

# A General Technical Report

## A.R.E. FACT-FINDING TRIP TO THE SOVIET UNION

by William A. Tiller

### *Introduction*

The following presents a partial accounting of the main technical features of our trip to Moscow and Leningrad. Other than the general seminar program of September 11, all information exchange took place via informal meetings from which items of a general nature and a specific technical nature were exchanged. The specific technical information relates to devices that are of significant use in the study of psychoenergetic phenomena: (a) Kirlian photography, (b) Tobiscope (acupuncture) and (c) Telekinesis. A discussion of this specific technical information has not been given in this general report but is presented in the Technical Memorandum.\*

### *Report of Saturday, September 11, Program at Medical Institute*

#### Program:

- 1a. Greetings and Introduction to Problems of Medical Psychology by Dr. E. Salnikov (Head of all new medical research in Moscow)
- 1b. Discussion of Autogenic Training by Dr. Sobornev
2. Several Directions in Psychoenergetics by E. Naumov
3. About Electrophysiological Investigations of Plants (Film – Do Plants feel?) by L.A. Panichkin
4. Analysis of Several Experiments on Psychokinesis (Films of Nelya Mikhailova (Kulagina), Kleyo and Czech Psychic Generators) by E. Naumov

5. Electrostatic Model of Action at a Distance (Film of Alla Vinogradov on PK by V.G. Adamenko)
6. Discussions by H.L. Cayce, W. McGarey, L. Jacob plus Films of Philippine Psychic Surgery and of the Brazilian Arigo

Session:

- 1a. Dr. Salnikov indicated that in 50 years sufficient progress will have been attained so that people will exhibit the general abilities to, at will (a) raise and lower the body temperature, (b) regulate the heart beat, (c) control the body autonomic functions.
- 1b. Dr. Sobornev emphasized that the problem of self-suggestion becomes resolved through the use of "autogenic" training (used in clinics and scientific investigations in the U.S.S.R.). What followed was a discussion of the principles of autogenic training [\*following very closely the procedures laid out in "Autogenic Training," Vol. I, by Schultz and Luthe, republished recently by Gruen and Stratton. This is a useful work for controlling the body in various states of relaxation and consciousness and for utilizing self-suggestion.]

In autogenic training, the student is totally involved with the process and it helps him to do away with emotional stresses and become the master of his own psyche. The human brain, during autogenic training (A.T.) exhibits a certain degree of activity that is goal directed — towards the mobilization of hidden resources in the human psyche and the self-control of personality. A practical application of A.T. is the controlled development of the autonomic nervous system (sympathetic as well as parasympathetic). To do this, two factors are essential, (a) the necessity of muscle relaxation and (b) the provocation of a condition of warmth in order that the cardiovascular system is unloaded somewhat.

Experiments were conducted mostly with healthy students using 5 groups of formulae for the relaxation of muscles, cardiovascular system regulation and thermal regulation and 3 different postures, (a) lying, (b) sitting and (c) coachman on his coach. One needs to find the position giving the least load to his physical system; then one can proceed to influence any or all of the 500-600 muscles that can be controlled by the conscious mind. In addition, it is not necessary to produce a feeling of warmth in the entire body (not always useful in stomach, for example); one should start with feet, hands

and arms. The formulae are carried out with eyes closed.

*Formulae for suggestion:*

**I — Becoming calm**

Don't say out loud (just think about them) and don't indulge in self-analysis.

- (1) I am getting calmer and calmer. I am getting calmer and calmer.
- (2) I am getting calmer and calmer all the way. I am getting calmer and calmer all the way.
- (3) Now I am quite calm. Now I am quite calm.

Repeat this mentally 2 or 3 times with 10–15 second intervals (after 2 or 3 months, only 1 repetition will be needed).

**II — Body relaxation**

Mentally suggest the following:

- (1) Now my body is relaxed, etc. (mentally scan your muscles — one sometimes needs to tense the muscles in order to sense the contrast). For the right arm, as an example, mentally suggest the following: (1) My right arm is relaxed, etc. (2) My right arm is becoming heavier and heavier, etc. (provoke the image of the arm being filled with lead). (3) My right arm has become heavier, etc.

**III — Body warmth**

For the right arm, as an example, mentally suggest the following:

- (1) My right arm becomes warmer and warmer, etc. (provoke image of it in warm water, etc.).
- (2) I feel the warmth extend in waves from the hand to the shoulder.
- (3) I have the pleasant feeling of warmth in my arm.

**IV — Rest**

Mentally suggest the following:

- (1) I am quite calm (imagine your calm face).
- (2) My breathing is calm and regular (imagine your regular breathing and concentrate on moving your stomach rhythmically).

- (3) My heart beat is regular, etc.
- (4) I am having my rest.

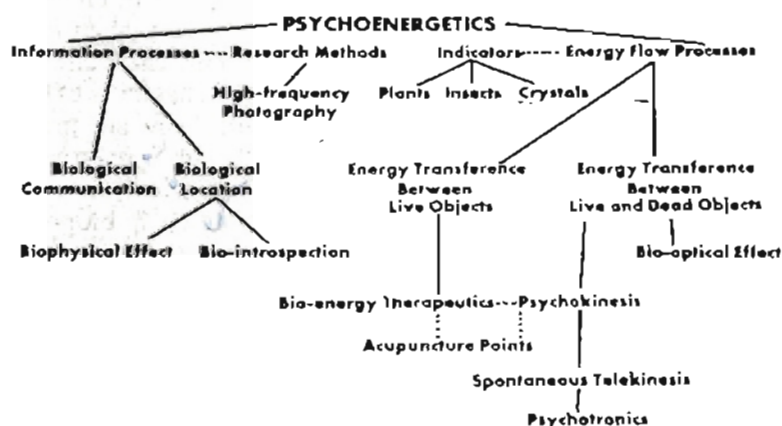
#### V — Deep relaxation during state of A.T.

One rarely produces deep relaxation during regular life but deeper relaxation helps the internal organs to reestablish their energetic resources better. If the morning is started with this formula, one will be active and tireless during the entire working day. To be done before breakfast and an hour after dinner (lunch).

- (1) The feeling of heavy arm ceases. It is ceasing. It has ceased completely.
- (2) My breathing is deep and regular.
- (3) I feel full of power and energy (you imagine some sort of activity and then you control the motion of your muscles from down to up, then you twist your hands and open your eyes).

A demonstration with 12 people on stage followed.

2. & 4. Dr. Naumov indicated the broad ranging interaction they have had with foreign investigators in this field, the bibliographies of both foreign and U.S.S.R. research in this area that they have assembled and an organization chart of their activities in this area of psychoenergetics; i.e.,



He then showed a PK film of Nelya Kulagina of Leningrad (described fully in Ostrander-Schroeder's recent book). She was in a

state of considerable stress during the experiment. Later, he showed a Greek film of Kleyo (1920's) who, in a stressed state, also moved objects just as Nelya K. [\*It was interesting to note that her movements and condition of excitation were similar to some of the theatrical performances of dramatic actresses of that period.] In a later film of Alla Vinogradov, a trained PK performer, she is able to move objects without the appearance or condition of a stressed state (these capabilities can be entrained and no emotional stress occurs if it is done properly). Nelya K is very sensitive to the mood of her environment; if she is surrounded by a skeptical audience, she cannot perform satisfactorily enough to convince them. [\*It was told to us later that Nelya K can mentally create a burn with severe blister on her body and can then completely remove it. She can also do this on someone else.]

Next, the Czech film on Psychotronic Generators was shown and we saw the experiments documented in PDBIC and saw the strange-looking generators. The film was fully consistent with the statements in PDBIC.

3. Dr. Panichkin showed a film illustrating the sensitivity of plants to insects, light, sound, temperature and other stimuli. They monitored the time-variation of biocurrent (actually biopotential) in the plants during a period of stress; i.e., the reaction to burning, chemicals and temperature (mimosa plant). They found reproducible and characteristic differences to these stimuli. In a study with chloroform, they found that immersion of the plant in chloroform vapor eliminates the characteristic biopotential pulse when a leaf is struck. After 15 minutes in a normal environment, the pulse begins to reappear in response to stimuli. The identical behavior is exhibited by a frog's leg when treated with chloroform. They are presently using the characteristics of the biopotential pulse to study the relative degree of health of plants. It was suggested that, in the future, one might automate the plants so that their biopotential pulse response to a given stimulus could be amplified to control the degree of opening of sun filters and water sprinklers, thus allowing the plants to adjust their environment somewhat for optimum plant development. [\*The implications of the film were that the plant has response mechanisms analogous to those of animals and a certain degree of mobility in spite of the constraint of being rooted. In the sense that one feels, so must the other.]

It was stated that the Backster experiments have been reproduced in Russia.

5. Dr. Adamenko stated that they are trying to find a connection between PK and electrostatic phenomena and how it relates to the Kirlian work on high frequency photography. It is known that electrical fields of high intensity are dangerous; here, the field is one million volts per centimeter. However, they feel that the high frequency character of the field keeps it from being harmful to people. He showed photographs of the crowns of discharge around the fingers of two people — as the fingers are brought closer and closer together, the crowns of discharge deform and leave a small gap between them rather than interpenetrate. When the fingers of three different people are used, the crowns of discharge again exhibit deformation without penetration. He also showed that observations of the crown of a healer's finger showed the number of discharge points to decrease but the intensity of discharge to increase as the healer begins to function in the healing mode.

The discharge phenomenon appears to be that of cold electron emission from living systems in air (since the relationship of current and applied field varies in accordance with theory for small electrode separations). It is felt that the electron work function varies over the finger and, in air, the picture of the discharge channel occurs as a result of positive ions clustering around the channel providing a focusing effect to the electrons. This is not a picture of the aura! At present, they have achieved magnifications of 500 X and have hopes of raising this to 15,000 X. [\*The key point to remember here is that they obtain cold electron emission from living organisms.]

Dr. Adamenko stated that, in the PK experiments with Nelya K, it is easier to set articles in motion when they are covered by a dielectric screen. They also did experiments with dielectric gloves on the hands and they tried to find people with skin properties like coatings of dielectric. When objects were placed on a dielectric plate, they found that the objects moved with acceleration.

He then showed a film of Alla Vinogradova who moved many objects by PK without exhibiting any signs of stress. She managed to provoke rolling movement of round objects of about 200 grams in weight and can move objects 30 grams in weight (since rolling friction is less than dragging friction). For the dragging of objects, she finds it necessary to strain herself more. It was found that the objects pick up a charge during her PK tests and she feels that then anyone can move them by will. [\*In fact, Peggy Huddleston, visiting with Pamela Demigré (both from the Institute for the Advancement

of Human Development in Philadelphia) was able to move the object by the use of her power after it had been charged by Alla V, as did the author, Lucille Kahn and Janis Davidson. However, there must be some other quality present on the sample besides electrostatic charge that allows this to be possible, because if just electrostatic charge is sprayed on a fresh object, it cannot be moved in this way.] Alla V can readily inhibit anyone from moving a charged object by the application of her will power.

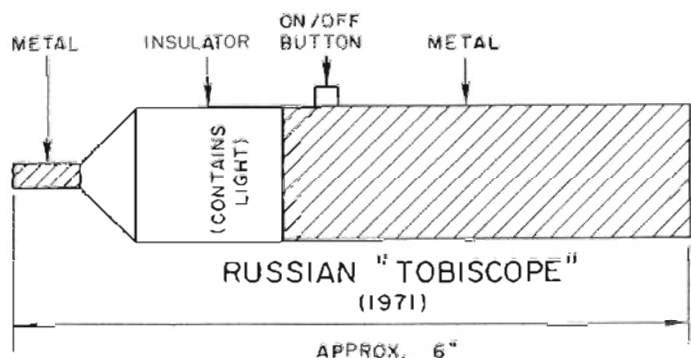
The author observes Alla Adamenko demonstrate her psychokinetic abilities.



Alla V described her subjective feelings saying that (1) she doesn't feel stress during the experiments, (2) she feels the energy comes from her solar plexus, (3) she feels that anyone can train themselves to do this, (4) when she tries to move rolling objects diagonally, she feels an amplification of energy across her forehead, (5) when she feels skeptics are present, she feels she must expend more energy to obtain optimal results and (6) she feels quite easy during the experiment and as if all her energy is flowing into her hands (with which she seems to direct the objects). However, she can move the objects without the use of her hands and can move them with her eyes closed or blindfolded (but with more difficulty in setting objects in motion). In addition, she stated that no discharges occurred from her fingers. [\*Naumov indicated that, with another new PK subject, they could see discharges (in darkness) coming from the ends of her fingers.] Putting a neon bulb in the vicinity of her hands, they found it glowed. In addition, when the atmosphere was damp, the effect was stronger. [\*It was stated by R. Jeffries that tests on Rudi Schneider levitating a ball were conducted wherein a beam of infrared light was passed beneath the levitating ball and was received

by a photocell. It was found that, during levitation, absorption of the beam occurred and the degree of absorption pulsed with the frequency of Rudi Schneider's respiration.]

In later discussions on the "tobiscope," it became clear that its circuitry predecessors were first the GSR (galvanic skin reflex device) and a European device developed in the early 1950's for locating acupuncture points. The present version is significantly smaller, more compact and easier to use than its predecessors. It is shaped somewhat like a cigar, as illustrated in the following drawing.



It is held in one hand (making contact with the metallic base) and the point is applied to the skin of the subject while the other hand of the operator is in contact with a different portion of the patient's skin. Thus, an electrical circuit is made from the base of the tobiscope, through the body of the operator, along the body of the subject to the point of the tobiscope and via internal connections to the base of the device. Moving the point over the skin, at light pressure, a network of point locations are found that cause a light to appear at the insulator location of the device. A shift of the tip by 1 millimeter removes the tip from these special network locations which locate low resistance paths through the body.

In discussion, it seemed that this model was a reasonable one.

The existence of this network of points indicates the presence of low resistance circuits within the body. The location of these points seems to coincide with the patterns of the Chinese Acupuncture points. Thus, one is tempted to conclude that the low resistance circuits coincide with the meridians of acupuncture theory. [\*All subsequent information was in accord with this hypothesis.]

They have found acupuncture points on plants and animals and are using them to investigate the reactions of these organisms. He



also finds that the conductivity between symmetrical points on the body is different in the forward and reverse directions (just like a semiconductor material). With a healthy person, one sees no difference between the forward and reverse directions; however, with a sick person there is an appreciable difference which increases with the degree of sickness. When a healer heals, the sick person gets better and exhibits a decrease in the semiconductor effect but the healer exhibits an increase in the semiconductor effect (as if he is giving energy and picking up the manifestation of illness.)

In the U.S.S.R., many doctors use acupuncture as a method of therapy [some use needles, some use chemicals (stimulin D), laser light, weak pulsed electric current, etc.] They have found that some points occupy slightly different positions in Europeans than in Chinese. Further, the tobiscope has been used to find some new points that are not on the old Chinese charts (Adamenko has found 700 so far which exhibit definite rhythm between day and night). Adamenko suggests that we see here a 4th system in the body differing from the blood, nerves and lymphatic systems. Using a luminescent microscope (ultra-violet light), this filamentary network has been seen.

Adamenko carried out an interesting experiment with radioactive phosphorus (P32). He introduced a little into one acupuncture point and did a radiation analysis of the entire body. He found the highest radiation intensity in those regions of the body which coincide with the places of acupuncture on the Chinese maps. This indicates that the P32 moves in definite channels of the body. He carried out biorhythm investigations of these radioactive regions and found several kinds of rhythm [with a frequency of a few cycles per second 4-6] to occur. When these particles decayed, the biorhythm disappeared.

He indicated that there is a special treatment room, in Moscow clinics, for needle treatment. They feel that this fourth circulating system in the body gives only a very slow feedback of information about the condition of the organism and is thus only a very weak means of control.

#### Alla V Comments on PK

She first wondered why Kulagina was in such a stressed condition when she did PK – she felt that since it was a natural phenomenon, it could go on more smoothly. She tried to relax and dissociate herself from all the surroundings in order to obtain an easy feeling. She developed a mood that she would certainly move the object. She wanted

to push the 10 gm metallic cigar box (cylinder) and in fact managed to do it better than anyone else in the room. It took only a day of practice the first time before she moved an object. After that it became easier. Then there was an 8-month gap without moving anything, after which she did a test run with Dr. Pushkin (Institute of Psychology) and, after a few days training, she could perform far better than earlier. When she first went to the Institute of Psychology she could only move the cigar box a few centimeters (and only with great effort). It was a new surrounding and it bothered her initially. At Pushkin's flat, the surroundings were more favorable and, with the encouraging attitudes of the people there, she was able to perform better. She can't perform as well in the presence of skeptics or of people whom she dislikes personally. There is also a factor associated with becoming accustomed to particular objects. She has favorite objects (Kulagina has similar features in her performance); i.e., conditioned reflexes, they suggest. When she starts moving objects, she tries to direct all her energy to her fingers. When they started to make the film, she was very tired and annoyed with the whole procedure (because she had no free time and it was difficult for her to be freed from her necessary business). However, although Naumov was almost sure that she wouldn't be able to perform he was surprised to see that the performance was even better than usual. Her inner attitude was "I will move it for you to be satisfied and that's all!"

Discharges start very often during the PK performance and she feels pain from these electricity discharges. On one occasion, a spark jumped 2 cm between the cigar container and her finger. She found that she could also move things with the long side of her palm but felt subjectively that the energy was flowing from the forearm. She felt that the charge was distributed in a more homogeneous manner when one directs the object with the long side of the palm. That is why she felt more comfortable doing it that way (but she also tried with the fingers and succeeded). Once, late at night, she tried to use other parts of her body to move the object and found that she could move them with her feet, shoulder and other parts. Naumov said that her ability had greatly increased with training. Alla said that she feels things have only just begun and is now interested in letting the object be placed on a metallic surface and on other surfaces and to use heavier objects. At this stage, she would rather stick to laboratory experiments than advertising her ability in public. Dr. McGarey asked if she could learn to focus that energy in any way in order to strengthen the effect. She feels that she is concentrating it

now, at least in some places, — particularly in the solar plexus and the heart areas. She feels as if she is consciously controlling the concentration of energy in these areas and letting it irradiate from these places. This is something like a conscious effort of will power. When she is concentrating her attention on a particular object, she feels an energy effect in the forehead (pituitary region). She also feels that she has a charging period (before every performance). It took a long time to charge up at the beginning but it is much shorter now that she has trained herself.

Dr. Jeffries asked if there was first a visualization that the object is moving or that she is pushing or pulling it. She imagines only what she sees and she has a strong wish to move it — when blindfolded, she visualized the object and again the strong wish to move it. Dr. Puryear asked if she obtained a feeling of the energy moving in her body; i.e., moving up to the solar plexus and then to the heart, etc. She has a feeling of energy moving from the solar plexus to her hands through the arms (from solar plexus up to heart but she cannot describe it precisely). She often feels this energy at other times than during such tests. She has the feeling of warmth and relaxation — it happens when she is satisfied with events or is enjoying herself. She has the feeling that she is connected to the object by a rubber band. She has a different feeling in the head than in the solar plexus — a more concentrated feeling and one which you can't take as easily as the solar plexus feeling. She didn't pay any attention to the throat area.

They saw from the motion of the cigar box that it moves in pulses so that the energy flow is pulsating. They tried to find optimum conditions for the test — a round object for rolling on a dielectric surface. Kulagina performs under more difficult conditions (but she often requires medical aid). No correlation between this ability and special female functions seems to exist. They hope to train various degrees of PK ability in people, just as there are different specialities amongst athletes.

They discussed that one person could do it if an energy is pumped from another person who can do it. However, Alla was able to override the other person at will.

It was asked if she felt she had the ability to make rain or dispell rain clouds. She hasn't tried that but she has imagined people that she wants to see and they appear. They haven't done any thoughtography experiments yet. They think that liquid crystals will be better indicators of PK energies than film. They sometimes place the object

to be moved on a photographic plate and find that the plate is exposed. They often detect the field around the object with a very simple device — a neon lamp. It starts flashing at the object but doesn't show anything around Alla. One experiment was conducted with a metallic bracelet on her arm which was grounded; in addition, she was standing bare-footed on a metallic floor. They found that she could perform even better under these conditions. This was before a thunderstorm and she can perform as well during a thunderstorm. They can detect an electric field *only* around the objects under experiment. The pulse rate flashing was 5–10 per second (this might have corresponded to her heart beat rate but they didn't check it).

She is very capable of seeing colored dreams. She does not see aura around people but when she imagines a person in her mind, she often sees the person in flashing colors (colored circles on her image of the person — the colors depending on her attitude toward them). Dr. Jeffries asked if there was any N-S orientation polarization effects. They have not noticed anything yet but they intend to check it. Alla's abilities depend strongly on what kind of people surround her. She can perform particularly well when she is alone and with no external noise. Nighttime is perhaps better than daytime (because it is easier for her to collect herself). Dr. Jeffries asked if she had tried to taste the two ends of the cigar box after the PK experiment to see if she gets a sweet taste from one end and sour from the other (other people find this, he says). She hadn't tried that. [\*Victor Adamenko has prepared a paper for the J. of Paraphysics describing the training procedure. This will be published in the next few months. It contains a brief description of how Alla has been trained. Alla kept suggesting how she should be trained but some parts of the program were set by Victor (especially the psychic stimulation — like making a film).]

Victor felt that there should be some general factors in the training schedule — such as selecting people capable of will power efforts and with corresponding electrical properties of their skin and reactive to psychic stimulation (this is under study). Another factor which may amplify the effects is air ionization. (They are just starting to investigate this.)

Dr. Jeffries asked if she had, in the conscious state, an inherent intuitive knowledge which might be related to her PK ability. It was stated that she has such inherited abilities in this direction (her brother is also able to do some psychic things — precognition, etc.). It was asked if the intuitional sense was a factor associated with the

ability to be trained for PK studies. They haven't checked it yet but noted that she follows her own inner sensing as to the right path of training to take. Naumov and Adamenko think that there is a relationship factor. A new Institute for Psychology attached to the Academy of Sciences will be opened soon and they will study the controllability of the phenomena.

### Contrast of Alla V and Nelya K Experiments on PK

Nelya is able to move objects in more complex ways than Alla. She is also able to move objects of greater weight than Alla. In this, she clearly has a more well developed ability than Alla at the present time. However, she suffers a much greater physiological stress than Alla. In addition, whereas Alla feels energy in the solar plexus and forehead, Nelya feels it in her back along the spine between the adrenal area and the base of the brain with the main energy sensations at these end points.

On the physical side, electrostatic phenomena clearly play a strong role in Alla's PK forces [\*but much more than simple contact charging, which would produce an attractive force between her hands and the objects. Her PK force seems to be of a repulsion nature indicating the presence of another energy.]. Dr. Adamenko's measurements confirm this. On the other hand, in Nelya's PK forces, no electrostatic forces are observed with an electroscope. The use of electrostatic screens does not affect her PK abilities. [\*Nelya cannot move objects if they are contained in a vacuum.]

### Concluding Remarks

Several important things were learned from this trip. Among them are the following: 1. Details concerning several psychoenergetic instruments. 2. Kirlian photography does not detect the human aura but is caused by cold electron emission from the surface. 3. These devices are so important to parapsychological and medical investigations that attention should be focused on immediate construction of such devices and the duplication of the Soviet results. 4. We saw movies of a wide variety of psychoenergetic phenomena. 5. We actually saw PK experiments performed by Alla V and Nelya K. Alla V and Nelya K seem to use different forces and techniques in their generation of the PK effect. 6. In the development of subjects to exhibit psychoenergetic phenomena, immediate feedback of information concerning their performance is vital.

