

TEN THINGS YOU SHOULD KNOW ABOUT PSYCHIC ABILITY

1. Psi ability is a natural and a normal aspect of human consciousness.

Many people are frightened by their first psi experience---a dramatic dream that comes true or a sudden intuition that brings them information they couldn't have known through their usual senses. They worry this may be a sign of something wrong with their mind as they ask themselves, "how could this be?" Even though science does not have all the answers yet, we do know from years of research that a psi experience is not a sign of anything wrong. Psi is experienced daily by a large percentage by ordinary people like you and me as part of their regular lives, and the only danger comes from the misguided fear itself.

2. Although everyone is potentially capable of psi, some people have more ability than others.

Some people seem truly gifted with their psi ability, occasionally reporting daily psi experiences or scoring significantly well in controlled lab tests. From research on large groups of average people, however, we do find some people who show psi ability that they had not realized before. Spontaneous psi occurs in similar ways in all cultures, religions, ages, genders and races, and we suspect that everyone is capable of psi under the right conditions. Psi-gifted individuals tend to be creative or imaginative, highly sensitive to environmental factors and often have a history of meditative practice as well as a family history of psi.

3. Psi ability has been demonstrated in thousands of controlled laboratory studies from independent laboratories around the world.

It is usually a surprise for people to learn just how much solid scientific evidence has been amassed over the last century for the reality of psi. Much of this can be found in the peer-reviewed professional Journal of Parapsychology published here in Durham by the RRC since 1937 as well as in thousands of other scientific

publications also found in the RRC's Alex Tanous Research Library. No longer do people have to rely on belief or personal testimony when trying to separate fact from fiction or to convince skeptical relatives or colleagues.

4. At least 50% of all Americans believe psi is real and 65 million Americans have personally experienced psi.

Going beyond the controlled laboratory tests, surveys reveal an increasing acceptance of psi in the Western world. There is far less stigma today about reporting and discussing psi experiences than used to be the case, to the point that the pendulum may have swung to the other extreme, as noted in the current TV infatuation with the far-out side of the psychic world. We urge a cautious path between blind skepticism and blind belief.

5. Psi phenomena fall into two categories: (1) the extrasensory perception of objects or events and (2) the psychokinesis or mental intention affecting objects at a distance.

As early as 1940 my father JB Rhine was noting that psi ability seemed to have two aspects, one on the sensory side and the other on the motor side. Currently both of these aspects of psi are studied at labs all over the world, as well as noted in the daily reports of spontaneous experiences sent to the RRC from the public. The RRC now has the largest collection of such case reports in the world, now totaling over 14,000. A recent book of mine co-authored with Michael Schmicker entitled *The Gift: ESP, the Extraordinary Experiences of Ordinary People* (St. Martins) reviews these cases and our findings.

6. The types of ESP include telepathy, clairvoyance (remote viewing) and precognition, but probably all reflect the same basic process.

My father JB Rhine's research team conducted many studies in the 1930's to isolate and verify three different types of ESP, but the differences between them now appear much less than the similarities whether in the mind-to-mind sharing of information (telepathy), the knowledge of hidden targets or distant events (clairvoyance), or the

advance knowledge of events yet to come (precognition). People who experience one type of psi nearly always experience the other types under nearly identical types of conditions.

7. Spontaneous ESP occurs most frequently in the dream state but also occurs as waking intuitions or visual, auditory or bodily hallucinations.

In thousands of ESP case reports from people all over the world, we have learned that 60% cases occur in the dream state, 30% in waking intuitions, and the remaining 10% in some form of pseudo sensory experience or normal hallucination. The latter form of experience includes visions, "calls", or bodily sensations, but all forms bring information that is independent of the known senses or mental inferences. People seem to show their unique styles in the frequency of how and when psi occurs in their lives, but the distribution of the forms of these psi experiences has been remarkably consistent across different cultures and time periods.

8. Psi occurs more often between those who are emotionally or biologically close and more often brings information about negative events.

Both lab and case reports indicate that psi occurs significantly more often between individuals who are emotionally or biologically close, although a small percentage of reports pertain to tragic events affecting strangers, such as with 9/11 premonitions. While psi undoubtedly occurs frequently in everyday life in ways that are too trivial to remember or report, those experiences that are reported are overwhelmingly about negative topics (i.e. illness, death, and danger). Could psi be an evolutionary ability that developed to support and protect the clans of primitive times, a psychic cell phone for early man?

9. By transcending the usual boundaries of time and space, the existence of psi expands our conventional view of human consciousness.

One of the main implications of psi research is to move us beyond the old notion of mind-as-brain to a broader picture of

consciousness, and one that is quite similar to that found in all the great spiritual traditions since recorded history.

10. Spontaneous psi is the experience of invisible interconnections among peoples and between objects and people.

Philosophers, spiritual teachers and modern physicists alike have rich material here to corroborate and amply age-old beliefs as well as newer quantum discoveries about the universe and our place in it

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