

# Association TransCommunication NewsJournal

Founded in 1982 by Sarah Estep to Provide  
Objective Evidence That We Survive Death  
in an Individual Conscious State.

Published by Tom and Lisa Butler

Spring 2014, Volume 33 Number 1

## Viewpoint

### The beginning

Sarah Estep founded the American Association of Electronic Voice Phenomena (AA-EVP) in 1982. In 2000, she sent us (Tom and Lisa Butler) an email titled, "Would you" in which she asked us to assume leadership of the Association. We agreed and our lives have been regulated since with a quarterly cycle of research, writing and publication of the *ATransC NewsJournal*. This is the 129<sup>th</sup> issue of the NewsJournal and 57<sup>th</sup> issue we have prepared for you ourselves.

In 2003, we wrote and published *There Is No Death and There Are No Dead* as a sort of text book for members and people who wished to have an understanding of EVP. All of the proceeds of the book have gone to the Association for operations, outreach and research. To date, it has earned \$37,100.

### Reluctant advocates

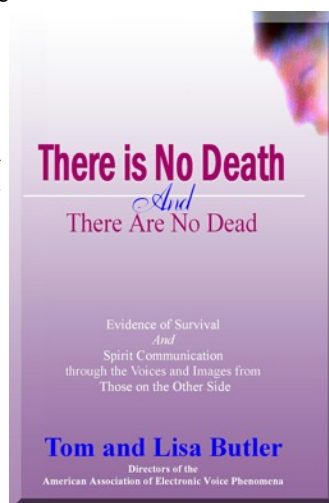
In 2005, we were asked to help market the Michael Keaton movie, *White Noise*. Basically, during a meeting with the Universal marketing department we were told that if we didn't do it they would find someone who would. We thought we had a better chance of getting a positive story out about EVP than perhaps a ghost hunting group, so we agreed to help. We were featured in three of the four DVD bonus features and Universal donated \$10,000 to the AA-EVP.

Since 2000, we have answered thousands of emails to help people learn about EVP and possibly better deal with the grief of a loved one's transition. We have presented at conferences, spoken on radio programs and written numerous articles in the support of the Association, EVP/ITC and the paranormal community. Wherever we have gone, it has been necessary for us to assure Internet access and the time to respond to member needs.

The website has well over 400 pages now, providing the world's only English-language source (that we are aware of) for ITC research, techniques, role model and resource articles. The website averages 27,000 visitors a month with a daily total of some 870 people. Our pledge to the public is that we will do all we can to provide the most accurate and up-to-date information we can find.

EVP was brought to public awareness in 1959, and when

Sarah began the AA-EVP in 1982, it was still mostly an unknown phenomenon. Shortly after *White Noise* came out, we asked a website visitor how he found out about us and his reply was, "You are everywhere on the Internet!" It was always about the Association and letting people know about EVP, but it was good to know of the success.



### Time for a change

Today, EVP is as well known as crop circles and UFOs. The EVP community is primarily hauntings investigation groups but there are a few academically trained scientists beginning to take notice and a foundation of theory is developing. In many respects, our work is done and it is time to move on. We just returned from a vacation and are now faced with the usual scramble to prepare the next NewsJournal. We would like to plan another vacation, but need to schedule it around the NewsJournal cycle.

At the same time, the community dynamics are changing. As we have found, discussion board managers around the Internet are complaining that people find it more satisfying to post in social media rather than in discussion boards. Techniques have become popular for recording EVP that we cannot use for research. This has made it very difficult for us to develop the necessary practitioner base for studies and has begun to make it more difficult to develop good articles for the NewsJournal.

Finally, it has been difficult for us to find time to conduct our own research. Understanding these phenomena is important to us, and hands-on research is necessary to further that understanding.

### The new ATransC

This is the final issue of the *ATransC NewsJournal*. The ATransC is a publicly supported 501 (c)(3) educational and research organization. Beginning now, the Association is changing from support from member dues plus donations and collateral earnings from book and website, to donations and collateral earnings only. Annual membership dues only paid for the cost of publishing the NewsJournal and some of the office expenses. The website will be maintained with new articles as they become available. The Collective will be expanded

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Tom and Lisa Butler

## Article Contributions

**While this is the final issue, articles of interest will continue to be posted on the ATransC website.** Articles that explain techniques, the concepts of transcommunication and/or provide a role model to which others can aspire are considered. Articles should be short and to the point as they would be for a newspaper. Pictures are welcome! Email submission to [atransc@atransc.org](mailto:atransc@atransc.org) or mail to Association TransCommunication, PO Box 13111, Reno, NV 89507, USA.

**The Association Transcommunication:** is a 501(c)(3) nonprofit educational corporation. It is wholly supported by the public and all contributions are tax deductible in the USA. ATransC Directors are Tom and Lisa Butler.

## Volunteers

**Editors:** Tom and Lisa Butler  
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The ATransC attempts to assure the veracity of material presented in this publication; however, understanding of these phenomena continues to change and the reader should practice discernment here as with all information about these phenomena.

## Spring 2014

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## Zachary

by Deneane Johanson

Our son Zachary passed in April, 2009. He was in the Army and survived Iraq, but after returning, he needed knee surgery. Three days later we were informed that sadly and tragically, he had passed.

A few days after his passing, Zachary contacted me in my sleep during the moments prior to waking. He warned me about something wrong with my father by showing me a black-and-white "image" of my father's face; my father's eyes were turquoise blue and flashing very fast. I immediately woke, trying to figure out what my son meant by the flashing blue eyes. I thought to my self, flashing is a sign of warning, but why blue eyes? I thought about the image all day.

I had the exact same image just before waking the following morning.

When I woke up that time, it totally dawned on me that my son knew that if I had seen my dad's face with red flashing eyes, it would frighten me to death. I felt that he was telling me that there was something wrong with my father's health and the flashing blue eyes were like a traffic signal which warned of "changes."

After Zachary's funeral, my mother called me to say that my father had to have a lung biopsy. The diagnosis turned out to be lung/brain cancer and he passed away in 2011.

In 2010 I had to have very serious spine surgery. I was very scared, so the night before my surgery, I meditated and prayed asking Zachary to watch over me, if he could, to be sure everything worked out okay. To be honest, by the time I had surgery I had forgotten all about asking for his help.

The evening after surgery, I was sleeping in a private hospital room which was situated at the end of an empty hall, and I was woken up by hearing a woman's voice say, "Deneane!" It was such a familiar and loving voice, I slowly opened my eyes in the direction of the voice, thinking I was going to see a nurse wanting to take my vitals, but I was stunned! In front of me was a woman, however, I could not see her face because there was a bright illuminating light shining behind her, around her and through her. Then I felt someone at the bottom of my bed; a "shadow" man. Each of his hands were touching each of my feet. I don't know why he was dark or a shadow, but I felt he was her helper. I smiled, and answered "Yes" to the woman calling my name. I fell asleep again only to be awakened by the sound of my son saying in a loud whisper,

like he didn't want to startle me, "Mom!" I was so excited to hear him it made me not want to sleep. I actually said very quickly, "What?" hoping he would say something else, but there was nothing else.

My husband and I returned home one day and were shocked when we listened to our voice messages. The message from my son to us was so clear that we thought that perhaps the Army had lied to us, and somehow, he was still living. I sent the voice message to my oldest son, but did not tell him who or what was on the message. I got a call from him saying he played the message and his legs buckled from underneath him; it took him a little time to get himself together. My son replayed the message while wearing headphones.

What we heard totally made our hair follicles stand on end. My deceased son loved playing tricks on people, and in the beginning of the EVP, you hear static then his message.

**"Hey it's Zac. Dad, want to hear something freakky?"** Then you hear **"Tap Tap Tap Tap"** then a squeaking sound followed by **"Hello!"**, then a loud whisper, **"Dad."**

My son left behind at the time of his passing, a two-year-old daughter; she's now six. My son has also had contact with her. There are several little stories involving my granddaughter. Recently my daughter-in-law felt that maybe she hadn't explained enough to my granddaughter about her daddy being in heaven, because my granddaughter started talking one day about her daddy and why he wasn't there. So, her mother sat her down in front of her other grandparents and started explaining that Daddy died, then before her next words came out, my granddaughter said, "I know! Daddy's in heaven!" She then proceeded to say that "Daddy works in the Army in heaven." My daughter-in-law, thinking she was confused, told her that her daddy was in

the Army then had died and gone to heaven. My granddaughter said "No, Daddy works in the Army in heaven."

When she was asked if she had any questions about her daddy, she said, "Yeah, I want to know why Daddy doesn't get to stay long?" Her mother asked her what she meant and my granddaughter said, "Daddy visits and talks to me all the time, but he never is allowed to stay long" Needless to say this shocked everyone in the room. I always knew he visited her. She told me, but I never repeated it because I didn't want to seem crazy.



Zachary in full Army gear



Zachary



## Tina Laurent

by Lisa Butler

Tina Laurent's life was changed the day she met Sarah Estep. Tina wrote, "Well do I remember the first time I listened to discarnate voices emanating from magnetic recording tape. It was 1981 in the Maryland house of Sarah Estep, the writer of a down-to-earth book, *Voices of Eternity\** and the founder of the American Association of Electronic Voice Phenomena (AA-EVP). For three hours, I sat enthralled, knowing full well that this was a day that was to change the course of my life.

"When I returned home, armed with a borrowed recorder, I started trying to communicate with any passing spirits who might hear me. I immediately heard 'sounds'; unintelligible whispers that I was fairly certain should not have been there. In a matter of two weeks, I heard my

first intelligible word: **'Tina.'** Since then, apart from some long months when I was unable to record, I have contacted my EVP friends on a daily basis, wherever in the world I happened to be and using the simple equipment with which I started out."

Tina became an important EVP researcher. Living in Wales, she made a point of contacting all the investigators doing research in EVP who were in the UK at the time. Tina's work in the field of EVP research is well known worldwide and she has taken part in television, radio and other types of media, spreading information about communication through electronic devices.

In January, Tina's friend and neighbor Lisa Edwards contacted us to let us know that Tina made her transition on December 16, 2013. Lisa had several interesting things happen during Tina's short illness and transition. Toward the end of October, Lisa helped with calling the doctor and Tina's admission to the hospital. In the early morning hours after Tina had been admitted to the hospital, Lisa was awakened by a loud knock on the door. She got dressed and went to the door, only to find that no one was there. Later that day in the hospital, Tina told her that this had happened to her before, and even later, told her that the same knock had taken place in her hospital room but she hadn't wanted to frighten Lisa.

On the first day that Tina was in intensive care, Lisa meditated and asked to know what was going on. She could

see in her mind's eye Tina holding both of her hands. She told Tina that it was alright to go on if she needed to and to just go on and be free. A little bit later, Lisa went to her iPod to change her forty-three songs by Elvis and was shocked to see the title "Death Notice" on the screen. This was not a song she had on her iPod, nor was it a song by Elvis

On the third day that Tina was in the hospital, Lisa felt like she needed to be there. When she arrived, Tina was just coming out of surgery. She asked Lisa to look after everything and also told her that she was going to die. She then told Lisa that it was a dangerous place and she needed to leave. Lisa prayed that it was just the sedation and that Tina would get better.

A few days later, Tina was still in the hospital and Lisa asked her if she

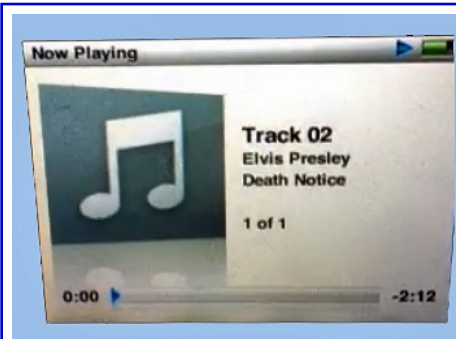
remembered telling her about the place being dangerous. Tina replied that the surgical ward was a portal, a gateway and she had seen it all around her.

Lisa wrote, "She came out of the hospital as she stubbornly decided she must. I realize now she wanted to die at home. She was home ten days and I had a wonderful time sitting on her bed, holding her hand, making her cups of tea, just being with her.

"I was also home when she called the ambulance, as she was in so much pain... She told me she wanted God to take her and it was nice knowing me; very sad. I knew as I waved to her in the back of the ambulance, that it would be the last time I saw her 'alive.' As I knelt to put her fluffy socks on, I could feel her energy reducing. That is the only way I can describe what I felt. That night, she had another operation and

never regained consciousness. I felt her leave on the Thursday, but her body lasted until the next Monday.

Strangely, I phoned intensive care at the very moment they were phoning her brother to tell him she had passed. I went to see her in the chapel of rest and put her favorite picture of her yogi that had traveled around with her, a rose from her garden and one from the shops, some incense and fluffy socks! I lit a candle, burned incense and my mother and neighbor on the other side paid honor to her physical self. I am glad I did all that for her. It's so funny because I am forty-three and she was seventy-six, yet she was the greatest company and I miss her terribly."



Lisa's iPod screen



## Ernst Senkowski Talks with Anabela Cardoso

by Anabela Cardoso, Director/Editor of the *ITC Journal*

This is Q&A 6 of an article previously published in the December 2010 (#39) *ITC Journal*<sup>a</sup>

**6AC Question by Cardoso:** One of the strong accusations against Maggy and Jules Harsch-Fischbach (H-F)<sup>b</sup> is that some of the clear, highly interesting images that allegedly appeared on their TV screen, e.g. Jules Verne's habitat in the next dimension; the black and white computer graphic received in Luxembourg on 4.12.88 and found by Dr. Delavre on June 1989, in color, in issue n° 3/87 of the magazine *Esotera*; the group of crystals apparently indicated by Zeitstrom (Timestream) Station<sup>c</sup> as belonging to their communication devices for the contact with our level of existence, which was apparently identical, although distorted, to the image published on the cover of the book *The Quantum Universe*; some deceased people's "transimages" identical to their earthly photographs while alive. Even the whole story of [the planet] Marduk and the river [of eternity which is on Marduk], and their similarities to Philip José Farmer's books,<sup>d</sup> are all suspect because of the striking resemblance to our own things.

My opinion is that this was perhaps an easier way for the communicators to convey their messages to us, using matching, existent terrestrial mental patterns to exemplify their situation in another dimension with some concepts that we could relate to and understand. In the case of the photographs, for instance, it could be that the reproduction of an existing photo on the screen of a TV apparatus (in the case of the H-F disconnected from the net and even malfunctioning) was easier to achieve than constructing a new photo of the deceased person who, naturally, will no longer have the same face or body to be photographed. The communicators tell us that they "also have a body" albeit made of "a kind of electricity," as they have told me.<sup>1</sup>

In effect, it is very difficult to imagine how that "new body" could be photographed and transmitted via a TV screen that uses our earthly technology! I can personally understand all that but the truth is that the procedure apparently used by Timestream<sup>c</sup> was extremely undesirable as it prompted a wave of accusations against the H-F and ITC. I know that you wrote an article about these mysterious similarities, but not in English, and certainly many of our readers do not know about it. Can you please give us a résumé of your opinion and of the ideas you put forward therein? Furthermore, I would like to know if you witnessed any of those transmissions, and if not, if you know anybody who did, besides the H-F. Many thanks.

**6ES Answer by Senkowski:** I am sure that the Harschs in most instances (as well as their guests including myself and my wife) directly observed the emergence of messages and images. When the first ones appeared during the couple's (Maggy and Jules Harsch-Fischbach's) absence, the H-F would not believe in their paranormal origin. To prevent access of intruders they had a special key-system installed.

I agree with your extensive considerations about the duplications. Concerned operators and their co-workers

wondered about the apparent similarities of terrestrial material and some phenomena in Luxembourg (and elsewhere, f.i. at Bacci).<sup>e</sup> Extensive material has been published in several editions of the journal *Transkommunikation* headlined "Parallel Realities?"

Vol. I, No.1, 1990, starts with a short summary (abbreviated): "In the past years a remarkable number of messages and images (from beyond) have been found to

be identical or resembling their counterparts in our realm of existence. Twelve of these cases are examined in detail. Excluding conscious manipulation as too simple an explanation, several tentative models are discussed including the ones given by the transentities. At present there exists no satisfactory solution for the inherent inconsistencies. We will see whether a better understanding of the background will be developed in the future."

Vol. I, No. 2, 1991: "An amendment was necessary because our readers supplied additional material. At present we have more than 20 examples, 3 from Klaus Schreiber, 1 from Marcello Bacci and the rest from the Harsch."

Vol. I, No. 3: "More cases 'accidentally' found by Dr. Determeyer. Determeyer commented: '(In spite of all that) I vouch for the impossibility to impute the least suspicion of manipulation to the Harsch. From the beginning, I followed and accompanied their work and took part in numerous direct TC contacts with the transentities – Technician, Dr. Konstantin Raudive and others. The phenomenon of duplication is known to me from the results of other experimenters. Apparently, it is a general fact that renders some insight into the cosmic information storage or processing.... Questioning some transentities via different channels yielded quite similar descriptions. For instance, we were told:

Continued page 6



Anabela Cardoso with Ernst Senkowski

## Senkowski Interview

Continued from page 5

'Everything spoken at any time was released from an information center ... (it) found its (terrestrial) deposition/condensation and in spite of that is still substantial ...'

"There seems to be an all comprising holomorphic information field. The different dimensions and individuals are participating and helping in its configuration ... The multidimensional information field may be related, coupled or identified with the so called Akasha Chronicle and contains timeless fundamental structures or 'truths' that by transformation into (our) four dimensional speech symbols produce similar patterns. Quantum physicist David Bohm (according to Einstein 'the only one who could surpass quantum-mechanics') introduced the notion of an implicate order 'behind' our explicate order; in other words: enfolded and outfolded.<sup>2</sup>

"Synchronicity as introduced by C. G. Jung (and Wolfgang Pauli, nuclear physicist and Nobel Prize winner) can be understood as an additional indication. A future, more precise investigation of these highly interesting phenomena is urgently necessary.

"The million-fold realization of the concept 'love' possibly serves the most unmistakable communication and timeless creation of new life."

I like to explain my concord with this model of my friend Ralph Determeyer. Even nineteen years later and in the light of an article by Dr. Vladimir Delavre, I could not formulate Ralph's ideas better. In contrast, V. D. stressed the intimate relation between ITC and other paranormal phenomena, especially the general two-way mind-mind and mind-matter interaction. In his summary he stated: "The separation of object and subject is in itself a subjective proposition. For the present the significant question about the essential counterparts in ITC [the communicating entities] must remain open. Perhaps we only see reflections of reflections and maybe we only hear echoes of echoes generated by an infinite number of permeating information fields."<sup>3</sup>

I am convinced that messages and their contents primarily stem from the general timeless information field. They

are "sent" to us via a [perhaps metaphorical] information center [a station, for instance] but they do not disappear. They are still existent "over there" and can be "sent" at any time and to any place on our side. And I would like to add a short remark: According to India's tradition, a net of reflecting pearls exists in Indra's heaven. Regarding one

pearl all of them are visible. This is similar to the modern holographic information space that can also be characterized as an endless system of patterns in patterns. Only evanescent pieces reach our brain-limited consciousness to form a puzzle.

The cases that you referred to triggered, as I see it, indeed unwarranted assaults by people without personal experience in ITC. There were even insiders convinced that only the VOT (EVP) are for real and all other phenomena must be faked.

The Harsch freely told us that they had read Farmer's *Die Flusswelt der Zeit* (literal translation: *The World of the River of Time*). It is impossible to discern an unconsciously introduced contribution of the Harsch from the genuine transmaterial. I, therefore, think it is useless to continue this discussion.

But there are two remarkable facts. The German title seemingly picked up and used as the station's name, *Zeitstrom* (Timestream), by the entities can be understood as a hint to their necessary adaptation to our linear time-flow. The term "border of the river of eternity" used by Raudive can be easily interpreted as a metaphor standing for the "border" between life and death. (A similar expression manifested at Adolf Homes': "You have found the boat.") It recalls the Styx of Greek mythology that must be crossed by the deceased in a boat guided by ferryman Charon.

I addressed Farmer asking whether he could give a source of his trilogy. His

negative answer evokes a more general question about the sources of ideas, inventions and literature. It seems unreasonable to "explain" all this as a chance product of the brain. Brain researchers do not see the background, and therefore, talk of "emergence" to conceal their ignorance. It is well known that completely independent inventors forwarded their patent applications practically simultaneously.

Continued page 7

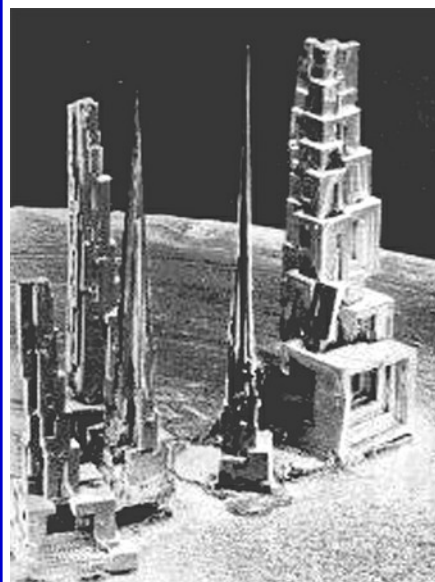


Abb. 3b The cover of the book:  
*The Quantum Universe*<sup>f</sup>



Abb. 3a Transimage received by the  
Harsch-Fischbachs





**Senkowski Interview** Continued from page 6  
But nobody attacked that synchronicity – only in the case of ITC, some stupid critics are agitated enough to attack the experimenters.

Your second example refers to the identity of the Harsch's transimage showing an alleged "communication device" in the beyond which appeared like a distorted copy of a published rare crystal.<sup>f</sup> Even in my openmindedness I was unwilling to accept the, for me, pseudo explanation of Timestream transpartners. From a humorous point of view we could describe this and similar cases as "toys" from "higher beings" given to playful children in the kindergarten called Earth. For example, Dr. Delavre found that the name of an important communicator, Swejen Salter, was an anagram: the letters can be rearranged to form the German word *Rajtselwesen*, close to *Raetselwesen* – enigmatic being. Asked about the meaning, Technician responded "Sind wir nicht alle Raetselwesen?" (Are we not all enigmatic beings?).

### Notes

- a. Ernst Senkowski is credited with coining the term, Instrumental TransCommunication (ITC). The entire article containing this most interesting interview with one of the pioneers of ITC is posted in the Articles section of ATransC.org. Also see Senkowski's book: *Instrumental Transcommunication*, (English - 2002, first edited by Frankfurt: R. G. Fischer, 1989) [worlditc.org/c\\_07\\_senki\\_00\\_content.htm](http://worlditc.org/c_07_senki_00_content.htm)  
Also:  
Senkowski, E. *Tonbandsprachaufnahmen*. Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie 21, 3/4 (1979), S. 201-208  
*The transcontacts of Adolf Homes – A review*. Part 1. Transkommunikation, Vol. IV, No. 1 1999; Part 2 *ibid*. Vol. IV. No. 2/3, (2001),  
Adolf Homes *Transinformationen Rivenich 1988 – 1997*. *ibid*. Special Edition (2002).
- b. Maggy and Jules Harsch-Fischbach were at the center of an important cluster of transcommunication events. Senkowski was in attendance for some of these events. See their book *Breakthroughs* at: [worlditc.org/c\\_04\\_s\\_bridge\\_content.htm](http://worlditc.org/c_04_s_bridge_content.htm)
- c. Zeitstrom (Timestream) Station is thought to be an organized group of communicators originating the ITC experienced during the H-F cluster. Cardoso has also been in communication with a group calling themselves Timestream by using the Direct Radio Voice (DRV).
- d. Philip José Farmer wrote about a planet called Marduk in his *Riverworld* series.
- e. Marcello Bacci is also producing phenomena, primarily via DRV. See: "The Instrumental Transcommunication Work Of Marcello Bacci" in the Articles section of ATransC.org.

- f. The image was published in: *The Quantum Universe*, by Tony Hay and Patrick Walters, University Press Cambridge 1987.

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1. Cardoso, A. (2010) *Electronic Voices: Contact with Another Dimension?* Hants, UK: O Books - John Hunt Publishing, Ltd.
2. Talbot, Michael, *The Holographic Universe: The Revolutionary Theory of Reality*, Harper Perennial; Reprint Edition, 2011, ISBN-10: 0062014102. Also see: "David Bohm and the Holographic Universe" [bibliotecapleyades.net/ciencia/ciencia\\_holouniverse04.htm](http://bibliotecapleyades.net/ciencia/ciencia_holouniverse04.htm) Reviewed 12/26/2013
3. Delavre, V. (1992): *Paranormale Transferphänomene*. Transkommunikation, Vol. I, No. 4, p. 21).

[The possibility that some trans-phenomena are adapted from existing physical forms has been discussed in other ATransC articles. An alternative view might be that phenomena which seem to already exist in the physical might have been formed from physical people's memory.

This concept will be explored in more detail in future articles on ATransC.org]

## A Letter from Becky Estep

It was nice to see the poem, "The Journey," in the News-Journal. Sarah loved it and kept it on her desk. I thank you for your statement: "Imagine Sarah's bravery to start an international organization supporting what was then and still is today, a most controversial subject."

During the early days of Mom's EVP recording, I went through a brief phase where I was sort of afraid to walk out the door in the morning. I swear I half expected to see Mom's effigy hanging from a tree in the front yard. Of course, some of this was overreaction and hypersensitivity on my part, but I actually got in the habit of "checking out the trees" in the yard before I went off to school. I don't even remember how I came up with the concept of "effigy"; one of the neighbors might have half-jokingly said something about it.

People would sometimes call Mom on the phone and say nasty things, mostly: "What are you doing and why are you doing it?" and "Don't you think you're doing the devil's work?" One woman even told Mom: "They used to burn people at the stake for this kind of thing."

In retrospect, the thing that saddens me about the early days of Mom's research is that she must have felt very alone and lonely in her quest.... Fortunately, it wasn't long before she learned of others who were also involved in EVP and had been exploring it longer than her, so I'm grateful Mom had others for strength, support and companionship in the EVP wilderness.

## The Mystery of the Phantom Phone Calls

by John Macklin/Tony James Features

It was after lunch on a Saturday in June, 1960 and Mrs. Fox was alone in her fourth-floor apartment on the outskirts of the Canadian city of Toronto. She had half-expected her mother to call from a nearby suburb—a normal occurrence on weekends—and she was totally unprepared for the astonishing incident she claimed was to follow. Later 35-year-old Mrs. Fox was to explain to researchers what happened next. “I picked up the phone and nearly fainted when I heard the voice. It was my daughter Peggy. I have no doubt about that.”

She said: ‘Hello, Mum. Can you hear me? Don’t be sad ... I am so happy.’ Then the line went dead. I just stood there unable to move with shock. Which was hardly surprising. For she was claiming to have heard the voice of her daughter—and Peggy Fox had died six months earlier. Peggy, a cheery mischievous girl of 12, had been struck down with a mysterious virus in the winter of 1959 and despite the best hospital care Canada could offer, had died two weeks later with her parents at her bedside.

Although naturally shattered by the death of her only child, Mrs. Fox, a part-time legal secretary, had tried hard to gather together her shattered life and by the summer of 1960 seemed on the way to succeeding. She and her husband had talked about the possibility of adopting a child and then suddenly all the grief that surrounded Peggy’s death came flooding back. When her husband returned an hour later he found his wife weeping uncontrollably. When she explained what had happened, Paul Fox said it must be a heartless hoax. He contacted the telephone company to find if there was any record of the call so that it could be traced. There wasn’t.

Two days later it happened again. This time Paul was in the room when his wife answered and snatched the phone in time to hear a voice say: “This is Peggy, Mum. Don’t cry...” Then once more the line went dead. Shocked though he was, Paul Fox still had the presence of mind to contact the phone company and once again he was told that there was no record of any call either on the trunk call system or the automatic dialing mechanism.

Later, Paul Fox would declare: “I would swear that it was the voice of my daughter — I would stake my life on that. At the same time, common sense dictates that it couldn’t possibly be her. I was there when her coffin was lowered into the grave.”

During the following week, Mrs. Fox received another phantom phone call in which the voice said: “Give my love to Moggy.” That was apparently Peggy’s pet name for her maternal grandfather and one that only her mother knew she had used. Mrs. Fox later told researchers: “No one would know that but my daughter. The things she said and her tone of voice were identical to Peggy’s. She even had the funny way of pronouncing the ‘th’ sound that Peggy had. I just refuse to believe that it was someone impersonating my daughter.

What would be the point of that? What could anyone possibly get out of it? Not surprisingly the case got national publicity and finally caught the attention of Dr John Craggs, a psychologist at Chicago University and one of America’s leading psychical researchers, who investigated the case and later included it in a book. He came to the conclusion: “I am certain that Mr. and Mrs. Fox are telling the truth about the calls. There is absolutely no reason why they should make up such a story and subject themselves to what is undoubtedly genuine distress.”

With the family’s agreement he attached a tape-recording device to the phone, triggered to operate when the phone rang. On August 3, 1960 the phone rang and was answered by Peggy’s mother. The device began to record and the resulting tape was later lodged in the archives of the American Society for Psychical Research. A published transcript of the conversation reads in part: A girl’s voice: “Mum, is that you? I love you. Give my love to Daddy, too. I am very happy. Please don’t cry like you did last time. Mrs. Fox: “Peggy, darling, is that really you?” Girl’s voice: “You mustn’t be upset. I will try to...” At this point the phone went dead. Dr. Craggs later wrote: “The tape was played to several of Peggy Fox’s friends. They all said they were certain it was her voice. So did her grandparents and her school teacher.” Just what is the answer to the apparent phone calls from the dead?

One theory is that outside influences can manipulate electrical impulses on the phone. It sounds a far-fetched solution. But in the strange case of Peggy Fox, no one has yet come up with a better one.

From: *Times of Oman*, March 28, 2013  
[timesofoman.com/News/Article-11979.aspx](http://timesofoman.com/News/Article-11979.aspx)







## Examination of a Witnessed Apport

by William C. Treurniet

Several séances were held during October and November, 2013, at the Wallacia Development Centre near Sydney, Australia. The medium was Kai Mügge of the Felix Experimental Group in Frankfurt, Germany. Kai's spirit control is the deceased Professor Hans Bender. I attended the séance held on November 13.

Anomalous phenomena were produced while the medium was controlled (handled) by two sitters on either side of his chair. There were loud raps on the walls and ceiling, and little balls of light flitted around the room in the dark. Hans also produced a faint sheet of illumination like a white aurora borealis that moved past sitters seated well away from the medium. I experienced being struck on the hands and knees by unknown objects, and felt a stroking of the hair on the back of my head. A trumpet prop, self-illuminated by fluorescent tape, flew around the room, occasionally striking me and other sitters.



Figure 1. Two views of the apport

The highlight for me occurred when I was invited to sit cross-legged on the floor in front of the medium who was seated in his chair. There was sufficient red light near the medium to see clearly what was happening. He extended his left hand with palm facing down, and instructed me to hold my hands open beneath his hand. The fingers of his stationary hand opened and closed a number of times such that his palm was always visible. Suddenly, an object fell from under his palm into my waiting hands. I had watched his hand intently, and was able to see the object form directly under his palm. It twinkled briefly during the transition from nothing to matter. The apport was the white stone or crystal shown in Figure 1

Different crystal apports were given to at least four other sitters during several sittings at Wallacia. One of these recipients also reported a sparkling effect as the object formed, and another sensed an upward flow of "something" towards the medium's palm just prior to the object's formation.

In a sitting on November 17, I was unexpectedly given the opportunity to become one of the medium's controls. My responsibility was to continuously hold the medium's

hand and knee in the dark while he was in front of the cabinet, and hold the curtain of the cabinet aside while he backed into the enclosure. An apport was produced from the medium's left hand in this sitting as well. I was positioned slightly behind and below his left elbow and was able to monitor the hand from the rear. The red light appeared less bright from this position, and I saw the object as a shadow as it fell from the medium's hand to the floor. This time, the formation of the object was not accompanied by the sparkle effect. Perhaps it was blocked from view from this vantage point.

Hans, the spirit control, explained during the creation of the object in Figure 1 that it encapsulated little pockets of ectoplasm. I initially believed these to be the scattered brown dots visible at one end of the stone. I assumed that the roughness of the stone at this location was due to breakage of pockets of ectoplasm.

Some days later, however, Kai received a message from Hans that there was more in the apport than I was aware. He asked me to look at the crystal under different lighting conditions. Surprisingly, male and female faces appeared when the crystal was backlit. One face may be seen near the top of the stone and another at the lower left in the image of Figure 2. The appearance of these faces is presumably due to the arrangement of ectoplasm embedded inside the stone.

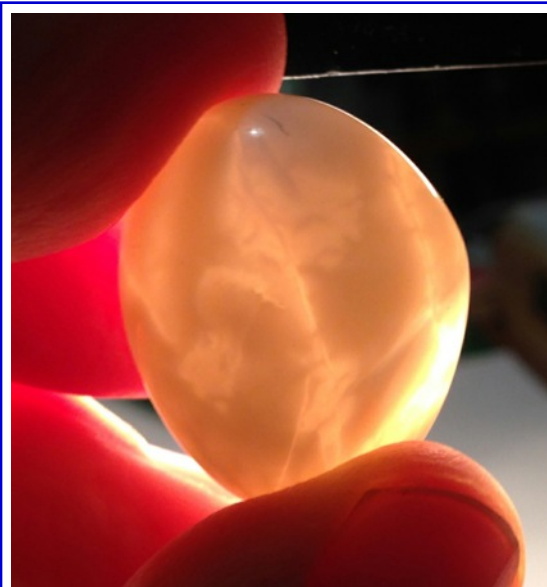


Figure 2. Images of faces inside the stone

The observed phenomena in these sittings, especially the apport, convinced me beyond any doubt that physical anomalies had occurred. I now hold the normal-appearing crystal I was given and marvel at how I had watched it come into existence from nothing. Adding to the mystery is the strong sensation of spirit energy I often feel when in close proximity to the crystal.

## ITC Images of Beloved Pets

by Sonia Rinaldi

I always think that the debt that human beings have toward animals is priceless. Unfortunately, ignorance and insensitivity toward animals is such that in many cases we can see how poorly most humans understand creation. It's a relief, then, to know that our spirit friends see animals differently. It seems on the other side animals do have the respect they deserve. We know this because many times we have heard in our EVP recordings harsh criticism about humans' behavior in relation to these defenseless beings.

Besides the EVP, we have also recorded transimages, which are a relief to those who've lost a loved pet. I remember the transpicture we registered when our friend Marlene visited our lab. In that opportunity I was testing with an infrared camera that only produces black-and-white images. Surprisingly, her little dog, who died in 2009 at age 15, appeared. (Top picture)

Gabi was Marlene's passion. She got the dog as an engagement present and Gabi became her greatest friend till her death.

Marlene cried when she saw the transimage of Gabi. She immediately wrote, saying: "This was the best gift I could ever receive! It is priceless to know that my loved Gabi is well and that he is always with me!"

In another case, I had no idea who the dog was or if it would be possible to locate his or her owner. I decided to include the transpicture in our lists of friends, and soon, I received an e-mail from journalist Juvan, who sent us the photo of his dog Nitinha, and wrote:

"Dear Sonia, Nitinha had passed away three months ago after a vehicle ran over her in front of my house. She was, why not say, an unusual puppy. She was very, very, dear to us and was with us for five years. She was a friend, a

great companion and an invaluable guard of our house. It was a huge impact for me and my wife. We had very hard times when she departed. All we could do was to thank her in our prayers and that we were very grateful for the time she stayed with us.

"For an incredible 'coincidence,' we had been thinking a lot of her these days, because today, we are going to get another puppy, but with the commitment that Nitinha would never leave our hearts.

"Do you not think that the transimage you registered is our loved Nitinha?" Well, for me it sounds possible too.

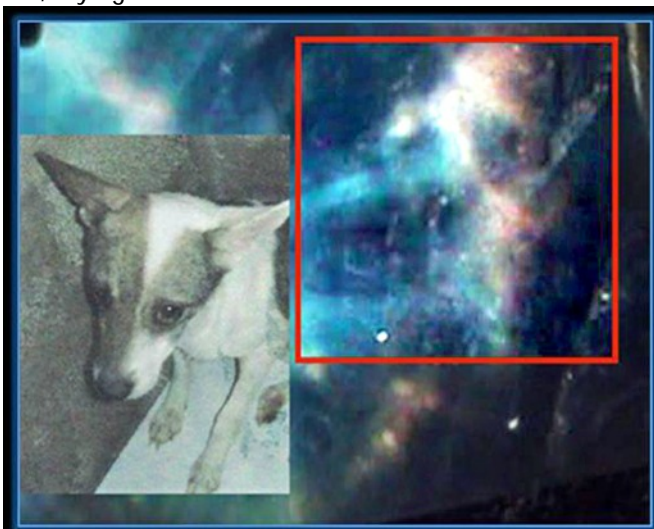
More recently, our friend Fatima Borges, for whom I have the deepest admiration for her tireless work in favor of hundreds of cats and dogs, provided this dismal picture of a female dog.

(Third from top) She included information that the shelter where this poor dog lived was running out of food to feed the vast number of dogs. Fatima was looking for donations so that the dogs didn't starve. The shelter is located in Rio, and is known as "Cantinho da Tia Selma."

Days later, we heard that unfortunately, when the food arrived, the desperation of the "poor starlet of the campaign" was such that the poor little dog had died.

The following day, there appeared a transimage which seems to us the poor starlet. It is as if she wanted to report that finally she got rid of the torture of not having an owner.

Brazilian researcher Sonia Rinaldi is the founder and coordinator of IPATI and is one of the world's most



progressive ITC researchers. The IPATI website is at [ipati.org](http://ipati.org).





## Great Dane Water ITC Image

by Margaret Downey

I'm always talking about the "depth," "texture" and "layering" of images that is possible when using a translucent pot of water suspended inside a larger, empty dark pot for my ITC sessions. In this particular setup, rather than using my typical Visionware pot, I suspended a small, amber Visions saucepan (CorningWare) inside a dark gray bread loaf baking tin. I used an iPhone 4s with the light on as a video camera. I will definitely use this setup again because it worked quite well.



Here's a photo of this setup, and below is one of the image recorded using this setup. In the middle frame, I see as the primary feature a big, beautiful Great Dane head (with cropped left ear sticking up). I'm awaiting to hear from my friend who recently lost her Great Dane. I'm thinking this is her dog.



[Editor: Margaret did hear from her friend who is 100% sure that it is her dog. Here is a comparison]

## First Sight

Parapsychologist James Carpenter has developed a theory about how people process information from the environment. Based on psychical research, he argues that everything and every action is preceded by a subtle energy (psi) signal which people sense with psi functioning, just as they use their physical senses to sense the physical world. Both this "first sight" information and information from physical space are unconsciously processed and it is the result of that processing that people become aware of. As such, people sense how their unconscious mind reacts and that is based on worldview; what they have been taught to think is true.

The two important messages in First Sight theory for people seeking to gain in spiritual understanding is: First, how important it is to make sure worldview (personal reality) accurately reflects the true nature of reality, rather than local beliefs taught by the community. Spiritualists know this as learning to understand and live in accordance with Natural Law; and, second, it is possible to learn to pay more attention to those small impressions that precede full conscious awareness of external influences. Greater lucidity between conscious and the usually subconscious etheric personality can be learned.

One technique for aligning personal reality (worldview) with the actual nature of reality is what might be referred to as "suspended judgment" as discussed in the "Mindfulness" article on page 12. An alternative way of thinking of this is to accept that your unconscious mind will make a decision for you, but if you are not consciously attached to the decision, then it is more possible to change your thinking later. In other words, accept that you have an attitude about something, but be interested in understanding why and be open to change it—deliberately open.

Carpenter, James C. (2012-03-23). *First Sight: ESP and Parapsychology in Everyday Life*. Rowman & Littlefield Publishers. ISBN 978-1-4422-1392-0 (ebook), Copyright © 2012

## Research

We want to stress that research remains an important part of the ATransC mission. "The Energy Profile of Transform EVP" project is still at the top of our list of research projects. It is important to collect more examples from different practitioners, so if you record transform EVP, take a look at [atransc.org/research/transform\\_evp\\_study.htm](http://atransc.org/research/transform_evp_study.htm) and consider participating.

Ending publication of this NewsJournal will give us more time to focus on other projects as well. One major one has been to develop an EVP platform as discussed at [atransc.org/journal/evp\\_platform\\_req.htm](http://atransc.org/journal/evp_platform_req.htm). Technology has changed since it was first proposed and a computer app may be more doable now. The idea is to have many

people using the same technology by way of the same free program to record for EVP. Results can be more easily compared for research. At the same time, the program can be evolved based on user feedback to improve performance.

ATransC has previously funded "how we hear EVP" studies and it is important that additional work is done in that area. EVP from a standardized program would make that research more meaningful.

Research like that costs money. While membership dues help, research has been mostly funded from donations and proceeds from the "No Dead" book. It is important that current members continue to support the Association with participation in research, by telling others to visit ATransC.org and by donating to support research.



## Mindfulness

by Tom Butler

### Purpose

The phenomena of transcommunication appear to have a purpose beyond the reassurance it offers to loved ones. After examining mediumistic messages from the other side and "revelations" brought by past teachers, it is easy to imagine that our etheric communicators are trying to teach us about the reality of our immortality by showing us they exist. This article is written as an exploration of the idea that the EVP messages in our recorders, or the paranormal images we find in our photographs, are a new way of telling us that we are part of a larger community. Perhaps it is up to us to understand what that means.

### Mindfulness

The terms "mindfulness" and "mindful living" have become catchphrases for right living, but not in a pretentious way or in an attempt to tell you what to do. People speak of mindfulness, almost in a reverent tone, as if the concept relates more to God than to daily living. Always, it is used to offer guidance in how to improve your life; how to be all that you can be.

Discussions about the phenomena of transcommunication are usually about technique and quality of examples. Who is talking may be discussed, especially if the information seems to come from a loved one, but the question of continuous life seldom comes up. But in fact, considered from the perspective of your immortality, transcommunication may actually be all about you and your immortality.

If this is true, then learning to live mindfully may be the most important ability you can learn.

### Teachers

Mindfulness is based on the idea that what we do now matters here and hereafter—both to us and to others with whom we share reality. Information about this has come to us by way of Instrumental TransCommunication (ITC), meditation and mediumship.

With proper controls, ITC can be a rich source of information about the other side. For instance, we have seen that we should expect a life review during our transition. We know they can see us, and we know our communicators sometimes "get together" with friends on the other side. We also know that there are changes in their ability or need to communicate, so that some do not "report in" for years and some seem to "move on" after a while.

Channeled material must be considered with reservation because we know cultural influences can color messages. Even so, consistency amongst communicators seems to add credibility to some messages.<sup>1</sup>



*The Hermit from the Paul Case deck of the Tarot symbolizes the seeker who has achieved great understanding and has turned his attention to the world to show the way for other seekers. He is both the seeker and the teacher.*

Perhaps some of the most important teachers have been the fabled Hermes Trismegistus and the biblical Jesus. The only document credited to Hermes that seems reliable is *The Emerald Tablet*.<sup>2</sup> In it, he speaks of "The One Thing," which is the same as "The Great Work" of hermetic tradition.<sup>3</sup> The Great Work is all about the path followed by seekers to gain understanding. The lessons involved in this are virtually the same as brought by other teachers. The message is that a person benefits by learning to live in accordance with the true nature of reality.

A review of teachings attributed to Jesus, as found in Aramaic-to-English translations, shows that he taught that our I Am presence exists in the greater reality and that our transition out of this lifetime is toward our I Am presence: *"Where that I Am really is, there you already are, and you can be, consciously."* (From Luke 24:38-49) He also taught the unity of humankind; that one person's actions reflects on all people.<sup>4</sup>

We included a transcript of Hans Bender's words as conveyed by Kai Mügge in the Fall, 2013 *ATransC NewsJournal*. To paraphrase, Bender explained that we are not alone and that how we view the other side has a lot to do with how we experienced it during our transition. He said that what we are doing here affects the other side and that we can project negativity into the greater reality which can cause problems for others.

Jane Roberts' Seth material appears to be a reliable source of information about the other side.<sup>1</sup> Three important "instructions" from Seth are: People create their own reality; people exist in more than one aspect of reality at once; and, the only wrong act is to violate another person.

The common message from all of these sources is that who we really are, our I am presence always exists in the greater reality, that we are able to connect with our etheric aspect through "right thinking," that how we think now affects us and others now and beyond this lifetime and that it is for us to learn to live in accordance with the true nature of reality. This understanding is not one person or one organization teaching religious doctrine. Think of it as the handbook for "right living" given to us by our friends on the other side; this is mindful living.

### What we do now matters

If you look behind the curtain of ITC messages, so to speak, a pattern begins to emerge that tells us much about the person. While the messages appear to be paranormal, it has been noted by many

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## Mindfulness

Continued from page 12  
researchers that different practitioners are apt to record rather different kinds of messages from the same situation.

To illustrate, Lisa and another person went into a dark room of a reportedly haunted building and recorded for EVP. Lisa is a pragmatic, level-headed witness and recorded EVP containing useful information. The other person delighted in being scared and expected scary EVP, and in fact, she recorded scary EVP. In both cases, the messages were clearly paranormal, but their character tended to agree with the practitioner's worldview.

As it turns out, it appears the person's expectations are projected onto experiences. This has been noted in what has become known as the sheep-goat effect. In that, people who are more psi sensitive (psychic) tend to have more paranormal experiences. In his book, *First Sight*,<sup>5</sup> Dr. James Carpenter developed a hypothesis for the evidence currently being presented in parapsychology which holds that people are always informed about the world via their natural psychic sensing. Further, he argues that people are constantly psychokinetically influencing their world.

What all of this means is that we also see with our inner senses (first sight) and always have some influence on our world with our intention, which is based on what we think is true.

### Worldview

Engineers design models for systems they are trying to understand. One way to develop a model is to figuratively put the subject in a "black box" with the known input and output clearly defined. The trick is then to think of what would have to happen inside of the box in response to the input to produce the output. Not knowing for sure what is inside the box, engineers usually solve the problem by theorizing a model with functional areas inside the box.

The functional areas for a person's mental activity might be modeled as an input from the world as sensed by the person (bright blue arrow at the top in figure above), an output as the person decides whether or not to act via speech or deed (bright blue arrow at right), an area where memory is stored (worldview), and the processes of visualization, perception and expression.

Researchers have found that people imagine what they are experiencing, and the information for that imagining comes from the worldview database. If the incoming information agrees with the database, then it will actually be experienced by the person. If it does not match the database, then it will either be changed to agree with the

database and experienced in that changed form or rejected outright. (See the "Basic Functional Areas for Perception" diagram on the next page.)

The way we express ourselves involves the same processes. Something causes us to react, and however that initial stimulus is translated by worldview, an imagined reaction is developed. At that point it is just a fantasy, but

if we intend to act, then, what is visualized is expressed in some way. The rest of the story is that, with that intention to act, we begin to psychokinetically influence the world.

Using this model, it becomes evident that worldview plays an important part in our lives. By all indications, we are born with a more-or-less empty worldview database. It appears rea-

sonable to argue that we do begin with a degree of understanding, so that one might say that a child is "an old soul" if born with more than average understanding about the world. It seems reasonable to say that the average person's worldview is full of what has been taught by teachers, parents, clergy and the media. Much of that is simply local custom or popular wisdom.

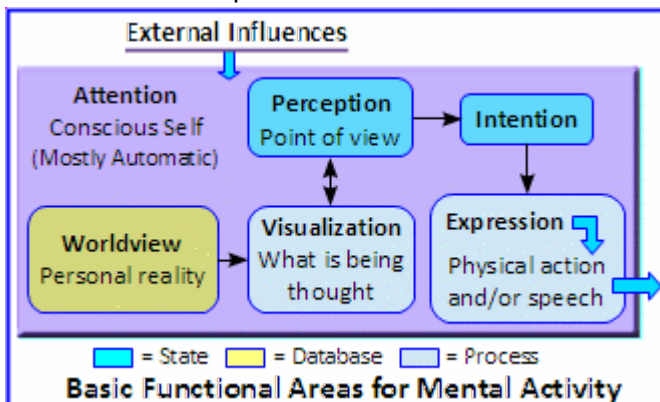
### Personal reality, local reality and the greater reality

Of course, there is only one reality, but there are differences in the way people experience that one reality. This is all about the individual person, so it is important to understand that each of us has a local reality which is that part of the greater reality which we are aware of, and more importantly, which we pay attention to. Your home town is part of your local reality, but there are likely parts of it you are actively aware of and other parts that only provide background for the sense of "town." Your neighbor will have a slightly different local reality and someone living in another country will hardly be aware of most of what you think of as real.

The greater reality just is. It does not have the capacity to be positive or negative. The same can be said of local reality: it just is. How you perceive your local reality is rather different. For instance, where you live just is, but it has characteristics such as good, bad, warm or uninviting, depending on how you think of it. Your personal reality is how you perceive your local reality; what you think of it. Right or wrong, as far as you are concerned, your personal reality is the real reality and that is determined by your worldview—what you have been taught, but biased by whatever understanding you have achieved.

In mindful living, we are taught to examine our worldview to see if what we believe is true makes sense. The idea is to align personal reality

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## Mindfulness

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with local reality; the true nature of reality and not what we have been taught to think is true.

### Suspended judgment

Rethinking what you believe to be true may seem paradoxical. If you believe something to be true, how can you tell if you should change your mind or even examine the belief? In practical application, mindful living is a life-long process; a path to be followed one step at a time, so how does one begin in the middle of life?

An effective way to begin mindful living is to make a conscious decision to have an open mind. Take conscious control of the process your mind uses to consider new information. The "Basic Functional Areas for Perception" diagram represents a model for how a person experiences information from the environment.

We visualize what we are experiencing in a very fast, mostly subconscious reaction to information from our environment. This visualization is based on what we have been taught, which is in our worldview. If the incoming information agrees with what we expect, say a friend on the phone or the door opening when we turn the handle, then it will be experienced. If it does not agree with what we visualize, it may not be noticed, as if we are blind to it.

An important characteristic of this comparison between what we expect and what we encounter is that a close agreement will likely result in perception of the information as well as feedback that can modify worldview with an ambiguous "maybe." In other words, we learn. As what we learn begins to consistently agree with reality, it becomes understanding. While we are told that worldview shapes our first after-death experiences, it appears that it is this understanding that persists beyond this lifetime.

The idea then, is to learn to monitor the decision that comes out of that comparison. The idea of suspended judgment is that we seek to just experience and not decide if we accept it or not. People have a tendency to automatically reject things they do not understand. With suspended judgment, the decision to accept or reject is not made without allowing time to consider the experience in the context of more information.

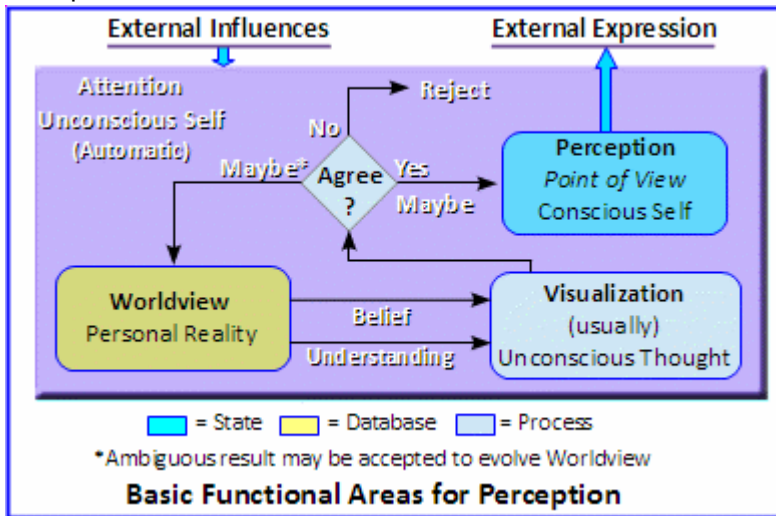
### Self-determination

We have to decide ... everything. If not what we experience, then we must at least decide how to react. Self-determina-

tion also means that we create our world. Again, not necessarily the brick and mortar places and things we live in, but for sure how we react to these things. Two people might have essentially the same experience, but each will remember it in a different way. A person who is in the habit of thinking things always go wrong will likely remember it as a bad experience; however, a person who is generally optimistic about life is likely to have remembered it as a good experience or at least as a learning experience. It is all about attitude and that is a learned thing.

Here too, suspended judgment can help. Whatever you think the world is like, learn to consciously intercept that

"Oh, it's awful" response with either a "wait and see" or a "it has a good side" response. You may be thinking that this is idealistic but it works. Once it becomes a habit to intercept those internal decisions, there is more room for alternative explanations for what you experience. An "awful" reaction tends to stop further consideration of alternative explanations.



You are always psychically interacting with your environment. How you think of incoming information also has a lot to do with how that information continues to develop. It is likely that a positive or at least neutral response will encourage a more beneficial effect in your environment.

### Mindful living

This is an abbreviated discussion about mindful living. The main message is that what you do now will follow you for the rest of your existence—here and hereafter. The more your personal reality agrees with the actual nature of reality, the more progress you will make in your evolution toward a spiritually mature personality; understanding begets understanding.

The key is to stop and think before you react. This also applies to things you do. To paraphrase Jane Roberts' Seth, perhaps the only sin is to impose your will on others. Stop and think about how your actions affect others. You are a citizen of your community, the world ... and the greater reality. You psychically interact with it so that your feelings about another person in some way affect that person.

The only right you have is to decide what you think of your world and how you will react to what you decide. You are the only judge as to how well you are doing and that is not based on what you have been taught but on the understanding you have gathered during your existence.

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## Self-Guided Connection to the Other Side

by Tricia Reed

I'm writing about a website, [spiritualunderstanding.org](http://spiritualunderstanding.org). The website presents a self-guided process to connect with someone in particular on the other side of life. The process of connection itself is called unfoldment, and the training is relevant for becoming receptive to receiving messages and information in general from wherever you say it comes from: intuition, higher self, guides/angels, the source, subtle energy field, departed loved ones. I went through the process personally and had a very successful experience connecting with my mother-in-law, Margaret.

This is a research project, so you'll be asked to journal, and journal entries will be read by Craig Hogan, the project developer. He will respond by e-mail. The journaling is a benefit to you in and of itself. Craig always responded to my journal entries within twenty-four hours.

The process is presented in stages. At first you'll be given guided meditations with music. Eventually you will be weaned off their guidance and go on your own. During the meditations, music is playing with binaural beats, which are tones enhancing relaxation and a state of mind conducive to receiving. The most famous of these binaural beats programs is the Hemi-Sync method developed by the Monroe Institute. With headphones you can hear the music/sounds first in one ear, then the other; I get a cyclical feeling like it is moving around my head; back and forth. Whatever else it's doing, I find it soothing.

After this overview I will show you a guided meditation using the procedure from the website. I've shortened it for this article by skipping the first couple stages and going right into making the connection with a departed loved one since we are the advanced class, but it would be beneficial for you to do this from the website.

Now I'll present some of the information provided from the website in explanation and preparation for the process, starting with a quote from Albert Einstein from the website: "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

There is a lot of good information on the website. I picked out some that helped me the most, and will add a few comments of my own from my personal experience.

**"Intention:** *The director of our minds is our intention. We intend to recall a memory and it miraculously comes to us, in much the same form as it was when it was formed by experience. We intend to create something new, and*

*novel thoughts come to us. We intend to lift an arm and the body obeys the mind's command immediately. Using our intention, we navigate through life and learn the lessons we are to learn in the school of Earth."*

**"Unintentional Images, Thoughts, Feelings, Bodily Sensations and Messages:** *However, much of what comes into the mind comes without our intention. Some comes by default, what I call inner talking. This website proposes that some of what comes is from outside of us. Unintended images, thoughts, feelings, bodily sensations and*

*messages come in deep-sleep dreams, hypnagogic dreaming (when half awake), inspirations or flashes of insight and notions. They unfold without our intention to have them come. This entry into our minds is termed free unfoldment. We don't control free unfoldment. Our language has a number of words or phrases to describe their coming to us, because they're so common. We might describe their coming to us*

*by saying 'It just came to me' or 'I suddenly realized' or 'the light bulb went on.'*

*"We have these freely unfolding images, thoughts, feelings, bodily sensations, and messages all the time, and so we believe they're coming from inside our minds somehow. We call them 'my imagination.' We have words for this belief that we created these unusual insights: 'I thought it up,' 'I imagined it' or 'I dreamed it up.' But neuroscience has no explanation for how something that wasn't in our memory or experience could suddenly come to us. The reason it can't be explained is that these unusual insights don't come from us. They come from some source outside of our minds."*

That's direct from the website. My belief/understanding is that at our essence we are fields of awareness, without boundaries. Inside and outside then have less relevance. It could be a matter of semantics. Fortunately you don't have to buy their explanation 100% for this to work.

### How your loved ones will communicate with you

Your loved ones on the other side will connect with you and communicate in these unfoldments. You may be calling them "my imagination," but there's no "my" in them. It's all "them." This is very important. **Those we love on the other side are in charge of the experiences.** They decide what to give us and they develop what comes. If we judge, try to change, dismiss as unreal, or otherwise try to manipulate them,

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NASA, ESA/HST/STScI/AURA/W.Blair, JHU/R.O'Connell, UV, nasa.gov

**Self-Guided Connection** Continued from 15 we disrupt their effort to create the images, thoughts, feelings, bodily sensations and messages in our minds. They then have to start over. This is relevant to receiving messages like we do at meetings. It's really important that we have the confidence that **they're in charge** and whatever comes to us is going to turn out to be what we need, even if to us it seems trivial or strange at the time. I can verify this with my own experience. I was in a visit with Margaret and tried to put us somewhere else; she brought me back to where she wanted. My first effort to direct the meeting was on a whim, but then I wanted to test this idea and tried again. She brought me back to her kitchen each time.

It's a very normal part of the training in this Self-guided Afterlife Connections procedure to go through having to get over the mistaken notion that what's coming into your mind is "just imagination." That will happen when you experience having images, thoughts, feelings, bodily sensations, and messages come to you that you just couldn't originate. The more you experience that, the more confident you'll become that the messages are coming from them, and the messages will flow more smoothly. Be patient. Learning mind-to-mind communication is like learning to speak a new language. But you will learn it if you just trust and allow the **unfoldment** to teach you.

You have a simple intention not spoken in words, for example, to get an answer to a problem, or to imagine visiting with a loved one; the Source gives you the experience. Don't try to make something happen, allow whatever comes without judgment even if it is not what you expected. When some thought, sense, feeling, image, sights, sounds, smells or message comes to you, notice it and stay with it. For example, you are on a beach and you don't see anyone, but the waves are lapping at your feet; notice that. Look around, listen to, feel, whatever is there.

**Craig's response – New Language**  
*"You're learning how to communicate in a new language. We're not used to having someone communicate within our minds. We've been thinking, remembering, day-dreaming and talking to ourselves since we were children. That's like a language, and it's very familiar to us. Now, having someone else come in and start thinking and talking in that space in our minds is really different. It's like learning a new language. To be able to connect and communicate, we have to learn that new language. That takes time and it takes patience. You can't learn a new*

*language by flying into a country, stepping off a plane, and spending a half hour with native speakers. You'll just be bewildered by what you hear. In the same way, you mustn't expect that you'll learn this new language of mind-to-mind communication in one session. Give it time. You're about to step off the plane into a new realm, and there, you'll receive thinking, remembering and talking*

*that is coming from outside of you. That's going to feel like what you're accustomed to getting as your thinking, remembering, and talking, but it's not coming from you.*

*"To learn mind-to-mind communication, you have to learn how to allow that new communication to come to you, and you have to learn to accept it. Be patient. You'll learn how to communicate."*

#### **Craig's further explanation:**

*"After you've had a conversation with someone, you have a sense of what they were telling you. Imagine then that you were going to describe to a*

*third person what you had talked about in that conversation. Your description would flow freely. You would have a sense of the person's conversation with you, but you wouldn't be recalling the words or the person's image as you were describing what was in your conversation. You would describe a whole impression or a whole message, converting it into words so the third person you were describing the conversation to could understand.*

*"Those impressions or whole messages that you have after your conversation with someone in the non-physical are the content of mind-to-mind communication. You know immediately the whole statement someone is making because you're getting what you would have after you had finished listening to someone's statement on the Earth plane. This can come in a flash. The person's image, the words and all the rest aren't there—they're not necessary."*

From my experience with Margaret I did have an image of her, saw her, but we did not have a back and forth conversation at the kitchen table, like her face was not talking, I got the information mentally in a whole impression, thought sphere, bubble or thought form/field. Hopefully I am using Tom's words appropriately. Not line by line, but like if you remember a dream.

#### **Finally from Craig**

*"Also, the emotions you receive are mind to mind. In your visit with Margaret you had the sense of presence and the feeling of love. Those are real senses, as real as seeing or hearing. They come from the real presence of the person."*

Continued page 17



Light Echoes from V838 Mon, NASA, ESA/nasa.gov





## Self-Guided Connection Continued from 16

### Instructions for meditation (short version)

This is the procedure you follow to go into the state of relaxation:

1. Feel yourself breathing for a few minutes.
2. Relax the muscles from your head to your feet.
3. Count down from 10 to 1, becoming more relaxed with each count.
4. Feel the white light of protection flowing over you.
5. Go deeply into the part of your subconscious where love is by counting from 5 to 1, feeling love for your family, humankind, and your loved ones who have passed. (Craig agrees per Margaret to feel receiving love, being loved per Margaret.)
6. Go to the place of great beauty. Recall what it feels like to be there and you will be there.
7. Begin to connect with your loved one.

### Guided connection (full version)

Remember what was just said about intention. Intend with this meditation to make a connection with someone in particular on the other side. Get in your mind with whom you are intending to connect. This is the procedure from the website, modified by time limitation and per Tricia.

*Sit comfortably with your legs and arms not crossed. Then close your eyes. Become aware of your breathing, feeling air as it passes in and out of your nose, the turnaround point in/out. Just focus on relaxing. As I breathe out, I breathe out tension. I am slowly going into a state of deep relaxation. I am going deeper and deeper and deeper, into a state of deep relaxation. Each and every muscle of my body is now loose and restful. Everything is so peaceful and quiet.*

*My jaw and face muscles are relaxing.*

*My shoulder muscles are relaxing.*

*My arm muscles are relaxing.*

*My wrist and hand muscles are relaxing.*

*My chest muscles are relaxing.*

*My stomach muscles are relaxing.*

*My back muscles are relaxing.*

*My thigh muscles are relaxing.*

*My calve and foot muscles are relaxing.*

*My whole body is relaxed as I continue to breathe peacefully.*

*I am now in a state of deep relaxation, going still deeper and deeper and deeper. My whole body, from the top of the head to the toes of my feet, is totally relaxed. Deeper and deeper, feeling better and better, quieter and quieter.*

*Now I will count from ten to one, and with each count, I will go deeper into a relaxed state.*

*10, 9, deeper, 8, 7, deeper, 6, 5 deeper, 4,3,2,1 – I am deeply and totally relaxed.*

*I can feel the white light that is the love of the Higher*

*Power flowing over me, from my head to my feet, protecting me from all negative influences and negative energies. [Envision that.] Only the highest spiritual energies can come to me.*

*Now I'm going to a place of great beauty where love is. This can be a favorite place in nature where you have been in the physical or your imagination, or someone's home where you have felt love... See yourself there – sights, smells, sounds... Feel receiving love. Breathe it in; fill up with it. Hold your intention and let it unfold. Ask your beloved one to come, and know that they are there. Ask questions if you have any. You may have a sense of their presence or a feeling of love. Accept whatever comes. Let it unfold.*

*Pause*

*It is time to come back. When you're ready to come out of the experience, just say this to yourself:*

*I will now come out of this relaxed state on the count of five, feeling refreshed and relaxed.*

*One, I am ready to come out of the state.*

*Two, I am becoming aware of the chair.*

*Three, I am noticing sounds and the room.*

*Four, I am awake ready to open my eyes.*

*Five, I am now opening my eyes, fully energized.*

Tricia started her spiritual development in the 1980s with a Gurdjieff community, studying "remembering yourself," or as Eckhart Tolle teaches today, being present in the moment. She has practiced meditation for thirty years and has participated in Twelve Step programs and ReEvaluation Counseling groups. She is currently on the board of the Spiritualist Society of Reno for which she gives talks, guided meditations and spirit messages.



## An Alternative to Wikipedia

If you have been following Wikipedia editors' treatment of parapsychologist Rupert Sheldrake (there are several articles here but see this one for an overview: [weilerspsblog.wordpress.com/2013/12/30/wikipedia-cyberbullying-a-case-study/](http://weilerspsblog.wordpress.com/2013/12/30/wikipedia-cyberbullying-a-case-study/)) you should know that the attacks have spread to attacks on Dean Radin.

It is important that the paranormal community speaks up about how Wikipedia biases paranormal articles. Let people know that it is intellectually lazy to use it as a reference, and donating to the Wikipedia is donating against paranormal research.

We have helped start a paranormal section in Citizendium, which may be an effective alternative because they allow more balanced articles. Please consider becoming an editor and helping out.

See: [en.citizendium.org/wiki/CZ:Paranormal\\_Subgroup](http://en.citizendium.org/wiki/CZ:Paranormal_Subgroup)



## Viewpoint

Continued from page 1

with best practices and helpful articles, and as always, help is always needed from people who are knowledgeable in this field. Research remains an important part of the ATransC mission and donations are necessary for that.

Tom will also continue his efforts to attract people to help develop a paranormal section in the Citizendium online encyclopedia. Citizendium represents an important opportunity for our community to develop a viable response to the skeptic-controlled Wikipedia. See: [en.citizendium.org/wiki/CZ:Paranormal\\_Subgroup](http://en.citizendium.org/wiki/CZ:Paranormal_Subgroup)

We will continue writing articles, both for the website and for other publications. This is a very rapidly changing field of study and information about the "state of the art" of transcommunication needs to be frequently updated.

As you will see on the last page, the ATransC is once again sponsoring a visit to Reno by physical medium Kai Mügge for two more séances. The Association will continue to support special events, depending on donations.

The Idea Exchange is being re-purposed to serve three needs: The integrated document Archive remains a means for us to make past issues of the NewsJournal available; there is now a section in the forums in which donors will be able to ask questions and exchange ideas (access to that section enables donors to download past NewsJournals, as well); and, there will be an invitation-only section for informed researchers to discuss concepts in an effort to develop a consensus of the "state of the art" for ITC.

Remaining membership dues will be refunded with a separate posting. Please look for a payment if you paid via PayPal. (Of course, you can cancel that transaction if you want to donate the funds to be used for web fees and research.) A check will be in the mail if you paid via check.

### What remains

Many of you have been with the Association for years. We consider all of you our friends and have tried to support you as we could. Even though we made a few attempts, we have not succeeded in converting the ATransC from a "mom and pop" organization to a committee-run one and this work will likely end when we are no longer able.

Of course, provisions have been made to transfer the assets and research to other organizations when we can no longer do the work, and hopefully the research will continue. This change is not an end, only a phase change, and your continued support is needed. We will very occasionally send a notification to let past members know about new articles, changes in the website and what we consider important information for you to know about things paranormal. We will provide a place to unsubscribe from these emails if they are unwanted.

We, and we know our friends in spirit, thank you from the bottom of our hearts for your support and look forward to continuing our work in your behalf. Tom and Lisa

## German VTF Conference

by Jutta Liebmann

Our recent conference in Fulda was attended by more people than we expected and the conference room we used was almost too small. Our EVP experiments with my spirit boxes and Stefan's modulation device were very successful. For example, I received direct replies from the spirit communicators for the participants to their (many) different questions during two group EVP-recordings. It was very, very convincing.

One of the highlights was the participation of Eamonn and Kevin from the U.K. with their complete technical devices. They did a report on their latest developments in ITC with breathtaking results. Their analogue video recordings showed a lot of spirit figures in the video frames, some unknown and some prominent deceased persons, i.e. John Lennon and Thomas A. Edison. This was commented on by the entities at the same time on the audio tape of the video recording that John Lennon and Mr. Edison had shown up on. A lot of other unknown spirits were seen on their video tapes in the background and some in front were quite clear.

After their excellent presentation they did live-experiments in the form of a two-way dialogue with their devices, e.g., Friedrich Jürgenson was clearly heard as well as Konstantin Raudive.

## Mindfulness

Continued from page 14

In an ideal world, people would just naturally be mindful of how they are doing as citizens. Laws to enforce behavior considered common decency today would be unnecessary because people would be mindful of how their actions might affect others. Of course, we do not live in an ideal world, but that is the point. We are also a society of people whose personal reality is very different than the actual nature of reality. The ideal of mindful living is to evolve a society of people who understand they are part of a community.

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## Researchers' Reports

**Alexander Reze**, a member from Russia wrote, "I am a twenty-four-years-old EVP researcher from Russia. My first experiment was in 2005 after I watched the movie, *White Noise*. It was successful!

After my recordings via the Pocket PC "recorder" application, I decided to study this theme and it changed my worldview completely. Later I found a lot of information about voice phenomena on the Internet (AA-EVP was the first website I found).

I began to use other methods such as analog cassette recorder, digital recorder, radio, computer, iPhone—every method is successful! A lot of recordings were made, a lot of clear voices were received and some of the communicators regularly contact me. The voices are not only Russian, some of them speak English. They answer the questions I ask about reality, about others, about everything. A lot of unique information was received from the other side.

I have also proved that life continues after "death." We've got a lot of stereotypes about existence, so we need to find insight. This theme is the right way because everyone can check it.

Every method has its pluses and minuses and the main difference between them is quality. The analog/digital recorder method is easy to use, but in general, the quality is not the best (the voices sound "electric" and sometimes it's hard to tell the gender in these recordings but there are some with clear audible intonation of someone you know).

The radio method isn't easy because it's hard to find a good station and sometimes they can't communicate with us via radio (we can't hear anything if the background noise is louder than speech). Most of my clear and natural recordings were received via radio. I didn't edit them (such as noise reduction) as do many people. The original recordings are natural. So, it is currently my favorite method.

Sometimes they ask me to switch off the cell phone, I suppose it's hard to communicate with us when a lot of frequencies in our world are interrupting the communication.

**Jutta Liebmann** wrote to us saying, "Strange but true: from December until now the results of my EVP contacts have become a little bit reduced. This is the same as I have noticed in previous years during the wintertime. Perhaps it depends on the actual geophysical conditions. I have also experienced this in past years when I recorded via other EVP recording methods.

"Recently I have bought a new table microphone because my old VTF microphone no longer functioned correctly. In an EVP session, I have asked the communicators "What is new here?" After some seconds, the clear reply (translated) was **"Yes, the microphone, it is much better."** I was

surprised that they reacted immediately to the new microphone. This shows that they know in most cases they know the environment of the EVP recordings.

"Some days ago, I tried for the first time to record the livestream sound from Stefan Bion's new modulating device from the Internet. I recorded for some minutes via microphone and with my new laptop computer. After the first evaluation, I noticed that Konstantin Raudive has tried to speak; he mentioned his name. When I asked my communicators whether they can speak by this new device, I received the faint reply that it is actually very difficult to communicate. I have evaluated this special recording by means of the Goldwave filtering software and there seems to be a little improvement of the voices."

**Sandra E.** "I am soooo excited about receiving, what I think, is communication from the other side! I have been reading and researching all the books and literature I can get my hands on about EVP....

"I have been thinking, reading, meditating to my family, especially to my father, who I know if he could, would try and reach me by EVP. I recently called my home phone, as usual, for any messages that might be there, not even dreaming of any EVP. There was a message with the strangest rhythmical sound. It was almost like someone taking a breath or someone with a cold and breathing through their mouth. The first time I listened to the message, I assumed it was a prank or computer ad gone awry. Then I found the same noise in another message, and this time there was definitely someone trying to say something before being cut off by the machine.

"I know this is a message from my dad or family. I just know it. I so want my family or dad to know that I received what I think is communication from them and that I am pursuing it ... I am so excited about this revelation ... or perhaps is my excitement more imagination? With each rhythmic hiss or noise it seemed like something or someone was trying to come through. It was at the very end of the last recording that I heard almost yelling ... just like some of the EVP I have heard on this site and others."

**Steve Smith** is researching the Dyatlov Pass incident from 1959 in the Soviet Union. (See: [forteantimes.com](http://forteantimes.com))

He told us that no one really knows what killed nine skiers, but is wondering if there could be a UFO connection. To quote the Fortean Times article: "After half a century, the mystery remains. What was the nature of the deadly 'unknown force'? Were the Soviet authorities hiding something? And, if so, exactly what were they were attempting to cover up? In the intervening years, a number of solutions have been put forward, involving everything from hostile tribes and abominable snowmen to aliens and secret military technology."

## Kai Mügge Physical Séance

### Reservation and Payment Form

Association TransCommunication is sponsoring a demonstration of physical mediumship by Kai Mügge of the Felix Experimental Group, Germany. Kai is an internationally known physical medium and perhaps the only living medium publicly demonstrating ectoplasm and ectoplasmic forms in lighted conditions. This is a rare opportunity for people to experience one of the most difficult forms of mediumship and proof that we are more than our physical bodies.

There will be two séances conducted in Reno, Nevada: Tuesday, July 29 and Sunday, August 3. All séances begin at 6:30 p.m. and may continue until after 11:00 p.m. The séance room is just a short drive from downtown Reno. You will be responsible for your transportation, food and lodging.

**Of major importance:** the séance dates coincide with the dates for Hot August Nights in Reno. There are hotel rooms available as we go to proof on this Journal but these rooms may not be available in 4 weeks. If you want to attend, see if you can book a hotel room at any of the downtown Reno locations, immediately.

Attendance is \$150, due at the time of registration. Please send a **check made out to ATransC** with this form to ATransC, PO Box 13111, Reno, NV 89507. A schedule of

available seating will be maintained by Tom and Lisa Butler. They will coordinate with you after receiving this form.

**There will be no refunds unless your seat can be filled.**

**Admission may only be transferred with approval of Tom and Lisa Butler.**

An important concern is the medium's safety and that of other sitters, so you will be asked to read and sign forms regarding physical séances and the required conduct of sitters. A photo ID will be required for admission the evening of the séance.

Ectoplasm is known to be potentially harmful to the medium and even to sitters if it is unexpectedly disrupted. Séances are conducted in total darkness with occasional short periods in which a red light is turned on for demonstrations. Sitters are asked to sit in a small, totally dark room, close to other sitters for possibly two hours. If you



Entranced Kai shows interior of the ectoplasm by opening it.

Photo: Shannon Taggart, shannontaggart.com

think you might be claustrophobic you probably should not sign up

### Further Information

We have sat with Kai five times now. Our report of the first séance was in the Fall 2010 (29-3) ATransC NewsJournal. There were also articles about Kai's last visit with us in the Fall 2013 issue of The Journal. For more information contact us at [atranscom@aol.com](mailto:atranscom@aol.com).

## Séance Registration Form

**Indicate in numerical order your session preferences**

\_\_\_\_\_ Tuesday July 29      \_\_\_\_\_ Sunday August 3

(Please provide this form for each member of your party.)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State & Zip Code

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Phone Number

### Agreement

The ATransC must vouch for you to Kai, so please indicate with your signature below, your agreement to a phone interview and that you understand the need to maintain an open mind and a positive attitude during the séance.

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

Please send your check for \$150.00 **made out to ATransC** with this form to ATransC, PO Box 13111, Reno, NV 89507.

**Mail to: ATransC, PO Box 13111, Reno, NV 89507, USA**

