

# Letters to the Editor

The Editor  
Self and Society

Dear Vivian,

Donald Ellison's article on levitation and gravity in the December issue was amusing, but if he truly believes that the idea of mind influencing matter is laughable then how can he associate himself with humanistic psychology? I certainly work on the basis that the mind affects the body. Indeed this is the whole point of using gestalt and guided imagery in conjunction with massage: to bring into consciousness the repressed emotional material which is causing tensions in our muscles and illness in our bodily organs.

If the mind can influence the body negatively then it can also influence it positively. In the East yogis have spent years gaining control over their bodily functions; their pulse rate for example; and in the West bio-feedback machines are being used to help people with high blood pressure to learn to reduce it. Moreover it seems to be established that meditation does affect the brain wave pattern.

I have no personal interest in levitation, but gravity is a force field, and I see nothing inherently unlikely in the concept of meditation along specific lines enabling the meditator to shift the polarity of the body's electro-magnetic energy to the point where it is slightly repelled by the earth's gravitational field. This would be no more contrary to the laws of physics than is the flight of an aeroplane or rocket.

I am taking up this issue because it seems to have an underlying importance for the future that may not be immediately apparent. Snow falls on Derbyshire hillside as I write, and the rapidity with which the solid fuel in my cellar is diminishing has really brought home to me how quickly we are using up the world's fuel supplies. What the eye sees registers at a gut level of genuine concern in a way that no theoretical presentation of the problem does!

We must find alternative ways of operating, and one of the things that uses up a lot of fuel is overcoming gravity; whether in rockets, aeroplanes, hovercraft or mechanical lifting devices. It seems to me very important that we keep our minds open to ways in which the subtler energy forces of life function. They may lead us to new applications of electro-magnetic energy which could be utilised as an alternative to the tremendous fuel consumption necessary to obtain lift-off by thrusting against the earth's gravitational field.

Yours sincerely,

**Shirley Wade**  
**Matlock, Derbyshire.**

Dear Editor,

I worked for Carl Rogers at the University of Wisconsin in the early 60's and therefore was very interested in Vivian Milroy's article "The Work of Carl Rogers." Particularly, because he wrote about the rating scale 'a scale of process in psychotherapy in which I was involved

as one of the "raters". - Curious how life is. I was about 20, in college and chose the job with Rogers' Institute simply by looking in a newspaper for something that fit my schedule. I knew nothing of Carl Rogers or his work but just that the job sounded interesting. Once a week, for as many hours as I could, I'd put on earphones and listen to tapes of statements made by varying voices. The statements were graded on a six part scale as to how much emotional investment the speaker made. The idea was that a person further along in therapy would state his feelings openly and own them. A person in the beginning of the scale would speak distantly or objectively about life - for example, "There is a film on downtown", (no trace of the speaker's involvement.) As he became more comfortable with himself and the process of therapy, the content of his communication might alter to include his feelings about the film and the emotional meaning it may have had.

Working at the Institute I remember a few images which I thought might be interesting to others. Rogers had several people working for him - one particular woman impressed me. She was directly in charge of our rating task and seemed to care about any problems we had. One day I asked her about Roger's non-directive style. She smiled wisely and said, "The truth is, many of Roger's disciples are much more Rogerian than he is or ever meant to be." I remember it as an early lesson on distortions of original thought!

The most powerful image I have of working at the Institute was the day John Kennedy was assassinated. I heard the news in my psychology lecture with about 200 other students, all glued to transistor radios. The shock was monumental. We were, en masse, fatherless. The lecturer walked on stage and in a most depressed and quiet voice, dismissed us. I stood up, in somewhat of a trance, and walked my usual path to the Institute, even though I was 2 hours early. When I got there, not a soul or sound was about. As if the place itself had died. I went from room to room, no one. Then I walked upstairs to Rogers office; he was often in there working with the door open. There in his room were all the people I'd been looking for. There was silence. I walked in and sat on a chair amongst them. No one spoke; a few were crying, Rogers was at his desk with his head down, crying or sad, I wasn't sure. I felt at home. The room seemed to have its arms around me, around all of us. It was a place to feel my shock, not to deny it. No one asked me questions - one could just be there as a feeling person and it was alright - unconditional regard. Since studying Roger's work and being influenced by him I cherish that moment as an example of a man living his philosophy.

Yours sincerely,

**Marcia Karp  
Holwell Centre for Psychodrama  
Barnstaple, Devon.**