

# NEW THOUGHT

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# Wim Hof



# SMITHSONIAN MAGAZINE

## Science Explains How the Iceman Resists Extreme Cold

The 59-old Dutchman has climbed Mount Everest in Nepal and Mount Kilimanjaro in Tanzania—Africa's tallest peak—wearing shorts

He holds the Guinness World Record for longest swim under ice, and has also endured the extremes of dry heat, running a half marathon through the Namib Desert without drinking any water

Study in the Journal NeuroImage (6.556 impact factor) found Hof is able to use his mind to artificially induce a stress response in his body that helps him resist the effects of cold. A case of “brain over body”

Hof activates an internal painkiller function by conducting breathing exercises, then exposing himself to a threat like extreme, sudden cold

By accident or by luck he found a hack into his physiological system

The researchers tested Hof's responses alongside around 30 control subjects

# New Thought Mantra

**Controlled attention magnetized the brain with the nature of one's dominating thoughts, aims, and purposes, thus causing one to be always in search of every necessary thing that is related to one's dominating thoughts."**

Andrew Carnegie

Whether you think you can, or you think you can't—you're right.

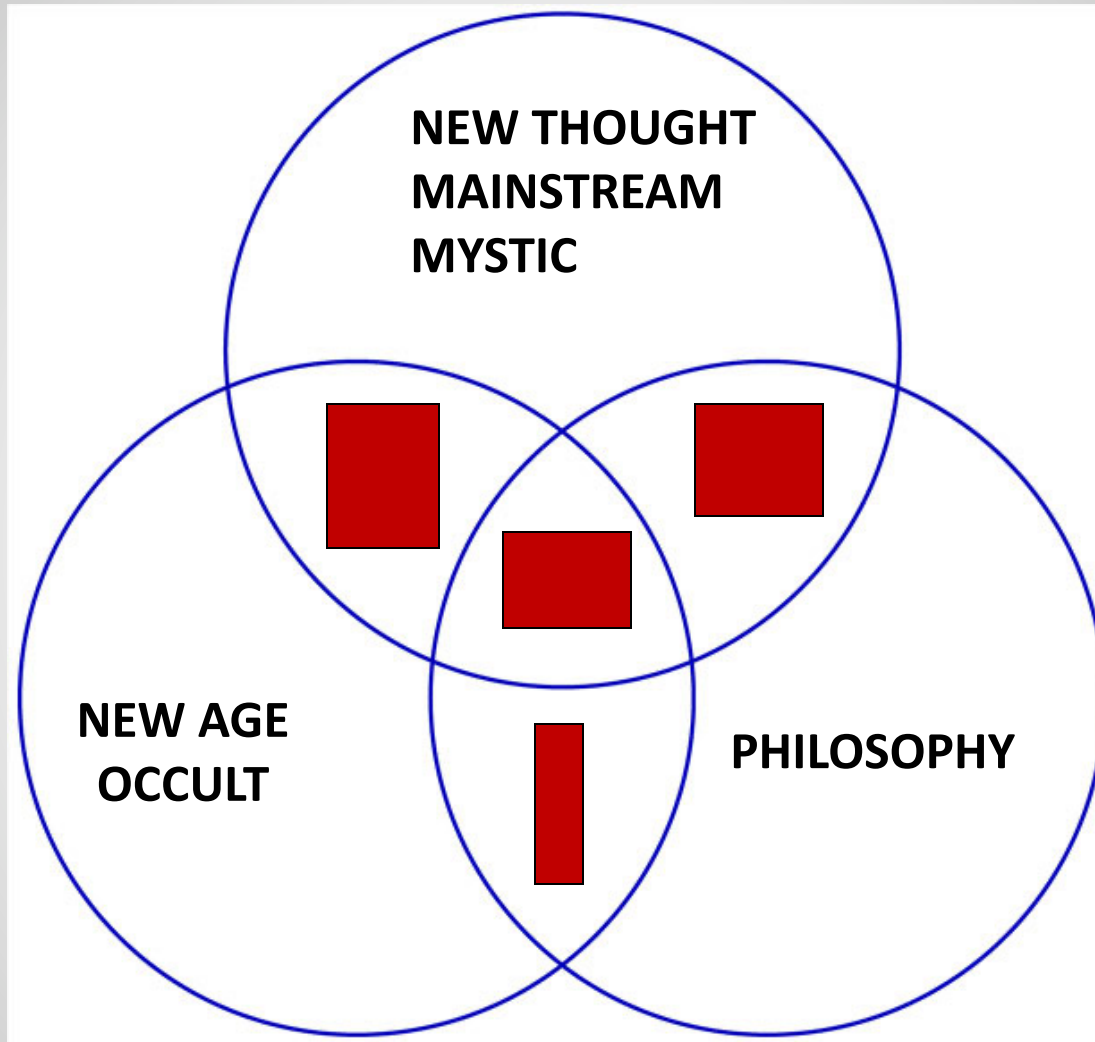
Henry Ford

And suddenly you know: It's time to start something new and trust the magic of beginnings  
When the Soul wants to experience something she throws out an image in front of her and then  
steps into it

I am what I wanted and I want what I am

Meister Eckhart

The more I learn of physics, the more I am drawn to metaphysics  
Everything is energy and that is all there is to it. Match the frequency of the reality you want and  
you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics  
Einstein



# **NEW THOUGHT MYSTIC**

# Metaphysics!!??

An attempt to prove the incredible by an appeal to the unintelligible.  
(H.L. Mencken)

A horse walks into a bar.

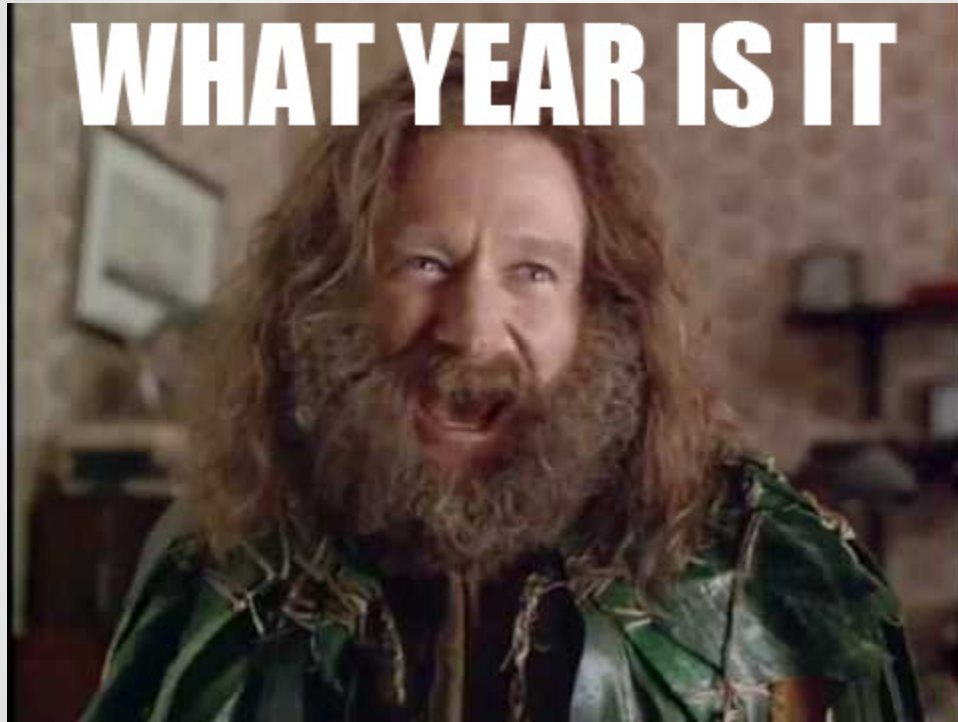
The bartender says, "Why the long face?"

The horse says, "I just realized that I'm a metaphysical concept within a fictional narrative and will cease to exist at the end of this sentence."

If it's the Psychic Network why do they need a phone number? (Robin Williams)



# Reality “What a Concept”: Robin Williams





# New Thought

Mesmerism of Quimby (1840's) and the transcendentalism of Emerson and the Concord Group

Thoughts become matter

A metropolitan religion

Like Puritanism, it recognized the Law of Prosperity as a cardinal statute (Luther. Calvin, Weber). Affirm the economic potency of character

The writings of New Thought accord with the traditional American philosophy of success

Much of the New Thought mass market/popular literature focuses on directions for making money.

# The Original Asian Colonization

During the ice ages, Beringia, like most of Siberia and all of North and Northeast China, was not glaciated

Human population arrived in Beringia from eastern Siberia then migrated into the Western Hemisphere

The genetic material of these individuals became amplified in North America following isolation from other Asian populations They became the ancestors of the indigenous peoples of the Western Hemisphere

According to new findings humans reached the Americas at least 7,000 years earlier than previously thought. A team working in New Mexico has found scores of human footprints dated to between 21,000 and 23,000 years old

# New Thought's Brand of Idealism

The ultimate basis of existence is mental (God/Energy as Mind)

Material/physical conditions are secondary to and products of human mental states and conditions.

Consciousness, ideas and thoughts are the basis of reality and function as the casual forces behind all material/physical phenomena—from objects, including human bodies, to the events and circumstances of an individual's life

# Some Science??!!

$E = mc^2$ , Einstein's theory of special relativity. Mass and energy are the same physical entity and can be changed into each other

The law of conservation of energy states that energy can be converted in form, but not created or destroyed

Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics

Einstein

# Deity Not Required

A component of new thought is theistic (Protestant Ethic)

Equally significant component does not require a deity to enter the physical universe and perform miracles

The universe is composed of energy which can be accessed by means of New Thought processes

The individual is the creator and does not require divine intervention

Christian critiques often emphasize that the New Age places the human individual before God

# New Thought Characteristics

World-affirming, harmonial and human spiritual evolution

Physical and emotional health, material prosperity, and personal relationships

Corporate religious activities are less common than individual religious practices

Mass market, commercial New Thought never articulated its idealistic cosmology in a formal philosophical context

Restricted academic horizons, it lacks a systematic theology, and it has developed no schools of higher learning

# New Thought and Secularization

New Thought either ignored or actively embraced the widespread cultural secularization that characterized Western civilization

Supportive of pluralism, individualism, racial and gender equality, modifications in traditional gender roles and family structures, globalization, and consumerism

Women as New Thought leaders

Apolitical

Seldom take public positions advocating social change



# Frankl and the Implications of Failure

Failing to acknowledge hardships can have a detrimental effect on mental health

Persistent reminders on ‘how good we have it’ in the midst of strife and struggle do not make sadness, fear or anxiety dissipate

Research shows suppressing negative emotions can make people feel worse. Your fault if New Thought does not work (provide benefit)

Viktor Frankl: “Tragic Optimism”: there is hope and meaning to be found in life while also acknowledging the existence of loss, pain and suffering (Holocaust survivor)

Tragic Optimism maintains there is space to experience both the good and the bad, and that we can grow from each

# What is Wealth

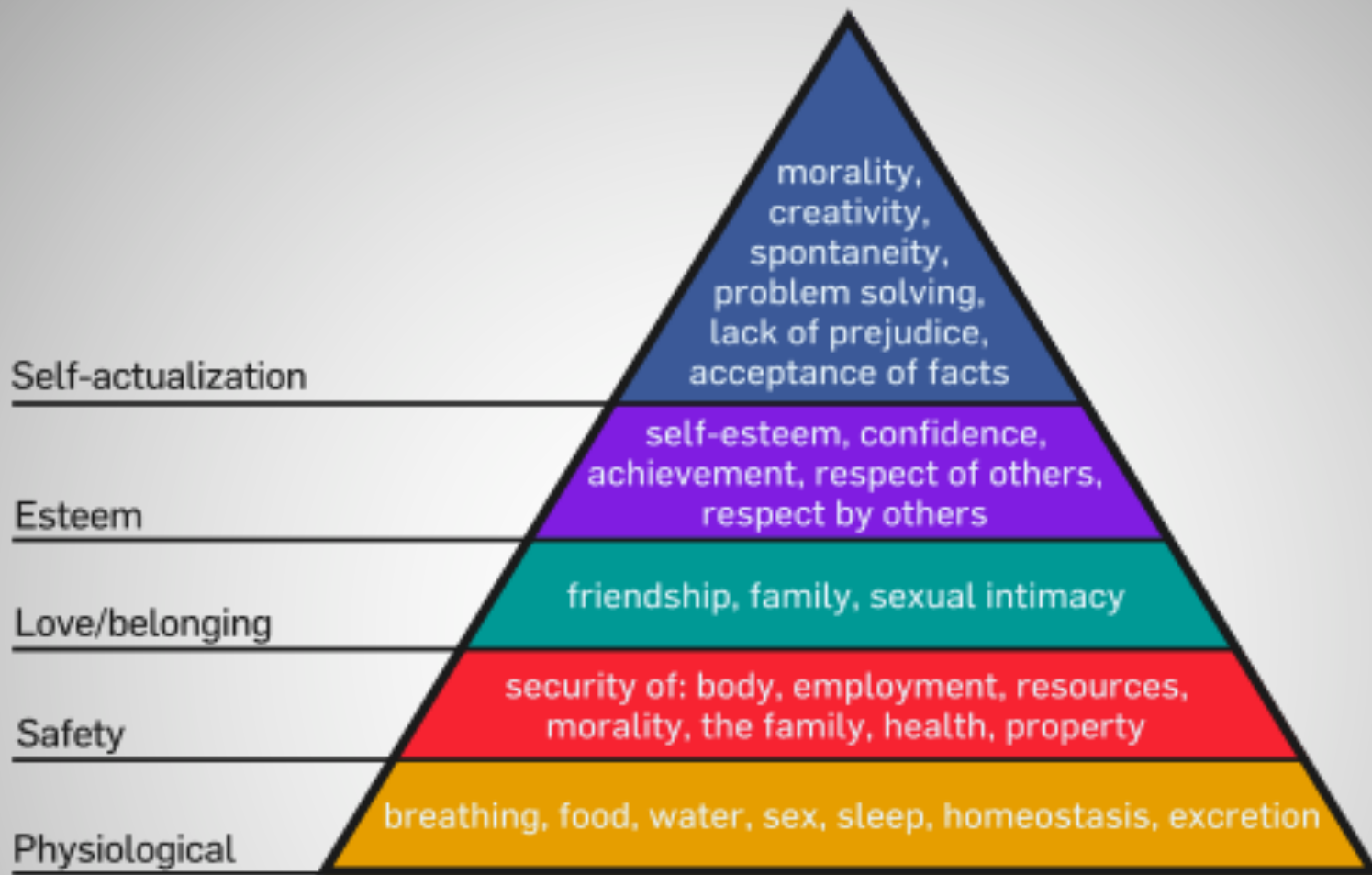
Mass market/Popular literature, Commercialism: Napoleon Hill best-selling author: “Think and Grow Rich” (1937) : Accused of fraud. Net Worth: \$50 Millions

Wealth is holistic: health of mind, body, spirit in addition to financial wealth

Andrew Carnegie

- Disapproved of charity
- Praised the high British taxes on the estates of dead millionaires, remarking that "By taxing estates heavily at death the State marks its condemnation of the selfish millionaire's unworthy life. It is desirable that nations should go much further in this direction”
- Gave away \$350 million (roughly \$5.2 billion in 2020) almost 90 percent of his fortune
- Founded
  - Carnegie Library and local libraries
  - Carnegie Institution for Science
  - Carnegie Mellon University

# New Age Occult



Maslow (1943). "A theory of human motivation". Psychological Review (8.934 impact factor)

# The Human Potential Movement

Cultivate extraordinary untapped potential

The net effect of individuals cultivating their potential will bring about positive social change

Maslow developed the term 'metamotivation' to describe the motivation of people who go beyond the scope of basic needs and strive for constant betterment

# Jung Collective Unconscious

The human condition: instincts as well as archetypes

Universal symbols such as the Great Mother ,The Wise Old Man, The Shadow, The Tower, Water, The Tree of Life

The psychotherapeutic practice of analytical psychology revolves around examining the patient's relationship to the collective unconscious

Critics of the collective unconscious concept have called it unscientific and fatalistic, very difficult to test scientifically

# New Age Developed in the late 1960's

Origins in Spiritualism, Theosophy, and Theosophy's Asian roots more than in New Thought

New Thought and New Age have personal transformation and healing in common, but their approaches are significantly different

New Age emphasis on channeling, astrology, tarot cards, and crystals

New Thought is more mystical



# New Age

Associated with the counterculture of the 1960's

Replaced by a wider New Age sentiment as Mind, Body, Spirit

Holistic with such terms as an Ocean of Oneness, Infinite Spirit, Primal Stream, One Essence, and Universal Principle

Divinity as Mind, Consciousness, Universal Intelligence and as a form of Energy

Existence of a Higher Self part of the human condition and connects with the divine essence of the universe

New Age views the material universe as a meaningful illusion, which humans should try to use constructively rather than focus on escaping into other spiritual realms

# New Age Therapies

Physical, mental, and spiritual aspects to heal illness

Critiques mainstream Western medicine for attempting to cure disease

Affinity with forms of traditional medicine

Rejects the Christian emphasis on sin and guilt: which generates fear and hinders spiritual evolution

# Cultural Appropriation

“Plastic Shamans and Astroturf Sun Dances: New Age Commercialization of Native American Spirituality” (by Lisa Aldred): American Indian Quarterly: Summer, 2000

Cultural Imperialism, misappropriating sacred ceremonies, and exploitation of intellectual and cultural property

# Occult

## Parapsychology, Psychic Phenomenon

### Extrasensory Perception

Telepathy

Precognition

Clairvoyance

Magic

Psychokinesis (telekinesis)

Near-death experiences

Apparitional experience

# No Scientific Evidence

Duke University ended parapsychological research

CIA extensive research into behavioral engineering . The Stargate Project terminated in 1995. Conclusion: not useful in any intelligence operation.

In 1911 Stanford University studied extrasensory perception and psychokinesis in a laboratory setting. After 10,000 experiments: concluded statistical treatments of the data fail to reveal any cause beyond chance

But Yet

# **New Thought Philosophy**



# William James CV

First educator to offer a psychology course in the United States (Harvard University)

Established the first psychology laboratory in America (1875)

One of the most influential Philosophers of the United States, the Father of American Psychology

Established the Philosophical School of Pragmatism and Functional Psychology

Founding member and vice president of the American Society for Psychical Research

Society for Psychical Research Areas of study: Hypnotism, dissociation, thought transference, mediums , apparitions, séances, telepathy

Haunted houses his special interest. Erik Larsen new audio book, “No One Goes Alone,” is a historical novella that follows the ghost-hunting exploits of the 19th-century psychologist and philosopher William James

# Mysticism

A distinctive experience which supplies knowledge of the transcendental

## Origins

- Spontaneous; either apparently without any cause, or by persistent existential concerns, or by neurophysiological origins
- Religious practices, such as contemplation, meditation, mantra repetition
- Entheogens (psychedelic drugs): James' inhaled nitrous oxide (Journal of Anesthesia: impact factor 6.039)
- Neurophysiological origins, such as temporal lobe epilepsy

# Introduced the Term New Thought

Synonymous with the Mind Cure Movement

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind"

Ignored Quimby and listed the sources of mind cure as

- The Four Gospels
- Emersonianism or New England Transcendentalism
- Berkeleyan idealism (no mind independent things; to be is to be perceived, or to perceive)
- Spiritualism
- Optimistic evolutionism (Darwin)
- Hinduism

# Consciousness

Ralph Waldo Emerson was his god-father: an intuitive psychology of character formation

Transcendentalism the realization of higher consciousness within the individual personality (consciousness in the biological evolution of the species)

Study of consciousness (experimental physiology and cognitive psychology of consciousness)

Plurality of states. Waking consciousness one state of many, its significance being only for survival of the biological organism

Subconscious the doorway for mystical experiences to occur -- transient, passive, states: when they came, personality is permanently altered

# James the Era of Modernism

Rejected the certainty of Enlightenment ideals

Positivism, emphasized physical phenomena, empirical evidence, and the scientific method (but believed in haunted houses)

Darwin provided an explanation for the evolution of species apart from a divine Creator.

James served as a mediator between scientific agnosticism and the religious view of the world

Central ideas

- The value of religion, and the emphasis on mysticism and revelation (as opposed to theology and doctrine) as religion's foundation
- The universe as pluralistic (as opposed to absolutist, constant, eternal), driven by chance, experience, and change

# The Pragmatic Method

Pragmatism a middle ground. A relationship between facts and ideas or beliefs.

Existential truths are revisable given new experience.

This relativistic theory generated criticism among other philosophers

A defense of religious faith in the absence of conclusive evidence

Defines religion as the experiences of human individuals related to the “Divine”

This definition of religion does not require faith in a transcendent, monotheistic God, and does not mandate a formal religious community

Life can become worth living if we believe that it is and act on that belief

Happiness requires: ideals, strive to achieve them, and believe we are making some progress

# **New Thought Conclusion**



# Wim Hof



R.C. Mazumdar



# Medicine

When pain lasts, brain activity switches from the pain circuits to circuits that process emotions. Emotions like anxiety often take center stage in chronic pain. Mindfulness practice reduces a person's pain experience (Srini Pillay, M.D: Assistant Professor of Psychiatry, Harvard Medical School)

## Sport Psychology and Psychoneuromuscular Theory

- Psychoneuromuscular theory athletes activate the muscles associated with an action by visualizing the action
- Activating the neurons that provide input to the muscles is similar to actually practicing the motion

# Cognitive Behavioral Therapy is an Accepted Intervention and is Consistent with and Based, in part, on New Thought

Cognitive behavioral therapy (CBT) is a common type of talk therapy: AMA approved

Become aware of inaccurate or negative thinking, view challenging situations more clearly and respond effectively

Mental health disorders that may improve with CBT include:

- Depression
- Anxiety disorders
- Phobias
- PTSD
- Sleep disorders
- Eating disorders
- Obsessive-compulsive disorder (OCD)
- Substance use disorders
- Bipolar disorders
- Schizophrenia

In some cases, CBT is most effective when combined with other psychiatric interventions, such as antidepressants or other medications

# Conclusion: Does New Thought Work

Yes: Medical applications, Psychiatry, Cognitive Behavioral Therapy, Focused attention resulting in action. For some people some of the time

No: Mass market/Popular literature, Commercial-New Thought without any serious action undertaken. "Think and Grow Rich". Better to buy a lottery ticket

No: New Age-Occult. No scientific proof

Yes: Philosophy (William James)

- Great philosophers have great idea(s)
- William James is a great philosopher
- William James has great idea(s)