created the first algorithm of its kind to interpret- and accurately reproduce—images seen or imagined by another person. It might be decades before the technology is ready for practical use, but researchers are one step closer to building systems that could help us project our inner mind's eye outward. ... Using algorithms to decode mental images is not new. Since 2011, researchers have created movie clips, photos, and even dream imagery by matching brain activity to activity recorded earlier when viewing images. But these methods have all their limits: some deal with only narrow domains like face shapes, and others can't build an image from scratch—instead, they must select from pre-programmed images or categories like "person" or "bird". This new work can generate recognizable images on the fly and even reproduce the shapes that are not seen but imagined.

He is hopeful that with better measurements in algorithms, we might someday communicate through mental pictures."

These theories give us some clues to move into the causal aspects of Telepathy.

Thus, we appear to be on the threshold of solving the riddle of Telepathy through the above causal approaches.

The mind's power is unlimited- can you believe that the mind has the power to perceive things with the mind's eyes—it is called Clairvoyance.

Mind's Power-Clairvoyance

In the ancient epic Mahabharata, there is a mention of Sanjay who had a divine capability of seeing through the mind's eyes. When the battle was going on between Kauravas and Pandavas, Sanjay sat with King Dhritrashtra at his palace and narrated all the happenings of the battleground to the king through his mental power of seeing distant things through the mind's eyes.

Even in current times, we have sporadic instances which give evidence of this power of mind.

A **Clairvoyant** incident is reported by Dr. Joseph Murphy¹⁰ in his book, *Psychic Perception— The Magic of Extrasensory Power* (p 10):

*I took a trip on one of the fishing boats in Hawaii and on the boat was a boy about 12 years old. While having a conversation with him I mentioned that I was writing a book psychic principles and immediately he narrated his own incident—he told me that a month ago when his father died on the island of Oahu, a few hundred miles away, he knew it and ran in and told his mother, " Mom, papa is dead. I saw him and talked to him." His father's death was later confirmed by long-distance phone.The little boy had a **clairvoyant vision** of his father, who appeared to him and said, 'Goodbye'.*

The incident exhibits the boy's mind's power which gives him a view of happenings a few hundred kilometres away.

Another incident from Dr. Murphy's book:

One day about six months ago, a friend of mine wrote to me, saying that he was driving the car along the highway to San Francisco when suddenly he heard his father's voice in his ear, saying, 'Son, pray for me. I have had a massive heart attack'. He pulled over as he could to the side of the road, stopped the car, and prayed for his father, affirming, "The peace of God rules in my father's heart. God is healing him now and God watches over him now and God watches over him." He said that he silently prayed like this for about half an hour and suddenly felt a great sense of peace.

The clairvoyant incident, wherein the son heard his father's voice is very bizarre and can't be explained by the known five senses of perception. This is indeed a strange power of mind which could reach out father at a time of distress.

Apart from sporadic instances of clairvoyance, there has been a program called 'Star Gate' run by the US government for more than a decade where clairvoyance was applied in a structured manner to spy over enemy installations. The US army was convinced about remote viewing incidents and

launched “The Star Gate program” to use Remote viewing (another name given to Clairvoyance) as a spying weapon to locate enemy installations. The program ran for not less than 20 years (1977-1995) before the onset of the satellite era.

The **Stargate Project** was a secret [U.S. Army](#) unit established in 1977 at [Fort Meade, Maryland](#), by the [Defense Intelligence Agency](#) (DIA) and [SRI International](#) (a California contractor) to investigate the potential for [psychic](#) phenomena in military and domestic intelligence applications. The project, and its precursors and sister projects, originally went by various [code names](#) – 'Gondola Wish', 'Stargate', 'Grill Flame', 'Center Lane', 'Project CF', 'Sun Streak', 'Scanate' – until 1991 when they were consolidated and rechristened as the "Stargate Project".

The Stargate Project primarily involved [remote viewing](#), the purported ability to psychically "see" events, sites, or [information](#) from a great distance. The project was overseen until 1987 by Lt. Frederick Holmes "Skip" Atwater, an aide and "psychic headhunter" to Maj. Gen. [Albert Stubblebine](#), and later president of the [Monroe Institute](#). The unit was small-scale, comprising about 15 to 20 individuals, and was run out of "an old, leaky wooden barracks".

The Stargate Project created a set of protocols designed to make the research of [clairvoyance](#) and [out-of-body experiences](#) more [scientific](#) and minimize session noise and inaccuracy as much as possible. The term "[remote viewing](#)" emerged as shorthand to describe this more structured approach to clairvoyance. Project Stargate would only receive a mission after all other intelligence attempts, methods, or approaches had already been exhausted.

In the 1970s, Russell Targ began working with Harold Puthoff on the Stargate Project. Puthoff worked as the principal investigator of the project. His team of psychics is said¹ to have identified spies, located Soviet weapons and technologies, such as a nuclear submarine in 1979 and helped find lost [SCUD missiles](#) in the first [Gulf War](#) and plutonium in [North Korea](#) in 1994.

Edwin C. May joined the Stargate Project in 1975 as a consultant and was working full-time in 1976. The original project was part of the Cognitive Sciences Laboratory managed by May. With more funding in 1991, May took the project to the Palo Alto offices at SAIC. This would last until 1995 when the CIA closed the project. (Source; https://en.wikipedia.org/wiki/Stargate_Project)

Thus, the mind's power was used through the mind's ability to see long distances through the mind's eyes by the US Army in spying the enemy installations for two decades. What could be more convincing about the mind's infinite power than this!!

Mind's Power as exhibited in the list provided by Wikipedia above is very long and if we start exploring all the items in the list, it will build a thick book. So, I shall dwell on only one most important Mind Power, i.e., Precognition and Precognitive Dreams and conclude this paper.

The Human Mind has an unlimited power to reach the future. The future is pre-written and pre-destined and Mind is so wired that it can reach the future. This capability of the mind is exhibited through Precognition and Precognitive dreams. Let us now explore these.

Precognition and Precognitive Dreams

Mind power is exhibited through the mind's capability of reaching the future. There are instances when people have precognition of future events that eventually come true. Let us explore this aspect of Mind Power:

Literature is full of dreams in which people can foresee future events. The most prominent incident is that of Abraham Lincoln, the U.S. president who had a precognitive dream about his death:

Just days before Lincoln was shot, he told his wife of a dream that he had: “He was woken up by the sound of crying and went into the East Room of the White House, where a casket was laid open. There was a throng of mourners as well as several men guarding the casket. When he asked who was in the casket, one of the soldiers told him that it was the President, who had been killed by an assassin.”

Three days after telling his wife this dream, Lincoln was shot and killed by John Wilkes Booth. (<https://biography.yourdictionary.com/abraham.lincoln>)

Another incident of precognition dream is posited by Caroline Watt⁸: *“Stevenson recounts the precognition of the sinking of the Titanic. A New York woman had a vivid dream on the night of the sinking, so striking that she woke her husband to tell him about it: “I just saw the mother in a crowded lifeboat rocking in the ocean swell” (Stevenson, 1960, p 157). The woman didn't know her mother was on the ship. Her mother had boarded at Southampton and had intended to surprise her daughter. Fortunately, she had indeed been saved by a lifeboat and eventually made it safely to New York.”*

The precognition is found to manifest before the catastrophe, the above is one such incident; another one is the terrorist attack on the Twin Towers in the USA which was described by Dean Radin⁵. Radin talks about the Precognition of the worst terrorist 9/11 attack on the World Trade Centre Towers in the USA on September 9, 2001, where the twin Towers were brought to dust by the crashing of an aeroplane into the building by the terrorists, killing many people. There were more than 14000 cases of precognition of the event were reported and were collected at the Rhine Research Centre. One such case of precognitive dream is given below:

On September 10, 2001 midnight, Dr. MacGregor was on a flight and managed to occupy vacant seats and tried to sleep as it was a long flight. In his own words, “.... I emptied my mind of all thoughts, focused my attention on the muted roar of engines, and lay very still—more awake than ever.

In the evening it was almost imperceptible, the strange feeling that started to come over me. It began with an awareness of how absolutely still my body was. I wondered vaguely why it was so perfectly motionless and felt a strong urge to move it. The more I tried to move, however, the more I detected a kind of resistance. Something hard and unyielding surrounded my body, immobilizing it. Yes, I felt it clearly now, I was encased and held fast in concrete.....

The feeling of being imprisoned in concrete intensified—with it now was a sense of dread. I could not turn my head or move my arms or legs or expand my lungs with a deep breath of air. I was hopelessly trapped and on the verge of claustrophobic terror. And then the pain began. The concrete was moving. From all sides it was pressing it on me, tighter and tighter, squeezing me with unbearable force. My body was about to be crushed. There was nothing to hold on to, nowhere to run to. In another moment my life would be over.....

It was a long trip from Seattle to the island where we lived. We arrived home at 6 am on September 11.

Three thousand miles away, the World Trade Tower Centre was bursting into flames after being hit by aeroplanes. Thousands of lives ended that morning in the crush of concrete!!!!!!.....

People are wonderstruck to notice their precognition dreams coming true. It is not that precognition manifests only in dreams. There is an account of a person called Gerard Croiset who was gifted with the mind power of precognition and he could foretell the personal details of people who would occupy a chair seat in an auditorium for the next few days and his prophecies were found accurate. There is an account available in the literature as under:

The chair test, as a demonstration of precognitive clairvoyance was performed on Gerard Croiset several times :

A chair number from the seating plan of a forthcoming public meeting was picked randomly, by Croiset or another person. Croiset then described the person who would sit in that chair at the meeting: their appearance, personality, chief characteristics and things that had happened in their lives shortly before the meeting. This process was often completed even before anyone was invited to the meeting. According to Pollack, the chair test was performed more than 400 times under control by scientists in the Netherlands, Germany, Austria, Italy and Switzerland, and a few times also in the US.

He describes a chair test carried out in early 1957.⁹ Chair #9, one of thirty, was selected on 6 January for a gathering to be held 25 days later on 1 February. Croiset provided a twelve-point reading about the person who would sit in it, which was recorded, and added further impressions on hearing it played back, as follows:

- *She was middle-aged, cheerful, active and interested in caring for children.*
- *As a child, she had often been taken to see the circus at Scheveningen in Holland.*
- *As a child, she had often visited farms.*
- *A few days before the meeting she would look at a picture of a man from India.*
- *An error made while balancing her household accounts led to a quarrel with her husband.*
- *She dirtied her hands with paints on an old-fashioned paintbox with tablets of paint, and at about the same time got a small cut on her right middle finger.*
- *She had experienced strong emotion from the opera Falstaff, the first one she had seen, and fell in love with the lead tenor.*
- *Her father had been presented with a gold item upon his retirement.*
- *On 1 February, she would take her young daughter to the dentist, and it would be traumatic for the girl.*

The following day the host was asked to send out the invitations, the reading was transcribed and sealed, and forty copies were mimeographed. Allocation of seats was carried out by a random process. When the day of the lecture arrived, copies were handed to audience members. The person who sat in chair #9 reported that the personality details and life experiences precognitively described by Croiset accurately corresponded to herself.

(Source:https://psi-encyclopedia.spr.ac.uk/articles/gerard-croiset#Chair_Test)

It is simply mind-boggling to observe the mind power of Gerard Croiset who could accurately describe the personality details and the actions of the person who was randomly chosen to occupy seat no. 9 in the chair experiment.

So much so for the events coming out as pieces of evidence for precognitive mind power.

Many researchers have tried to find the causal roots behind Precognitive Mindpower. One paper that stands out is by Sonali Marwaha and Edwin May.

There is a research paper by Sonali Marwaha and Edwin C May¹¹ ---“Rethinking Extrasensory Perception: towards a Multiphasic model of Precognition”, which does take a step towards Precognition causal research. In this paper, the authors define precognition as an atypical perceptual ability that allows the acquisition of non-inferential information arising from a future point in space-time. Their Multiphasic Model of Precognition (MMPC) lists two phases: The first is the physics domain, which addresses the question of retro causation and how it is possible for the information to traverse from one space-time point to another, mainly, through *entropic means*. The second phase- the neuroscience domain addresses the acquisition and interpretation of retrocausal signals. The process involves three stages: (a) perception of signals from an information carrier, based on psychophysical variability in a putative signal transducer; (b) cortical processing of the signals, mediated by a cortical hyper-associative mechanism; and (c) cognition, mediated by normal cognitive processes, leading to a response based on retrocausal information.

These three steps make it possible for the mind to capture the information lying in future time-space. The information flows as signals from the future and is captured by our mind and is processed to manifest precognition. The whole process is explained by the physics domain and neuroscience domain. The important aspect is ‘Entropy’ which means the state of disorder and as per the second law of thermodynamics which states that the entropy of an

isolated system left to spontaneous evolution cannot decrease with time. As a result, isolated systems evolve toward [thermodynamic equilibrium](#). In simpler terms, it means that information moves from the disorderly state to the location of a less disorderly state to create equilibrium. The authors explain scientifically that this law leads to the fact that information can flow back from future times to current times. Thus, the information is available to be captured by the mind and it is the power of the mind that not only captures it but perceives it to manifest Precognition. Theory still needs a few answers to make it a scientific theory:

As per the authors, the future challenges faced in their model are to find answers to: -

1. What is the nature of a retro-causal signal carrier that propagates backward movement in time (in the Physics Domain)
2. What is the nature of the Retro-causal signal transducer and its cortical connectivity (in the Neuroscience domain)

The above paper suggests that we are very near to finding scientific proof as to how humans can perceive future events.

A thought immediately comes to mind that if reaching the future is possible then it means that the future is predestined and is prewritten and we have to reach it somehow to make precognition manifest. This is in line with Indian Philosophy.

We have discovered in the above discussions what is meant by the power of the mind, how the mind and brains are different entities and how they correlate and have explored in great detail what the mind can do. What we have discussed is just the tip of the iceberg; the Mind's Power is unlimited and it can achieve impossible. We were able to deal with only a few of the listed capabilities. Our mind has the power to take on challenges and overcome them.

We conclude the paper after appreciating the philosophical fact that the vastness of the mind extends to the cosmos. Our minds are tiny parts of the Cosmic Mind which is The Universal Mind. This Universal Mind knows everything including the facts behind the mysteries still unsolved by our minds. Our minds reach the facts behind mysteries through the nudges provided by the Universal Mind. The Universal Mind is beyond time and distance; it is omnipresent and omnipotent. The power of our minds comes from the power of the Universal Mind which has unlimited power beyond imagination. As we observed in earlier discussions our thoughts are vibrations of energy and are the primary creative forces. The thoughts generate power and the Universal Mind germinates the thoughts in our minds. This is how the power is instilled by the Universal Mind into our individual minds. It is our own inner-self which exhorts the Universal Mind to enrich our mind with the thoughts which carry power. Our inner-self has tremendous capacity and when prompted by external stimuli it exhibits its intent to the Universal Mind to get the power rescue from it. Thus, Mind Power is not restricted to our minds, its reservoir is actually The Universal Mind. The power of the mind is infinite because its reservoir which lies in the Universal Mind has infinite capacity.

Reference

- 1) Nicole Serena Silver (2022)-- Accessing The Power Of Your Mind: Placebo-Effect And Mindset. Paper published on February 17, 2022. (<https://www.forbes.com/sites/nicolesilver/2022/02/17/accessing-the-power-of-your-mind-placebo-effect-and-law-of-attraction/>)
- 2) John Kehoe--- Mind Power Training | Law of Attraction Manifestation <https://www.learnmindpower.com/using-mind-power/basics/>
- 3) Caroline Leaf (2021)- How Are The Mind & The Brain Different? A Neuroscientist Explains. Paper published on March 8, 2021. <https://www.mindbodygreen.com/articles/difference-between-mind-and-brain-neuroscientist>
- 4) Wikipedia—List of psychic abilities. https://en.wikipedia.org/wiki/List_of_psychic_abilities
- 5) Radin Dean, (2006). Entangled Minds—Extrasensory Experiences in a Quantum Reality. Pocket Books, a division of Simon & Schuster, Inc. 1230 Avenues of the America, New York, NY10020 (pp 21,22)
- 6) Hehe Joshua, 2019. Telepathy—Mind to mind communication. medium.com/@joshuashawnmichaelhehe/telepathy-279db521f69c
- 7) Ralph Lewis(2019);What actually is a thought? How is information physical; Psychology Today 2019. www.psychologytoday.com/us/blog/finding-purpose/2019/02/what-actually-is-a-thought-how-is-information-physical/
- 8) Hutson Matthews (2018), “Mind reading algorithm can decode the pictures in your head”. https://www.sciencemag.org/news/2018/01/mind-reading-algorithm-can-decode-pictures-your-headr3f_986=https://www.google.com/
- 9) Caroline Watt (2017)—Precognition: From Life to lab in Magazine promoting Excellence in Parapsychological Research and Education in Koestler parapsychological unit. koestlerunit.wordpress.com/2017/06/06/precognition-from-life-to-lab/
- 10) Dr. Murphy Joseph, (2014). Psychic Perception—The magic of Extrasensory Power. Manjul Publishing House, 7/32, Ansari Road, DaryaGanj, New Delhi 110002.
- 11) Sonali Bhatt Marwaha and Prof Edwin C May (2015);Rethinking Extrasensory Perception: Toward a Multiphasic Model of Precognition; SAGE Open January-March 2015: 1–17