

THOUGHT POWER

DOES FEELING GENERATE AN ELECTRIC IMPULSE,
IS THIS THE POWER BEHIND THOUGHT?

by Harold Sherman

When the famed Arctic Explorer Sir Hubert Wilkins, and I, back in the years 1937-8, undertook our then pioneering experiment in long distance telepathy (now recounted in our book "Thoughts Through Space") we made the discovery that the experiences in the Far North which affected Wilkins the deepest emotionally, I, acting as Receiver, imaged them most easily and accurately. This led to our conclusion that it was *feeling* which generated the power behind thought.

Question: Was this feeling, which played such a part in our mind-to-mind communication, actually an *electric impulse*?

This question was raised again in an article I read recently in *Saturday Review*: "When one electrical field is imposed on another, the currents are altered. When one human being approaches another, do their biological electric systems overlap? Is this a scientific explanation for the 'psychic' mystery of ESP?"

Some years ago, no one would have asked such a question. When Wilkins and I suggested that the functioning of

the mind could be electromagnetic in nature, the idea was generally scoffed at. In fact, despite our experiment having been witnessed and attested to by such observers as Dr. Gardner Murphy, then head of the Psychology Department of Columbia University, and Dr. Henry S.W. Hardwicke, Research Officer for the Psychic Research Society of New York, and Reginald Iverson, Chief Radio Operator for the New York Times, scientists of that earlier day expressed skepticism. It just couldn't be possible that thoughts could be transmitted across a room, let alone a distance of between two to three thousand miles of one another.

When the first report of this "extraordinary mental feat" appeared in a feature article written by Inez

Haynes Irwin in the March 1939 *Cosmopolitan Magazine*, it brought Wilkins and me a flood of more than ten thousand letters from around the world. Many people felt free to confess the telepathic experiences they had had, and they have kept on reporting them in increasing numbers in the years that have followed, as I have continued to write books on ESP, and have invited their comments. As a consequence, I have accumulated a truly vast "human experience laboratory," containing impressive proof of the universal existence of this extra sensory faculty.

Mothers and fathers, brothers and sisters, husbands and wives and sweethearts, have received impressions in dreams and visions of the tragic injury or death of loved ones in wars and accidents and illnesses. They mentally *saw* these happenings or just "knew" that something was terribly wrong.

In every instance, intense emotion had been involved as the endangered individual's thoughts were transmitted with great feeling to his nearest and dearest, miles and miles away.

What is feeling? How do these images, impelled by feeling, travel? What form of energy transmits them? How do they fuse with and enter the subconscious energy field of the mind and break through to the conscious level, so that the individual is made aware of them, in whole or in part?

Before we can speculate on possible answers, we need to start with a concept of how everyone's mind basically operates. It is my conviction, based upon years of study and experimentation, that man thinks in mental pictures and NOT in words—and that, associated with every mental image of a life experience is the **FEELING** man had at the time—all recorded in his Subconscious and subject to recall as needed. Each individual today is therefore the **SUM TOTAL** of his mental and emotional reaction to whatever has happened to him, up to the present moment. Man is dominated, then, at any given segment of time, by what he **THINKS** and how he **FEELS**.

Words are simply the representative symbols of whatever images man creates or has stored in consciousness and which he verbalizes so as to convey his thoughts to others. When he does this, his hearers must translate his words back into images in their own minds so they can see and understand what is said. Primitive man, before language was developed, used pictures drawn on the walls of his cave, as a means of communication.

What we are now coming to realize is that our external world has been and is pretty much the product of man's thought—that thought is a mighty creative force—and that thought, activated by strong feelings of **FEAR** or **DESIRE** is a creative act which seeks to **MATERIALIZE** itself in the form of some **EXPERIENCE**, constructive or destructive. This is because there is a universal law that **LIKE ALWAYS ATTRACTS LIKE**. Reduced to utter simplicity: if an individual thinks **GOOD** thoughts, he will eventually attract **GOOD** things; if he thinks **BAD** thoughts, he will ultimately attract **BAD** things.

This is **ENERGY** in action, directed by **MIND**, or **INTELLIGENCE**.

The coming of the Space Age has drastically changed our IMAGE, of the world around us and within us. We, as human creatures, can never be the same again. We cannot feel secure about our religious faith or our economic stability or our relationship between peoples of other countries, or even our next-door-neighbors.

Our former images of our planet earth and our reliance upon it have been shattered. We are having a difficult time trying to hold onto the image of a world which exists no longer. Often these past images have brought us feelings of security and satisfaction, and we dislike having to let go of them, to form new, realistic images of the world as it exists today.

Many present-day images are not very happy ones—and we find ourselves resisting the thought of having to live with them. We don't like to PICTURE what we may have to face as we see these world changes coming closer and closer to impinging upon our personal lives and favored ways of living.

Perhaps more than most people, because of the nature of my life experience, I have been much more acquainted with IMAGERY and its overall influence on everything we think and feel and do.

As a writer, I early learned to recognize the difference in feeling between wishful thinking and imagination, and the mental pictures of real events, also stored in consciousness. The ability to detect this difference proved of utmost importance during my experiment in long distance telepathy with Sir Hubert Wilkins when he was in the Far North, searching for the lost Russian fliers, near the North Pole. I had to distinguish between the images that I felt were coming to me from the mind of Wilkins, wherever he might be, and my imagination. I couldn't allow myself to "guess" what might be happening to him, or what had happened that day, or I would immediately bring my imagination into play.

I found that if I could make my mind receptive and let myself "wonder" what Wilkins was thinking

or had been doing, a flow of images and feelings would usually come to me, which I recorded in my notebook as quickly as I could. Then I cleared my mind and started over again.

I knew that Wilkins, by prearrangement, was concentrating on me, reliving and reviewing in mental picture form, the outstanding events of the day. Each image, which flashed across the inner screen of my mind carried with it a sensing of the feeling that Wilkins had of the picture—or seemed to dissolve into a picture in my consciousness.

I couldn't hold the images long. They appeared and were gone in an instant, and I had to train myself to remember what I had seen in my mind's eye, after it had vanished. How can I explain my mental sensations? I

No sensitive can claim 100 percent results.

might liken them to a skyrocket which blazes across a night sky, leaving a luminous trail behind, which slowly dies out as you look at it. It was my job to write down as much as I could of what I had seen or was seeing, often in fragmentary form, because I couldn't catch all of it.

Dead Dog on Ice— A Strong Feeling

Once the image was gone, it couldn't be recalled except through memory, then only a disjointed recollection was possible, not usually in the right order. Sometimes it would require follow-up impressions to complete the picture; at other times, I would get only a part of a scene, and the rest would elude me. I learned that I couldn't strain after it or my imagination would go into action.

On January 27, 1938, for example, while concentrating on Wilkins at the appointed time, 11:30 to 12 midnight, Eastern Standard Time, the impression came to me of "a dead dog on ice" and I recorded it. Then I wondered

how the dog was killed, the feeling came that it had been shot. When Wilkins' report was received from his diary, as of that date, several weeks later in New York, he had written:

Out walking—came upon dog dead on ice—it had been shot through the head—thought about it strongly for some time—wondered reason for killing. (Page 250. *Thoughts Through Space*)

In recording my impressions of the "dead dog," I had noted that I had "a strong feeling about it" and Wilkins indicated as has been seen, that he had "thought about it strongly for some time."

Since I received accurate images so often, it led to our conclusion, as previously stated, that "feeling generated the power behind thought"—that the stronger Wilkins felt about something, either as he was undergoing the experience or thinking about afterward, and trying to picture it for me, the more easily, vividly and accurately I seemed to be able to pick up the impressions.

Since these pioneering experiments, parapsychologists have repeatedly demonstrated in laboratory testing of sensitives, that FEELING plays a vital part in mind-to-mind communication. What a sender feels most deeply, it follows that the receiver usually records a higher score of "hits."

Each night, when I had finished recording my impressions of what I felt had happened to Wilkins that day, I made typewritten copies of them and mailed them to Dr. Gardner Murphy at Columbia University who had agreed to witness them. In this way, the experiment, which lasted as it turned out for over five months, was protected by government postmark which contained its own proof that long before we could get a check report from Wilkins' diary and log, of what had happened on those dates, we were already on record. When the experiments were finally concluded, and the several hundred impressions checked, it was found that approximately 70% had been remarkably accurate.

During the experiments, I was tormented, time and again, by my conscious mind doubting what I had

received—feeling it just couldn't be true. I never felt relieved until I received Wilkins' confirming check reports from various mailing stations in the far north. I was not infallible, and no genuine sensitive can claim 100 percent results, despite a possible ability to get significant above-chance results.

Should any reader wish to try to develop his own telepathic or extrasensory powers, it may help for me to further describe the way I see these images in my mind's eye. They often appear as one might recall from memory different scenes from a motion picture he may have attended. Some of the images would probably be shadowy and indistinct, but clear enough for a person to again experience the feeling he had at the time of the showing.

This is pretty much the way that my mind assembled and put together images which came to me from the mind of Wilkins...or images that I receive when I have been called upon to try to locate missing planes and people...and even dogs and cats and other animals! You see, feelings do not only exist in humans. I am convinced that the universal language is FEELING. One of these days we will be able to tune in on the feeling in other forms of life and establish understanding communication.

Feeling is a kind of intensity which is accompanied by an image of what an individual is feeling intense about. There are multitudes of different feelings which have to be interpreted by the ego, or entity, the "I am I" of the one who is doing the experiencing.

This feeling may be electromagnetic in nature, the "response system" of an organism to external and internal stimuli. It goes into action from the time one is born and is first expressed in feelings of hunger, then pain, then discomfort, then warmth or cold, then fear and a variety of other sensations which register in the baby's expanding awareness as it begins adjustment to its new environment outside the womb.

Feeling seems to be associated with the nervous network of the body—manifesting through an intricate system of nerves which are constantly reporting everything that is happening

in and around the physical instrument, to the nerve center in the brain, calling the attention of the identity to whatever it needs to know.

At least, this is what the aroused feelings should be doing under normal conditions. But their reporting mechanism can be distorted and impaired and give forth wrong and misguided signals when an individual engages in an excessive use of alcohol, or over-eating or over-use of tobacco, or through sexual dissipation, or by fear of worry or hate or resentment of other destructive emotions—all of which can upset or destroy the chemical balance.

Without feeling, one can have no conscious awareness. It is life itself. You have to feel to be alive. At any given moment, you are alive to what you are feeling.

Doctors are now teaching patients to reduce or kill pain by learning how to relax their bodies, free themselves of physical tensions and divert the attention of their minds from the nerve endings creating the pain syndrome, so that they are able to make living bearable, if not to eliminate extreme sensitivity entirely.

I have been able to de-sensitize my body by withdrawing my mind's attention from an area where pain might ordinarily be experienced. Some years ago, I was challenged by a dentist in Hollywood to give a demonstration of control of pain. He was about to do some extensive drilling under the gum line to chip away the bone preparatory to performing a difficult tooth extraction.

In place of administering novocaine, the dentist asked me if I could employ suggestion and do away with any feelings of pain during the operation. I requested a minute to prepare my mind, telling my body that I would feel the vibration of the drill but would have no sensation of pain. I was confident that the mind could not be conscious of more than one sensation at any specific moment, and that this awareness would be confined to the sensation its attention was fixed upon.

The operation began and as the dentist proceeded, cautiously at first,

he was amazed to see that I did not flinch as the drill did its retreating work. The "mental anesthetic" was effective until the finish when the dentist warned me that he was going to wash my mouth out under the gums with cold water. I gave my mind the suggestion that the water would feel "warm and soothing...warm and soothing," and so it did. Which leads to the question: What is feeling that it apparently, under certain conditions, can be controlled or by-passed?

It has been a long established fact that major operations can be performed under hypnotic control wherein no pain is experienced while the patient remains awake. Many childbirths are now accomplished in this manner, so my little demonstration of "pain control" which seemed so astonishing to this dentist, Dr. Shirley, was of no special moment, except it proved a point.

We are endowed, as everyone knows, with our 5 physical senses—sight, hearing, taste, touch and smell—which act as "feeling tentacles," so to speak, giving us contact through their "electrical instrumentation" with everything that is going on outside and inside us. Science, however, is slowly coming to recognize that the human organism possesses a second duplicate *psychic* set of 5 extra sensory faculties, existing in what may well be a higher vibrating body form, ordinarily invisible, designed possibly for use when the physical house we now live in is no longer habitable.

It makes no difference what level of consciousness an individual may find himself in—the impressions which come to him are impregnated by FEELING. He is guided by how he feels as a result of any manifestation of his senses.

Each Thought Form is Associated With Feeling

If we are living in an electromagnetic universe...if our bodies are actually electro-chemical in nature...if our thoughts take the form of electric impulses and are broadcast feelingly through space, seeking contact at whatever point or person directed...and if nature has normally protected us from external

interference by what I call "a magnetic insulatory shield"...then, like the functioning of radio, most impulses are deflected by our subconscious unless they possess sufficient energy to superimpose themselves on our "biological electric system" and break through into our level of conscious awareness!

In other words, the thoughts and feelings of others must somehow come in on our "wave lengths" or we are not conscious of their existence. In my years of personal experimentation, I have been able to sense, at times, a seemingly limitless ocean of thought forms from the minds of all living human creatures, kept alive in the universal electromagnetic field after once created and emanated from individual consciousness. Each thought form is associated with the feeling it had at the time of projection, and has a rate and character of vibration which still has its influence on mass consciousness.

It is possible for a person, whose "magnetic insulatory shield" has been weakened by drugs or alcohol or emotional stress of one kind or another, to tune in on like thought forms from the minds of others, which add to or amplify the force of their own "feeling reaction" to whatever they are experiencing at the moment.

Witness the mass arousal of the German people under the inflaming influence of Hitler—the engulfment of emotion which has occurred, time and again, throughout the history of civilization—and is happening now between the Catholics and Protestants in Ireland...and the Jews and Arabs and Palestinians in the Mid-East. This contagion of feeling is communicable and unquestionably generates the power behind thought—an unreasoning power when it takes this destructive form.

It is my contention that all life is ruled by FEELING, that feeling is the motivating force behind everything that happens

In my book, "How to Make ESP Work for You" present some illustrative examples which I am repeating herewith:

Sir Hubert Wilkins left this life on December 1, 1958. Because I had been

identified with him in the now famous series of long distance telepathic experiments, I often have been asked if I ever received impressions of things that happened to Wilkins after our experiments were concluded, or if I ever felt that I have heard from him after his death. The answer to both questions is—yes.

In the years following our experiments, Wilkins was employed by the United States military in research work. He kept his permanent address in Washington, D.C. but was in the field most of the time. We corresponded every few months. One time, when I was writing him from Chicago, with my mind's attention fixed upon him, I suddenly felt impelled to add a postscript:

I see you surrounded by smoke and flame. You seem to be choking and coughing. I cannot account for this peculiar impression but feel you have had a narrow escape of some kind.

It was some weeks later when Wilkins returned to Washington and found my letter awaiting him, that he wrote:

How odd that you received this impression! On that day and date, I was testing a new asbestos suit for the Army. I was walking through a fire created by five hundred gallons of high-test gasoline. In the midst of this fire, the suit sprung a leak and I almost suffocated before they could get me out.

At another time, when writing Wilkins and concentrating on him, my mind picked up the impressions of an accident. I felt that he had suffered a shoulder injury as well as an arm injury and so reported to him. Again he wrote back, confirming this impression by saying that he had been returning to Washington in a bus which swerved off the highway to avoid a head-on collision and turned over in a river. He had given his seat to an elderly woman and had moved toward the back of the bus just before the crash occurred. She was drowned and two other passengers also were killed. Wilkins escaped with a broken collar-bone and an injured arm.

And at still another time, when writing him, I said that I felt a lame

feeling in my chest which was associated with him and wondered what this could mean. He replied that he had been carrying a watermelon on his Pennsylvania farm and had slipped and fallen, cracking several ribs.

All of these impressions serve, once more, to demonstrate the relationship of FEELING in the functioning of Extra Sensory Perception. Each incident had registered strongly on Wilkins' emotions as well as his mind. The fact that I found myself able to receive thought impressions from him, even years after our regularly scheduled experiments, also indicated that a powerful affinity had been set up between us, and had continued to exist.

Even After Death

This being true, it would suggest that if the mind of man survives death—if he still retains memory and his intelligence—it should be possible for the mind of anyone who has left this life to communicate, mind-to-mind, with an individual still on earth.

Wilkins and I had discussed this possibility, but we had made no pact in the event that one or the other of us should embark on the greatest adventure of all. However, Wilkins was conditioned to think of me as I was of him, and I sent out the thought that my mind would be receptive to any transmission from him, at any time. But the years following Wilkins' passing have been exceptionally busy, creative ones for me, and I have not been in a time and place where I could set aside regular hours for attempted communication. Even so, I have kept a careful record of the occasions when I felt Wilkins DID reach me—and have reported them in my new book "The Dead Are Alive," upon the impressions of his voice, which appeared to be talking to me in my mind's ear.

I believe, in what I have presented here, that I have made out a convincing case for the power of FEELING—for the indispensable part FEELING plays in every phase of human life—in all forms of life throughout the universe, for that matter.

What do you, the reader, think?

What do you FEEL about it? □