Anomalous Experiences and the Path to Remote Viewing by Sandra Hilleard

In 1988, at the age of 15, I experienced an anomaly nobody could explain. I was able to perceive in my mind, where my school teacher was and what he was doing, while he was 80 kilometres from my location. According to what I was learning in school about physics, this should not be possible!

The next day, the details of my ‘vision’ were confirmed by my teacher, who was as baffled as I was. Perhaps it was just a coincidence?

I started experiencing other and similar anomalies over many years and kept written journals of these unusual events. I could no longer dismiss all these events as merely a coincidence. I decided to publish these personal stories, in the hope that they would provide comfort to those with similar experiences.

Initially, I desperately tried getting rid of this psychic ability, because no matter who I turned to, I was met with ridicule. I was stunned by his reply!

He looked at me puzzled and said: “Do you normally go to your doctor and ask to get a healthy arm amputated?” I was stunned by his reply! He continued explaining that if you don’t use your arm because you ignore it, it starts to become not my intention.

He explained that if I did prove it, it scared people, which was not my intention.

The more I learned to control this ability and the more I wanted to control it, the more haunting the experiences became. I merely wanted it to stop!

The dilemma at the time was: who to ask for help?

My husband at the time suggested I go to a regression therapist. I was sceptical, but then again: what did I have to lose?

I remember stepping into the office of Dr. Hans Ten Dam, a renowned Dutch regression therapist. I said to him: “I’m unsure if you can help me, but I have this weird psychic-stuff going on in my life and want to get rid of it.”

This shifted my focus from; how is this possible and how can I stop this, to how could I learn to control this ability and use it in an appropriate way?

During my renewed search I found that two laser physicists working at Stanford Research Institute (SRI) in Menlo Park, California by the name of Harold Puthoff and Russell Targ had conducted research into these abilities since the early 70’s, because intelligence sources reported the Russians were into psychic-spying.

These physicists were working with a man named Ingo Swann, who was a research subject of Dr. Gertude Schmeidler and Dr. Karlis Osis of the American Society for Psychical Research (ASPR) in New York.

Ingo Swann had gained great insight in his own extraordinary abilities over the years. Ingo is often named as the father of Remote Viewing, because he coined the terminology at the ASPR where he would describe the weather in a randomly selected city in the USA. He called this “Remote Viewing” the weather. Ingo however, suggested the real father of Remote Viewing was Dr. Harold Puthoff, who obtained funding for the Remote Viewing experiments at SRI.

Remote Viewing differs from natural ESP or being psychic, in the sense that it is always conducted under scientific protocols (very strict procedures).

The SRI research confirmed that it is possible to obtain information shielded from the ordi-
Anomalous Experiences and the Path to Remote Viewing (cont’d) by Sandra Hilleard

If the US government kept funding both the research and the military intelligence applications for over two decades, they have obviously developed a system that works and I wanted to learn their methods.

On the 31st of December 2007, I moved from the Netherlands to Perth, Western Australia, and married Rick Hilleard who was also very interested in Remote Viewing. Due to my visa restrictions at the time, I was not allowed to work for a year, so I spent my days studying everything I could find on Remote Viewing and ESP.

In October 2009, I received Coordinate Remote Viewing and Extended Remote Viewing training by David Morehouse Ph.D. in Carlsbad, California. David is one of the former US military officers trained as a “Psychic Spy”. I obtained my Certificate IV in Training and Assessment and developed a Remote Viewing training program that we could teach in Australia. We founded the RVU Remote Viewing Unit.

In January 2017, I filed for divorce and since that time I am no longer associated with the RVU Remote Viewing Unit.

After 31 years of experience and 11 years of studying and teaching this skill, my quest for more answers is ongoing.

In 2018, I developed a privately funded Remote Viewing Research project that allows people to practice their Remote Viewing skills online, whilst participating in the research.

More information can be found at: www.remoteviewingresearch.org/rvprojects

It is an honour to be able to share some of my insights with you.

Author Note: Sandra Hilleard moved to Perth in 2008 from the Netherlands, and in 2009 she went to Carlsbad, California, for training with Dr. David Morehouse (a former Military Remote Viewer). Sandra created a remote viewing training package, a website and promotional material, and set up the Remote Viewing Unit in Perth. She became a qualified Cert. IV Trainer and Assessor, and runs RV tuition and training courses in Perth and Sydney.

Notes

At My Desk

Some time ago, I was approached by a team of producers who wanted me to donate my time helping them create a TV show on the paranormal. As soon as I mentioned the word ‘fee’, I never heard from them again. Here is the rest of my reply (necessarily edited) to give readers an idea of what parapsychologists go through: “… I have to consider whether some of the content you might feature, based on what I could tell you, would compromise my position and/or my good standing at my university. Frankly, in my estimation, nothing short of a ‘tell-all’ from me would be an honest, truthful, open, and worthy profile of the topic… To get an idea of what I am alluding to, just follow up on what James Randi did to the ‘Mac Lab’ at Washington University in St. Louis… But don’t believe me to give readers an idea of what parapsychologists go through: “… I have to consider whether some of the content you might feature, based on what I could tell you, would compromise my position and/or my good standing at my university. Frankly, in my estimation, nothing short of a ‘tell-all’ from me would be an honest, truthful, open, and worthy profile of the topic... To get an idea of what I am alluding to, just follow up on what James Randi did to the ‘Mac Lab’ at Washington University in St. Louis... But don’t believe me to give readers an idea of what parapsychologists go through: “… I have to consider whether some of the content you might feature, based on what I could tell you, would compromise my position and/or my good standing at my university. Frankly, in my estimation, nothing short of a ‘tell-all’ from me would be an honest, truthful, open, and worthy profile of the topic... To get an idea of what I am alluding to, just follow up on what James Randi did to the ‘Mac Lab’ at Washington University in St. Louis... But don’t believe me...
A Question of Belief: A Brief Report on Correlations by Lance Storm

The study was published in the Journal of Scientific Exploration (JSE) in 2017. The purpose of the study was to examine the degree to which paranormal believers, who profess ‘strong’ belief in the popular expression of a topic, represented as primary items (e.g., There is such a thing as extrasensory perception), disagree with related items and/or the putative ‘cause’ of the topic, known as secondary items (e.g., Some people have an unexplained ability to predict the future). Data collection for this study began early 2015.

While the JSE paper had other very complex aims to do with the nature of paranormal belief (e.g., how belief is formed; what people do and don’t believe in, and why), the present report is merely a general outline of a number of correlations of the various measures used in the study.

A previous article, ‘A Question of Belief’, appeared in The A.I.P.R. News in September 2016 (Volume 10, Issue 2). That article was a review of the more technical findings reported in the JSE article.

This present report also serves as feedback to participants in appreciation for their assistance and time.

The easiest way to get results to participants was to attach two data-sheets on: The Australian Journal of Parapsychology features research articles on ESP (extra-sensory perception), PK (psychokinesis), and the afterlife.

Subscribe Now! (see page 4)

The Australian Institute of Parapsychological Research is a non-profit community association. Based in Sydney but with a worldwide membership base, it was established in 1977. The aims of the organisation are:

- To collect, assess and disseminate factual information about claims of psychic ( paranormal) phenomena.
- To support and encourage parapsychology (the scientific study of paranormal phenomena).
- To undertake or promote activities (e.g., fundraising, social activities, etc.) in support of the above.

Looking for information on the paranormal? The AIPR has fact sheets on:

- Psychic and mystical experiences of the aborigines
- Psychic and psycho-spiritual development
- Healing
- Mystical experiences
- Apparitions, ghosts and hauntings
- Out of body experiences
- Near-death experiences
- The human aura

We’re on the Web: www.aiprinc.org

Notes

Disclaimer: The Spiritual Emergency Scale, however, has been used sparingly as it is very new, so the results involving that scale need to be confirmed. Note though that the non-correlation of the SES with depression confirms past findings.

Author Note: Dr. Lance Storm earned a B.A. (Honours) in psychology (1998) and a Ph.D. in psychology and parapsychology (2002) at the University of Adelaide, South Australia, where he conducts research in psychology and parapsychology.
Nunc Quod by Tony Mowbray

I AWOKE from an afternoon sleep on a warm January day back in 2012 to find I was unable to move. Sleep paralysis: A state where the mind is conscious but the body is still ‘asleep’. Having had a few episodes of sleep paralysis in the past, I was aware that this posed no threat, and I waited for my body to ‘wake’.

As I lay paralysed, I recalled a book by the Author Robert Bruce (Astral Dynamics), a self-proclaimed expert on Out of Body Experiences (OBEs) and how to have them. I remembered some of the techniques he set out in the book to induce an OBE and, since my body was in an ideal state of relaxation through being completely paralysed, I thought of trying them.

The first technique that came to mind was to imagine oneself falling through one’s bed. As I began to imagine myself passing through my mattress I felt what you might experience when going down an elevator, and shades of purple flashed behind my closed lids.

Shocked at the unexpected experience, my concentration broke and the sensations left. Encouraged by this, I then tried a second technique. I imagined pulling myself out of my body via a rope. The sensation of vibrating and flashing colours came back, followed again by surprise and a subsequent break in concentration which caused them to cease once more.

I then tried one final OBE induction technique described in the book: I imagined looking at myself from outside my body. The vibrations and colours returned, but at this point I was familiar with these sensations and so did not experience the same level of surprise as I had previously. This meant I was able to sustain my concentration.

The vibrating sensations grew stronger and before long seemed to take a momentum of their own. Then suddenly I felt a heavy sensation in my chest followed by my eyes opening. My perspective had changed, I was acutely aware of viewing the room as if looking down from the ceiling, floating above my sleeping body.

The above account is a true story of my first, and only, successful OBE attempt. This would be considered an induced OBE, and the scientific literature shows that OBEs can also be induced in a laboratory setting.

The brain's hippocampal-parietal junction is thought to be responsible for our feelings of embodiment, essentially by making us aware of where our body is in space. When stimulated in certain ways it can make recipients feel like they are viewing their body from the outside, in other words, they have an OBE.

Whilst we may be able to explain my experience and others like mine as a hallucination caused by chemical processes in the brain, there are other OBE experiences where this physiological explanation may fall short. Whilst the OBE I experienced was induced, OBEs can also occur spontaneously such as in near death. Raymond Moody's book (Life after Life) and more recent studies, contain first hand descriptions from patients who were apparently outside their body and able to give accurate accounts of medical staff working on them whilst they would otherwise be considered dead.

What’s also interesting is that these OBEs often contained descriptions of a bright light or tunnel, contact with deceased relatives, and/or a panoramic life review where the patient re-experienced their interactions with others, but from the other persons perspective, which included feeling the emotions of the other person at the time.

Moreover, many seem to be transformed by the experience in positive ways, often becoming more altruistic, less materialistic and generally happier. These core features of OBE experiences associated with near death are more difficult to explain physiologically.

To help find an explanation for these experiences, the AWARE study (AWAreness during RESuscitation) was a large-scale study containing over 2000 cardiac arrest patients that designed a clever way to assess whether consciousness was somehow able to leave the body during death. In this study, shelves containing images were installed in selected hospitals. These images were only visible from above the shelf: The theory being that if survivors of cardiac arrest experienced an OBE and if consciousness was somehow able to leave the body, patients might be able to see and describe the images contained on those shelves from their ceiling-height out of body perspectives.

Unfortunately, only one patient from their sample could recall their near-death experience in detail and that patient was resuscitated in an area that did not contain a shelf. So, it seems a comprehensive theory that is able to explain the OBE experience in its entirety remains elusive, at least for now. However, the results from Dr. Parnia’s follow-up study, appropriately named AWARE II, is set to be released in 2020 and may provide us with further insights.

Dr. Tony Mowbray is a researcher, and lecturer, and holds a license as a non-practicing counselling psychologist. Dr. Mowbray currently helps coordinate an online psychology program at Monash University (Melbourne) and has interests in parapsychology, psychology education, and technology for the use of education.

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