

Appendix A: Dr Julia's Session

This appendix contains a single *controlled precognition* session, in hopes that you will better understand the instructions given in chapter 5. This is a session done by Dr Julia in which (like all controlled precognition sessions), she was unaware of the target until after completing the session. In Dr Julia's experience, this is a session with relatively good accuracy, but not the best. So it is fairly representative of her average level of ability; your average level could be better or worse, but you won't know until you try many such sessions. Figures show all the basic steps and offer some extra information that can be useful to those seriously pursuing controlled precognition.

Step 1 (physical prep) Physical State: full of tasty lunch, well rested. 4/24/18
3:43 PM
POT Step 1
(mental prep)

Step 1 (physical prep) Hormonal State: OHEA this morning, period in February.

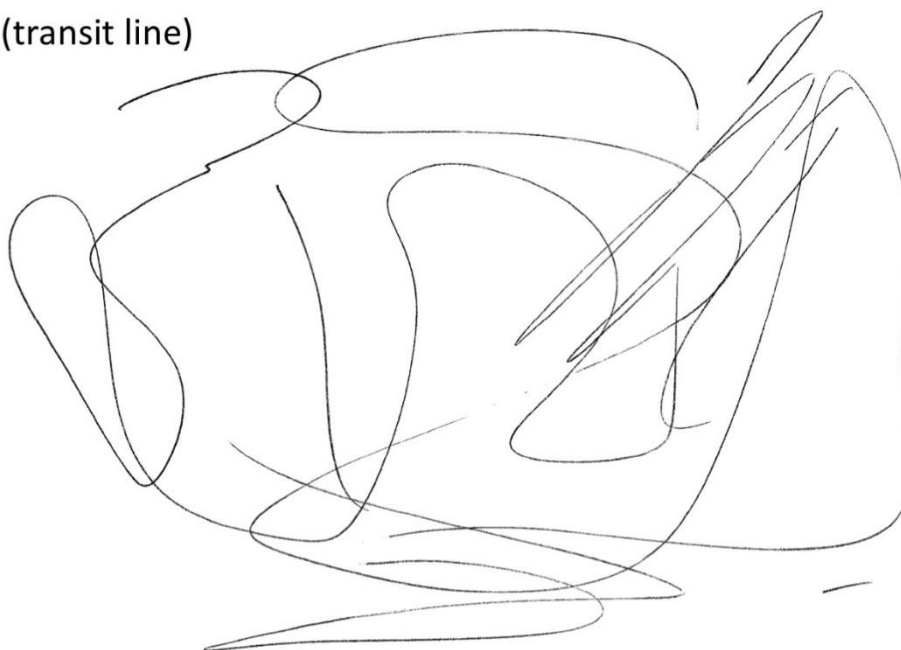
Step 1 (mental prep) Mental/Emo State: Hopeful, concerned this sample session goes well, happy to be doing this.

Step 2 (reverse the polarity/higher-self handshake)

Intention: I am letting myself go into receiving mode to receive exactly the right information about the target during this controlled precognition session. I allow my conscious mind and my higher self to do exactly their correct jobs and only their correct jobs.

Step 3 (tag) 4365 2821

Step 3 (transit line)



Example of a controlled precognition session, steps 1-3. The purpose of these steps is to prepare practically, physically and mentally, to "reverse the polarity" (go into receiving mode), and to connect to your target with the transit line. The 8-digit number written on the left side is the "tag" – the reference number you create for your target.

Step 4.1 (tag)

S - 1 Step 4.1 (label scan)

4365

2821 Step 4.1 (draw ideogram)

alone
in nature
lonely?

→ feels like a subject- Step 4.2 (sense ideogram meaning)
maybe an animal or lonely human.

Step 4.3 (words associated w/ideogram)

≈cough≈
sniffly -- hay around here?

elegant

AOL: horse
muscular or not fatty (bony?)

Step 4.5 (connect internally)

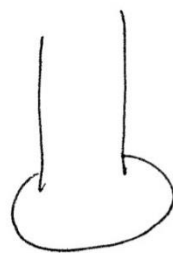
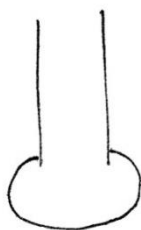
merge with
this subject...

Q: why are you here?

A: open space,
feel connected to
the earth,
getting food.

(unmerge)

Step 4.4 (images)



these kind of
shapes, in the grass
or in a field -
like hooves but I'm not
sure about that.

Example of a controlled precognition session, steps 4.1-4.5. The purpose of steps 4.1-4.5 is to learn and discern about one element of the target, represented by a small squiggle called an ideogram. The 8-digit tag always appears on each scan to identify the session. This scan is labelled "Scan-1". Note the "AOL" (analytical overlay) label indicating that Dr Julia thought the target was a horse, but was sceptical enough about the strong beliefs of her conscious mind to mark this impression as analytical overlay. Once she wrote that, she was able to go back to receive and openly notice she was sensing about this element of the target – something about this subject being muscular or bony and not fatty.

Step 4.6 (do additional scans until done)

S-2

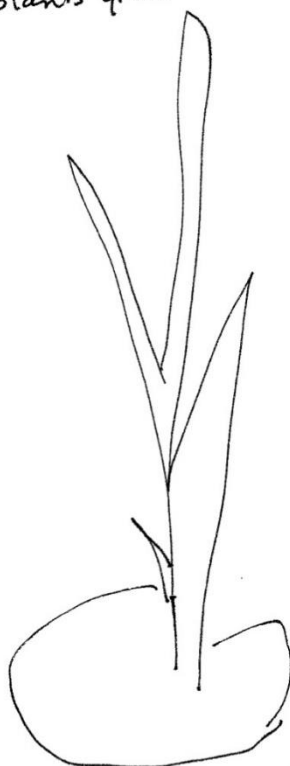
4365

2821 ~~river~~

flowing, wet
outdoors

→ water

tingly
in the background
slippery rocks
makes plants grow



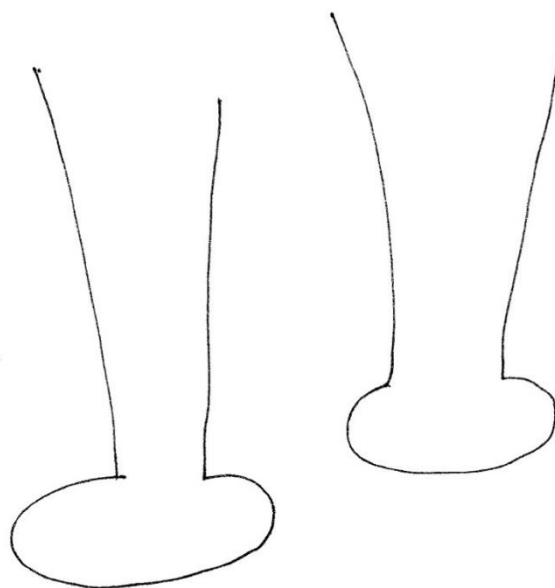
almost like
a water lily?
or something growing
in a marshy area.

Example of a controlled precognition session, step 4.6. The purpose of step 4.6 is to return to steps 4.1-4.5 to learn and discern about another element of the target. The 8-digit tag always appears on each scan to identify the session. This scan is labelled "Scan-2". Dr Julia felt two scans were enough for this target, but other targets require greater or fewer scans; it is up to the person doing the session how many scans feel appropriate.

Step 4.7 (summarize consistent impressions)

4365
2821

GS
(General Summary)



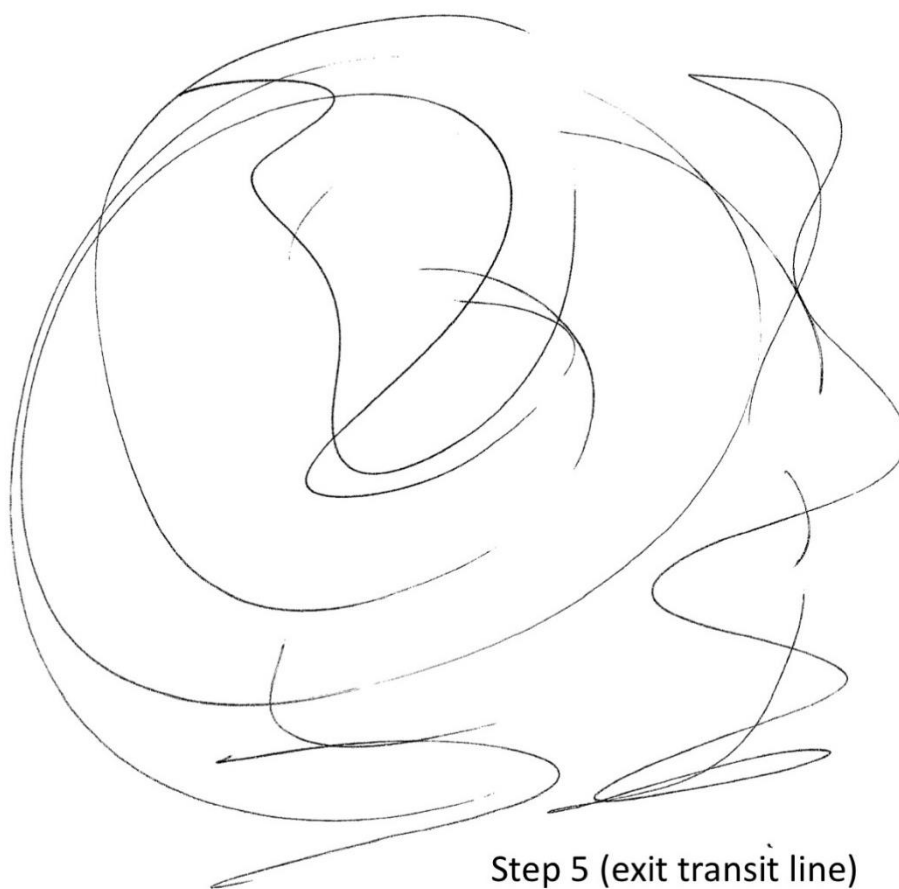
still feel
Some "cough"
feelings... something
I'm allergic to here!

I think my 2 scans
are of the same thing--
feet or hooves of a subject
in a place w/ green plants?
Confused a bit by this
image, but green plants and
an animal or human-animal
subject... and maybe in water.

Example of a controlled precognition session, step 4.7. The purpose of step 4.7 is to summarize consistent information in the scans and arrange the information as it seems to be in the target. The 8-digit tag always appears on each scan to identify the session. This page is labelled "General Summary".

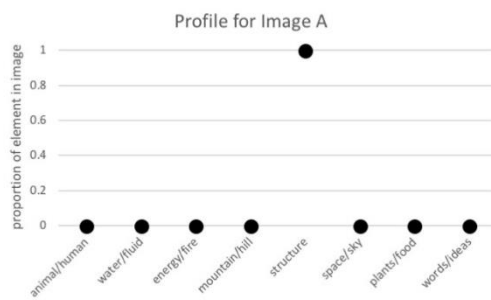
unmerge
unmorph Step 5 (unmerge/unmorph/unblend)
unblend.

4365
Step 5 (tag) 2821 E.O.S. Step 5 (end of session)

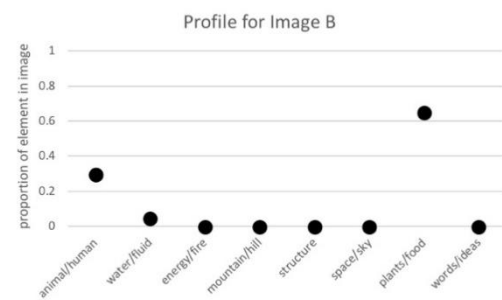


Step 5 (exit transit line)

Example of a controlled precognition session, step 5. The purpose of step 5 is to disconnect from the target. The 8-digit tag always appears on each scan to identify the session.



Actual image A



Actual image B



Example of a controlled precognition session, step 6. The purpose of this step is to experience the target. Here we are showing “image profiles” of two randomly selected images, similar to the image profiles shown on the Premonition Code website when you are doing a controlled precognition session there. While the target image has not yet been selected, two potential images (one of which will be the target) have been selected and the profiles of these images are shown to the user. Each profile shows the proportion of the related image that contains each type of element.

In this example, the profile on the left indicates that its associated image consists of a human-made structure, while the profile on the right indicates that its associated image has animal or human subjects, a little bit of water, and vegetation or food. Black and white versions of the actual images related to the profiles are shown here for clarity, but when actually selecting the correct profile on the website, no images are shown when the profiles are displayed. The user selects which of the two profiles is most similar to the information in their session. In this case, Dr Julia would choose the profile for image B, because she saw animal or human subjects, some water, green plants, and no human-made structures. Once she selected the profile, the website would pick one of the two associated images to be the target and show that image to her. In this case, image B was the randomly selected target image, so she would be correct.

Step 6, continued: Learning from your session

No session is perfectly accurate, so it's important to learn from your mistakes. You would normally write your insights in your Positive Precog notebook, so you can track back later and see what is consistent and what is not. However, Dr Julia's notebook is a disaster area (she was working hard on good handwriting in these sample sessions), so we'll type out her insights on this session here.

1. Ah, the target is two ladybugs on a green plant! For some reason even with multiple insects I tend to get the word "lonely." More than I do with people. So I might have guessed from the word "lonely" that these were insects, I suppose.
2. As to the cough and allergy stuff – turns out people can be allergic to ladybugs. I don't know if I am, but given my allergies, I would not be surprised.
3. In the general summary, I drew these "feet" – I think it's interesting that I knew I was confused about what were the feet and what were the plants – it turns out ladybug feet look a lot like this.
4. I wonder if the "twoness" of what I drew in the general summary here should have told me there were two subjects (two ladybugs). I wish I picked up on that. Maybe next time. Or they could be two examples of feet of the ladybug – or both messages at once.
5. I think it's interesting that I felt these were muscular or bony subjects, not fatty. That is definitely true for ladybugs. I have never picked up on an insect that way before.
6. About the word "elegant" – I've often thought of ladybugs as elegant – ladies in the sky.
7. I like that I got the water in the image – even though there are only little drops of water on the plant. Ladybugs like water, of course.
8. I notice that yet again by merging with the subject I get decent answers –looking for food, feeling connected to the earth, being in open space. None of these are present in the profile of the other, non-target image.
9. I thought it was a water lily; I can't tell by the image, so who knows. It is definitely a green plant associated with water (at least it has water droplets on it).
10. Curious I didn't get the vegetation element as an ideogram – I got water. I think this is common for me. If there's any water in a target, I tend to pick it up first. Water and subjects – my two magnets for precognition!

Considering that this image could have been a photograph of almost anything,¹ Dr Julia did a decent job. This is not a formal test of precognition -- no one can determine if someone is precognitive or just a lucky guesser after one session. It takes many sessions to find out if you really have a good track record. The point is that Dr Julia is still learning, and so will you be -- for as long as you're a Positive Precog!

¹ The website does not include violent or sexual images in its training set of photographs, but beyond that the photographs are balanced across types of elements.

APPENDIX B

LOOKING FORWARD

Recommended reading

- Auerbach, LM, *Psychic dreaming: a parapsychologist's handbook*. Warner Books, New York, 1991
- Barušs, I and Mossbridge, J, *Transcendent mind: Rethinking the science of consciousness*. American Psychological Association Books, Washington DC, 2017
- Broderick, D & Goertzel, B (Eds.) *Evidence for psi: Thirteen empirical research reports*. McFarland, Jefferson, NC, 2014
- Buchanan, L, *The Seventh Sense: The Secrets of Remote Viewing as Told by a "Psychic Spy."* Simon and Schuster, New York, 2009
- Carpenter, JC, *First sight: ESP and parapsychology in everyday life*. Rowman & Littlefield, Boulder, 2015
- Cheung, T, *The Element Encyclopedia of 20,000 Dreams: The Ultimate A–Z to Interpret the Secrets of Your Dreams*. HarperCollins UK, London, 2009
- Cheung T, *The Dream Dictionary from A to Z*, HarperCollins UK, London, 2009
- Dossey, L, *The power of premonitions: How knowing the future can shape our lives*. Hay House, Inc, Carlsbad, 2009
- Freke, T, *Soul Story: Evolution and the Purpose of Life*, Watkins, London, 2017
- Jahn, RG, & Dunne, BJ, *Margins of reality: The role of consciousness in the physical world*. ICRL Press, Princeton, NJ, 2009
- Kastner, RE, *The transactional interpretation of quantum mechanics: the reality of possibility*. Cambridge University Press, 2012
- May, E, & Marwaha, S, *Extrasensory Perception: Support, Skepticism, and Science*, Praeger, Santa Barbara, CA, 2015
- May, EC, & Marwaha, SB (Eds.), *Anomalous cognition: Remote viewing research and theory*. McFarland, Jefferson, NC, 2014
- May, EC, & Marwaha, SB (Eds.), *The star gate archives: Reports of the US government sponsored psi program*, 1972-1995, Vol. 1-2., McFarland, Jefferson, NC, 2018
- McMoneagle, J, *Remote viewing secrets: A handbook*, Hampton Roads Publishing Company, Newburyport, MA, 2000
- Peake, A, *The labyrinth of time: The illusion of past, present and future*, Arcturus Publishing, London, 2017
- Radin, D, *Supernormal: science, yoga, and the evidence for extraordinary psychic abilities*, Deepak Chopra Books, New York, 2013
- Radin, DI, *The conscious universe: The scientific truth of psychic phenomena*, HarperEdge, San Francisco, CA, 1997
- Radin, DI, *Entangled minds: Extrasensory experiences in a quantum reality*. New York, 2009

Radin, D, *Real Magic*, Listening Library, 201

Rovelli, C *The Order of Time*, Penguin, London, 2017

Schwartz, SA, *The Alexandria Project*, Delacorte Press, New York, 1983

Schwartz, SA, *The secret vaults of time: Psychic archaeology and the quest for man's beginnings* (Vol. 12). Hampton Roads Publishing, Newburyport, MA, 2005

Schwartz, SA, *Opening to the infinite: The art and science of nonlocal awareness*, Nemoseen Media, Langley, WA, 2007

Sheldrake, R, *Science and spiritual practices: Reconnecting through direct experience*, Coronet, London, 2017

Targ, R, *The reality of ESP: A Physicist's proof of psychic abilities*. Quest Books, Wheaton, ILL, 2012

Tart, CT, Broderick, D, & Goertzel, B (Eds.) *Evidence for Psi: Thirteen Empirical Research Reports*, McFarland, Jefferson, NC, 2014

Williams, BJ, *Psychic phenomena and the brain: Exploring the neuropsychology of psi*, Institute of Parapsychological Research, Inc, Gladesville, NSW, Australia, 2015

Wittmann, M, *Felt time: The psychology of how we perceive time*, MIT Press, Cambridge, MA, 201

Zackay, D, "The evasive art of subjective time measurement: Some methodological dilemmas", in R. A. Block (Ed), *Cognitive Models of Psychological Time* (pp. 59-84), Lawrence Erlbaum Associates, Hillsdale. NJ, 1990

Zimmerman, EJ (1966 "Time and quantum theory", in JT Fraser (Ed.) *The voices of time: A cooperative survey of man's views of time as expressed by the sciences and by the humanities* (pp. 479-499). George Braziller, New York, 1996

Zohar, D, *Through the time barrier: A study in precognition and modern physics*, Paladin Books, London, 1982

Organizations supporting precognition research

Note: The authors were not paid to include the organizations or apps you see below in this appendix. They have had positive personal experiences with all of these resources. However, no resource is personally guaranteed by the authors. Use common sense and listen to your intuition when choosing to work with or donate to an organization, take classes from an instructor, or use an app.

Academy for the Advancement of Postmaterialist Sciences

<https://www.aapsglobal.com/>

Founded in 2017, AAPS is a global non-profit membership and education organization whose mission is to promote open-minded, rigorous and evidence-based enquiry into postmaterialist consciousness research.

Australian Parapsychological Research Association (APRA)

www.parapsychology.org.au

Founded by neuroscientist Vladimir Dubaj, the APRA is a non-profit, Australian-based organisation dedicated to the research of parapsychological phenomena through scientific research and education.

College of Psychic Studies

www.collegeofpsychicstudies.co.uk

Founded in 1884 by a group of eminent scholars and scientists. Based in Kensington, London, the college runs talks, workshops and courses in psychic development where modern methods are used.

Institute of Noetic Sciences (IONS)

www.noetic.org

Founded in 1973 by Apollo 14 astronaut Edgar Mitchell, IONS conducts, advances and broadens the science of the interconnected universe, reaching new understandings about the nature of reality and our extended capacities.

Koestler Parapsychology Unit (KPU)

www.koestler-parapsychology.psy.ed.ac.uk

Research group based in the psychology department of the University of Edinburgh, Scotland. Established in 1985, it consists of academics who teach and research various aspects of parapsychology.

Mossbridge Institute, LLC

www.mossbridgeinstitute.com

Founded in 2015 by Dr Julia Mossbridge, the Mossbridge Institute was founded to co-create positive technological and social change in the world using the power of unconditional love and a scientific understanding of the nature of time.

Parapsychological Association

www.parapsych.org

International professional organisation of scientists and scholars engaged in the scientific study of psi (or 'psychic') experiences.

Rhine Research Centre**www.rhine.org**

Advances the science of parapsychology, provides education and resources for the public and fosters a community for individuals with personal and professional interest in PSI.

Society for Psychical Research**www.spr.ac.uk**

Founded in 1882, the SPR was the first organisation to conduct scholarly research into human experiences that challenge contemporary scientific models.

Society for Scientific Exploration**www.scientificexploration.org/**

Since 1982, the Society for Scientific Exploration (SSE) has provided a critical forum for sharing original research into conventional and unconventional topics. Subjects often cross mainstream boundaries, yet may have profound implications for human knowledge and technology.

Theoretical and Applied Neurocausality Laboratory at UCSB**www.tanclab.org**

TANClab is a nonprofit research centre at University of California, Santa Barbara founded by physicist Stephen Baumgart with the goal of designing rigorous experimental protocols to test whether unconscious knowledge of future information can be detected through behavior and physiology (eg EEG, pupil size). The ultimate aim is the development of software and technology that use these unconscious signals to predict meaningful real world events.

Windbridge Institute, LLC**www.windbridgeinstitute.com**

Launched in 2008, the Windbridge Institute, LLC, is dedicated to conducting world-class research on phenomena currently unexplained within traditional scientific disciplines.

Organizations supporting precognition practice, training and/or forecasting efforts**Applied Precognition Project (APP)****www.appliedprecog.com**

Applied Precognition Project's mission is to publicly explore, research and apply logic and intuition/emotion to predict future event outcomes, enabling participants to evolve personally while contributing to the elevation of global consciousness. APP also organizes an annual conference on applied precognition.

Farsight Institute

www.farsight.org

The nonprofit Farsight Institute is dedicated to the research and public education of remote viewing, and asks viewers to predict world events in the coming months. Some of the predictions seem highly speculative, but they are all intriguing.

Monroe Institute

www.monroeinstitute.com

The Monroe Institute advances the exploration of human consciousness and the experience of expanded states of awareness as a path to creating a life of personal freedom, meaning, insight, and happiness. World-renowned remote viewer Joe McMoneagle teaches courses in remote viewing at the Monroe Institute.

Premonition Code Website

www.thepremonitioncode.com

Launched on October 1, 2018, the Premonition Code website is the world's first online controlled precognition training tool designed for Positive Precogs, and using blind methods so precogs do not have to view potential targets in order to score their work. The website also provides a Positive Precog community forum, links to recent research, informative videos, and information about controlled precognition trainings and events.

Remote Viewed

www.remoteviewed.com

Longtime remote viewer based in the UK, Daz Smith, has amassed remote viewing documents, remote viewing sessions/results and resources available online at Remote Viewed. Daz also publishes "Eight Martinis" – a free and inspiring magazine offering interviews with remote viewers and discussions of topics related to remote viewing and precognition.

Remote Viewing Instructional Services

www.rviewer.com

Paul Smith, who served with the US Army in the Star Gate remote-viewing programme, teaches Controlled Remote Viewing. His website includes an excellent article on how/when to contact authorities if you have a premonition.

Right Hemispheric

www.righthemispheric.com

Longtime remote viewer based in the United States, John Vivanco, provides remote viewing classes (transdimensional remote viewing) as well as philosophical insights into remote viewing and controlled precognition.

Technical Intuition

www.technicalintuition.com

Brett Stuart, author of *Remote Viewing: The Complete Guide*, offers an online classroom specializing in an array of advanced consciousness abilities.

Soul Rider, LLC

www.linkedin.com/company/the-soul-rider/

The Soul Rider LLC partners on invitation-only financial markets forecasting, using proprietary methods in collaboration with the Applied Precognition Project.

Apps and websites for precognition practice and intuitive decision making

AmIPsychic?

www.amipsychicapp.com

This app uses games to help you test two purported psychic abilities; one of the games (the card game) tests precognition. However, it is based on forced-choice precognition, and people are usually quite bad at this.

Choice Compass

www.choicecompass.com

Invented and patented by Dr Julia Mossbridge, Choice Compass is an app that uses the built-in camera on your smartphone to help you choose between two options by analysing heart rhythms that are related to your feelings about the choices; in other words, it helps deliver the power of the subconscious mind in a convenient app.

ESP Trainer

www.espresearch.com/iphone/

Invented by remote viewing researcher Russ Targ, the ESP Trainer app (only available for iPhone) allows you to test your precognitive ability using a simple prediction game. This app, derived from a NASA programme, is based on forced-choice precognition, however it allows you to pass on trials where you are not confident.

Focus at Will

www.focusatwill.com

Dr Julia Mossbridge is the Science Director at Focus at Will, and in her work there she found that listening to their scientifically designed streaming music while doing a precognition task improved performance on that task. This work still needs replication, but the result is intriguing.

PsiQ

Search “PsiQ” on the App Store

A team at the Institute of Noetic Sciences, led by Dr Julia Mossbridge, created PsiQ to test precognition in two ways: implicitly (unconsciously) and explicitly (consciously). A true random number generator is used for each of the games/experiments, and you can see where your score sits as compared to other players. Not yet available for Android phones. One of the precognition experiments uses forced choice (implicit; Future Feelings) and the other uses free response (explicit; Hidden Gurus).