

ESP -- The Conscious Universe

A Narrative—Research
Exploration of Mind,
Science, and Possibility

By Jim Griest — Fort
Wayne Quest Club,
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Overview

- Defining ESP and its legitimacy
- Ancient accounts of hidden knowing
- The pioneers: Rhine, Cayce, Silva, Hadsell
- The science of brainwaves and consciousness
- Targ, Radin, and modern inquiry
- Ethics and the shadow side (Dulles & MK-Ultra)
- Synthesis: Science and Spirit
- Planck, Chopra, and the modern landscape
- ESP in 2025 and beyond





Defining ESP and Its Legitimacy

- ESP: receiving information beyond physical senses
- Fails standard tests of scientific legitimacy
- Not reliably testable, reproducible, or causal
- Experiments (Zener cards, Bem's studies) yield chance results
- Persists through human experience, not data

Ancient Accounts of Hidden Knowing

BIBLICAL EXAMPLES: JESUS/
YESHUA, PROPHETS

INSIGHT AS DIVINE REVELATION,
NOT HUMAN ABILITY

'PROPHETIC' VS. 'PSYCHIC'
PERSPECTIVES

TIMELESS FASCINATION WITH
HIDDEN KNOWLEDGE

J. B. Rhine and
Modern
Parapsychology

Founded Duke's Parapsychology
Lab (1930s)

Statistical ESP card tests

Small but consistent deviations
from chance

Critics questioned rigor, but
Rhine founded parapsychology

Edgar Cayce – The Sleeping Prophet

Delivered 14,000+ trance
'readings'

Accessed a 'universal mind'

Blended spirituality and healing

Inspired Association for Research
and Enlightenment (1931)

José Silva – The Training of Consciousness

Radio technician turned consciousness researcher

Created the Silva Mind Control Method (1960s)

Used Alpha brain states via relaxation and visualization

Framed ESP as skill, not gift

Anticipated mindfulness and neuroplasticity

Helen Hadsell – The Contest Queen

Silva student who used 'mental projection' to win contests

SPEC: Select, Project, Expect, Collect

Claimed success required absolute conviction

Showed belief in action and mental focus



The Science of Brainwave States

- EEG mapped Beta, Alpha, Theta, Delta states
- Menninger Foundation proved self-regulation
- Charles Tart: altered states expand perception
- Neuroscience confirms intention affects physiology

A person wearing a white lab coat and blue nitrile gloves is using a pipette to transfer liquid into a small vial. The background is a blurred laboratory setting with various glassware and equipment.

Russell Targ and the Physics of Perception

- Physicist at Stanford Research Institute (SRI)
- Led CIA's Project Stargate remote viewing studies
- Some results beyond chance
- Proposed non-local consciousness (quantum analogy)

A decorative graphic on the left side of the slide. It features a stack of books at the bottom, with a blue and grey diagonal stripe running upwards. Overlaid on this are various white mathematical symbols and icons, including a large '0', a plus sign, a person icon, and some algebraic expressions like $S(d+1)$ and $E+IC$.

Dean Radin and the Science of Consciousness

- Psychologist and engineer bridging science and parapsychology
- Books: The Conscious Universe, Entangled Minds, Real Magic
- Meta-analysis: consistent but subtle effects
- Suggests consciousness as participatory in reality

Alan Dulles, MK-Ultra, and the Shadow Side

CIA explored mind control
under MK-Ultra (1950s–60s)

Inspired by Manhattan Project
secrecy

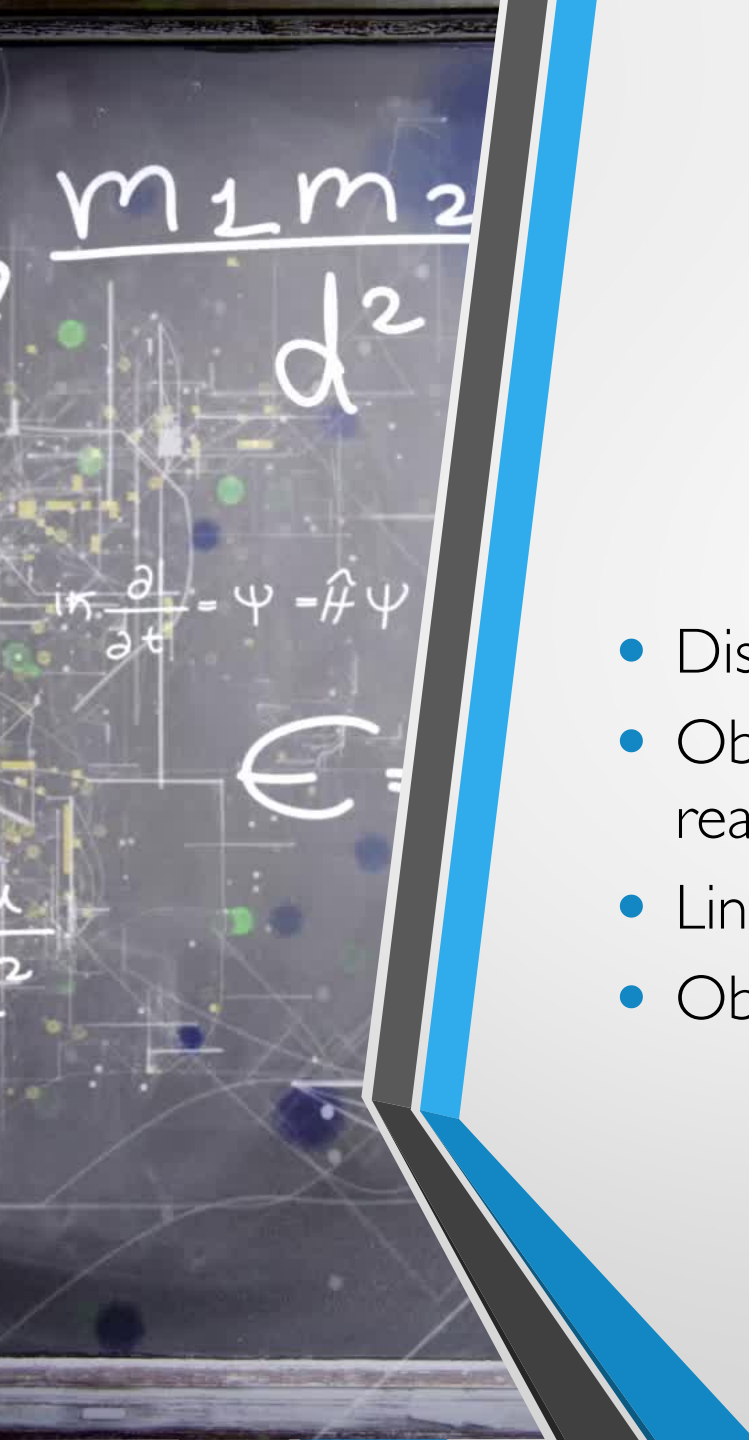
Used hypnosis, LSD, sensory
deprivation

Revealed ethical dangers of
unbounded curiosity



Synthesis: Between Science and Spirit

- Research reveals two impulses: understand vs. control
- Consciousness as creative, not byproduct
- Belief and attention reshape the brain
- Quantum theory: observation alters outcome



Max Planck and the Quantum Observer

- Discovered energy quanta (1900)
- Observation inseparable from physical reality
- Linked physics with philosophy
- Observation as participatory act

Deepak Chopra – The Quantum Mind

Popularized link between quantum physics and spirituality

'Consciousness creates reality' as metaphor

Criticized yet re-enchanted modern thought

Encouraged empowerment through awareness

ESP in 2025: Belief, Bias, and the Brain

Over half of Americans
believe in psychic ability

ESP reframed through
neuroscience and intuition

fMRI: expectation shapes
perception

Belief persists as reflection of
meaning-seeking

Conclusion:
The
Continuing
Quest

From Rhine to Radin, Cayce to
Chopra: one pursuit

Mind as experimenter and
subject

ESP's value lies in inquiry itself

Universe may be conscious—
and we its reflection

Closing

“Perhaps the universe has been conscious all along, waiting patiently for us to recognize ourselves within it.”

— Jim Griest, 2025