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Mind Over Matter

I have to admit that my most inspired articles are written at night. In fact they are usually written in my head at the time when sleep and consciousness are battling with each other. The sensible thing to do would be to keep a pen and paper handy and write down those brilliant thoughts and ideas as and when they materialise but as you may be aware the twilight zone is never the time for rational or practical actions. At that time I really wish that the whole concept of mind over matter were true. I would really love to will my laptop to appear next to me and the key board to type those deep and meaningful words. But alas! No amount of concentration has any impact whatsoever. Therefore in the morning the inspired articles are just elusive thoughts residing somewhere in my memory!

Talking about mind over matter, I remember being fascinated by the concept when I was a child. The idea that telekinesis (the ability to move inanimate objects without the use of physical force) might be a possibility was incredible. For example, Yuri Gellar and his ability to bend metal spoons by just looking at them made me spend many an afternoon staring at my spoon willing it to bend or to see if I could make my pencil move with the power of my mind. Sadly there was not even a tremor for all my concentration. So what is all this business about mind over matter?

I have come to the conclusion that what it really means has nothing to do with moving objects with ones mind. On the contrary it has everything to do with your mind overcoming obstacles in life, be they large or small. If you have determination and faith it is possible to rise above adversity or attain ones dreams and goals. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." (Martin Luther King Jr.). Funnily it is when misfortune befalls us that we find our inner strength and achieve things that we may have never considered possible. Death has to be an obvious example. We all face loss of a loved one at some point in our life and for a while it can seem inconceivable to carry on. But somehow we find it within ourselves to overcome such adversity and pick ourselves up and continue with our lives regardless of how hard it is. That to me is mind over matter.

As Victor Hugo aptly puts it, "For man's greatest actions are performed in minor struggles. Life, misfortune, isolation,

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