Mind Over Matter: Does it Really Work?

**Thought for the Week: 4th June**

**Reflection Week**

People have speculated for centuries about the power of mind over matter. What exactly does mind over matter mean? According to the Urban Dictionary, mind over matter is the use of willpower to overcome physical problems.

Now you’re wondering, does it work?

**Real world evidence**

In order to determine if the power of mind over matter is real, we will look at a few real world examples. Take for instance, the Tibetan monks who agreed to allow physicians to monitor their physical changes as they engaged in a meditative yoga technique. The monks were draped in cold, wet sheets and placed in a room at 40 degrees Fahrenheit.

These conditions would easily cause an average individual to develop hypothermia. However, the monks were able to generate so much body heat during their meditation that steam was rising off the sheets after only a few minutes. An hour later, the sheets had dried completely.

**Can the brain change the body?**

**Consider the placebo effect**

There are a multitude of studies showing how patients were given placebos of medication that appeared to work because they believed that it would. Consider also the test done by Princeton students who threw a “fake” keg party using O’Douls non-alcoholic beer instead of regular beer, and yet their classmates exhibited a range of highly drunken behavior.

***THINK ABOUT***

American English spellings. Like ‘behaviour/behavior’.