

EXPLORATIONS IN THE FIELD OF PSI

*Frank C. Tribbe Memorial Lecture*

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*Abstract*

*Various aspects of psi — ESP, remote viewing, precognitive dreaming, synchronicity — and spiritual experiences are reviewed to show how they provide perspectives on the nature of physical and mental reality. Material cited is from relevant research literature, professional activities in the Stargate program, seminar participant experiences and independent investigations into Conscious State Psi (CSP) and Dream State Psi (DSP). These include intercontinental distance psi experiments, precognitive dreams of the future news, health and diagnostic dreams and remote viewing for locating missing or abducted people. Energetic dreams relating to kundalini phenomenon and archetypal imagery are described. Intuitive incidents and psi dreams that had life saving effects are discussed. A variety of art work and sketches are used to illustrate the aspects of psi.*

*Some questions explored: Why does psi exist? How do we integrate psi and spiritual experiences into our lives? How can psi and consciousness research provide insight into the nature of brain/mind connectivity? The presentation concludes with perspectives on emerging new holistic paradigms that integrate science, spirituality and consciousness.*

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ASPSI is unique in the scope of inquiry and efforts to close the gaps among science, spirituality, religion, and philosophy particularly those related to paranormal phenomena. The Academy serves a bridging function in constructive interface dialogue. Often a shift in perspectives is the only requirement for narrowing gaps in understanding of any concept or experience, particularly those involving the paranormal and the spiritual.

This presentation follows an experiential trail. I know of no better means for understanding psi than to actually experience some of the phenomenon. Incidents of psi reviewed here include formal research, my own investigations, and spontaneous experiences. These experiences provide insight into psi phenomena as a natural capability available to everyone.

### **Terminology and the Psi Field**

Part of the conceptual bridging process is being sensitive to the terms that we use to describe paranormal concepts and experiences and how they are perceived. It is best to use the neutral term, psi, for the informational and the apparent energetic aspects of the phenomena. Psi, the 23<sup>rd</sup> letter of the Greek alphabet, was initially used by psychic researchers in London in the 1940s to avoid unnecessary associations or assumptions of how psi occurs (Rhine, 1975). Some terms infer a sensory mode, others infer a process.

The term, telepathy, implies a process based on some form of electromagnetic signal. Some of the various terms overlap or have a similar meaning. I include extrasensory perception (ESP), telepathy, clairvoyance, remote viewing (RV) psychokinesis (PK) and related terms under the psi phenomena label. States of awareness for psi to occur include:

1. Conscious State Psi (CSP) while awake
2. Dream State Psi (DSP) while asleep and dreaming

There are other states of awareness but CSP and DSP categories have proven to be effective for my investigations. The term, psi field, symbolizes the ubiquitous nature of psi. It is everywhere, similar to the pervasiveness of gravity or a gravity field (or space-time curvature). The concept of a psi field term serves as a raft at sea—something to cling to until something better comes along.

### **Explorations Begin**

As a child I had unusual, even paranormal experiences. Many children have extraordinary experiences including paranormal and spiritual experiences (Hoffman, 1992). It was difficult for me to discuss them with anyone since I did not know how to explain them. I did not sense a lot of interest or understanding of such things. Today I would label these experiences as intuitions and precognitions, particularly in dreams. It was not unusual for me to dream of unexpected visitors or incidents occurring within a few days. Dream recall seemed a natural ability. Around the age of five I became curious about sleep and dreams and wondered if I could “trick” myself by staying awake into the dream. After a few weeks of this intent, I was able to go into the dream directly from the awake state; a new landscape to explore. At that time I had no concept of lucid dreaming, as researcher Stephen LaBerge at Stanford University has demonstrated in a laboratory setting (LaBerge, 1990). Many years later, I found the book, *Dream Yoga* and could easily understand key aspects of the Tibetan dream yoga tradition (Norbu, 1992).

In early education, my focus shifted to the logical track and I abandoned my excursions into the domain of dreams. Further education took me into the conventional sciences of aeronautical engineering and physics. From my childhood encounters with the paranormal and lucid dreaming, I knew that dreamtime existed and that information can be obtained through unknown means. Years later when I discovered the history of Australian aboriginal and Native American cultures, I felt an intuitive connection. They honor their dreamtime including the psi aspect for locating food sources (Moss, 2004).

My childhood dreamtime led me to wonder, “What am I?” “What is awareness (consciousness)?” These ignored questions surged to the surface 30 year later. .. out of the blue.... blue as in water!

### **Rip Current**

I experienced a traumatic incident that involved rescuing someone being carried out to sea by a rip current at a Hawaiian beach. Unaware of the person’s presence in the ocean I was somehow compelled to swim out through high surf without seeing anyone.... until my path and hers intersected at the last possible moment. The struggle back to shore was an incredible ordeal that included cycles of hope and despair.... and something like an out-of-body experience (OBE) when I gained an altitude perspective of our precarious situation to slowly navigate in the best direction. The effects of this experience were

profound and I clearly realized that my scientific background was incredibly remiss at what I now perceived to be the unjustifiable dismissal of intuition and some other paranormal experiences. Motivated by this traumatic experience which had post traumatic stress disorder (PTSD) effects, I redirected my independent studies in an attempt to find out what had actually happened in that life threatening rip current. I discovered the reality of extrasensory perception (ESP) in the research by J. B. and Louisa Rhine at the former Duke University parapsychology laboratory that began in 1927 (Rhine, 1964). This led to other psi research sources, including the extensive history of psi beginning in London in 1882 when the Society for Psychical Research (SPR) was established (Rhine, 1961). To gain a better understanding of our mental landscape I reviewed the psychological, psychiatric and cognitive science literature. The writings of Carl Jung provided an anchor for some of my experiences (Jung, 1961). Eventually I located relevant material in the religious and spiritual literature (Kelsey, 1968; Sanford, 1978).

### **UFO Evaluations**

After that Rip Current experience, I resumed professional demands as a civilian physicist at the US Air Force Foreign Technology Division (FTD) at Wright Patterson AFB in Dayton, OH. I was in the office next to Project Blue Book during its last few years of existence and helped review and analyze some UFO reports being sent or called into FTD via the world wide UFO hotline. Evaluating these reports provided insights into perception, and how misperception of natural phenomenon or partially obscured objects can occur. However, about 20% of those in the UFO files are anomalous and cannot be explained by any conventional method. A few of these experiences have technological correlations such as unusual radar tracks (Hynek, 1972). Some experiences perceived as UFOs may be inner perceptions arising from sources within the psyche and presented as archetypal imagery.

### **Into The Wilderness**

At this time I began to pursue a life long interest that had roots in an old elementary school book, *The Lure of the Labrador Wild*, a traumatic story of adventure and tragedy on a remote wilderness river in Labrador, Canada (Wallace, 1905). This book inspired me to travel by canoe in remote regions of Canada. There was something else in this book that resonated with me. The only survivor of the canoe group in this book was saved by an apparition that gave him courage to continue and that helped guide his way to someone who could bring him out of the wilderness. The apparition resembled the individual who rescued him. So I wondered, what is an apparition? This question stayed with me over the years.

I developed white water canoeing skills with friends who were interested in wilderness canoe travel. We chose the Harricanaw River in Quebec, a remote river that flows north into James Bay, the lower part of Hudson Bay. It was on this arduous 200 mile journey on a river near flood stage that an unusual incident occurred. We were in danger of missing our float plane return and almost out of food. My deteriorating shoes prevented me from keeping pace on the many long portages around high water canyons. One night, exhausted from dawn to dusk navigating the boulder-filled river and portaging through swampy muskeg around waterfalls, I had a strange dream. In the dream ... "*I am walking among thick spruce trees and step on something soft, but cannot see what it is.*" I wake up startled. The dream was so real that it reminded me of those childhood lucid dreams. The next day, while portaging the canoe on my shoulders, I stepped on

something soft hidden under the low scrub bushes. It was a pair of boots! I cleaned out the cobwebs. They fit! The boots were in great shape. Now I had appropriate footwear for speeding our pace. Several days later we arrived at our rendezvous point shortly before the float plane arrived and a long lasting storm came in from the north.

Was this a precognitive experience, a synchronicity, or both? How did my path, in that pathless forest, intersect with those lost boots that probably fell from a hunter or trapper years earlier? After my return from that river journey I experienced many spontaneous lucid dreams. They may have resulted from the trauma of a 25 lbs. weight loss and the emotional impact generated by that precognitive dream and synchronicity that occurred in the nick of time. I was inspired to renew my study of dreams and the paranormal.

Insight gained from this experience: Our paranormal, our psi abilities can break into conscious awareness and provide assistance in difficult situations. They may occur as precognitions in dreams. Even if we do not recall them, we may still be guided by this subconscious knowledge through hunches and synchronicities that manifest as meaningful coincidences. Synchronicities can help us avoid troubling or life threatening situations and probably occur more frequently than we realize. Sometimes synchronicities generate powerful, even numinous feelings (Jung, 1961).

### **Kundalini Experiences**

The physical and psychological trauma during that Quebec River trip generated the psychodynamics that led to unexpected and highly disturbing experiences. Eventually I accepted their significance as a possible kundalini awakening. A brief dream occurred that preceded the initial kundalini event. In the dream ... *“a fiery horse dashes from the right to the left. When it enters a new shed, I feel intense energetic and electrical effects, almost of lightning strike force.”* I woke, extremely troubled by this dramatic dream experience. These electrical sensations continued for several months during dreams and even when awake, but with decreasing intensity. I sensed that the energetic horse image was a deep subconscious symbol for uncovering basic or primal energies available through our deep psyche. The after effects of these energetic surges significantly increased my psi abilities, activated an interest in healing and invoked a sense of connectedness with all of nature along the lines of Native American spirituality. Several books provided different perspectives on kundalini. One of these presented a spiritual-physiological interpretation (Krishna, 1974). Other books provided a framework for reconciling the kundalini experiences from a physiological point of view (Sannella, 1976) and from a Christian theological perspective (St. Romain, 1994). *Kundalini Yoga* presents the phenomenon in a naturalistic perspective (Khalsa, 2000). Programs are currently available for individuals to activate these energy sources in a less traumatic, even gentle, approach.

These kundalini experiences motivated me to begin facilitating programs on psi and related phenomena. Many people in the classes had excellent psi talents; some had traumatic kundalini awakenings. By sharing paranormal experiences with class attendees I gained confidence in my own latent abilities. It became apparent that psi abilities are available to anyone. I began writing a personal journal to record waking state and dream state experiences.

## **Shaman Art**

Perspectives into the mental landscape of other cultures are achieved by examining their art. I find the paintings by Peruvian shaman, Pablo Amaringo, particularly intriguing (Luna & Amaringo, 1991). The imagery in his paintings combines cultural, environmental and spiritual perspectives as experienced during altered states. His paintings show evidence of cross-cultural influences and the synergistic tendencies of our subconscious processes, something like a unifying effect similar to Jung's idea of a collective unconscious. Some of the imagery in his paintings originated from healing visions that activated healing effects in the healer (the shaman) and for the individual being healed.

### **Diagnostics and Healing Dreams**

Personal healing images can be spontaneous, sought through waking state imagery or in dreams. Sketching these images is a creative activity that improves or enhances our subconscious healing process. Visualizing religious symbols or concepts can be effective for focusing healing intent. One of my colleagues accelerated recovery from a serious injury by painting a dream image and posting it in her hospital room. The image of a blue rescue dog invoked a sense of well-being and provided confidence in her natural healing process (Garfield, 1992). Another colleague experienced a repeating dream that presented images of spear-like needles being thrust into his neck. A thorough examination identified early stages of cancer in his thyroid that led to successful medical intervention (Barasch, 2000).

### **Mutual Dreams, Lucid Dreams**

Two or more people can experience similar unique dreams that are not a result of predictable patterns. These shared or mutual dreams are probably common but are not discovered since most people do not talk about their dreams, even when they are unusual. Mutual dreams can occur spontaneously or when two or more people desire to experience them. They may occur as ordinary dreams or lucid dreams (Magallón, 1997).

My files include witnessed and recorded shared lucid dreams. A colleague 200 miles away selected a target for one of my remote viewing study group participants. I was kept blind to the target's identity until the traveler returned a few days later. At the time of the scheduled RV session, distractions prevented the remote viewer from performing the assigned task. That night she experienced a spontaneous lucid dream which correlated with the intended RV target; a picture of a hot air balloon over the mountains in Colorado. Unaware of her lucid dream, I also experienced a lucid dream that same night. When we compared dreams, we discovered they were essentially identical (Graff, 2000). We had shared a spontaneous mutual lucid dream. How often do our dreams correlate with dreams of other people? How often do we communicate, via dreams, when asleep? Psi dream research demonstrates that our subconscious minds can search for and receive information when we slip into the domain of dreams (Ullman/Krippner/Vaughn, 1974).

### **Out-Of-Body Experiences, Apparitions**

I consider OBEs and lucid dreams as having similar characteristics. Perhaps they differ by the intensity, continuity and sense of realness. One individual in my psi educational programs experienced a lucid dream involving a visit to her parent's home, 200 miles away. At the time of the dream, her mother woke up suddenly and saw what

she perceived to be an apparition that resembled her daughter in the bedroom. This incident reminded me of the apparitional experience in book, *The Lure of the Labrador Wild*. The struggling survivor of that canoe journey may have been in a dream-like state and was receptive to such an experience.

From personal experiences, accounts from workshop and seminar attendees, and reports in psi literature (Rhine, 1975), I consider apparitional perceptions to result from a process similar to how OBEs, lucid dreams and mutual dreams occur. Most apparitional experiences are associated with those no longer alive. I regard these accounts as valid contact or communication incidents suggestive of afterlife continuation in some form. They usually occur unexpectedly and differ in quality from a dream or memory generated image, and can act independent of the individual's expectations.

### **Soviet ESP Research and Stargate**

Reviewing psi literature led me to discover Soviet research into ESP published by Professor Kogan in a Soviet technical journal on information theory (Kogan, 1968). (Many years later, after the Iron Curtain opened, I visited him in Moscow and we shared perspectives). Kogan's data and other sources of Soviet ESP research in the FTD classified data base motivated me to prepare a summary of these findings for my annual *Technological Trends and Forecasts* report as an "Interesting Appendix." I did not expect a positive response. However, the FTD Commander read it and arranged for me to attend a presentation by Dr. Hal Puthoff and Russell Targ of the Stanford Research Institute (SRI), Menlo Park, CA. They were requesting support for their remote viewing (RV) research. I had not previously heard of the term remote viewing. My Soviet ESP summary paper and the results of SRI's RV research led to a decision to sponsor the RV program at SRI. I was appointed the government RV task coordinator and contract manager. The Stargate odyssey had begun.

### **SRI Remote Viewing Protocol and Research**

The designated remote viewer is placed in a secure room. After a few minutes of relaxing, or cool down, he or she is asked to describe features of a distant location that was randomly selected and is now being observed by someone. The RVer is encouraged by an interviewer, who does not know the target identity, to sketch any impressions perceived, no matter how vague or detailed. After about 30 minutes, the session is closed, all data is recorded and the RVer is taken to the target location for feedback as part of the learning process. Very often individuals who did not suspect that they had psi/RV talent provide very accurate sketches of the key features at the intended target area location (Puthoff & Targ, 1977). Later, we used an abstract means of target identification, especially for areas that were at intercontinental distances. An example of an RV experiment for a target 1,000 miles from SRI was the superdome in New Orleans, LA. The RVer had a good overall description of the general shape of the dome but thought it was something smaller. Another example was a cave in Ohio. The remote viewer described the general cave-like features but misidentified it as an underground secret facility. We relied on sketches and not analytical interpretations for evaluating RV data (Graff, 1998).

Difficulty in interpreting RV impressions may be a result of the RV focus on geometric features or it may be a result of how our brain processes information. I refer to this as the sensory-interpretation dichotomy. We can see, but how do we know what we see? Perception, a term that includes both sensing and knowing, is dependent on

individual background and expectation, along with other factors that we referred to as noise.

### **Perception on the Line**

Most of the time, we only see what we need to see in order to navigate our daily lives. We are aware of the negative impact that various distractions have in our ability to see and react to what is approaching us. In addition to how distractions can distort or block sensory information, our brain neuronetworks can also cause misperceptions due to how vision and visual processing has evolved (Goldstein, 2007). Some of our brain's automatic responses, and filtering processes, can result in not seeing exactly what is there. Sometimes the reverse occurs. We see something not present in reality probably due to elevated emotions combined with expectations. Understanding of the vision-cognitive aspect of how our brain processes information should be an area of study for anyone who investigates paranormal events or experiences them. The study of magician's tricks is helpful since they demonstrate how misdirection and expectation can significantly effect what we see or do not see.

By examining illusions we can gain insight into our vision-interpretation process. Illusions demonstrate how a picture's or scene's background can affect what we see and how we interpret it. Illusions can create a cognitive dissonance effect due to the ambiguous perceptions experienced.

However, in a focused state our perceptual processes can bypass the potential background interferences and correctly see what is actually present, especially if the object is in our central visual field of view. Recently, I took part in a flash recognition exercise as part of a tactical vision course (Bartlett, 2011). The exercise consisted of a series of ten numbers, each with five randomly arranged numbers between zero and nine. Each set of five numbers was flashed on a screen for one-tenth of a second. About 30% of the participants correctly identified all the sets of numbers. I identified nine of the ten sets of numbers correctly, but was only vaguely aware of some of the numbers; the others were a blur or not even consciously seen. This demonstrated to me that our subliminal perception can be reliable. The feeling that I had while writing my guesses of the numbers was similar to the visual imagery and the automatic reflex to draw that occurs in remote viewing sessions. Some aspects of subliminal perceptions and the remote viewing process may have common aspects.

In psi experiments using illusions as targets, the RV or psi dream data is not affected by the distracting features of the illusion. In the illusion, as in flash recognition, the central image of the complex distant picture of the scene can be accurately recognized (Graff, 2001).

### **Illusions as Psi Targets**

I used illusions as psi targets while working with a colleague 1,000 miles from my home. One of these was a 3-D stereogram. This illusion was printed on paper and appeared as a chaotic arrangement of forms and colors with no discernible pattern. When focusing behind or ahead of the 2-D picture, a 3-D object pops into view and looks like an image created by a laser hologram. This is the imbedded hidden 3-D object. During the remote viewing session my colleague could only perceive complex forms and colors; not the imbedded image. That night when asleep she experienced a vivid 3-D dream of a room covered with complex wallpaper patterns similar to those on the stereogram surface. As she was observing the wall in the dream, a life-size image emerged from it.

Her description of the 3-D image correlated with the imbedded image in the stereogram. This result was unique since she has a visual defect and cannot see stereoscopically. Her view of surroundings lacks clear depth perception, similar to how it would look to someone with only one eye. Her dreaming mind converted the 2-D landscape of the stereogram into an accurate 3-D image. This implies that during dreaming, access to something like a virtual hologram that represents 3-D reality can occur.

### **Thoughts through Space**

I had the good fortune to meet Harold Sherman. He is well known for his pioneering ESP work, especially his long distance New York City – Arctic Region ESP experiments with arctic explorer, Sir Hubert Wilkins, in 1937-1938. Their book, *Thoughts through Space* has insights into the ESP process, which has relevance for some aspects of the RV process (Sherman & Wilkins, 1951/1983). In 1976, I contacted Harold to discuss a long distance ESP/RV experiment. From his home in Arkansas, he agreed to track the progress of our canoe expedition on the Coppermine River that flows 400 miles north from the NW Territories to the Arctic Ocean. During that white water canoe voyage he perceived several highly unusual incidents around the time they occurred. In one instance, I experienced an intense nightmare due to illness and trauma from a near capsizing that occurred that day. Harold experienced a similar nightmare the same time on the same night (Graff, 1998). This demonstrates that mind-to-mind contact with others can readily occur particularly when we experience traumatic, even life threatening incidents.

### **Deep Sea Communication**

The research team at SRI had an opportunity to explore RV using a deep diving vessel referred to as the submarine communication experiment. Two remote viewers, Ingo Swann and Hella Hammid, were on board this steel-hulled deep sea diving vessel 500 miles from the SRI laboratory and 500 feet deep in the ocean off Catalina Island near Los Angeles, CA. The three RV sessions performed from inside the submersible for RV target sites in the San Francisco Bay were successful. This demonstrated that RV phenomenon was not affected by the shielding of hundreds of feet of sea water and a steel encased container. Shore to ship contact was achieved using remote viewing (Jahn, 1981; Graff, 1998). My role was to demonstrate the feasibility of ship to shore contact using RV and psi dreaming. Three photographs were randomly selected from a stack of six diverse pictures on board the submersible, each in a separate opaque sealed envelope. The envelopes were unopened and no one on board the submersible knew the picture's identity. Several days later, my task was to correctly identify the order in which the three target pictures were randomly selected, and to provide documentation through sketches and narratives to validate my selections. Later, when all six of the pictures were arranged randomly on a table, and based on my sketches I easily selected two of the three correctly. The third picture had a compelling picture on the reverse side that caused a deflection of displacement, one of the noise sources in parapsychology experiments.

One of the pictures showed a blond haired woman facing a gorilla. My sketch, made in the awake RV mode, had golden curls and a gorilla-like face; a reasonable correlation. I sought the next contact with the target picture in a dream. The dream's ending presented very complex black and white geometric designs and symbols that resembled a foreign alphabet. My sketches were a close match to some of those complex patterns in the picture and I selected it correctly.

Results of this innovative long distance psi/RV experiment to and from a deep submarine were judged successful, and indicated the feasibility of remaining in contact with those at sea or anywhere in regions where ordinary communications is difficult or even impossible, such as POW camps or with hostages at secret locations. For this experiment we had developed a pictorial-message codebook. In principle, we communicated sentence-long messages through this associative RV and psi dream method of contact. This communication experiment also demonstrated the synergistic potential of Conscious State Psi (CSP) and Dream State Psi (DSP). However, I was extremely puzzled by the psi dream data. How can color, form or shape be accessed when the intended target picture remains sealed in the dark and unobserved? Where is the light that illuminates the forms and colors? What and where is the target picture... or any psi objective?

### **Missing Soviet Airplane**

I identified individuals in FTD who had psi/ESP/RV talent to begin a remote viewing study effort. Eventually I was brought into a top secret search project and asked if RV could help the Air Force and the CIA locate a crashed Soviet bomber. The only information provided was a photograph of a similar airplane. We were not informed where the search was being conducted. During a RV session an individual in the study effort sketched her vivid impressions of the terrain features where she believed the airplane could be located. The sketch was given to the search team coordinators at FTD and I was informed that it correlated with some of the features on the topographic map of the large search region... in Africa. This information was sent to the in-country search team and they redirected their search strategy. As soon as they moved to the location that matched the sketch, a native came out of the jungle with a fragment of the plane. The RV data was within a mile of where the airplane crashed. It was not visible from low flying search planes (Graff, 2000).

Word spread about an "Air Force psychic finding a missing Soviet airplane." President Carter spoke openly about it. Shortly after this event I was offered a position in Washington, DC at the Defense Intelligence Agency (DIA) to coordinate RV research and applications as well as to continue reporting on Soviet research in advanced physics and new technological developments.

### **Into the Search**

In the Stargate program, we had the opportunity to apply RV to challenging search projects. In one case, Stargate remote viewers provided information about the unknown location of a former Drug Enforcement Agency (DEA) agent who became a member of a drug cartel. He had been on the run for 3 years and had been profiled on the TV program, *America's Most Wanted*. Our information suggested a location in northwest Wyoming near or in a certain campground. This information was passed to search authorities in that area. An alert Wyoming State Policeman spotted him and shortly a Customs and FBI agents captured him. In this case, the RV data was general but sufficient for narrowing search options (Graff, 2000). I had tasked the remote viewers to access information useful for his future capture, not his current location, which would not be useful if he frequently changed locations, which he did.

In another search project, we were tasked to aid in the search for Brigadier General James Dozier, an Army general abducted by a terrorist group in north Italy, December, 1981. I was sent to Italy to provide direct liaison with the search team. Remote viewing

results from the Stargate unit were diverse until about midway through the 6 week long search activity. One Stargate member had relevant data, and information that came in dreams to me while in Italy also correlated well with what we later learned about the General's secret location in Padua, Italy after his dramatic rescue. The accuracy of the RV and psi dream information improved when the General deduced where he was being held captive. He focused on "...*sending out a signal, through ESP, to his wife in Texas....or to anyone who might tune in.*" He visualized a lighthouse that flashed his location and repeated his wish to be rescued. One of my dreams at the time of his mental signal presented a flashing lighthouse (Graff, 2000). Evidently his intense focus and desire to be heard through the psi process succeeded.

Why do we need to be facing a possible tragic end before we consider the reality of ESP or any psi? Maybe it is near those end times that the impossible does not seem to be as impossible as we are led to believe.....

### **Wilderness Telegraph**

Another instance of possible ESP or mind-to-mind contact occurred while on a research project at Los Alamos National Laboratory in New Mexico. A colleague went camping over the weekend in the nearby mountains. I dropped him off on Friday afternoon at the trailhead about 5 miles from Los Alamos. He asked me to pick him up at that same trailhead at 4:00 PM on Sunday afternoon. Being interested in Native American practices, he took along a small drum for drumming exercises to help him attune to the surrounding environment and native culture. Early Sunday morning, I awoke from a vivid dream. In the dream, I heard the repeating words, "...*pick me up at 9:00 AM, pick me up at 9:00 AM...*" I got up early and drove to the trailhead just in time to see him descend from the uphill trail. It seems that the "wilderness telegraph" functioned well. He had repeatedly drummed that "*pick me up*" early message the previous night.

How frequently do we ignore those mental signals coming to us from someone who needs to hear from us? From someone who wants to communicate with us?

### **7000 Mile Distant Psi Dreams**

During the past few years, I have continued investigating the question of what or where is the psi target picture when it is accessed. International distant psi dream experiments with a colleague in Austria provided some insight. We took turns being the psi dreamer accessing the target and the psi target picture observer, and achieved a reasonable success rate. About 40% of our results had a good degree of correlation with the intended target pictures, some being highly accurate. Evaluation was made by comparing our sketches of the dream's ending to the intended target picture. In one experiment a sketch of dynamic dancers was a reasonable match with the 7,000 mile distant picture of whirling dervishes. The dream outfit was yellow, as was the gown worn by the central dervish. Color and dynamics transferred directly and accurately. In these experiments the target pictures were observed and the potential of mind-to-mind contact may have been the primary psi process. It is also possible that precognition occurred. Perhaps we were accessing the future feedback of when we would actually see the intended pictures. These results indicate that paranormal contact or communication modes are available to anyone through unknown subconscious connecting processes no matter where they are located. It is not necessary to understand the process to achieve psi contact. Desire, intent, and focus are keys to success.

## Into The Future

I am fortunate to have spontaneous precognitive dreams; these are infrequent and difficult to evaluate. To better understand the phenomenon I occasionally intend to have precognitive dreams about specific incidents that will occur during the following few days. Some are not pleasant dreams. Nevertheless I welcome the information even if I cannot do anything about the perceived future incidents. On the night of January 27, 2003 a brief vivid dream occurred... *“contrails appear in the sky. . . an experimental aircraft crashes..... intense pressure and serious damage to a wing surface causes the crash.”* Four days later, this scene unfolded before my eyes as I observed the TV coverage of the Columbia Space Shuttle disaster. The ending of the dream was not clear until more information became public. In the dream’s ending the pilot of the airplane came to me and said ....*“I am going to Annapolis to visit friends and loved ones.”* The captain of the space shuttle was a Naval Academy graduate and had friends and family in Annapolis, MD. So I wonder: was this a precognition of future survival after death and does it imply something about transition phases after death?

To gain further understanding of precognition, I have prepared psi experimental projects with colleagues for accessing photographs that will appear on a specific page in future newspapers on certain days, usually three to five days in advance (Graff, 2007). We had reasonable success with this protocol. In one series of 67 projects our data was reasonably accurate for about 70% of the experiments. In one example, a sketch of the dream’s ending correlated very well with the picture on the intended page three days in the future. The sketch of a steep hill and tree with blue berries matched the pattern, spatial orientation and forms in the news photo of a grape picking scene. The most surprising result from these precognitive dream experiments was that about 30% of the photographs, and therefore of the events, had not yet occurred at the time of the dreams. So where was the future target picture or the event at the time of the dream?

### Random Event Generator (REG) Data

Recently, I was invited by the Pennsylvania Paranormal Research Team (P.P.R.T.) to participate in the investigation of a supposedly haunted house. This was an opportunity to use a random event generator (REG) device purchased from Psyleron, Inc., Princeton, NJ. This device, based on quantum physics and electronic principles was developed by the former Princeton Engineering Anomalous Research (PEAR) group under the leadership of Dean Robert Jahn, Dean of the Aerospace Engineering School (Jahn, 1987). I placed the REG device at a stairwell location in this old house, the former Seven Stars Hotel, where apparitions had been reported, and where the owner’s dog often refused to ascend. The REG device was activated for 8 hours and REG data display was not observed during that time. Upon examination of the REG data in the morning, I was surprised to see that the first 1 ½ hour showed a significant deviation from chance. This suggests that some type of field interaction may have occurred. I have also placed this REG device in the presence of Reiki healers and have observed similar non-random, possibly unconscious field interaction effects. I continue to pursue use of the REG device in these and other types of environments where conscious or unconscious field effects, possibly psi field interactions, from the living or from other sources may occur. In certain circumstances REG data may indicate the possibility of survival, or a lingering memory field effect that remains attached to certain locations.

## Implications

I have been involved in the field of psi professionally and as a direct participant since childhood and continue to have many questions about psi, consciousness, spirituality and what we consider physical reality. More exploration and research is needed for improving our understanding of all of these, particularly those labeled as paranormal. I anticipate that in the decades ahead the prefix, para, meaning “beside” will be discarded for many of these experiences. Some paranormal effects will become more common and therefore normal. They may be given a new name in concert with new discoveries and perspectives. “Extra” sensory perception is not extra, precognition exists now, and remote viewing is not remote. Changes in terminology as part of our evolving understanding of the universe and how we perceive psi, paranormal and spiritual experiences will contribute to these shifts in perspectives.

What are implications of psi? Why psi? Psi does not exist only to be an interesting anomaly. There are no useless phenomena in the universe. From a basic pragmatic and naturalistic perspective, I believe that psi and the psi process exist to provide information useful in an evolutionary and survival sense. Another basic role of psi is to provide specific information, interpreted as hunches and intuitions that help us remain safe in environments where we need that additional help. Psi, or the psi field, suggest the existence of a unity or connecting principle that is neutral and can facilitate distant interactions with all sentient life forms. The space-time independence of psi also suggests that interactions with other domains, other realities are also possible. This viewpoint is seen through my personal psi lens, my primary orientation. A shift in perspective to the lens of spirituality can lead to a similar description. Spirituality may also be considered as arising from a universal field, a spiritual field. Such a spiritual field would possess a unity connecting principle that is neutral and can facilitate interaction at transpersonal, transcendental or even with other domains. The field concepts for psi and spirituality acknowledge their possible similarities and unique differences.

There are other speculative considerations. Precognitive data suggests that the existence of something like a holographic feature exists in the universe, or at least in the aspect that relates to mind and consciousness. Such a feature, given the reality of precognition, suggests that it has both information storage and projection ability and that those probable future situations can become known. Some paranormal effects such as implied by the REG data or experiences labeled as psychokinesis, suggests that psi field interaction effects can occur that have the potential for altering reality, at least in highly focused situations. These experimental observations of precognition and psychokinesis suggest that a duplicate, a mirror image, of this reality exists in some type of holographic-like domain and that the psi process can interact with this duplicate virtual representation of this reality. If so, psychokinesis effects would be similar to a re-write of the information recorded in this virtual reality hologram. Precognition could occur by accessing the projection features of this domain. In this view the enigma of “where is color?” on a picture in a dark-sealed unopened envelope as used in psi experiments could be easier to comprehend. The virtual representation of this reality is really where the psi target and other psi sources are located. There is considerable area for debate on how to conceptualize how psi, especially precognition and psychokinesis can occur. The nature of time, even space-time, may be quite different from what we think it is.

It is prudent to follow new developments in the physical, mathematical and other sciences since they may have insights on the psi process. The simultaneous non-local distant reach of certain quantum parameters resembles the space-time independence of

psi phenomena (Radin, 2000). Quantum physics has strange aspects; yet it has practical applications. Some mathematical concepts help to conceptualize how multi-dimensions may be real in some sense and can interact with our reality. I have read the innovative theoretical formulations developed by an ASPSI member (Beichler, 2009). The implication of his ideas should be considered as possible break through concepts. They may reveal the process of how to conceptualize what I refer to as the mirror image, or virtual duplicate, of this reality. Precognition remains difficult to reconcile with any mathematical model of multi-dimensional realities.

### **Perspectives**

I accept the reality of psi and perceive the phenomena as a vast holistic domain that connects and interrelates with consciousness, unknown aspects of the brain/mind and with spiritual and transcendental realities. The experiences reviewed in this presentation are varied and attest to the practical value and communication potential of psi. Psi, or the psi field, seems to function synergistically with our spiritual sensitivities and various transcendental experiences. I feel fortunate to have witnessed and experienced a variety of psi effects.

Explorations into psi reveal the incredible connectivity that exists in the universe. This awareness is humbling and inspiring. Our psi and spiritual sensitivities enhance feelings of belonging in an evolving universe, one that includes consciousness and its potential role in influencing that evolution. These feelings may be invoked by impulses that arise from the depths of the human spirit.

We come to know the world through our physical, paranormal and spiritual experiences, and respond differently depending on which lens we use to perceive these realities. Our lens need not be fixed. Our lens can expand or shift depending on circumstances. Shifting perspectives and possibilities are the essence of the explorer. Each of us is an explorer... we can explore and discover together.

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## Biography

Dale E. Graff is a researcher, writer, and speaker internationally known for his insights into the processes of the mind. He was a director of STARGATE, the government's program for research and applications of remote viewing—an aspect of extrasensory perception (ESP). He coined the name STARGATE to symbolize an innovative effort of exploration that expanded the range of human potential. He is recognized for his understanding of our natural psi talents available while awake, Conscious State Psi, (CSP) and while asleep and dreaming, Dream State Psi (DSP). His books, *Tracks in the Psychic Wilderness* and *RIVER DREAMS* have brought him international recognition as he describes his personal evolution from scientific doubter—degrees in aeronautical engineering and physics—to that of accepting the reality of psi abilities. His books have been praised for their honesty and for the way he presents psychic experiences in a neutral perspective, free of dogma and belief systems. He has been interviewed for several national and international programs and documentaries.

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