

MENTAL NOTES

A mind expanding newsletter from Mark Zust, *The Perceptionist*



Magical Thinking

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Can we will the weather to change or think events into being?

Those who believe in the power of “magical thinking” are convinced that if enough people think the same thought at the same time the course of human events can indeed be influenced. As crazy as that sounds, we all engage in magical thinking from time to time and perhaps more often than we realize. A few weeks ago, my wife Christine and I had an evening garden party. The forecast was for extreme storms with hail. Needless to say, this would put a damper on the festivities. The party was to begin at 6 pm. At 4 pm the sky out of the south turned black. The heavens promised not only rain but quite possibly Armageddon. Then a remarkable thing happened. The winds shifted, the heavy clouds turned eastward and the sun broke through. The evening was filled with fat, happy clouds and blue skies. When the guests arrived, nearly every person took credit for the perfect weather! Some told us that they prayed (another form of directed magical thinking), others admitted that they puffed their cheeks and blew the storm away as they drove to the party. Still others said they were so upset that the forecast would ruin our event that they stated out loud “No! This cannot happen to the Zusts!” Perhaps our guests were kidding. Then again, maybe they weren’t. There is so much that is still a mystery about the power of the mind and the tangible benefits of directed thinking. Philosopher Eckhart Tolle writes in his provocative book *A New Earth* that we human beings have an inner and outer purpose, as does the world’s Universal Intelligence. Individual consciousness and that of the Universe is one and the same. As he puts it, “The human brain is a highly differentiated form through which consciousness enters this dimension.” He goes on to postulate that if enough people on this planet become fully conscious, that is, aware of the needs of the world ahead of their own ego-driven wants, we can change the world. That would be magical indeed.

How to tap magical thoughts:

Your moment of Zen. Refresh your mind daily and relieve stress by taking five minutes in the morning to say “Thank you for my life and for this day.” Then decide what one step to take today that will bring you joy. It could be learning a new skill, helping a friend, finally tackling a challenge or resolving a misunderstanding. All these efforts require faith, guided thinking and a magical belief that we can change our world. Enjoy!



Quotable:

In the end, it is the mystery that lasts and not the explanation.”

Sacheverell Sitwell,
English Poet

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eckharttolle.com
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