



Mind over Matter?

By Laura Silva Quesada

There seems to exist a built-in communication system at the cellular level that may have its roots at the molecular level. Studies that demonstrate this have been conducted repeatedly, with great success, for decades. The work of Cleve Backster, a polygraph examiner, initiated many of these studies back in the mid 60' s.

In the book, The Secret Lives of Plants, the authors, Peter Tompkins, and Christopher Bird, write of Backster' s many experiences with plants. The first of these experiences was when, on an impulse, Backster decided to attach the electrodes of one of his lie detectors to the leaf of a plant in his office. He did this in order to see if the plant would be affected after being watered, how so, and by when. The electrodes were also connected to a galvanometer so as to record any changes that might take place.

In the events of that evening, Backster soon discovered that by just thinking of causing harm to the plant, the plant would react so strongly so as to cause a dramatic change in the tracing pattern on the graph. It was as if the plant could read his mind, and knew of his intentions to hurt it. This experiment caused Backster to undertake the most meticulous investigation into the phenomena that plants are sentient.

What Backster started led to all sorts of studies indicating that cells respond to thought. In fact, study after study has shown that the rate of how fast seeds sprout as well as plants grow increases when they are influenced with positive thoughts and healing energy. Studies

also suggest that plants seem to have some way of remembering information at the cellular level. Not just plant cells, but all cells. After all, it is at the cell level where biological intelligence is given the environment to exist.

The big question to ask is whether the communication system between people and plants is a two way street. After all George Washington Carver one of the nation's greatest educators and agricultural researchers was known to talk to plants and ask them for ways they could be used efficiently. Carver's seemed to have a great rapport with plants and his work resulted in the creation of 325 products from peanuts, more than 100 products from sweet potatoes and hundreds more from a dozen other plants native to the South.

It is believed that everyone can develop a similar kind of rapport with plants, as did George Washington Carver. Using a process whereby you project your mental senses into a plant, and imagine and study the plant at its different levels and depths, seems to help develop this special connection or rapport with plant life.

There are five levels or depths to plant life and each of those levels and depths radiates energy that can be detected with your mental senses. This energy radiation can be detected in the form of images, intensity of light, sensations, sounds, odors and /or a certain taste. The five levels are:

Cells

Molecules

Atoms

Sub-atomic particles

Energy

The best way to go about this process is to project your intelligence into three different plants, one at a time. Experiment with plants you are familiar with, such as your houseplants. If possible, select plants that are considerably different from each other.

After selecting your plants and before the exercise, set a small piece of each plant, side by side in order to make the objective impressions. Take a few moments to touch them, raise them up towards the light and notice how much light passes through them, crush a small piece of each plant and notice the odor. Observe the distinctions between the three plants from an external point of view.

During the exercise, you will be able to observe the plants from an internal point of view noticing the distinctions between them. You will be able to make comparisons and establish subjective points of reference along the way. It is through these points of reference that you are able to establish rapport with plant life. Simply stated, you now understand them better.

Once you have established your subjective points of reference and have developed a “connection” with your plants, you are ready to successfully conduct the following experiments. These experiments will build conviction in that your mind is powerful and can easily influence matter at the cellular level.

Additional Experiments or Exercises

Experiment #1 – Asking a Plant to Divide Into Two

1. Select a plant that has become too big for its pot, and you want to separate into two pots.
2. Enter a meditation and imagine the plant. Communicate with the plant, through thoughts and images, what you plan to do in 24 hours. Ask it to help you in

separating it by relaxing and releasing its roots from each other down the middle, making it easy to separate it into two plants.

3. Imagine the roots of the plant doing as you asked, then imagine you separating the plant easily into two plants and finally, placing them in their pots.
4. Open your eyes and keep the mental image of the separated plant in your mind until the next day.
5. Expect to be surprised!

Experiment #2 – Energizing Seeds To Grow Faster

1. Get a small bag of beans such as pinto beans, and soak them overnight.
2. In the morning, take the beans out of the water, separate the beans into two groups, and place each group into a zip-lock bag. Label the bags #1 and #2.
3. Take bag #1 of beans in your hands, walk into a different room, away from Bag #2, and enter a meditation.
4. Hold the beans between your hands and imagine blue-white energy flowing from your right hand to your left hand and through the beans.
5. Imagine the beans absorbing this blue-white energy, the skin breaking open, and the sprouts beginning to shoot out. Do this for at least five minutes.
6. Imagine bag #1 full of greenery, and open your eyes.
7. Place bag #1, and bag #2 in a well lit area, and observe for a few days.
8. Expect to be surprised!

Plants have contributed immensely to advancements of all kinds and they have greatly improved the quality of our living experience. In addition, humans need plants in order to survive, whereas plants do not necessarily need humans to survive. By doing these exercises and experiments you open the mental and spiritual door that connects you to other life forms. We suggest you don't stop with plants continue with your mental exploration with other life forms such as animals and other human beings as well. Enjoy your explorations and your green thumb too!