

3. Fruit can be made into jam, sauce, or juice. Jam is thick and sugary. Juice can be drunk. And sauce is usually eaten with another food.
4. The verbs *to lie* and *to lay* are often confused by native speakers and English learners alike. Here are some sentences with these two verbs.

To lie (lie, lay, lain)

- After working all day, it is nice to *lie* down and rest.
- Last night I *lay* down at about ten o'clock.
- I must have *lain* there for an hour before I fell asleep.

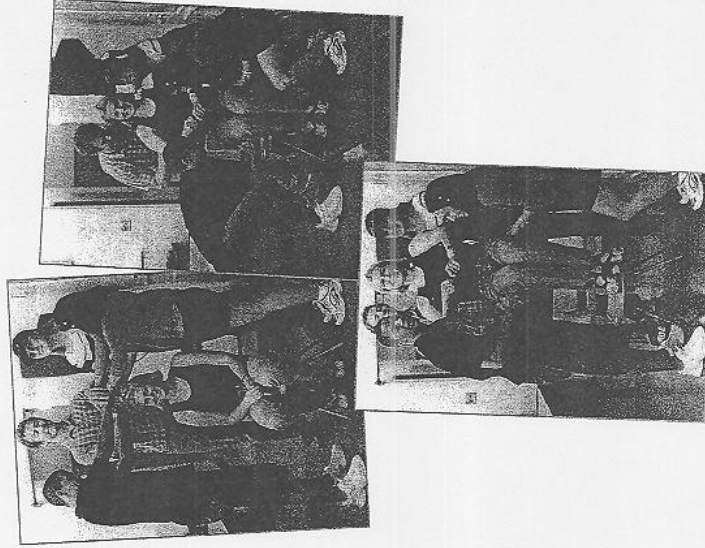
To lay (lay, laid, laid)

- I always *lay* my books on the table near the door when I come from school.
- I know that I *laid* my books there last night.
- I found my books in the kitchen, so I must have *laid* them down there.

The difficulty comes because the past tense of *to lie* is the same in appearance as the present tense of *to lay*. The difference in meaning is that *to lay (something)* means "to put or place (something)." *To lie* means "to recline oneself."

unit 7

Magic?

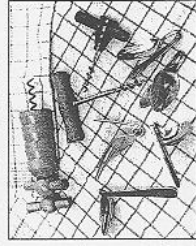


Kelly sits on a chair. First four classmates put their hands on her head. Then they lift her, using only their eight index fingers. Is it magic?



Magic?

1 There are some things in the universe that are beyond our understanding. One of those things is how I bent spoons with the energy of my mind. I was at a workshop about not



5 limiting ourselves by our doubts. Each participant had a regular spoon. We were to hold our spoons lightly and then think about making them bend. We were to think about the metal getting soft. The leader told us that

10 when the spoon started to bend, we were to say, "It's bending!" Until then we were to say, "Bend! Bend! Bend!" I doubted that a spoon would listen to me.

15 Then as I was holding the spoon and putting hardly any pressure on it, the spoon began to turn in my hand. To my surprise, the spoon got soft and bent into a 90-degree angle. I started to say, "It's bending!" And others looked at me, still

saying, "Bend! Bend!" I looked around. Suddenly other people's spoons were bending into loops. I picked up another spoon, as the leader asked me, "Why don't you believe?"

20 And this time, the spoon did what I instructed it to do. It bent over double into a full loop and then some. The third time, I picked up a fork instead of a spoon. I believed that the metal would get soft, and when it began to bend, I turned it in all ways. I twisted it twice and made a corkscrew out of it. It was thrilling to see that a law of nature could be broken, or at least bent.

25 I saw another really strange thing happen. Four people picked up a fifth person without any strain. The procedure is simple: one person sits on a chair. The four people can try to

Before You Read the Story

Use these questions as preparation for reading the story. If you need to know the meaning of a word or idiom, check the Words and Idioms List after the story.

1. The name of this story is "Magic?" Look at the pictures and then look at this list of words. Which ones do you expect to be in this unit? Why? Circle them.

- | | | | | |
|----------|----------|-------|---------|---------|
| spoon | doctor | brain | trick | pain |
| eyes | bag | blood | sore | heal |
| headache | fork | salt | believe | fingers |
| elbow | surprise | ankle | oxygen | burn |
| knee | | | | |

2. Do you think the storyteller believes in magic? Why or why not?

3. Who "does" magic?

4. What is most magic?



While You Read the Story

Read these questions and look for the answers as you read the story.

1. What unusual and unexpected things did the storyteller see?

2. Why isn't the hegu point magical to the storyteller?

3. Why is the lifting of a person on eight fingers somewhat magical?

4. What could the title "Mind Over Metal" be used for?

30 pick up the person in the chair by holding onto one chair leg each and lifting. That way, however, is not easy. The better way is to defy gravity. The four lifters put their hands, one on top of the other, on top of the head of the person on the chair. Then they press down gently with all eight hands.

35 Then, on the count of three, they remove their hands, and with their index fingers only, lift the person. Two put their fingers under the person's knees. The other two put their index fingers under the person's shoulders, in the armpits. And all lift together. The eight fingers of the four lifters will raise the person off the chair and into the air.

40 Is it magic? Or is it something else? There are some things that are simply mysterious. We do not know why they work. To many people, acupuncture and acupressure are in the category of the unknown. One day, I was teaching a graduate class in methodology, and a student in the front row was pulsing with headache pain. He didn't say anything about it, but I could see the pain coming from him. I continued to



45 teach, but I went to the student's side. His eyes were closed. I put out my hand. Without opening his eyes, he put his hand in mine. I touched a point on the back of his hand opposite his thumb. I began to rub that point, the hegu point. Tears ran down his face, but I continued the gentle massage of the hegu point on his hand. And I continued to talk to the class about teaching English as a second language. Suddenly, the man opened his eyes and smiled. "It's gone!" he said. "My headache is gone. What did you do?"

60 I assured him that there was no magic. There are two circulation systems in the body, I told him. One is the blood. Blood carries oxygen and nutrients or food to the cells of the body. The other circulation system is electrical. Calcium, magnesium, potassium, and salts, like table salt or sodium, carry the electrical signals from the brain to parts of the body. The hegu point is the place where the lines or tensions of the electrical system for the head and the upper part of the body cross. A person who has a headache probably has congestion there. The congestion causes the hegu point to be very, very sore. However, if the point is rubbed until it is not sore anymore, the headache will go away.

70 "I thought you were some kind of heavenly doctor," the student said after class. "I don't remember ever having such a bad headache before. But what other points of the body are as powerful in healing as the hegu point?"

80 I said that I was no Chinese doctor, but I knew a few things. I had accidentally found a spot on the outside of my arm that helped my bowels. I knew that there was a special spot on my arm, two inches from the point halfway between the pit of my elbow and the tip of the joint bone. This point on my right arm helped my left knee. On the left arm, it helped the right knee. Another spot, on my ankle, helped back and leg pain. There is no magic in acupressure, so the bending of spoons and the lifting with fingers must have explanations too. We simply don't know what they are yet.



Words and Idioms List

You already know some of these words and idioms. Go through the list. Write a check (✓) next to each of those that you do not know.

Some of these words and idioms may be completely new for you. Find them in the reading. Use the sentences around them to understand what they mean. Note how they are used. These are the words and idioms to learn for this story.

1. _____ **acupressure** (non-count noun): the science of healing by pressing special spots on the body; part of Chinese medicine
2. _____ **acupuncture** (non-count noun): the science of healing by inserting very thin needles into special spots of the body; part of Chinese medicine
3. _____ an **armpit** (noun): the part of the body under the shoulder joint
4. _____ to **assure someone** (verb): to promise or swear to someone that something is true; to guarantee; to make someone feel secure in the news about something
5. _____ to **bend** (verb): to cause to turn at an angle
6. _____ **bowels** (plural noun): the digestive system (the stomach, the intestines, and so on)
7. _____ **congestion** (non-count noun): a place where fluids gather; thickness
8. _____ a **corkscrew** (noun): a tool used to remove a cork from a bottle
9. _____ to **defy** (verb): to disobey; to challenge
10. _____ a **doubt** (noun): a feeling of not believing; disbelief
11. _____ to **doubt** (verb): to not believe; to disbelieve
12. _____ **energy** (non-count noun): force; strength

13. _____ **gravity** (non-count noun): the force of nature that gives things weight
14. _____ an **index finger** (noun): the finger next to the thumb; the pointing finger
15. _____ a **law of nature** (noun): an explanation of how things work in the world; a principle
16. _____ a **loop** (noun): a circle or oval shape
17. _____ a **massage** (noun): a rubdown by a person skilled in rubbing the muscles to bring about relaxation
18. _____ to **massage** (verb): to rub the muscles to bring about relaxation
19. _____ **mysterious** (adjective): not easily explained; not understood
20. _____ a **nutrient** (noun): an important element of food
21. _____ **pressure** (non-count noun): strength of pushing; force
22. _____ a **procedure** (noun): a process; a schedule of events that lead to a desired end
23. _____ **pulsing** (adjective): beating, like a heart or a drum
24. _____ **regular** (adjective): normal; not unusual
25. _____ **salts** (noun): the body's electrolytes: magnesium (Mg), sodium (Na), potassium (K), and calcium (Ca)
26. _____ **strain** (non-count noun): effort and tiredness of work
27. _____ to **twist** (verb): to turn in two directions
28. _____ **universe** (noun): the world and all the stars and planets
29. _____ a **workshop** (noun): a training session; a class for participants, not students



After You Have Read the Story

Do you have the answers to the questions from "While You Read the Story"? Talk about the answers with your classmates.

Understanding Sequence

A. There are three short stories within this one story. The first one is about bending spoons. In the blank in front of each sentence, write 2–6 to show that you know the order of the story about bending spoons.

- 1 I went to a workshop called "Mind Over Metal."
- I said, "Bend! Bend! Bend!" as I was told to do.
- We were told to hold a spoon lightly and think about it bending.
- Suddenly the spoon felt soft, and it bent into a loop.
- I doubted that a spoon would listen to me.
- I broke a law of nature with my mind.

B. In the blank in front of each sentence, write 2–9 to show that you know the order of the story about the lifting with fingers.

- The four lifters put their hands on the head of the person in the chair and press down lightly.
- Four people are chosen to be lifters.
- 1 Five people volunteer to do the experiment.
- That person sits in a chair.
- One person is chosen to be lifted.
- They quickly remove their hands from the person's head.
- Two of them put their pointed index fingers under the person's knees.
- They lift the person.
- The other two put their index fingers under the person's shoulders.

C. In the blank in front of each sentence, write 2–6 to show that you know the order of the story about healing a headache with acupuncture.

- The headache goes away.
- 1 First you must know that a person has a headache.
- You press on the hegu point.
- You pick up the person's hand.
- You massage the hegu point until it stops hurting.
- You find the hegu point on the side of the palm.

Answering Questions About the Story

Read these questions, think about the answers, and then discuss the answers with your classmates.

- What was the storyteller doing at the spoon-bending workshop?
- What happened to the fork?
- What word did the spoon-benders have to say? Do you think the word has energy?
- Why do you think the metal becomes soft?
- Can you explain how eight fingers can lift a person who weighs 180 pounds?
- What does a corkscrew look like?
- What do the lifters have to do with their hands before they try to lift a person with their index fingers?
- What force keeps a person sitting on a chair or standing on the ground?
- What things are twisted?
- Table salt is sodium chloride (NaCl). What things taste salty? Are they all sodium chloride?

Drawing Conclusions from the Story

Read the numbered sentence. Then read the sentences under it. Which ones are true because the numbered sentence is true? Circle the letter in front of each true statement.

- There is no magic in acupuncture, so the bending of spoons and the lifting with fingers must have explanations too.
 - There is no explanation for acupuncture.
 - There is no explanation for the bending of spoons.
 - There is no explanation for the lifting of a person with four people's index fingers.
 - There must be explanations for all these things.
- I believed that the metal would get soft, and when the fork began to bend, I turned it in all ways.
 - The metal got soft enough to bend.
 - I bent the fork.
 - I twisted the fork.
 - I was at a workshop about not limiting ourselves by our doubts.
 - People can learn to deal with their doubts.
 - A workshop is a place to learn new things.
 - We all have doubts.
 - Doubts can stop a person from doing all the things that he or she could possibly do.
- I doubted that a spoon would listen to me.
 - Spoons have ears and can hear.
 - I didn't believe the spoon would bend.
 - I felt strong enough to bend a spoon.
 - I did not believe the workshop leader.
- Some things in nature are simply mysterious.
 - We do not understand everything.
 - We understand even mysterious things.
 - Nature keeps secrets from us.

Finding the Meaning in Context

Which meaning is closest to the underlined word or words? Circle a, b, c, or d.

- The thief put the valuable box under his shoulder to carry it away from the museum.
 - on his elbow
 - in his ankle
 - in his hand
 - in his armpit
- I want to promise you that I will help you.
 - assure
 - bend
 - defy
 - press
- A flu can make a person's digestive system hurt.
 - bowels
 - congestion
 - pulsing
 - regular
- Vegetables provide valuable elements of food for the human body.
 - salts
 - nutrients
 - loops
 - oxygen
- The process of baking a cake is quite simple.
 - procedure
 - pressure
 - pulsing
 - strain
- I do not believe that this story in the newspaper is true.
 - understand
 - assure you
 - doubt
 - twist
- When a person has a cold, there is an accumulation of fluids in his or her chest.
 - a lot
 - a headache
 - a corkscrew
 - congestion
- The father shouted at his son, "How can you go against my wishes?"
 - bend
 - assure
 - defy
 - strain

9. If you rub a sore spot on your body, it will stop hurting and you will feel much better.

- a. pulse
- b. massage
- c. strain
- d. doubt

10. This book is nothing special; it is a normal dictionary.

- a. regular
- b. mysterious
- c. unusual
- d. fine

Matching New Words and Meanings

Draw a line between the two words or phrases with similar meanings.

- | | |
|------------|-----------|
| 1. massage | a. spot |
| 2. knee | b. finger |
| 3. bend | c. fork |
| 4. circle | d. point |
| 5. force | e. rub |
| 6. ache | f. pain |
| 7. tip | g. loop |
| 8. place | h. elbow |
| 9. thumb | i. twist |
| 10. spoon | j. energy |

Finding the Differences

What's the difference between ...

1. a student in a class and a participant in a workshop?
2. a spoon and a fork?
3. a circle and a loop?
4. an index finger and a thumb?
5. understanding and doubt?
6. lift and raise?
7. to rub and to massage?

8. something being sore and something aching?
9. a knee and an elbow?
10. a point and a spot?

Practicing with Idioms

Find the idiom in this list that means the same or almost the same as the underlined word or words and use the correct form of it to complete each sentence. Note that some words (for example, [one]) can be replaced with other words and might be in another position in the sentence.

1. Nothing is mysterious about the electrical system of the body.
 _____ the electrical system of the body.
 without any strain and then some
 be pulsing with where lines cross
 some kind of there is no magic in
 bend over double be beyond [one's] understanding
2. It is not something I can understand that some people can choose to be unkind to others.
 It _____ that some people can choose to be unkind to others.
 others.
3. When the car was pulled out of the accident, it was folded in half.
 When the car was pulled out of the accident, it was _____.
 _____.
4. On main roads, there are traffic signs where one road meets another.
 On main roads, there are traffic signs _____.
5. Everyone in the football stadium was shouting. The place was filled with excitement.
 Everyone in the football stadium was shouting. The place _____ excitement.

6. There was a lot of sickness in the town as a variety of flu. There was a lot of sickness in the town as _____ flu.
7. Tom has a lot of free time this week, so he can help at the school and it won't be too much work for him.
Tom has a lot of free time this week, so he can help at the school _____.
8. I spent twenty dollars and more for the ticket.
I spent twenty dollars _____ for the ticket.

Exploring the Ideas

Think about these questions. Talk about your opinions with your classmates.

1. Gravity is one law of nature. What are some others? What are some of the effects of gravity? Think about fruit from a tree, water such as rain or water in a river, and the limits to a person's ability to run or climb. What law of nature was "bent" in the workshop?
2. What are spoons made of? Are they easy to bend? Why or why not?
3. What usually makes metal soft enough to twist?
4. Do you think that the experiment with acupuncture defined a law of nature? If so, how? What?
5. What do you believe in, and what do you doubt? Think about your own abilities. Do you believe you could climb a mountain? Do you believe you could be an actor? What do you think is the truth about Chinese medicine? Have you ever had experiences that were unusual? Can you explain them?

Making Inferences

- A. Read the numbered sentence. Then read the sentences under it. Which ones are true because the numbered sentence is true? Circle the letter in front of each true statement.
1. The storyteller says, "I am no Chinese doctor." What does the storyteller mean?
 - a. The storyteller is Chinese.
 - b. The storyteller is a doctor.
 - c. The Chinese do not have doctors.
 - d. Chinese doctors know about the hegu point.
 - e. The storyteller knows some Chinese medicine, but not a lot.
 2. Salts (such as calcium, sodium, magnesium, and potassium) carry electrical signals through the body.
 - a. The human body has an electrical system.
 - b. Potassium and magnesium have some things in common.
 - c. There are calcium salts in a human body.
 3. The hegu point is the crossing spot for the lines or tensions of the electrical system of the head and upper body.
 - a. The hegu point is part of the lower body.
 - b. A headache is related to the hegu point.
 - c. There are lines along which electricity flows in the human body.
 - d. The hegu point is in one's head.
 4. We were to think about the metal getting soft.
 - a. The storyteller needed to imagine the metal bending.
 - b. The storyteller was strong enough to bend a spoon in his hand.
 - c. The power of the mind could make the metal soft.
 5. To many people, acupuncture and acupressure are in the category of the unknown.
 - a. Everyone understands why acupuncture and acupressure work.
 - b. There are some things that people do not understand.
 - c. Acupressure is better than acupuncture.
 - d. Acupuncture and acupressure seem to be magic.

B. Read the numbered sentence. Then read the sentences under it. Which sentence is closest in meaning to the numbered sentence? Circle *a*, *b*, *c*, or *d*.

1. It was thrilling to see that a law of nature could be broken, or at least bent.
 - a. I was excited because I was doing something that should be impossible.
 - b. I was enthusiastic about breaking spoons.
 - c. I enjoyed playing with nature and making it do what I wanted.
2. The better way is to defy gravity.
 - a. I prefer to be heavy in body and not be lifted.
 - b. It is easier to do something to stop the normal pull of the earth on a body.
 - c. I want to disobey all the laws of nature to do the job.
3. There are some things that are simply mysterious.
 - a. There is nothing strange about magic.
 - b. Simple things are not always easy to understand.
 - c. We do not always understand everything.
4. I assured him that there was no magic in acupuncture.
 - a. Acupuncture is a kind of magic.
 - b. Acupuncture is not magic.
 - c. Magic is not part of my work.

Finding the Main Ideas and Supporting Ideas

One of the thirteen sentences below is the main idea for the whole article.

- Write *MI* (which means *thesis*, or main idea for an article or story) in the blank in front of that idea. Then write it on the appropriate line.
- There are three main topic ideas (one for each of the three topics). Write *SI* in the blank in front of each of those ideas. Then write each of them on the appropriate line.
- Finally, write the three sets of supporting ideas (*SI*) for each of the topics on the appropriate lines.

1. _____ It is possible to defy gravity.
2. _____ You hold the spoon lightly with just a little pressure on it.
3. _____ There are some things in the universe that we do not understand.
4. _____ Certain spots are congestion points for the electrical system of the body.
5. _____ You think about the spoon bending.
6. _____ Four people can lift a person from a chair using only their eight index fingers.
7. _____ Acupuncture is a healing art, part of Chinese medicine.
8. _____ The spoon seems to become soft and bends into a loop.
9. _____ The lifters have to put their hands on the head of the person they will raise.
10. _____ The mind can bend a metal spoon.
11. _____ There is a point on one's hand where tension lines cross.
12. _____ They press down lightly before they try to lift.
13. _____ This point is called the *hegu* point.

Thesis: _____

MI #1: _____

SI: _____

SI: _____

SI: _____

- MI #2: _____
 SI: _____
 SI: _____
 SI: _____
- MI #3: _____
 SI: _____
 SI: _____
 SI: _____

Reading for Details

Find the answers to these questions in the story.

1. When does a person say, "Bend! Bend! Bend!"?
2. How many fingers does it take to lift a person?
3. Where is the hegu point?
4. Which culture produced the arts of acupuncture and acupressure?
5. What are the two circulation systems of the human body?
6. What does the blood system do?
7. How do we know that there are other points like the hegu point?
8. Why is the hegu point sore when a person has a headache?
9. What can a person do about a headache without taking aspirin or some other pill?
10. Where are a person's armpits?

Taking a Close Look at the Meanings of the Words

1. The two words *acupressure* and *acupuncture* start with the same three letters: *acu*. Those three letters mean "at an exact spot." *Pressure* comes from the word *to press*. It means to push down on one area with the thumb or the hand. *Acupressure* stops the flow of blood and electrical signals to a part of the body. When a muscle has no blood or electricity, it must relax. *Acupuncture* involves very fine needles. These thin sterile needles are inserted into points in the electrical system of the body. They can stop pain. *Acupressure* and *acupuncture* are part of Chinese medicine.
2. Several of the elements are named in this story: *oxygen*, *magnesium*, *calcium*, *sodium*, and *potassium*. Do you know the names of other elements?
3. Some parts of the human body are mentioned too: *knee*, *elbow*, *bowels*, *finger*, *hand*, *ankle*, *arm*, *back*, *shoulder*, *armpit*, *blood*, and *brain*. Do you know others?
4. A *loop* is a circle or another similar shape that returns to the original point. Some letters of the alphabet are written in script (not printed) as loops: *o*, *e*, and *l*, for example. The small letters *b*, *d*, *f*, *g*, *h*, *j*, *k*, *p*, *q*, *t*, and *y* can be written with loops too. Do you write any capital letters with loops?