Article

Intuition, Telepathy, and Interspecies Communication: A Multidisciplinary Perspective

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Abstract

For over one hundred years parapsychological and intuition research has supported the existence of cognitive "knowing" beyond the physical senses. Additional quantum physics research over the past decades has indicated a quantum field at the sub-atomic level of connectedness that Schrödinger described as "entanglement." Electrophysiological evidence of intuition has shown that the heart's and the whole body's perceptions are constantly receiving, processing, and decoding intuitive information. Perhaps the heart, or the heart's electromagnetic field, may be a source of intuition. Telepathic interspecies communication may be facilitated by utilizing specific meditation techniques to quiet the mind, slow the brain waves, and shift consciousness to a level outside of time and space.

Key Words: Intuition, telepathy, heart coherence, animal communication

NeuroQuantology 2011; 1: 145-152

Introduction

For many years telepathy and intuition have been dismissed by mainstream science because they do not fit the mainstream scientific model of having data that are repeatable. Yet, for about 125 years a small group of other scientists have been investigating telepathy with significant results. From the 1880s to the 1940s, 142 published articles described 3.6 million trials with positive hit rates that were statistically significant, even though the effect was small (Pratt *et al.,* 1966). During the 1960s and 1970s, controlled dream research results were published in 25 studies, covering 450 trials, and again the overall hit rate was significantly above chance expectation (Radin, 1997). In 1985, a meta-analysis covering 28 parapsychological studies showed a hit rate of 37 percent. A leading member of the Committee for Scientific Inquiry, a "skeptical" organization performed a meta-analysis of the same data and also found that the odds against chance were astronomical (Hyman, 1985).

Additional quantum physics research during the last 20 years has discovered that physical objects are not as separate as we once thought they are. At the quantum particle level, all separateness disappears and everything is connected. Schrödinger described this process as "entanglement." Einstein more descriptively called it "*spukhafte Fernwirkung*" or "spooky action at a distance." He believed that quantum entanglement would someday be seen as a mathematical error in calculation.

Instead, scientists continue to be baffled by repeated discoveries at the sub-atomic level that simply do not subscribe to the previously-known laws of physics.

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Received Jan 2, 2011. Revised Jan 25, 2011. Accepted Feb 22, 2011.

"Reality is woven from strange, 'holistic' threads that aren't located precisely in space or time. Tug on a dangling loose end from this fabric of reality, and the whole cloth twitches, instantly, throughout all space and time" (Radin, 2006; p.3).

Intuition and Telepathy: How do we know what we know?

Intuition is a term that has been used by many different disciplines. It's generally known as an apprehension or cognition of knowledge without the direct involvement of the known physical senses; it may be described as knowing something without knowing *how* one knows. "Converging insights and methodologies from psi research, the testimony of spiritual experience, and the broad field of intuition suggest… that we have the potential to use intuitive consensus in a disciplined fashion as a tool for exploring realms of consciousness that have previous been relegated to philosophy, mythology and theology" (Mishlove, 1998; p.4).

As mentioned previously, there have been hundreds of telepathy trials yielding positive results. One study was conducted by the Bastyr University/ University of Washington Consciousness Science Laboratory. The experiment investigated correspondences in brain activity between people at a distance who had practiced a meditation technique called Primordial Sound Meditation, which had been developed by Deepak Chopra (Radin, 2005). Sixteen people participated in pairs on three different occasions at the lab. They first meditated together for 30 minutes, then were separated into distant rooms and were each connected to an electroencephalograph (EEG) monitor to record brainwaves. One partner (Jack) was exposed to a flashing stimuli that created a recordable response in the brain while the other person (Jill) sat quietly. Then their roles were reversed. The hypothesis was that Jill's brain should become physiologically activated when Jack was viewing the stimuli, and vice versa. The findings confirmed this prediction and repeated findings were reported from other studies in Germany, Scotland, and at the Institute of Noetic Sciences in California, supporting the theory that when pairs of people keep each other in mind, "their brainwaves become more intercorrelated than one would predict based on conventional theories of brain-mind interaction" (p.38).

Animal Psi Research

Animal telepathy was first written about by William J. Long (1919) who was a minister and well-known naturalist of the early twentieth century. He accepted animal telepathy as "a natural gift of faculty of the animal mind, which is largely unconscious, and it is from the animal mind that we inherit it… that the animals inherit this power of silent communication over great distances is occasionally manifest even among our half-natural domestic creatures" (p.29).

A small group of scientists conducted psi (telepathy, clairvoyance, etc.) animal research beginning in the 1950s and continuing through the focused period of experimental parapsychology research in the 1960s and 1970s. One of the earliest studies was conducted by Osis (1952) who explored human ability to influence the actions of a cat. Two cups of food were available, with scent and other sensory clues minimized. A human experimenter selected a target cup, and then six domestic kittens were tested for their accuracy of choosing the target cup. Variations in the trials included the human identifying the target cup by choosing a card from a random pack; the human isolated in a cubicle attempting to influence the kittens while another experimenter watched and recorded results; and negative stimuli such as an electric shock when the kitten chose the incorrect cup. Exploratory trial results showed above-chance scoring, but only for some of the kittens; one of the best-scoring kittens had a close relationship to Osis and his family. Another series of trials using an independent experimenter showed no positive deviation from chance, and the electric shock trials showed a significant psi-missing condition.

In a follow-up study, Osis and Foster (1953) attempted to control for experimenter psi and whether differences in animal handling affected results. Food was placed in only one cup and the kitten was to discern the correct cup using psi without any

influence from the human experimenter. Kittens that were handled roughly or food was withheld scored significantly below chance, while kittens that were handled with affection scored significantly above chance, which appears to suggest that animal performance may be influenced by the human/animal social interaction.

Additional studies and publications by Morris (1967; 1970; 1977) continued testing and discussing the influence of experimenter psi with goldfish and rats. Duval and Montredon (1968a; 1968b) conducted shock-avoidance research, where a random-number generator determined which side of the cage would be subjected to shocks, and mice were tested as to whether they could anticipate which side of a light- and sound-shielded cage the shock was going to be sent. After stereotypical responses were removed from the analysis, significant results were shown. However, later studies by other researchers using a similar design did not show similar results, and were different in some important respects. A clear issue with the Duval and Montredon design was that the negative effects of the shock introduced abnormal and non-random behavior, as the mice attempted to avoid the shock.

Long was the inspiration for animal telepathy studies by Sheldrake (2000) where thousands of people wrote to him, reporting remarkable telepathic and precognitive behavior of their pets, particularly dogs who seemed to know when their owners were coming home. One of the most unusual writers was Aimee Morgana, guardian of a (then) 10-year old African Grey parrot named N'kisi. N'kisi was reported to respond to Morgana's thoughts and intentions in a direct manner that appeared to be telepathic in nature.

Starting when he was five months old, Morgana worked to train N'kisi with two techniques known as sentence frames and cognitive mapping. "By the time he was five years old he had a contextual vocabulary of more than 700 words… and by January 2002, [N'kisi] had recorded more than 7,000 original sentences" (Sheldrake and Morgana, 2003; p.601). Morgana reported that N'kisi had awakened her by commenting on the actions in her dreams.

Video-taped trials were conducted in 2003. Morgana and N'kisi were separated in different rooms, on different floors, while a video camera filmed each of them separately. Morgana would open an envelope with a photo in it, and study it for about 20 seconds. N'kisi was to pick up her thoughts and state out loud appropriate keywords and/or sentences to describe the picture. A variety of scoring methods and statistical analyses were used. According to them all,

> N'kisi scored very significantly more hits than would have been expected by chance. But even though our procedures probably underestimated N'kisi's performance, the results were highly significant statistically and imply that N'kisi was influenced by Morgana's mental activity while she was looking at particular pictures, even though he could not see her, hear her, or receive other normal sensory clues (Sheldrake and Morgana, 2003; p.614).

More recently Dutton and Williams (2009) have published an exhaustive review of animal psi research, exploring two main threads. The first is experimental research that has been generally conducted within a classical conditioning paradigm; animals can be trained to respond to a stimulus and a baseline response is measured that "has tended to explain animal psi as an evolutionarily adaptive process of information transmission" (p.43). The second is animal fieldwork, which recognizes the importance of the human-animal relationship for the occurrence of psi. They argued that "the evidence suggests that animal psi may function as an expression of relationship or 'resonance' between individuals" (p.43).

Electrophysiological Evidence of Intuition

The heart has an electromagnetic field that can be detected and monitored by scientific instruments several feet away from an individual. Neurocardiology, a new discipline of heart research, is showing that the heart is a sensory organ with its own nervous system which allows it to remember, learn, and make decisions without the brain's cerebral cortex (McCraty *et al.,* 2004). A network so sophisticated as to be described as a "heart brain," the heart is continuously sending

neural network signals that influence the brain's higher processing centers involved in perception, cognition, and emotional processing, as well as signals to the body in four different ways: neurologically, bio-physically, hormonally, and energetically (Global Coherence Initiative, 2008). The heart's rhythmic electromagnetic field is about 60 times greater in amplitude than the brain, and is absorbed by every cell in the body. "The magnetic component is approximately 5000 times stronger than the brain's magnetic field and can be detected several feet away from the body with sensitive magnetometers" (McCraty *et al.,* 2004b; p.16).

A stressful situation can stimulate the body to release 1,400 such different biochemicals as hormones and neurotransmitters, which affect how one perceives and feels. The experience of an emotion results from brain, body, and heart all working collectively. So what are emotions, really? Emotion is "energy in motion" and is the word is derived from the Latin verb meaning "to move." Emotional energy is neutral, until added to a thought, which transforms its power for either positive or negative behaviors. If someone is irritated and emotional energy is added, this irritation transforms into the negative emotion of anger. When emotion is added to a positive feeling of affection, it transforms into the positive emotion of kindness and compassion. In short, our emotions give our thoughts power, both positive and negative.

The emotional energy of the heart travels faster than the speed of thought -- information related to an emotional state is communicated throughout the body via the heart's electromagnetic field. The Institute of HeartMath conducted studies suggesting that the heart's field is directly involved in intuitive perception outside the space and time perceived by the recognized senses. "Using a rigorous experimental design, we found compelling evidence that both the heart and brain receive and respond to information about a future event *before* the event actually happens. The heart appears to receive this intuitive information before the brain" (McCraty *et al.,* 2004b; p.17).

Is the heart's field linked to so-called subtle energy fields outside of what people perceive as space and time? Additional studies which are discussed below have supported similar presentiment (future feeling) effects. Presentiment describes a hunch, or gut feeling, and comes from the Latin words *sentir* (to feel) and *pre-* (before): To feel an event before it occurs.

Radin (1997) designed a study that measured heart rate, skin conductance, and peripheral blood volume of participants while they were viewing calm, pleasant scenes of nature or happy people, or disturbing, violent, or erotic images. He hypothesized that extreme graphics of a violent or erotic nature would product classical presentiment physiological "pre-sponses" before the pictures were seen by the participants. Calm graphics were not expected to have any physiological responses before after display. Thirty-one participants were involved in four experiments and viewed a total of 1,060 target photos. "In accordance with a presentiment hypothesis, there was a clear orienting pre-sponse that peaked with a four standard error difference in physiological measures between extreme and calm targets one second *before* the target photo was displayed" (p.163).

In another study Bierman and Radin (1997) produced even more robust results. Erotic versus violent material created a different pre-sponse pattern, with the erotic material peaking just before the display begins, while the electrodermal activity preceding violent material peaked about three seconds earlier: The heart field responded to the violent material significantly sooner than the erotic material. In a later study using fMRI, Bierman and Scholte (2002) observed brain regions near the amygdala (where people process certain strong emotions, including fear and the sexual drive) exhibit activation *before* the violent and erotic pictures were seen by the participants.

Radin (2004a) returned to this research topic with three new double-blind experiments to replicate the original studies. The same basic design was used, but with new physiological monitoring hardware, software, stimulus photos, subject populations and testing environments. These four experiments covered 4,569 trials with

133 participants resulting in a significantly positive correlation of $p = 0.008$.

A recent precognitive study by Bem (2011) at Cornell University covered nine experiments involving more than 1,000 participants, which tested for retroactive influence by "time-reversing well-established psychological effects so that the individual's responses are obtained before the putatively causal stimulus events occur" (p.1). His design included precognitive tests of a participants' approach to erotic stimuli; precognitive avoidance of negative stimuli; retroactive priming (the flashing of a word in milliseconds before or after an image); retroactive habituation; and retroactive facilitation of recall. All but one of the experiments yielded statistically significant results.

Is the heart the emotional and energetic source of intuition? Repeated positive results from these multiple studies appears to create compelling evidence that the heart and brain's perceptions are constantly aware of the future. The data suggest that the heart and brain, together, are both involved in receiving, processing, and decoding intuitive information. It appears to be a system-wide process in which both (and perhaps other bodily systems) play a critical role; it is not localized to only the brain (McCraty *et al.,* 2004a).

The Intuition / Telepathic Animal Communication Connection

Hunt (1996) claimed that thoughts are energy. "Thought is an organized field of energy composed of complex patterns of vibrations which consolidate information" (p.133). When the accompanying emotional energy attached to the thought is strong, the field is energized and integrated. It's well recognized that many of our most creative or powerful ideas are generated during daydreaming, preceding or following sleep, or during meditation – the "energy field" never sleeps.

My work with animals has convinced me that telepathic interspecies communication is possible by utilizing specific meditation techniques to quiet the mind, shift consciousness, and slow brain waves into a pattern similar to daydreaming, or the hypnagogic and hypnopompic states on the edge of sleep. This shifts consciousness and so-called "thought energy" to what Hunt (1996) describes as a higher vibrational level, one outside of time and space. "In order to decode human thought vibrations, we must leave behind the constructs of space and time as we know them. We must enter the neutral state, neither past nor future, but now" (Hunt, 1996; p. 142). Consistent practice in learning any skill increases confidence, accuracy, and precision. "As one becomes more skillful in tapping one's own field and projecting thoughts, one is better able to decode rapidly the information from others' fields" (p.143). This applies to telepathic connection with animals as well; regular practice allows for a faster shift of consciousness and more accurate intuitive understanding in the messages during the transactions of so-called "thought energy."

The Heart Coherence / Telepathic Animal Communication Connection

Heart rate variability (HRV) is the naturally occurring beat-to-beat variation between consecutive heart beats. Although it seems like the heart beat is steady and regular, the pattern of a healthy heart is surprisingly irregular, with the time interval between consecutive beats constantly changing and variable. This variability of heart rate is the result of the synergistic action of the two branches of the autonomic nervous system (ANS), which regulates most of the body's internal functions without conscious effort. The heart rate is accelerated by the sympathetic nerves, while the parasympathetic (vagus) nerves slow it down. These two branches of the autonomic nervous system are constantly interacting to maintain optimal heart action given the changing environment and conditions.

In order to gain insight into what I call the "intuitive heart sense," expanded awareness of your emotions and feelings is essential. This can be accomplished through regular practice of meditation techniques to increase heart coherence, balance breathing, and calm emotional states. Psychophysiological coherence is a state of optimal function of both one's psychological (mental and emotional) and physiological

(bodily) processes. Calming the brain and emotions - being in high coherence ratio - is critical to conducting a successful telepathic animal communication session. This requires practice and may necessitate changes in lifestyle to avoid harmful substances and environmental conditions that agitate or dull the mind. Habits that reduce stress and increase calmness, like yoga, meditation, nutritious food, regular exercise, adequate rest, and spending time in nature or with animal companions will all support increasing one's heart coherence and balanced emotions.

Meditation and regulated breathing enables the mind to focus on the physical body rather than on random thoughts. Grounding and calming visualizations also quiet the mind and shift consciousness. Experienced communicators recognize that expanding intuitive skills, which translates to telepathy skills, is an important factor to increasing accuracy in animal communication. The following guidelines are suggestions to observe and maintain a heart-centered space:

- Believe in your own intuitive skills and don't invalidate the messages, images, or impressions you receive.
- Be mentally quiet, receptive, alert and emotionally peaceful. If your mind is confused and full of thoughts and background static, you can't listen and receive. Don't try to force the communication.
- Be humble and receptive and allow animals to teach you. Your attitude influences how receptive you are to their communications.
- Be flexible and don't cling to conventional notions of human/animal communication. Expect the unexpected and be open to surprises.
- Remain open-minded and non-judgmental. Don't analyze, criticize, or evaluate any feelings, impressions, thoughts, verbal messages, sounds, or specific ways of knowing. Let the sense of meaning unfold at its own pace.
- Practice frequently with a variety of animal species, and ask for spiritual help from any source that you trust.

Conclusion

In a comment regarding psychic insight, Schwartz (2010) warned that "grinding the diamond down to carbon dust in an attempt to study its sparkle... does not appear to be meaningfully addressing the nonlocal experience we know as... psychic functioning" (p.231). Moreover, Bernstein (2005) observed that from these multiple studies attempting to study the sparkle, several general conditions emerge:

- The human ability to acquire information intuitively does not decrease with distance.
- Intuition is not limited by the ordinary causal relations of time.
- Electromagnetism cannot be the "carrier wave" for intuitive information.
- Intuition appears to be a more highly developed skill in some people, and can vary over time.

Some theorists have proposed three possible explanations for intuitive information transfer observed in laboratory data. For example, Bernstein (2005) has elaborated,

> "Because of intuition's apparent independence of distance, theorists have explored the quantum phenomenon of entangled non-locality. And because of intuition's independence of forward-only time, they have delved into elaborations of Einstein & Minkowski's space-time model. In an attempt to account for intuition's access to information about seemingly any location, theory-builders have explored the holographic principle, by which information about the whole can be contained in any of its minute parts" (p.8).

Rauscher and Targ (2006) delved deeper into a geometrical model of space-time. "This eight-dimensional metric is known as complex Minkowski space, and has been shown to be consistent with our present understanding of the equations of Newton, Maxwell, Einstein, and Schrödinger" (p.1). All of these theories are extremely complex

models of mathematics and physics; very advanced scientists are continuing to explore the major elements of experimental parapsychology within the structure of quantum physics.

Dean Radin has stated that the continuing studies of quantum entanglement are pointing in a promising direction. "After the initial experimental verifications of quantum non-locality in the 1980s, there was no longer any question that the fabric of physical reality supported the time-space anomalies presented by psi. I expect that common sense may evolve into a new, uncommon sensibility in which psi is regarded as boringly normal" (Radin, 2004b; p.14).

Parapsychology has been an embattled research ground, unwelcome by both mainstream science and fundamentalist religion. But let us consider what could happen in a world where psi becomes a recognized and accepted extension of human consciousness. It would raise mutual openness and transparency, and intimacy, empathy and sympathy would emerge. It would be harder to witness the sufferings of others with detachment or indifference. "Telepathy might also help us penetrate the interior worlds of nonhumans, thus intuitively supporting the notion of animal liberation. It would be more natural to acknowledge that nonhumans suffer as well as experience pleasure, and we would more readily share their pathos and enjoyments" (Grosso, 2010; p.3). Grosso expressed his agreement with the pioneering consciousness researcher Frederick Myers who proposed a link between telepathy and love, stating "Love is a kind of exalted and unspecialized telepathy" (p.4). Grosso continued with the observation that "Generosity of spirit would be commonplace, not exceptional, and love a byproduct of ordinary perception. Thus, in the flitting epiphanies of what today we call telepathy, we may be seeing signs of a new order of love" (p.4).

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