

新的世界觀——瑪莉蓮·蘇利茲博士

A New Perspective for Our World— from Dr. Marilyn Schlitz

編輯部文英譯

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加州太平洋醫療中心研究院資深科學家瑪莉蓮·蘇利茲於1月26日晚間，應邀到萬佛聖城大殿演講，講題為「世界觀：在一個迅速變化的世界中創建新的能力」。

蘇利茲擁有德州大學奧斯汀分校社會人類學博士學位，並於史丹福大學進行博士後的心理學研究。她是研究人類意識的專家，曾針對「遙視技術」等當代科學還無法解釋的現象進行科學化的研究。

她曾在十餘歲時，乘坐朋友摩托車後座，被酒醉駕車者撞傷。蘇利茲博士說：「我當時親眼目睹自己的身體從摩托車後座摔出來，掉到地上，那是一種出竅的經驗。」當她被送到醫院急診室時，因腿傷太嚴重，醫生還說要截肢。

出院時，從臀部以下直到腳踝都打上石膏。蘇利茲博士表示，返家後她直覺要以觀想方式來自我治療，想像自體免疫系統針對腿傷發揮力量，果然真的感受到治療效果。石膏拆除後，醫生對她的復原狀況十分滿意。

Marilyn Schlitz, a senior scientist at the Research Institute of California Pacific Medical Center, was invited to the CTTB to give a lecture in the Buddha Hall on the evening of January 26. Her topic was “World Views: Creating New Capacities in a Rapidly Changing World”.

Dr. Schlitz received her Ph.D. in social anthropology from the University of Texas in Austin. She also earned a post-doctoral fellowship in psychology at Stanford University. Along with being an expert in human consciousness research, she has done much scientific research on phenomenon such as remote viewing, which cannot be explained by modern science.

When a teenager, Dr. Schlitz was once on the back of a motorcycle and was hit by a vehicle driven by a drunk driver. She said, “I watched my body being thrown off the motorcycle, tumble through the air and land on the ground. It was an out-of-body experience.” Her leg was so severely wounded to the point that doctors in the emergency room considered amputation.

Upon release from the hospital, she was confined in a cast from hip to ankle; but she spontaneously came out with the idea of self-healing after returning home. Through visualizing her immune system repairing the leg, she began to heal herself and felt the tingling of the healing response. When the cast was finally taken off her leg, the doctor was very happy about her recovery.

後來上大學時，蘇利茲深受兩本書的啟發。第一本是湯瑪斯庫恩所著「科學革命的結構」，書中指出，在這個物質世界中，沒有任何科學理論是永遠不變的。

第二本書是「心靈探索」，作者艾德格·米契爾曾駕駛阿波羅14號上月球。這位擁有麻省理工學院博士學位的太空人，在完成登月任務駕駛太空船重返地球之際，看著美麗的地球，忽然產生兩種類似開悟的經驗。



米契爾首先感受到自己體內的分子跟宇宙間的分子合而為一，也就是「萬物一體」的經驗。第二就是認識到人類的痛苦並非來自地球或外太空，而是來自內心。

多年後，蘇利茲博士結束在史丹福大學研究時，意外接到米契爾在北加州佩塔路瑪創辦的「知性智力科學學會」邀請，擔任該會研究主任，其後出任總裁兼執行長。目前蘇利茲博士是該會「創意專案與全球事務大使」，在該會已服務近二十年。

蘇利茲博士指出，在多年的研究中，她曾數次進行「遙視技術」的實驗，例如測試從密西根州底特律遠距遙觀意大利，獲致成功。她也曾進行意念治療研究，證明人的意念確有治癒疾病之效。不同的文化有不同的治療傳統，因此蘇利茲博士也做了許多跨文化的研究。

「為開發出最大潛力，人們可採取的最有力步驟，是培養瞭解新觀點的意願和能力。」蘇利茲博士提出四大重點：意願、注意力、重複（練習）、（有人）引導。

蘇利茲博士並表示，人類意識的轉化模式，從知性經驗開始，經過探索後找到修行法門，

Later when she went to college, she was inspired by two books. The first one was *The Structure of Scientific Revolutions* by Thomas Kuhn. In this book, the author pointed out that scientific theory is not fixed and is ever-changing in the material world.

The second book is *Psychic Exploration* by Edgar Mitchell who was the pilot of Apollo 14 to the moon. The astronaut received his Ph.D. from Massachusetts Institute of Technology. After completing his moon-landing mission, on the way back, he had two epiphanies upon seeing the beautiful earth.

Edgar first felt that the molecules in his body were in oneness with the molecules in the universe, which can be termed as a “wholeness” experience. The second one was that he realized that suffering did not come from the earth or outer space, but instead from our minds.

Years later, when Dr. Schilitz finished her post-doctoral research at Stanford University, she received an invitation unexpectedly from the Institute of Noetic Sciences (IONS), founded by Edgar Mitchell in Petaluma, northern California, asking her to be the research director. She later became the president and CEO of IONS, and now serves as ambassador for Creative Projects and Global Affairs and is a senior scientist. She has worked for IONS for almost 20 years.

Dr. Schilitz pointed out she has tested remote viewing many



times in her research. She once tested remote viewing from Detroit, Michigan to Italy and was successful. She also tested consciousness-based healing and proved that human intention does have a healing effect. Since different cultures have different healing traditions, Dr. Schilitz has also researched cross-cultural healing.

“The most powerful step people can take toward achieving their highest potential is to cultivate the willingness and ability to understand new perspectives,” said Dr. Schilitz, and then brought up four major points: intention, attention, repetition, and guidance.

Dr. Schilitz also said that the consciousness transformation

讓生活成為修行，即可由「我到我們」，過著深度生活，並帶給社區集體轉化。

蘇立茲博士認為，面對日益增加的文化多樣性和社會複雜性，人們必須開發出瞭解眾多觀點的能力，才能在一個全球化的社會中前進、茁壯、成長。並有助於我們溝通與合作，成功地創造個人價值的實現，健康的關係，與全球永續發展。❁



model starts with noetic experience, then exploration, and finally finding a practice. That is, if we live our lives as practice, we will be able to focus on “we” instead of “I” and live deeply, bringing collective transformation to the community.

Dr. Schlitz pointed out that amid the ever-increasing cultural diversity and social complexity, it is clear that developing the capacity and competency to understand a multitude of perspectives is necessary to navigate and thrive in a global society. It will also help us to communicate and work together successfully, creating personal fulfillment, healthy relationships, and global sustainability. ❁