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# Editorial

## Science of the Mind

**V**idurava has taken up in this number, one of the most complex and intriguing problems that science has ever faced, and that is the unraveling of the mysterious functioning of a meagre 1.4 kg of matter lodged in the human skull, which gives rise to consciousness, thoughts, memory, and emotion. In this publication four sub themes on brain-mind functioning, comprising Mental Stress, Control of Emotion or more specifically Anger, Depression, and Evolutionary aspects of Psychology are discussed.

It is however, significant and almost unbelievable that more than two millennia before modern science emerged, the functional components and behavior of the brain-mind complex had received the most intricate scientific analysis ever under that great omniscient Master, Gautama Buddha. His clear and astounding explanation of the phenomenon of consciousness arising through the impression or contact with what had been described as the “Six Sense Doors” comprising the eye, ear, nose, tongue, body and mind remain inexplicable and enigmatic.

A discussion on the Science of the Mind would however, remain incomplete if no reference is made to other conditions that manifest from the mind-brain phenomenon, such as “Paranormal Phenomena”. As explained by Dr. S. N. Arseculeratne, Emeritus Professor of Microbiology of the University of Peradeniya, in a paper titled “The Challenge to Modern Science from

Parapsychology” published in his Memoir “*I Think, Therefore I am*”, in 2015, Parapsychology refers to the study of Paranormal phenomena such as, telepathy, clairvoyance, and pre-cognition, which are probably operated through the mind, and hence could be subjected to scientific investigations, while other phenomena such as materialization (apport), psychokinensis, reincarnation, and astrology, which are also paranormal phenomena mediated by other means, are at present outside the investigative scope of modern science.

The meaning of the word “Paranormal” used in contrasting context with “Normal” refer to phenomena that are as yet not completely understood through scientific methodology, while “Normal” phenomena are amenable to study through methods of science that are at our disposal. Over the last few decades, many researchers, including scientists have carried out studies on various aspects of parapsychology, and in most instances, the findings appear to defy scientific experimentation. A test case probably is the investigation on the ancient Indian Palm (ola) Leaf Horoscopes, by Prof. Arseculeratne, one of the few outstanding scholar academics in the field of “History and Philosophy of Science”, where repeated investigations had confirmed the authenticity and validity of these palm leaf horoscopes. Thus here we may be seeing through ‘checks and balances’, the paradoxical reality of the probable limits of modern science.

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