



MIND MAGIC

how to FOCUS for SUCCESS

by BILL HARVEY

new age

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Mind Magic: The Science of Microcosmology (New York: Ouroboros International, Inc., 1976). 358 pages, softcover.

Certain kinds of information can facilitate personal evolution by allowing us to experience ourselves from a higher level of integrative awareness. *Mind Magic* is an exquisite example of this type of information, which I call "transformational software."

Mind Magic is an experimental educational tool that comes in the form of a microcosmology "textbook." Microcosmology is the application of the scientific method to personal life. This involves the unlimited willingness to refine one's position by suspending beliefs and learning from experience.

The authors present a cybernetic model of the human mind as a biocomputer and go on to explain why our species has become stuck in its present maladaptive behavior patterns. Essentially, information overload due to the media revolution is seen to result in *oversimplified biocomputer logics*. By perpetuating robot repetition of conditioned programming, these simplified logics suspend learning and reduce our free will, sensory sensitivity, and powers of observation.

The solution to this problem of information overload is the development of our innate capacities for higher pattern recognition. Meditation is viewed as the most efficient method of assimilating human experience, and much of the text is a practical guide for developing the power of mindfulness. Self-observation is seen as the key to the transformation of one's attitudes, values, and beliefs to a more holistic perspective. Here is a typical sample of *Mind Magic*:

*Visualize the whole universe as one thing:
every individual of every species,
every idea,
every event,
every moment of time,
every percept,
every lump of matter and energy:
all parts of one thing.*

*This is either the way it is,
or one valid way of looking at it,
or a useful fiction.*

*It is useful to look at it this way,
because it then becomes possible
to gradually identify your
consciousness
with that of the whole universe.*

I personally found the chapter entitled "Transmuting Negatives into Positives: Turning Troubles into Triumphs" very helpful in my work as a psychotherapist. Anyone on the path of consciously reprogramming themselves will frequently need to correct their mistakes. This chapter contains several useful suggestions on how to correct mistakes without inflicting guilt on yourself or anyone else ("Guiltless Housecleaning").

The most striking thing to me about *Mind Magic* is its incredible clarity. It is a brilliant condensation of wisdom that resonates with the higher aspects of our beings and is experienced as truth. The balanced integration of its poetic aphorisms and numerous illustrations create a nonlinear process of self-discovery for the reader. And it really works. My suggestion: Experience this book and share it.

— Rick Ingrasci

Rick Ingrasci, M.D., is a psychiatrist and co-founder of INTERFACE, a holistic educational association in Newton, Massachusetts.