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Repeated Measures Wisdom Acquisition From Discarnate Consciousness with Gifted Mediums

Final Report

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Abstract

Based on the level of political turmoil, war, and environmental crises facing humankind, one might assume that our species is devolving in its spiritual development. The following study engaged nine gifted mediums to connect with disembodied intelligences to ask a series of pre-determined questions related to human spiritual evolution and the role of discarnate beings in this process. Each medium participated in three separate readings, allowing the opportunity to examine internal consistency in their responses, as well as themes occurring among mediums. This qualitative data was analyzed using natural language processing. While there were differences in specific mechanisms and philosophies, the majority of the communications received were consistent with the idea that energies from the spirit world are actively attempting to assist humankind in their spiritual development. This assistance is complicated by human free will and the impact of fear on the ability to connect to spiritual truths. These results contradict the assumption that “the Other Side” has failed to improve human spiritual evolution over the past 166 years. The novel methodology used in this study appears to be a promising approach to examining thematic content from mediums and their guides.

Introduction

High level information has reportedly been gathered via interactions with non-human intelligences in a variety of contexts throughout recorded history (Hunter, 2011; McClenon, 1993). These discarnate entities have been described as “gods,” “angels,” “aliens,” “ascended masters,” and “spirit guides.” At times, this information from the spirit world has contained predictions regarding humankind.

In his book, *The Spirits’ Book* (1857), Allan Kardec predicted an end to wars and conflict. Clearly this prediction did not come to pass, despite the fact that Kardec appears to have been a

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gifted seer. Based in part by the apparent failure of this prediction, the granting agency, Bigelow Institute for Consciousness Studies (BICS), asserted the position that “the Other Side has failed to promote human spiritual evolution in the past 166 years, as evidenced by the rapid proliferation of technology, the expansion of war, and the concomitant erosion of human spirituality over this same time period.” The current study is designed to examine this position by interrogating senior intelligences from “the Other Side.”

Given the earlier example of Kardec, it seems obvious that even the most gifted seers can get the information wrong. The current study was designed to provide a novel approach to assessing the validity of information received from discarnate entities by examining within and between subject consistency of talented mediums. Specifically, this project selected nine gifted mediums from a group of 18. Each participant completed three one-hour recorded sessions to access information from discarnate sources using pre-determined questions. The mediums’ output was analyzed using natural language processing software to help identify consistent themes within and between all participating mediums. This approach may provide added confidence to information that is consistently reported.

Experimental Design and Methods

Study Design

The current study was composed of two phases. Phase 1 was an extended screening procedure designed to identify mediums that would be most likely to be successful in providing specific answers to the study questions. This part of the study involved completion of a demographic form, several questionnaires (Tellegen Absorption Scale, Psychological Flexibility Scale, and Openness to Experience) and a one-hour interview. The information from Phase 1 was

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also examined to identify common trends, similarities, and differences between the mediums selected for Phase 2 and those not selected.

Phase 2 involved a subgroup (9/18) of the subjects from Phase 1. Selected mediums completed a series of three “readings” over the course of several days/weeks. In each reading, after the medium reported establishing contact with a disembodied intelligence, the researcher asked a series of pre-determined questions developed in coordination with BICS. These questions can be organized into six topics:

Topic 1: Are you in contact with a specific entity or group of entities? Do they have a name or how would you describe this entity?

Topic 2: Are discarnate entities working to help advance human spirituality?

Topic 3: Are other discarnate entities working to hinder human spiritual development?

Topic 4: If there are groups of earthbound spirits or other entities both working for and against human spiritual development, which group is winning?

Topic 5: If helpful entities are winning, can you please help us understand why the history of humans on Earth for the past 166 years has been filled with war and conflict?

Topic 6: Are humans at risk of self-inflicted extinction?

Materials

Demographic form

This survey asks basic questions regarding age, sex, occupational status, history of drug use, and history of mental health diagnoses.

Tellegen Absorption Scale

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The Tellegen Absorption Scale (TAS; Tellegen & Atkinson, 1974) is a 34-item multi-dimensional measure that assesses imaginative involvement and the tendency to become mentally absorbed in everyday tasks (Roche & McConkey, 1990). Each item on the scale requires a ‘true’ or ‘false’ response. Tellegen (1982) reported an internal reliability of .88 and a 30-day test-retest reliability of .91. Kihlstrom (1989) reported a test-retest reliability of .85. The TAS is divided into five subscales (Synesthesia, Altered State Consciousness, Aesthetic Involvement in Nature, Imaginative Involvement, and Extrasensory Perception). Scores for the TAS and its subscales reflect the number of questions marked ‘true,’ with higher scores indicating higher absorption.

Psychological Flexibility Scale

The Psychological Flexibility Scale (PFS) is a shorter global composite of the Multidimensional Psychological Flexibility Inventory (MPFI; Rolffs, et al., 2016). The 12-item PFS is comprised of the first two items of each of the MPFI subscales, leading to a simplified assessment of flexibility. These items ask the respondent to indicate on a six-point Likert scale the accuracy of various statements related to acceptance, present moment awareness, self as context, defusion, values, and committed action (Rolffs, et al., 2016).

Openness to Experience Scale

The Openness to Experience Scale used in this study is a subset of questions derived from The Big Five Personality Inventory. The Big Five is a widely used and strongly validated measure of personality characteristics, including openness, conscientiousness, extraversion, agreeableness, and neuroticism (Kaiseler, et al., 2012). The Openness, or Openness to Experience, Scale is comprised of 10 self-report items asking the respondent to endorse how

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accurately each statement describes them. This is rated on a five-point Likert scale, ranging from Very Inaccurate to Very Accurate.

Participants

Eighteen mediums were initially identified as potential participants. These mediums were selected based on previous research experience, personal knowledge of the medium by the PI, and/or referral from other experienced mediums. Ninety four percent of the participants identified as female ($n = 17$). Eighty nine percent identified as white ($n = 16$). The majority of the participants were self-employed ($n = 13$). Six of the participants (33%) reported having been diagnosed with a mental health disorder. Twenty-two percent ($n = 4$) reported having been diagnosed with two or more mental health disorders. Appendix A contains a table of all demographic information.

Procedure

Phase 1 participants were asked to: 1) electronically sign a consent form to participate in the study, 2) complete a series of questionnaires through a Google form link, and (3) participate in a one-hour Zoom interview. All Phase 1 participants received \$200 for their time. The interview itself consisted of approximately six topics, some of which included follow-up lines of inquiry. These questions were designed to a) help determine which of the mediums have the skills and abilities required for Phase 2 and b) to examine any potential themes related to “how mediumship works.”

All of the interviews were recorded on Zoom and auto-transcribed through Otter.ai. The transcriptions were then manually checked and edited for accuracy. Cleaned interview transcripts were organized by question topic and submitted for natural language processing.

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Phase 1 responses were examined to identify mediums that were a good match for Phase 2. There were no mediums interviewed that appeared to have significant medical or mental health concerns that would rule them out for participation in Phase 2. Instead, the determination of inviting mediums to move forward or not was based on (1) their self-reported ability to consistently connect with discarnate higher intelligence(s), (2) self-reported ability to clearly verbalize information received from these communications as they occur, and (3) self-reported history of bringing forth information that was later validated. We identified 10 mediums that clearly met the above criteria, however, one of these mediums subsequently dropped out of the study, leaving the final number of Phase 2 participants at nine.

Each of the nine identified mediums for Phase 2 completed three separate readings. In each reading, the medium was invited to spend a few minutes “tuning in” and connecting to their guides, helpers, or advisors from “the Other Side.” Once they indicated that they were connected, the interviewer asked a series of pre-determined questions. The medium then verbally reported the responses they received. The questions for each of the three readings were identical, providing an opportunity to examine within and between subject consistency regarding the information received. Similar to Phase 1, all of the Phase 2 readings were recorded on Zoom, auto-transcribed through Otter.ai, organized by topic, and submitted for natural language processing. Each medium received \$200 per completed reading in Phase 2.

Data Analysis

Differences Between Groups

Statistical difference testing was conducted post-hoc to determine whether there were differences in demographic or mediumship characteristics between those selected for Phase 2 versus the subgroup of participants not moved into Phase 2. This was accomplished using either

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two-tailed independent t-tests or chi-squared tests, depending on whether a variable was mean/continuous- or frequency/count-based, with $\alpha = .05$ for both test approaches. There were no statistically significant differences with nearly all $p > .10$ (see Appendix B). The only exception to this was a trend indicating that all participants moved onto Phase 2 (9/9 Phase 2 participants) reported doing mediumship readings in a professional capacity, whereas only 6/9 of the Phase 1 only participants indicated this, $t(16) = 3.60, p = .058$.

Language Analysis

Verbalizations from participants were analyzed by a third-party natural language processing (NLP) company (LETTRIA) to assist with the qualitative analysis of both Phase 1 and Phase 2 responses. LETTRIA first converted the text to JSON formats, allowing them to process the data through several AI generative models such as ChatGPT, Claude, and Llama. Several models were assessed but due to the complexity of the tasks and the length of the input text, GPT-4 was determined to be the most appropriate. The prompts asked the model to write a 250-word summary written in a natural language for each of the Phase 1 and Phase 2 topics, organized by medium (within subject) and across all mediums (between subject).

Results

Correlation Analysis

The self-report scales from Phase 1 were examined for any significant correlations between scales and any associations with specific medium characteristics using the full sample recruited ($n = 18$). Main scale findings included: i) the TAS-Total Absorption scores demonstrating a significant positive correlation with Creativity subscale scores of the Openness to Experience scale, $r = .75, p < .001$, and, ii) the Openness to Experience Total Scale scores

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demonstrating a significant positive correlation with the Altered States of Consciousness subscale of TAS, $r = .56, p = .016$. Additionally, other correlations were found between mediums' characteristics and self-report scale scores. Specifically, there was a positive correlation between age of onset of psychic abilities and the presence of a psychiatric diagnosis, $r = .60, p = .010$. A significant negative correlation was found between the total number of years engaged in psychic/mediumship practice and the presence of one or more psychiatric diagnoses, $r = .70, p = .002$. Finally, there was a negative correlation between the Abstraction subscale of the Openness to Experience scale and presence of psychiatric diagnoses, $r = .47, p = .048$. A table of all significant correlations and those approaching significance is provided in Appendix C.

Natural Language Processing

Phase 2 responses were synthesized through the NLP program noted above. These summaries have been edited to eliminate redundant information and are presented below along with embedded quotes from interviewees.

Within Subjects Analysis (n=9)

Phase 2 data included three separate readings by each medium relating to the same set of questions. Within subject natural language processing was conducted to examine similarities and differences between each of these readings. A summary of each medium's responses for all three readings is presented below, organized by topic and medium research ID number.

Question 1: Are you in contact with a specific entity or group of entities? Do they have a name or how would you describe this entity?

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ID2: During each of these three sessions, the interviewee primarily connects with two beings named Black Elk and Benedict. As the sessions continue, the number and diversity of the entities expands. By the second session, the person describes a gathering of elders from myriad tribal backgrounds hailing from all around the world at different points in time; Black Elk, a female entity identified as ‘Snow Owl’ or ‘Snow Feather,’ and various other beings. The third session features a daylight gathering including Black Elk, Benedict, and two new entities identified as Native American figures, one male and one female. The male entity is depicted as wearing a grand feather headdress and introduces himself as ‘Brings Rain.’ The female entity is associated with a clear, fresh stream, and the person senses that her name is akin to ‘Clear Water.’ As each session progresses, the interviewee perceives a deeper connection with these entities, and their identity and purpose become clearer over time.

ID4: In the first session, the interviewee contacted an entity with the names ‘Sam’, ‘Samuel’, and ‘Johnson Johnstone’, but the entity seemed indifferent about the fixation on its name. The entity clarified that it represented an aspect of life, particularly abundance. In the second session, the individual didn’t connect with any specific entity but spoke of having an open mindset and casting a net to see what comes in. During the third session, they weren’t sure with whom or what they were connecting. They felt lifted, as though they were standing on a wall to see, feel, or hear better, but they couldn’t identify the entity.

ID7: In the first session, the interviewee is in touch with an ancient spirit, which they associate with Native American wisdom. This entity is believed to have been a human at one point, with its indescribable name suggesting its very old existence. In the second session, contact is made with a taller entity having transparent luminescent skin, referred to as an ‘alien.’

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This entity claims to be one of the first beings and humans are their descendants. The entity's gender is referred to as male for the sake of clarity. The session also involves other spiritual guides and angels who emphasize compassion as a key message.

In the final session, there is a group of 13 entities. Some are humans, while others are angels and they all have varying domains of knowledge. They share wisdom and play different roles, including acting as gatekeepers. Thus, across the sessions, there is a broad range of contacts, each with a unique message and role.

ID9: This interviewee describes their communication process as a method of getting out of the way and allowing the entities to speak through them. The individual refers to themselves as 'we' which reflects their own multidimensional presence. They perceive themselves as being simultaneously in multiple places. The interviewee reveals that Adrianna is their main healing guide who functions as a gatekeeper permitting other energies to come through when necessary. The person communicates with a collective of 24 entities, but allows others to join.

ID10: In the first session, the interviewee indicates that she is part of a group of 'light beings' working via numerous channels to manifest knowledge to aid others. In the second session, they describe an association with 'God's angels' who are presently on earth, operating like an army. Finally, in the third session, the answer specifies a connection with 'The Pleiadeans,' described as a group. Though different in descriptions, all responses suggest the involvement of some powerful, benevolent forces working towards a broader, common goal.

ID12: Initially, the interviewee described an energetic team that they call upon without having a precise designation. The respective energies respond differently to various

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surroundings. The interviewee described themselves as a vessel for these energies. In the second session, the interviewee reveals more about their connection with a predominant entity that has manifested as Heat. They depict this energy as something that provides warmth and emotional strength, helping them comprehend their role and responsibilities. In the final session, the individual identifies their group as their beloveds. These entities vibrate at different frequencies, adjusting as per the individual's needs. The individual refers to an entity named Phthalo from the "blue ray." They are hesitant to speak more about this entity, but they admit that this entity plays a significant role in their work as a medium.

ID13: The interviewee reveals that they typically interact with "ethereal beings" while preparing for a psychic reading. They highlight the presence of their spiritual guides through the distinctive energy and aura they emit. Although these entities very rarely disclose their identities, the individual indicated that they can perceive their energies. They describe seeing a figure of a man with a long beard and wearing a white robe. The individual identified the entity as an Ascended Master and felt a strong connection to it, despite occasionally only seeing a blank, white space or vibrations instead of the entity's figure.

ID14: The interviewee indicated that they have contact with various spiritual or supernatural entities. These entities, which vary in their essence are part of a collective force. The speaker suggests that some entities could be souls who have lived on earth before. This team of entities responds to the speakers' queries or intents based on which energy is best equipped to do so. The speaker predominantly engages with 'ascended beings' who have never spent time on earth. According to the interviewee, these entities, might be referred to as angels or Ascended Masters, but they are essentially spiritual entities who have never had an earthly existence. The

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entities which had an earthly existence and are now in the speaker's team are considered 'helpers'. In the final session, the speaker underscores the energy aspect of these contacts. These entities, according to the speaker, are not solely individuals but a collective energy force containing various energies. Specifically, it is a collaboration of energies unified to answer the speakers' queries. The speaker firmly states that this is not a specific person or a spirit that has passed to the spirit world, but an amalgamation of multiple energies.

ID18: The interviewee states that they communicate with 'guides of different origins'. They perceive these guides as beings who have not previously existed on Earth, and they typically interact with them when dealing with scientific matters. These entities present themselves as scientists, providing specific information for scientific use. Another group of entities are those with whom the individual has a personal connection. The identity of these entities is kept private and they assist in the individual's personal work and readings. A third category comprises 'beings of light' and those who have passed on and had ties with science. In the second session, the individual mentions a specific guide, Maxwell, indicating a more particular entity. The individual refers to certain entities as 'energy beings of light' as they visually present as light to them.

Question 2: Are discarnate entities working to help advance human spirituality?

ID2: The work of these entities is to support humanity without undermining our own power or agency. It was described as a continual process of learning and adjustment. "There's a bigger picture that they're showing me like this macro perspective. And this visual I get is, you know, if you're trying to teach your child how to ride a bike,... if he wipes out once you don't say oh, that's it. Never gonna ride the bike again. Now that's a super macro picture, because in

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the micro perspective, it's like, okay, and I don't see this as a specific message for our Earth. But say like, the earth implodes, and we're like, oh, my god, we're doomed. It's over. The macro picture says they just fell. It's, you know, we'll get them up trying again, there's like such a macro picture to it. And that it sounds kind of, you know, sounds a little detached, but there's such a macro perspective to what's going on. And so there's always they're just saying there's always just a perfected learning." It is clarified that these beings do not exist to 'save' humans, only to subtly guide when needed. In the third session, it is specified that these entities work with individuals showing a high level of commitment, intention, and capacity for leadership.

ID4: The interviewee presents the idea that (disembodied) entities are not bound by human motivations or limitations and are more like aspects of a greater universal awareness, resembling an ocean with varied depths, "It's kind of like the visual I get is like the there's an ocean and there's really deep parts of the ocean. But then there's also parts of the ocean that crash on the shore that are shallow, but it's still all ocean." Their work isn't driven by a need for success or failure; they are only observers not seeking to label or define things in human terms. In a subsequent session, the speaker continues to portray the entities as a collective or "confederation," not particularly focused on influencing human development. In the final session, the speaker emphasizes that these entities are inseparable from ourselves. They represent higher aspects of our very being, akin to distinct layers of our collective consciousness or perception.

ID7: The interviewee confirms that there are entities that leverage the ancient ways of using plants as medicine and psychedelics to help humans, indicating a special role for ascended masters and shamanic figures. These powerful beings were once earthbound and now oversee all

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other discarnate entities who aim to help humanity. The subject highlights that the current collective consciousness becoming more open is evidence of the entities' successful work. Moreover, part of their shared wisdom includes making esoteric books resurface, encouraging a spiritual awakening in those who read them; "They are giving divine information. To some that has already been given."

ID9: These entities work in tandem with humans' higher selves as they traverse life paths and soul journeys. More and more people are becoming aware of these entities, and the entities aim to support Earth's shift towards higher vibrations. Entities involved ranged from God Almighty and archangels to ascended masters, etheric beings, and beings from other planets. The entities hope to remind humans of their inherent abilities, such as telepathy and energy management, and to encourage mindfulness in interactions with the Earth and one another. As people climb higher on the vibrational frequency ladder, they can connect with higher dimensional beings, harnessing their power and wisdom to aid humanity's spiritual evolution. As stated in session 2, "There are different types of beings, energetic beings, that have are very, very, very high frequency. So the Ascended Masters, the archangels, those that have been helping humanity since the beginning of time, are extremely high vibrational beings... There are those, like me in the etheric realm,... who are also extremely high vibrational beings who are here to help the planet. There are those that are part of our team who are in the angelic realm, who are higher vibrational than us... It requires her (ID9) to have a different sense of awareness, requires her to go up and up, if you will. And so it is a matter of vibration. It is a matter of being able to connect with the highest source and of course, it is all connected to source, to the one source that is God."

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ID10: The entities refer to themselves as multi-dimensional beings focused on enlightening the world, working through humans to raise the earth's frequency and aiding humanity in realizing their capacity beyond bodily existence. The entities encompass ascended Masters, angels, spirit guides, and energies from other planets working collectively to help earth people ascend and increase their vibrational energy. They also mention Pleiadians as one of the alien species assisting earthlings. The entities believe that their work has been successful, and they provide evidence through mediums, specifically mentioning that they give direct proofs that can be validated, consoling people with the belief that there is life beyond the physical world. "Through mediumship, through connecting with what you call the other side and then mediums have been able to bring through... direct evidence that can be validated. Even though (the) medium knows nothing about the person coming through. Their clients are able to validate evidence that we are so much more, that when we leave the physical earth that the entity continues and their personality continues. And they're able to prove without a shadow of a doubt that there is something beyond this lifetime."

ID12: Discarnate entities are described as spiritual beings influencing and guiding humans in various ways, depending on individuals' belief systems. For example, someone might feel influenced by angels, fairies, or even aliens, depending on their personal beliefs and resonances. "Each soul has a different understanding of how they are being reached. So if you have a background of an angel, you may be influenced by something that you would call an angel for your understanding of this grace. If you believe that you are being influenced by a fairy,... then those are the ones that would come to your mind's eye to bring forward events and situations and people that will help to support your process and to also interfere if you're in peril." It is suggested that these energies help with personal development, impart wisdom, and

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even intervene in moments of danger. These entities are portrayed as tirelessly working to provide enlightening cues, comfort during sorrow, and bouts of inspiration to help us get through our physical existence. The question of their success in moving human spirituality forward remained unanswered. Although it was noted that their work is subtle and often escapes the consciousness of the human mind.

ID13: The interviewee suggests that there are spirit guides who aid our evolution, preparing us for life's next vibrational frequency. The entities discussed include spirit guides, masters, teachers, and angels, purporting they support personal growth and raising the collective human conscience. Their presence is assumed to be contingent on our belief and openness to such guidance. In terms of their success, the answer suggests that it depends on our ability to trust and believe in higher intelligence, stating we have guides of varying forms assisting us. The second session validates the notion that our loved ones, who have passed on, work with us to heal ourselves and humanity on a larger scale. They stated, "I feel like there's a difference between the way our individual spirit guides and masters and teachers work versus our loved ones that are passed on and helping us. I think they help us in a different way. I think spirit guides want to help us to evolve and choose the right path and meet the right people when we're ready to move on to the next vibration in life. But our loved ones, they're basically here not to necessarily help us spiritually transform, but to give us trust that life doesn't end at the end of the physical life. I think that's their mission is to prove to us that they're loved ones here, that life does go on."

ID14: The interviewee asserted that several levels of entities or consciousness work closely with human beings to encourage spiritual development and enlightenment. The speaker

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identified these entities as a team that has assembled over time as one's spiritual journey progresses. They described the entities as those with diverse knowledge and experiences, with some identified as "spiritual elders." "There are different levels of entities or consciousness that draw close to work with us in the human form, to advance or develop spiritually, but also to help our consciousness to advance as well... And the helpers I referred to, would come in with different knowledge, different experiences." The speaker affirmed that the work of these entities has been successful, citing the evolution of mental mediumship over time due to the guidance of entities who have a greater wisdom and understanding than human beings. The entities are influencing people to begin their spiritual journey, with its spread across societies seen as evidence of their success.

ID18: The interviewee indicated that discarnate entities, or "masters of time and space," are guiding humanity towards a more evolved spiritual consciousness. These entities reportedly reach out to receptive individuals, who can consciously or unconsciously act upon these spiritual insights. While the rate of acceptance can vary, change only occurs when an individual is internally ready, "to a degree it's about the individual in a society that is aware that there is more to what they see. It's about what we know to be a fact from within and change comes only when we are ready." The influence of the guides is abstract and intangible, often perceived as feelings or impressions rather than concrete facts. Their purpose is to provide guidance and plant the seeds of spiritual growth. In addition, the interviewee shares that these entities have intervened at crucial historical junctures to prevent catastrophic events, suggesting the level of influence extends into the political and societal domains. Overall, these interventions seem successful enough to avert large-scale destruction, yet the entities emphasize that it is ultimately humanity's responsibility to seek spiritual growth and harmony.

Question 3: Are other discarnate entities working to hinder human spiritual development?

ID2: While there may be some entities that aim to disrupt spiritual growth, they ultimately fail against the vastness of the universe. These “negative” entities are described as a ‘shadow aspect.’ Earthbound spirits, another type of these entities, are described as ‘shape-shifters’ that move in and out of bodies, causing agitation and disruption. “I see them kind of moving through bodies just to find a place to land because they’re so lost, but it never satisfies so they keep going.” Still, the overall perspective is that these spirits contribute to the macrocosmic evolution of the universe despite their disruptive behavior. This perception of both the destructive and constructive nature of these entities emphasizes the balance of light and darkness in the universe. The picture painted is one of an ongoing cosmic evolution where both light and dark forces play crucial roles, affecting human spiritual growth through their influence.

ID4: The consensus across all sessions is there is no intent to either advance or impede human spiritual evolution. The interviewee describes these entities as aspects or different energies with no deliberate intention. It’s “kind of like just different energies doing their thing. And there’s no intent behind it... It’s just how it is. And then we interpret that in our human form because it creates pain or pleasure or whatever.” Earthbound spirits are seen as neither trying to improve nor exacerbate situations; their existence is neutral, described as “isness”, suggesting their existence is simply part of the natural state.

ID7: These entities, identified as lower energies or lower-level vibrations, are said to operate with a level of fear that consequently hinders spiritual evolution. They mainly work by exacerbating pre-existing fears in individuals or groups, often influencing the thoughts and actions of highly influential individuals, such as religious or political leaders. As stated in session

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2, “So one way that I was just shown is that. say they would give a message to leaders. Leaders of a religion and then the religious leader would announce it to the whole congregation. I was told this and this is the truth. And now you must all express it, and it’s fear based. Sharing fear.” The entity’s influence can also impact individuals in their dreams, whispering messages of fear and divisiveness.

ID9: It is suggested that such entities can attach themselves to humans, especially those in a mentally or emotionally vulnerable state, with the aim of causing harm, promoting fear, and controlling individuals or even entire systems. They term this process “training, testing, training, testing,” implying a cyclic pattern, and assert that it’s important to operate in love and light while confronting these lower vibrations. These dark forces are identified as varied and vast, from individual beings to broader systems affecting humanity. The interviewee discussed attempts to take advantage of fear-based systems in humans, enforcing lower, denser energies in individuals, manipulating energy on a larger scale, and even possessing individuals. “There’s everything from manipulating actual energy and creating an unstable environment, and an unstable climate, and an unstable way of sustaining life, to... controlling of individuals,... whether that be through belief systems, whether that be through secret organizations, whether that be through rituals, whether that be through conscious decision making on some human’s part, or unconscious decision making on some human’s part, and by that we mean there are entities that can very well attached to human beings.” The intention of these entities is to stay in control, making it difficult for individuals to break free from these lower energies and regain their inherent light.

ID10: Dark, evil entities are spoken of, as well as their roles in bringing darkness into the world. Also discussed is the belief that these entities attempt to suppress knowledge of the earth

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and the divine order to create fear and hatred, and to manipulate control over individuals. The various efforts made by these dark entities to sabotage or distort humans' spiritual evolution are detailed, including the propagation of fear, drugs, trafficking, and lower vibrational behaviors; "When they're energy is down, they can no longer connect with the God within." However, there's a theme of hope throughout the discussions that suggests the increasing power of light over darkness, "There's too much light on this world for the darkness to survive."

ID12: In three sessions, this interviewee clarified the misunderstanding of perceived negative entities and how they could potentially influence human spiritual development. They emphasized that these discarnate entities are not hindering but aiding in our journey. They act as catalysts for humans to learn, grow, and evolve, similar to how obstacles push us to strive harder. When humans experience hardships, we tend to blame external forces when, in reality, it is our own decisions and circumstances that lead to these difficulties. "When you have a rock in your shoe that continues to push you forward, is that something that's considered too evil? There are many today that believe that there are forces of other planets, energies in the universe that are continuing to work against us in this big concert play. Our team here does not feel that this is so. It is all working for the higher good. So... the negative winds are still the development of the course of the soul. So, we will always have a push, and a pull, and a sweet and a sour, and what we call it is all just knowing."

They also said that light energies are at work advancing human spiritual evolution; their actions, which seemingly impede human spiritual growth, are actually driving us to explore deeper meanings. For instance, spirits attached to an alcoholic person might be pushing them to overcome their addiction. The spirits intervene in ways that seem negative to us, such as acting

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as a deterrent. Paradoxically, the most significant learnings often come from the most challenging trials that we label as negative encounters. Therefore, the job of perceived negative entities essentially depends on how one interprets their actions and influence. Whatever is perceived as negative or positive is simply the limitation of humans' viewpoint and understanding.

ID13: The consensus was that negative forces typically associated with these entities are merely creations of the human mind or ego, fueled by fear and misconceptions. Such negativity, it was argued, does not exist in energetic realms, which operate at higher frequencies. It was further suggested that rather than cause harm, these entities enlighten and guide those ready to connect with Divine Realities, while those unprepared or unwilling to evolve spiritually continue reincarnating until they learn. Earthbound spirits, it was asserted, do not sabotage human evolution but, along with humans themselves, lift planetary vibrations and serve as caretakers of nature. Nevertheless, humans in ego-driven, imbalanced states can distort evolution, as they operate out of fear and insecurity. "What are we believing in? Because our thoughts and beliefs, our energy... We have to be able to have clear intentions and believe in more positive than the force of evil, so to speak, or negative energy. We have to lift ourselves beyond that, not let us let ourselves think to that level." The "darkness" or negative aspects experienced in the physical world thus arise from the living, not spirits.

ID14: The central idea is that while there may exist entities working against humanity's spiritual growth, such factors are of lesser power and significantly outnumbered by those working towards enlightenment and positive growth. This opposing dynamic between the forces of good and evil, light and dark, is said to be as old as time itself and constantly at play. While

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acknowledging the existence of entities that are perceived as ‘evil’ or ‘dark’, it is emphasized that most evil in the world is human-made, based on choices made by people exercising their free will. Interestingly, this evil or negativity is not necessarily attributed to outside influences or entities controlling human action, but rather to the person’s individual choices and desires for control, power, or materialistic pursuits. “Most of the negative or the evil in this world is conducted by humans, not by entities who are in control of humans. So they’re kind of saying that because we come with free will, then when you would think, for example, of Putin or Hitler was influenced by a negative entity, they would say no, you would have free will... They are saying... mankind creates evil.”

ID18: The interviewee suggests the presence of divisive and chaotic entities. These energies are not rooted in evil intentions, but rather a lack of awareness or understanding, and possibly a lack of evolution. These entities do not necessarily act as a deliberate hindrance to spiritual growth, but rather get caught up in their own cycles, creating a stagnation of soul progression and imparting an impact on balanced minds. These entities are perceived to be stuck in their negative thought patterns, processing past trauma, and unknowingly causing confusion and chaos, thereby affecting those who come within their sphere. A central theme revolved around the idea that these entities contribute to mental imbalance, causing disruptions and confusion, and ultimately putting a halt to peaceful co-existence.

Question 4: If there are groups of earthbound spirits or other entities both working for and against human spiritual development, which group is winning?

ID2: The first session describes earthbound spirits as lost and hungry, striving to inhabit human bodies to feel something. The speaker suggests we’re in a moment of transition, making

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us vulnerable to these energies, but emphasizes that the light is outpacing the darkness. “They’re saying spoiler alert. The light is going to succeed this time. But not without a fight.” She hints this is the third and possibly deciding round, noting the good force leads the way.

ID4: The medium did not address this question due to their previous responses.

ID7: The discourse seems to suggest a dynamic struggle between these entities, with some working for progress and others against it. In session one, the speaker indicates that forces working towards positivity and goodness are prevailing. They posit that a significant number of entities across various realms are undertaking assignments intended to foster our spiritual development. In session two, the speaker presents a more nuanced view, stating that the answer might depend on the perspective. They emphasize the importance of focusing on the positive, as it leads to an exponential proliferation of positivity. “Abundance and compassion are the two main ingredients for high vibration.” In the final session, the speaker reaffirms their belief in the triumph of the ‘positive helpers’. They maintain that while negative energy remains potent, its dense vibrational field limits its reach. “Because of the dense vibrational field that surrounds the negative energy, it doesn’t have very far to go in the lower level. We can go as high as we want to go. We can continue to expand.”

ID9: In session one, the interviewee emphasizes that a clear winner between these two sides is not known due to the complexity of the current earthly dynamics. They highlight that we are in an epoch of transformation. “This is the Age of Aquarius. There are energies that have shifted, there are portals that are opening, and there are opportunities energetically and astrologically that have never happened before. And so it would be bold for us to say that we have any comprehension of how this is going to end. What we know is that the light always wins

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and sometimes it takes some time.” They assert that it is crucial that individuals use their abilities for the highest good of all, as misuse can cause chaos. In session two, the speaker emphasizes the innate light within all beings, associating it with the inherent nature of love within humans. “It is not that it is the darkness winning, it is that people forget to return to love, and when they can do that, and when they can find the time in their own daily lives, in a moment’s notice, and be able to turn to gratitude, be able to turn to love, be able to turn to what’s good in their life as opposed to what’s bad in their life or in the world, that helps raise the vibration of the entire planet.” They propose that those siding with light and love are winning, as more people yearn for love and safety. In the third session, the speaker looks at the global state from a broader perspective. They suggest that the light is winning overall, despite pockets of dense darkness in some regions. “These parts of the world that seem very, very heavy, dark, and dense, will be lifted by the compassion, the kindness, love of others, and we are a long way off from that for humanity. But it is possible. It is possible.”

ID10: The recurring theme in each discussion is the assertion that the forces of good, represented by light beings and earthbound spirits working towards human spiritual growth, are winning over the negative, dark entities. The forces of good rely on prayer, meditation, grounding energy, and collectively increasing the vibrational frequency of the Earth to counteract and overcome the dark entities. Additionally, there is emphasis on the higher numbers of light beings compared to dark entities. As more light is shed on the latter, their ability to stay hidden and influence Earth’s energy and population diminishes. “Right now there’s a battle between good and evil. Good is winning. Evil has been around for many eons, but it was hidden. Now it’s starting to come out and people are seeing it. And they’re praying and praying, praying, and the

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light workers are meditating, grounding their energy and lifting the vibration of the earth. The good is winning.”

ID12: Medium unable to answer question due to the nature of their responses to Questions 1 and 2.

ID13: The emphasis is placed on the power of light over darkness. The belief was expressed that despite the negative influences, the goodness in the world outnumbers the evil. However, negative forces are noticed more easily due to the harm and violence they cause. The importance of personal development to elevate others to a higher consciousness was underlined. “Once the well of the spirit is filled, then the level of vibration will become higher. The level of consciousness will become higher and everything that we are doing to raise our own vibration is helping the mass consciousness raise their vibration.” It was remarked that humans often overlook their spiritual and mental selves, focusing on physical aspects and satisfying the ego. Furthermore, it was pointed out that fear-driven veneration of money is an ego issue as money is just another form of energy inconsequential to the spirit. The implication was that spiritual development is ongoing, marked by constant conflict, growth, and exploration. “It is not a competition of who will win. It is a constant struggle. And the struggles that we encounter help us to grow. The more that we can grow beyond our own individual struggles, the less power we give to the darkness of others’ egos and our own ego.”

ID14: The interviewee notes that this is not a question of winning or losing, as the impact of COVID-19 has driven spiritual awakenings in many but also led others to become more selfish and power-hungry, creating a divide among humanity. “Lots of people’s inner spirit was rekindled or they began to understand there was something much bigger than them. But on the

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flip side of that, there's a huge majority of people who have become more selfish, more inward looking, and certainly for pursuing their search for power." This divide is not new, as such periods of unrest have always existed. Despite this, the speaker feels that spirituality is growing stronger, with more followers seeking a deeper understanding of life. The speaker acknowledges the existence of individuals seeking darker forces, but asserts that those seeking the light remain larger in numbers. In some cases, practices labeled as "dark" are only misunderstood forms of light.

ID18: In the first session, the response highlighted high levels of chaos, erratic energy, constant movement and shifts, signifying a tumultuous situation. "They keep shifting stuff so, they show a high level of chaos right now and what we feel and struggles because they show going back and forth to right to left to me means like, very chaotic or a lot of energy that's very chaotic." The second session did not yield any response. In the third session, the interviewee mentioned that they see no specific entity or group triumphing. Instead, they described an observation of erratic, chaotic energy emanating from unbalanced spirits. They do not perceive any negative or positive preponderance, reinforcing the concept of a contest without defined victors but rather perpetuating chaos and imbalance.

Question 5: If helpful entities are winning, can you please help us understand why the history of humans on earth for the past 166 years has been filled with war and conflict?

ID2: The first session suggests that the frequency of these conflicts is due to a faster-than-normal soul turnaround on Earth, causing situations to intensify much quicker than they normally would. "They knew this would be a fast transition, fast transformation. And so because of this swifter soul turnaround, everything has been intensified. It's gone way quicker than it

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used to be, where things will kind of linger and last.” This swift transformation has been necessary to allow for rapid growth and evolution. The second session proposes that beings from various dimensions and star systems have been introduced to Earth, causing instability and conflict. Over the past 166 years, there was a major shift, and these beings had to decide whether they would live in harmony with Earth or continue in an unconscious manner. The conflict was a consequence of this choice to stay unconscious and resistant, and it forced individuals to make quicker decisions about their priorities. “The fighting has really been about whether they’re going to move to a higher consciousness or stay where they’re at and follow what’s going on, and it’s been a soul war, even though so many of those wars they’ve played out in physical form.” The third session explains war and suffering as a method of energizing expansion into the light from a state of depletion. The conflict became a way for humans to understand and experience their own power and refine their identities. “We have to play with that dark to understand the light, and we have to play with the light to understand the dark. So it’s been, what I’m hearing, like a contained environment, just to work out and harness our own personal refinements and our refinement as a collective as well.”

ID4: This interviewee twice leaves the question unanswered. However, in the second session, they indicate that the focus on conflict is a human perspective. They posit that focusing on conflict is specific to human beings and not inherently a part of the natural world or consciousness itself. “That’s only a human thing. Like the trees aren’t focusing that way, it’s literally only a human thing.”

ID7: The first perspective offered indicated that humans’ free will and different levels of spiritual growth play significant parts. Evolution and enlightenment are slow processes that

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occur at varied rates across individuals. Some individuals adopt low vibrational roles, such as mundane jobs, allowing others to elevate collectively. The second viewpoint describes that wars have existed for more than 166 years and serve a purpose, “I’m being shown it almost looks like those wars were almost like experiments to separate the good and not good people.” They argue that focusing on the helpers instead of the war itself may provide a more positive perspective. The final perspective argues that the notion of constant war and conflict is exaggerated. They propose that the cyclical nature of war and peace is due to a lag in the collective catching up with technological advancements. They warn against the unchecked development of potentially harmful technologies, like AI, which could be exploited for negative purposes. “Can we use AI for positive? Yeah. Because that’s going to be the biggest next bit of technology that is going to cause the other side (negative) to get ahead. And we are going to have to catch up and push beyond it.”

ID9: In Session 1, the question is answered by attributing this strife primarily to fear and the tendency of humans to prioritize selfish aims over love. “We will always go back to fear as being the root because we very much believe... that there are only really two emotions, love and fear, and everything stems from one of those. And so, love is the way through all of this and it is so simple to say and yet not easy. Love is the only way to prevail.” The earth is said to be on an unsustainable path, leading to environmental disasters. A deviation from love leads to a deviation from harmony, and this disharmony not only impacts human relationships but also human relationships with the earth. In Session 3, war and conflicts are attributed to greed, control and manipulation through religion, and devaluation of other people’s rights and lives. “There is the lack consciousness of we don’t have enough so we’re going to continue to take take, take, take, take. That is one of the worst things that’s happening on the planet since the beginning of time.”

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Unless every human brings a significant change in their consciousness to prioritize love, peace, and environmental sustainability, peace on earth will remain an elusive dream, despite the hopes for such a future.

ID10: The respondent attributes this to manipulation by those in power who aim to divide and rule through fear, control, and chaos. According to the interviewee, greed and the desire for money are also prevalent motivators, suggesting that those in power exploit these disruptive conditions for financial gain. Further, it's stated that those in positions of authority deliberately stoke fear and discord to restrain the masses and retain their own advantage. The conversation emphasizes that this control tactic will not succeed as human unity will inevitably prevail. "Money, fear control. That is their agenda, that's why there's so much chaos because they want total control over all people on earth but they won't do it. It won't happen. They keep trying. They're trying right now. It's not going to work. It won't work." The argument presented suggests that division and strife are strategic tools used by dominant forces to retain power and control over the masses.

ID12: Interviewee unable to answer question due to the nature of their responses to Questions 1 and 2.

ID13: The interviewee indicated that the journey of life is a constant struggle between positive and negative forces, with people oscillating between the two. During this transformational journey, light always triumphs eventually, despite phases of darkness, as seen in the oscillation of wars. "We may be going through dark times now with wars still. And we will still have wars because they'll always be those of the darker energies that have egos that the light cannot penetrate in this lifetime." In the context of human evolution, it was clarified that

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struggles, suffering, and negative emotions were vital components of growth. Experiencing these negative aspects heightens individuals' appreciation of peace and love, impelling them toward a higher plane of existence. "One must learn what suffering, hatred, and all the negative emotions feel like to truly understand peace and love... and to work towards achieving that vibration, individually and collectively." Wars would repeat over cycles of existence as entities struggled to open fully to the ideals of light and self-understanding. Each entity must discover its path, and only then could a halt to conflicts and wars be envisaged. "We can work with you, but you must be ready. You must be ready to let go of false beliefs and false idols."

ID14: The answer hinges on the nature of human free will, where humans sometimes choose conflict, control over others, and exertion of power, driving war and conflict throughout history. There are negative and positive sides within each individual, and people will generally group themselves based on these tendencies. This results in a constant struggle between these groups. "We can take that free will to better ourselves, to be kind, to look after, to work to know more about why we are here, this journey. But there are many people who will also want to know the negative aspects, or use negative aspects in order to control or make the people who work with the light or the spiritual people more submissive." These actions can also spiral into larger conflicts, including wars. The discussion suggests that the solution to this issue lies in expanding and strengthening spiritual understanding. "It's about expanding, developing, and strengthening spirituality so that it can eventually spread out to become much bigger, much stronger, and much more forceful. And then that negative approach will diminish through the growth of spirituality, which is in progress at the moment." Also highlighted is the need for empathy, understanding, and learning from past conflicts to tip the balance towards positivity.

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ID18: The interviewee suggests that conflicts and wars feed off of themselves. They conceptualize humanity as being divided into two groups: those driven by positive intentions and those torn apart by continuous conflict. The party prone to conflict, as per their description, aligns with chaos and feeds off it. “Like they feed off of that energy, they feed off of that conflict, they feed off of everything that comes up that, there feels like it’s out of control or no control.” Meanwhile, the more balanced and focused characters desire alignment, balance, and direction. The respondent also brings attention to the potential for destruction facilitated by advanced weaponry. They indicate that those seeking good have often made tools that, when in different hands, can cause havoc. Furthermore, they emphasize conflicts seemingly repeating themselves, driven by individuals with similar volatile energies, primarily in larger geopolitical powers like Russia, China, and North Korea. They predict that the turmoil will continue until those individuals are replaced or wiped out. “Until those people that are wiped out or have that kind of chaotic energy are replaced, it’s like it keeps repeating.” There are no responses recorded for sessions two and three.

Question 6: Are humans at risk of self-inflicted extinction?

ID2: The prediction is that a portion of the population, a quarter to about half, will bring about their own extinction over the next three to five years due to a mindset that listens to external authoritative influences rather than their own internal guidance system. The interviewee suggests that every human has free will and some souls are just not ready to make the choices needed for survival. The forces from the other side are providing the tools for survival, but it’s up to each individual to grab and use these tools. This self-inflicted extinction is not something to be prevented as it is instrumental for soul growth and eventually, a form of cosmic awakening.

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The speaker also predicted that some locations on earth would suffer a form of extinction due to natural and man-made disasters. “I’m hearing three main locations. One of it feels like eruptive, so it feels very much... like volcanic, looks like eruptive in this way... So the second one feels, I’m actually seeing like a mushroom cloud. And I asked if this was an old mushroom cloud or a new one. And I’m hearing new,... and it also feels below the equator. And the third one I’m seeing feels like it looks like from what would be like outer space, or from the heavens.” They stress the importance for humans to stay mindful and alert, building on and trusting oneself instead of external influences.

ID4: The speaker believes this risk exists due to humanity’s propensity towards destruction. The extinction, in their perspective, is determined by our interpretation of events, rather than the events themselves. They suggested that humans possess the power to prevent their own extinction, but whether this is realized depends on our outlook. If we persist in seeing extinction as preventable, we can avert it. If we choose not to act to prevent it, then we won’t. The ‘four-year mark’ is repeatedly mentioned and interpreted as a significant shift rather than an obliteration. The speaker concludes by urging a change in perspective, advocating for simply witnessing the changes rather than viewing them as good or bad. The ‘forces on the Other Side’ are seen as maintaining neutrality, with the speaker suggesting that evolution should be allowed to progress naturally.

ID7: The speaker suggests that a scenario of total human extinction is unlikely, but afflictions affecting larger segments of the population, driven by factors both human-caused and nature-related, are probable. “What I’m being told is, look at how past groups have become extinct. Many were because of like volcanoes or fire or weather-related. It’s some of this is

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coming back into cycle. Also because humans are not keeping the water clean.” Although the speaker mentions the year 2030, they note that these events have been and continue to happen. The speaker pessimistically adds that such catastrophe can no longer be prevented. An interesting point raised is the intervention of unseen forces or aliens trying to aid humans, but their message seems largely ignored. “Aliens that live among us have been trying to intervene and help and we’re just still listening to the wrong message. It’s not preventable.” Regarding self-will and ego, these are considered principal factors pushing humanity towards partial extinction, either through wars or negligence towards the planet leading to scarcity and conflict over resources. “One thing that makes us human is self-will. We get to decide what we want to do. We get to decide whether we can cause pain or be of help. So self-will. Because we have self-will and if there’s ego involved,... We can extinct someone or a group of people. Whether it’s through war and fighting or whether it is through not taking care of the planet, and then, again, lack and scarcity come up. And people are fighting over that. Fighting over resources. So, yes, we are at risk but it does not look like total extinction.” The speaker urges collaboration, compassion, and a proactive approach to survival based on helping others. The speaker predicts a shift back to basics and a trade-based society, insinuating a scenario void of money and possibly technology.

ID9: The consensus is that humans are indeed at risk, with potential causes including greed, environmental disregard, war, and advancements in artificial intelligence. However, there is no certainty over a timeline for this extinction. Humanity’s current behaviors, such as unsustainable consumption, are equated to progressively pushing ourselves towards extinction. A shift in behaviors through self-awareness, emotional regulation, and personal responsibility is proposed as the key to prevention. “We don’t see, as some do, that there is an end of the world

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coming. What we believe is that we are shifting to what many talk about as five-D, a higher dimension of reality. A lower dimension, the 3d world that most live in, is a very dense, dense place. The more that individuals shift over into a five-D experience, they cannot help but change their ways. They become closer to nature, they become more aware of every living being being an extension of consciousness.” The role of AI is regarded as uncertain, as it has potential for both benefits and risks. “As technology increases, we see many good things and yet we also say it will be very interesting to see how this plays out when it comes to the artificial intelligence because we do believe that that intelligence is just that. It is energy. It is playing off of energy and all things are possible... We do not think that the world will self-destruct because of this, but we believe that humans may allow that to happen.”

ID10: The conclusion uniformly reached is that humans will not become extinct, with assistance coming from extraterrestrial beings and other planets. Despite attempts by certain entities to alter human DNA, these were slated to fail with the ‘mass awakening’ of people. “Human beings are getting a lot of help from other worlds, other planets, other ETs are giving help. Although there are those that want to change the DNA structure of a human being by implanting things within the body. But they will not succeed. They will keep trying, though, and they will keep trying and trying, they will not totally succeed. It will end up failing when the masses wake up.” The session also emphasized the importance of raising personal vibration through connection with light, gratitude, and love, which, in turn, would attract positivity. Humans are said to be safe from self-extinction due to an interplay of different factors, from positive vibration to extraterrestrial assistance to the power of truth. The latter will ensure that negative attempts at extinction, control, or alterations of the natural human state do not succeed. However, it was also noted that some purging will be required to rid the earth of existing

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negativity. “So intergalactic beings will keep an eye on things that are supposed to happen. Some things need to happen in order to purge Mother Earth of the negativity. Although these beings can help so that the truth is shared by many. And many who would not normally talk in front of people will be used by the intergalactic beings to voice truth. There’ll be too many people speaking the truth in order for something really bad for us to happen.”

ID12: Interviewee unable to answer question due to the nature of their responses to Questions 1 and 2.

ID13: The interviewee highlights the threat posed by mankind to its own existence due to climate change and destructive actions like war. Human short-sightedness and abuse of the Earth, particularly driven by people’s inability to let go of ego, anger, and destructive behaviors, primarily cause this looming threat. “Your human time, your system, will show how history repeats itself. That wars will continue where there is the absence of the light. It is not until all souls allow themselves to be open to the light, to be open to the truths. War will continue to persist, but our Earth, our planet will be the most to suffer. And man will be left suffering on a planet that can no longer sustain the life of humanity.” Responses suggest that the effects of this slow decay may not be fully felt for another 50 to 100 years, mainly impacting future generations. To prevent extinction, humans must shift from ego-driven actions and destructive behaviors to empathy and compassion. While divine realms and guides are concerned about Earth’s fate, they aren’t causing destruction but assisting with human evolution. “Humans are a very intelligent species. Not only can they use their intelligence, they can use their light to help them to heal. They can use their intuition. They can tap into the realms for additional help. Help from those who have been here. Those who have ruled before, those who have the answers in

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science and in mathematics. But we must believe and we must trust.” There’s an insistence that it’s up to humanity to cease its destructive tendencies, although higher beings can provide insights to save ourselves.

ID14: The interviewee indicated that humans will not reach extinction, arguing that life offers multiple opportunities for learning and growth. “What they don’t learn in this life then they will begin to learn when they go back. And when they come back to do this earthly life again, they will have another opportunity to learn again.” The next session, however, suggests humans are indeed at risk of self-inflicted extinction, attributing this to increases in self-destruction and lack of empathy. Additionally, this respondent identifies negative internal talk as the main cause, arguing that prevailing fear greatly influences human actions. “If we use our collective understanding and knowledge now to take the human race forward, there are enough people to change the course of this planet, to take you forward in a more nurturing and healthy way than we have been doing in the past... They are not giving me any information about we’re heading for extinction. But I know that the fear of extinction and the end of the world is used a lot in religion to frighten people, to terrorize people, and to control people.” The third session reflects a similar perspective on the risk of extinction, arguing that humans have collectively brought themselves to the current state. Although it is accepted that humans are already causing significant damage to the planet, the belief is that we can reverse this trend by relearning how to operate as human beings, raising awareness, and working collectively. The deep-seated belief underlying all responses is the necessity of collective effort and the ‘power of one’ to alter humanity’s course. “What I feel is coming through here is the power of one. It just takes one human, it just takes one person to help another person to see and understand the issue or the main issue or the things that we face at the moment.”

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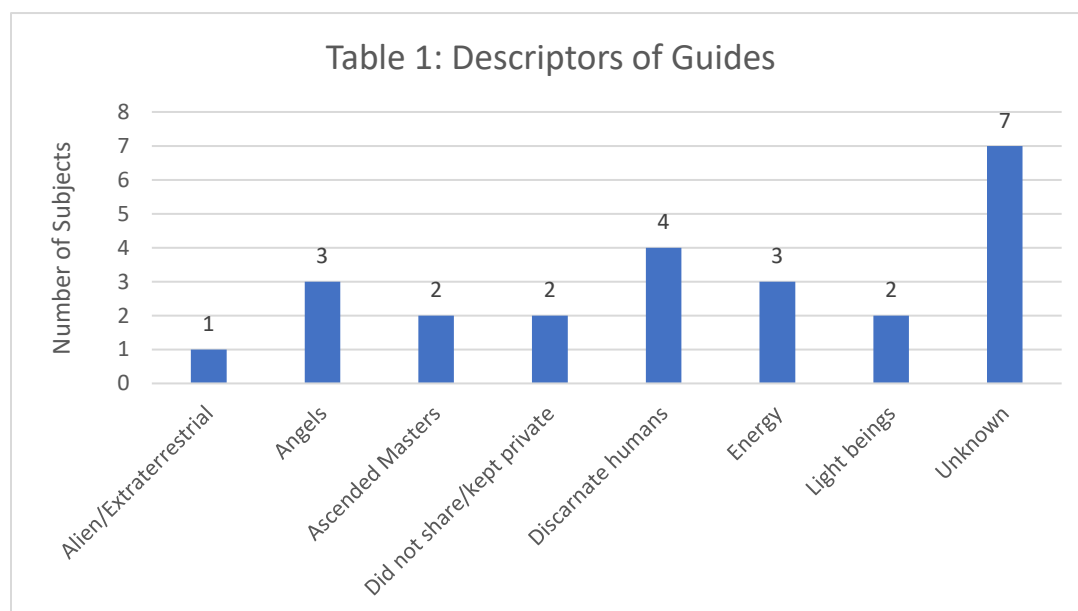
ID18: There is a sense that humans may destroy themselves due to imbalances. “They keep wanting me to go back to mental illness, the wiring of the brain, that disconnection with energy. I feel like all of this causes such a disruption that things shut down and people go off on a path or a tangent of not rational thinking.” These imbalances, along with the effects of power and corruption in leadership roles can lead to war, loss of life, and destruction. The environmental implications of human activities, including the destruction of forests and pollution, are also highlighted. Possible ways to counteract these risks include focusing inner peace, nurturing and propagating positive energy, focusing on environmental protection, and maintaining mental stability. The concept of external forces or entities actively working to prevent human extinction is met with ambivalence, suggesting that while these forces may exist and provide guidance, it ultimately falls to humans themselves to act and prevent their potential self-destruction. “The possibility is there to turn things around or to be able to go through with nurture, and I just feel like it’s not allowed to, it’s like they put up a wall like you can’t get through that wall. And then I think it’s for us to further look at what do you do when you can’t get past that wall and how do you turn that around? How do you look at that to say,... how do we help the people that are being held within that place by someone who feeds, or loves to see destruction? And yet, those people aren’t about destruction. They just happen to be in a circumstance surrounded by that it’s all about that energy that comes from... I just keep seeing the mental deficit. So I think it’s about a place of not having that balance from within but also being in these places where one resides, that’s really chaotic.”

Phase 2 Between Subject Analysis (n=9)

The summaries presented below represent combined responses for all answers by the nine mediums in Phase 2.

Question 1: Are you in contact with a specific entity or group of entities? Do they have a name or how would you describe this entity?

The interviewees all describe unique experiences with spiritual entities, with some common themes. Eight interviewees describe interacting with specific entities or groups of entities, occasionally with distinct names. ID2 specifically mentioned contact with Black Elk as well as a guide she referred to as Benedict. ID9 indicated that she primarily works through a guide she calls Adrianna, although she also connects to a collective of 24 guides. Six interviewees reported contact with groups or collectives of entities or energies. Table 1 displays the various descriptors used by the interviewees when describing their contacts on the “Other Side.”



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Note: Many of the mediums reported contact with more than one entity, resulting in a total number of descriptors larger than the number of study participants.

Whether perceived as groups or individuals, these entities were associated with guidance, healing, or providing knowledge. ID14 described it this way, “The question is put to the team and the entity or the discarnate soul comes forward that’s best equipped or would want to provide an answer. Some of them would be people who have touched the earth, but most of the people that I would be in contact with would be ascended beings, who wouldn’t necessarily have spent any time on Earth.” Interviewees 12 and 14, on the other hand, describe their experiences more in terms of energy or vibrations, rather than specific entities. For example, ID12 stated, “I feel that I’m with my team here. They are my beloveds, but they are energetically sound in various degrees to what it is that I need at the time. Masters. Energies from what I don’t know.” ID 14 described their guides as “an energy that contains many energies. It’s multiple energies. All coming together as one. And it’s definitely not a specific person or a person that’s passed to the spirit world.” The interviewees perceive themselves as vessels or channels for these energies, which can vary in nature and intensity. ID 12 said, “I feel like I call on my energetic team. Without being specific at the moment, I know that certain groups will respond in different environments. So in general, I just feel like I’m opening myself up to understanding that the energies are present. And I’m not specific about which energies I’m working with until I understand the process of where we’re going.” Interviewee 13 also mentions sensing energies, but they also see a figure of a man, suggesting a more personal connection. “I actually saw a figure of a gentleman, almost looked like somebody with a very long beard, almost like a wizard but it wasn’t a wizard, but they’re wearing a long white robe. I felt definitely like an Ascended Master, teacher, guide. I felt very connected.” ID18 describes communicating with different

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types of entities, some of which provide scientific information, while others assist in personal work. She stated, “They basically come through as scientists and that’s when I utilize them and then when I do my regular reads for people, that’s when I use my other part of my group that will come through, that give them information that I have more of a personal connection with them.” The entities are often described as benevolent, and the interactions are generally perceived as positive and enlightening. However, the experiences vary greatly in their specifics, reflecting the individual nature of these spiritual encounters.

Question 2: Are discarnate entities working to help advance human spirituality?

Eight of 9 respondents agreed that these entities, which include spirit guides, ascended masters, angels, and beings from other planets, are working to raise the earth’s frequency and aid humanity in realizing their capacity beyond bodily existence. ID4, the only interviewee with a different perspective, indicated that these energies are neutral and occupy a role as “observer.” Exemplifying the dominant view, ID10, speaking for their guides, stated: “We are multi-dimensional beings with one purpose, to enlighten. To enlighten the world, to work through human beings to lift the frequency of the earth and to help human beings realize that they are more than the body. They are more than frequency. They are so much more.” The entities’ work is described as a continual process of learning and adjustment, likened to teaching a child to ride a bike or tending a garden. They are not there to ‘save’ humans, but to subtly guide when needed. ID2 stated, “These higher discarnate beings come to assist those that are really in their element, in their capacity, in their readiness, like they’ve proven that they’ve shown up.” ID12 stated, “We work tirelessly to support, to put things in the path, to help you become excited

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about something, to illuminate you to a new way, to help you through the sadness and the sorrows of what you feel are so important to you in that moment.”

The entities’ success in advancing human spirituality is evidenced in various ways. Some interviewees pointed to societal changes, such as the emerging understanding of pyramids as ‘charging stations’, the resurfacing of esoteric books, the increasing number of mediums, interest and the influence on gender norms. ID 7 stated, “They’re giving ideas to artists and designers, like clothing designers, to normalize gender neutral clothing. So we can just start to normalize gender.” Others mentioned the increasing acceptance of channeling and communicating with the divine, and the growing number of people connecting to source, God, or angels. ID 9 said, “It ranges from God Almighty, to the archangels, to ascended masters, to those of us who are in the etheric realm to those who are in the angelic realm, to those that are off planet... There are many beings, whether they are incarnate or disincarnate, that are here right now to help evolve and this is really about evolution.”

However, the entities’ work is not without challenges. Some interviewees noted that their influence can be abstract and intangible, often perceived as feelings or impressions rather than concrete facts. ID 18 shared, “But that’s what they just keep showing is that feeling of helping to guide. It’s like the science of the unseen.” Others pointed out that not everyone is open to these concepts due to fear. Despite these challenges, the entities continue their work, with the hope that more people will embrace their light, shed their ego, and uplift themselves into higher vibrational realms. ID 13 stated, “when people are open to the higher consciousness, they allow the doors to open to receive guidance from spirit guides, masters, and teachers who are here to help us to evolve on individual level in order to raise the vibration of the mass consciousness.”

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In conclusion, the majority of interviewees believe that discarnate entities are playing a crucial role in advancing human spirituality. Their work is subtle, ongoing, and dependent on individuals' openness and willingness to accept their guidance. Despite the challenges, there are signs of progress, and the entities remain hopeful for the future.

Question 3: Are other discarnate entities working to hinder human spiritual development?

While some interviewees perceive these entities as destructive forces that hinder spiritual growth (n = 3), others view them as neutral (n = 4) or even beneficial (n = 2). ID2, for instance, sees these entities as necessary for universal growth, while ID4 perceives them as neutral forces with no deliberate intention, stating "Discarnate beings are here in the world and the globe and the universe. And there's no agenda to make anything more (or less) evolved." ID7, however, views these entities as fear-inducing forces that can influence individuals and groups negatively, stating "It's almost like the incarnates on both sides are bosses, and when you have one that's negative, they want you to do the dirty work for them." ID9 suggests that these entities can attach themselves to vulnerable individuals, promoting fear and control: "There are entities that are attracted to people that are in a vulnerable state. There are entities that are attracted to depression, to substance abuse, to all of the weaknesses that humans can tend to embrace sometimes." ID10 discusses the existence of both dark and light entities, with the latter working to cleanse the earth of negativity. "There's too much light on this world for the darkness to survive. The darkness will not survive. It is dissipated. It is going. They will always try. But the light will win. But the darkness will continue to be there but on a much lower level than ever before." ID12 offers a different perspective, suggesting that these entities are not hindrances but

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catalysts for human growth and evolution. They stated, “Many today believe that there are forces of other planets, energies in the universe that are continuing to work against us in this big concert play. Our team here does not feel that this is so. It is all working for the higher good.” ID13 argues that negative forces associated with these entities are creations of the human mind, “I don’t feel that there’s evil entities that exist that are here to sabotage anybody or cause anybody harm. I think that’s created in the mind of a physical human being”, while ID14 emphasizes that most evil in the world is human-made. “Most of the negative or the evil in this world is conducted by humans, not by entities who are in control of humans. They are saying all evil is mankind, mankind create evil.” ID18 suggests that these entities contribute to mental imbalance and disruptions, affecting peaceful co-existence. “That is not peaceful, that has a place where I just keep seeing the mental deficit. So I think it’s about a place of not having that balance from within but also being in these places where one resides, that’s really chaotic.”

Overall, the interviews suggest a range of perspectives on the role of discarnate entities in human spiritual development, from destructive to neutral to beneficial.

Question 4: If there are groups of earthbound spirits or other entities both working for and against human spiritual development, which group is winning?

Seven of 9 interviewees asserted that the positive forces are prevailing. Interviewees 2 and 7 attribute this to the expansion of positive energy and the limitations of negative energy. For example, ID7 stated, “If you focus on positive, more positive comes, and it grows exponentially. Positive is easier to build than the negative.” ID9 and ID10 emphasized the importance of individual actions and collective efforts in promoting light and love. For example, ID9 stated, “It is not that it is the darkness winning, it is that people forget to return to love, and

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when they can do that, and when they can find the time in their own daily lives and be able to turn to gratitude, be able to turn to love, be able to turn to what's good in their life as opposed to what's bad in their life or in the world, that helps raise the vibration of the entire planet.”

Interviewees 13 and 14, however, reframed the discussion, suggesting that the struggle is not about winning but about growth and understanding. They emphasized the importance of personal development and the role of free will in spiritual evolution. ID13 stated, “Is not a competition of who will win. It is a constant struggle. And the struggles that we encounter help us to grow. The more that we can grow beyond our own individual struggles, the less power we give to the darkness of others' egos and our own ego.”

Interviewee 18 differed from the others by focusing on the chaotic and imbalanced state of the spiritual realm, suggesting that no specific entity or group is triumphing. They perceive a state of flux, with no clear victor but rather ongoing chaos and imbalance. They stated, “They show a high level of chaos right now and what we feel and struggles because they show going back and forth to right to left to me means like, a lot of energy that's very chaotic.” Two interviewees (4 and 12) were not able to successfully answer the question due to their understanding that negative forces are neutral and consequently, it was inappropriate to think in terms of conflict. Overall, the consensus among the interviewees is that positive forces are prevailing, but the journey towards spiritual development is complex and ongoing, requiring individual growth, collective efforts, and a deeper understanding of the spiritual realm.

Question 5: If helpful entities are winning, can you please help us understand why the history of humans on earth for the past 166 years has been filled with war and conflict?

Eight of the 9 mediums responded clearly to this prompt, providing diverse perspectives. Some common themes included the role of human free will, the influence of power and control, and the struggle between light and dark forces. ID2 suggests that the frequency of conflicts is due to a faster-than-normal soul turnaround on Earth, causing situations to intensify much quicker than they normally would. “They knew this would be a fast transition, fast transformation. And so because of this swifter soul turnaround, everything has been intensified. So I’m hearing that war is because Earth has been such a fast transformative, transformative space.”

ID4, however, argues that the focus on conflict is a human perspective, “that felt almost like a human reaction personality thing... It’s always been this way. It’s just now that’s all you talk about.”

ID7 suggests that humans’ free will and different levels of spiritual growth play significant parts in the prevalence of conflict. They also argue that wars often act as situations to identify helpers and the hurt among humans. “It’s like to show you who the helpers are. Who is hurting and who is helping. Sometimes we won’t (see this),... unless there’s catastrophe, war, pain. Often, the focus goes on the negative rather than who’s helping... It’s like the wars are necessary for the helpers evolvment.” Interviewees 9 and 10 nine attributes the strife primarily to fear and the tendency of humans to prioritize selfish aims over love. ID 10 states, “the more those who consider themselves on top or high up, the more they work to control the world by manipulation, control, fear. And in order to stay on top, they needed to keep the masses in fear.

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Take their power away. The way to take their power away is to divide them. When you bring masses together as one, as unity, as love, they have power.” Interviewee 13 discusses the concept of a battle between light and darkness, with people oscillating between the two, often landing somewhere between: “It’s a constant battle of the light, the dark and also the gray... Not everybody is in total black or total white. There’s gray areas where people are making shifts, and as time moves on, the shifts will be even greater and greater, that the light will always succeed.”

Interviewee 14 suggests that the nature of human free will, where humans sometimes choose conflict, control over others, and exertion of power, drives war and conflict throughout history. They stated, “It all comes down to we have free will. We can take that free will to better ourselves, to be kind, to look after, to work to know more about why we are here, this journey. But there are many people who will also want to know the negative aspects, or use negative aspects in order to control or make the people who work with the light or the spiritual people more submissive.”

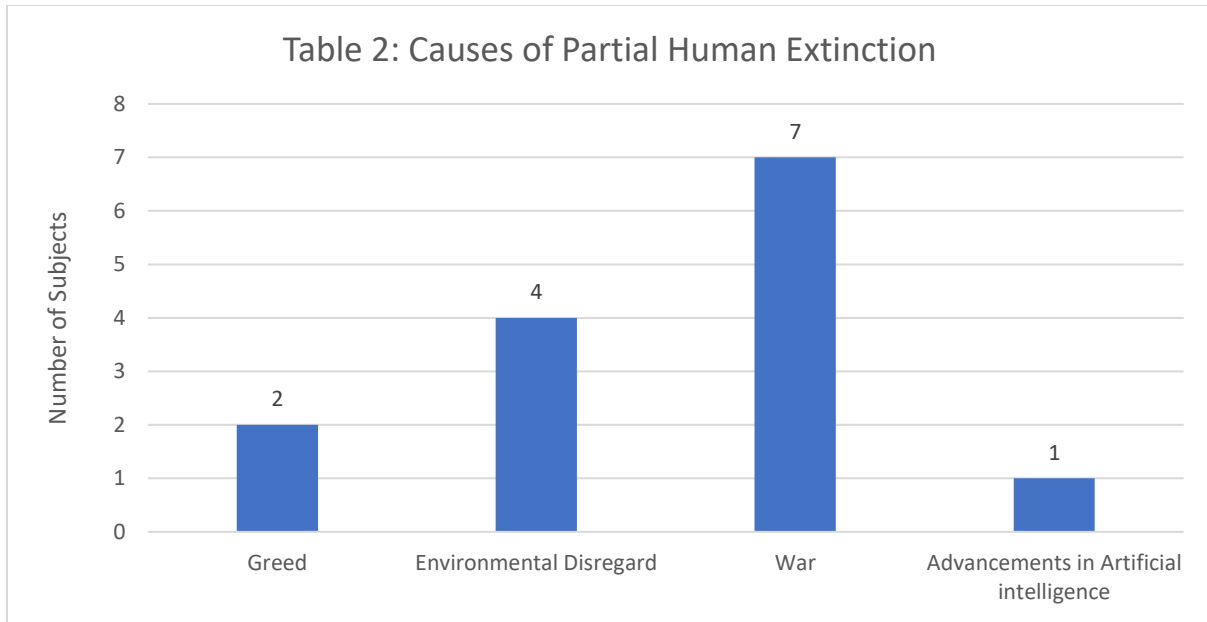
Finally, Interviewee 18 suggests that such occurrences feed off of themselves, with humanity being divided into two groups: those driven by positive intentions and those torn apart by continuous conflict. They stated, “War and conflicts focus on human destruction overall, and it’s almost like the feeling of wearing things down or wearing people down with the focus of everything being very, very off.”

In summary, the interviewees suggest that the prevalence of war and conflict over the past 166 years is complex and due to a combination of factors, including human free will, the influence of power and control, and the struggle between light and dark forces.

Question 6: Are humans at risk of self-inflicted extinction?

There were varying perspectives on the likelihood, causes, and potential prevention of human extinction. Some interviewees, such as ID2, suggested that a portion of the population might bring about their own extinction due to a mindset that listens to external authoritative influences rather than their own internal guidance system. They state, “There have been choices given and the souls knew exactly where to make these choices. And so...that is part of that extinction.... It’s not like anybody could save them per se because their soul needs to continue learning from a karmic perspective or...experiencing. Maybe like it’s...a quarter of the planet. They’re the ones who are going to extinguish themselves.”

Others, like ID4, believed that the risk of extinction is determined by our interpretation of events, rather than the events themselves: “Totally possible and probable, probable because we’re choosing that aspect and choosing is my word. We’re paying attention to that aspect, focusing.” A common theme across the interviews was the role of human behavior and mindset in driving potential extinction. Factors such as greed, environmental disregard, war, and advancements in artificial intelligence were mentioned. Table 2 displays a breakdown of the causes of a partial human extinction as reported by the interviewees.



Note: Many of the mediums reported more than one potential cause of human extinction, resulting in a total number of descriptors larger than the number of study participants.

For example, ID7 stated, “One thing that makes us human is self-will. We get to decide what we want to do. We get to decide whether we can cause pain or be of help. Because we have self-will and if there’s ego involved, then we are at risk. Again, it doesn’t look like whole extinction. We can extinct someone or a group of people. Whether it’s through war and fighting or whether it is through not taking care of the planet, and then, again, lack and scarcity come up. And people are fighting over resources.”

The importance of shifting behaviors through self-awareness, emotional regulation, and personal responsibility was emphasized as keys to prevention. For example, ID13, stated, “The world is slowly decaying. The source, our life source is decaying. What sustains us is decaying. And it’s our responsibility to take care of what gives us life, of Mother Earth, of Gaia.”

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The potential role of external forces or entities in preventing human extinction was also discussed, with some interviewees suggesting that these forces may provide guidance or assistance. For example, ID10 stated, “Human beings are getting a lot of help from other worlds, other planets, other ETs are giving help.” While several of the mediums indicated that humans were receiving either direct or indirect assistance from the “Other Side” to prevent extinction, all interviewees reported that it ultimately falls to humans themselves to act and prevent potential self-destruction.

Several interviewees also highlighted the importance of collective effort and the “power of one” in altering humanity’s course. ID 14 states, “They would always say remember the power of one. Remember the power of one, we can’t change the world in a day. We can’t change the world in a year. We have the power to help to raise awareness within others.” They suggested strategies such as focusing on inner peace, nurturing and propagating positive energy, focusing on environmental protection, and maintaining mental stability. ID 10 states, “When you raise the vibration you will attract things that are positive, that are good, that are that are your best.”

To summarize, while the interviewees had different views on the likelihood and causes of self-inflicted human extinction, they agreed on the importance of human action and mindset in preventing this potential outcome.

Discussion

This study utilized several novel approaches to examining information received from discarnate entities through talented mediums. First, it utilized a repeated measures design, allowing mediums three separate opportunities to address the same questions. This approach

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seemed important to a) reduce any pressure felt by the medium to “connect deeply,” recognizing that some sessions/days may be better than others and b) to have multiple opportunities to clarify and refine the information received. Second, the questions used in this study were consistent for every reading and every medium, allowing the opportunity to compare within and between medium responses for consistent themes. Third, utilizing natural language processing to analyze the qualitative responses reduces the likelihood of human error and researcher bias.

While some of the mediums consistently connected with the same entities during each reading, other mediums described receiving information from a variety of sources or a “team” of entities. In many instances where multiple sources were contacted, the medium indicated that this was a way to clarify the original messages brought through. This suggests that a) different disembodied entities may have different perspectives and/or access to different types or levels of information, and b) mediums may benefit from multiple opportunities to explore specific questions. This second point is highlighted by the fact that several mediums noted that they received information about the questions between readings, as if they were continuing to explore the questions outside of the formal sessions. Regardless of the source of information, the mediums in this study showed a consistent point of view across the three readings, often with increasing levels of clarification or refinement.

While it is interesting and instructive to examine the specific content of each medium individually, the primary purpose of this study was to examine consistencies and inconsistencies amongst the mediums. In general, there seemed to be a consensus about many of the questions at a high level of analysis with somewhat differing information at a more granular level of analysis. For example, nearly all of the mediums indicated that there are “guides” or “energies” on the “Other Side” attempting to help humans in their spiritual development. However, the specifics

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offered within each of these answers varied to some degree. For example, while some mediums described the presence of guides or entities that will directly intervene in human affairs, most of the mediums described the “other worldly” influence as something more subtle, providing humans with inspiration while respecting their free will.

With regard to “evidence” that the “Other Side” is, in fact, helping advance human spirituality, several of the mediums cited an increasing cultural acceptance of spiritual concepts, such as life after death and reincarnation. They also cited the increasing number of channelers sharing messages from helpful discarnate entities.

There seemed to be an agreement that “light forces” are winning over the “darker forces,” although this response was somewhat complicated by the fact that several mediums refuted the idea that there are forces working against humans. More specifically, several mediums suggested that notions of “good” or “bad,” are simply human constructs and that all of the energy of the Universe is moving us toward our evolution. Other mediums acknowledged the presence of negative forces that are actively attempting to impede human spiritual development. These perspectives seemed to indicate a drive by these forces to increase human fear. It is possible that some of the mediums in the study were “tuning in” to different layers of a spiritual dimension. This might account for different perspectives on the question. For example, from a very high level perspective, everything is simply energy, changing and shifting in a cosmic dance. In that context, good/bad, positive/negative, yin/yang are simply different energies interacting with each other, creating various “realities.” From a more “earthbound” perspective, perhaps there are, in fact, various entities serving as channels for these positive and negative forces. Whether influenced by “negative” entities or a result of human choices, the consensus seems to be that fear is the primary obstacle to spiritual development.

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There was a general agreement that humans as a species will not become extinct. However, the majority of the mediums acknowledged that planet Earth is likely facing a significant crisis in the coming years which will lead to dramatic loss of human life. The timeline for these catastrophes varied widely with several suggesting that this process was already underway.

Limitations and Future Directions

At the broadest level, the results of the current study are limited by the inability to verify the accuracy and source(s) of the information received. While there were many commonalities between the mediums responses, it is noted that many of the perspectives offered in this study are consistent with the beliefs of various New Age spiritual communities. Consequently, it is possible that the information shared by the mediums merely represented their own spiritual beliefs rather than revelations offered by the “Other Side.” In addition, the small, convenience sampling utilized in the current study limits the generalizability of the results. Future studies of this nature would benefit from a larger and more diverse set of subjects. Specifically, it would be helpful to have a broader range of ages, gender identification, sex, cultural and religious/spiritual backgrounds. Such an improvement would provide more confidence in any themes shared across subjects. To avoid selection bias, future studies would benefit from a stronger, more objective recruitment and screening process, perhaps requiring all mediums to have been previously certified by an agency such as Forever Family Foundation or Windbridge Research Center. Similarly, this study could have been improved with the inclusion of a control group or comparison condition. For example, a control group of non-mediums could have been asked to respond to the same questions. Presumably, their answers would reflect their beliefs rather than

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information provided by the “Other Side.” Such a comparison would assist in determining if the information from the mediums differed substantially and in what ways.

Conclusions

The current study revealed areas of common agreement and disagreement regarding information received from the “Other Side” by nine mediums. The areas of agreement seemed to be related to higher level understandings with specific details varying between mediums. The discrepancy on details may be, at least partially, attributed to the widely accepted understanding that humans have free will and choice. Assuming this understanding, it may be that broader questions have a higher level of predictive accuracy, whereas detailed questions may be much more influenced by human behaviors and decision-making. Overall, the results of this study appear to refute the notion that the Other Side has failed to improve human spiritual evolution on Earth over the past 166 years. While it is often difficult to see the larger processes at work, there was a clear consensus that the Universe is working toward advancing human evolution. The approach used in this study appears to be a valuable method for examining both types of questions in the future. Perhaps additional wisdom gained through this, and similar processes, could serve as another catalyst to advance human spiritual evolution.

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Appendix A

Table 1. Demographic Characteristics												
				Total (n = 18)		Interview phase (n = 9)		Not Interviewed (n = 9)				
BASIC DEMOGRAPHICS				M	SD	M	SD	M	SD	F(1,16)	p	
Age				55.6	12.5	58.1	6.9	53.1	16.4	0.71	0.411	
				#	%	#	%	#	%	χ^2	p	
Sex				Female	17	94	9	100	8	89	1.06	0.303
				Male	1	6	0	0	1	11		
Racial Identification				White	16	89	9	100	7	78	2.25	0.325
				Hispanic/Latino	1	6	0	0	1	11		
				Mixed	1	6	0	0	1	11		
Employment Status				Self-Employed	13	72	8	89	5	56	3.03	0.220
				Other-Employed	2	11	0	0	2	22		
				Homemaker or Not Employed	3	17	1	11	2	22		
PSYCHIATRIC HISTORY				#	%	#	%	χ^2 p				
Have you been of diagnosed conditions listed below?				None	8	44	2	22	6	67	3.67	0.160
				One	6	33	4	44	2	22		
				Two or more	4	22	3	33	1	11		
				Depressive Disorder	1	6	1	11	0	0		
				Anxiety Disorder	4	22	1	11	3	33		
				Panic Disorder	1	6	1	11	0	0		
				Bipolar Disorder	1	6	0	0	1	11		
				PTSD	2	11	2	22	0	0		
				ADHD	2	11	1	11	1	11		
				TBI	2	11	1	11	1	11		
				No	8	44	4	44	4	44	1.00	0.317
				Yes, one or more	10	56	5	56	5	56		
				Alcohol	6	33	2	22	4	44		
				Marijuana	7	39	4	44	3	33		
				Others listed?	0	0	0	0	0	0		
Do you regularly take prescribed medication?				No	7	39	2	22	5	56	1.79	0.425
				Yes; for physical health condition(s) only	7	39	4	44	3	33		
				Yes; for one or more psychiatric prescriptions	3	17	2	22	1	11		
				No answer provided	1	6	1	11	0	0		
Notes.												

Appendix B

Table 2. Mediumship Characteristics						
		Total (<i>n</i> = 18)	Interview phase (<i>n</i> = 9)	Not Interviewed (<i>n</i> = 9)	<i>t</i> (15*)	<i>p</i>
Approximate number of years with ability	Mean	32.7	26.6	39.6	-1.38	0.188
	Standard Deviation	20	15.9	22.9		
	Range	2 - 63	2-51	2-63		
ITEM/QUESTION		#	#	#	χ^2	<i>p</i>
Age of ability onset?	Childhood (<13)	9	3	6	2.95	0.229
	Teen (13-19)	0	0	0		
	Young Adult (20-35)	4	3	1		
	Middle Adult (35-64)	4	3	1		
	Older Adult (65+)	0	0	0		
	'Unsure'	1	0	1		
Mediumship professionally?	Yes	15	9	6	3.6	0.058
	No	3	0	3		
Also consider self to be a Psychic?	Yes	15	8	7	0.4	0.527
	Maybe	3	1	2		
	No	0	0	0		
Abilities spontaneous or trained?	Spontaneous	5	3	2	0.234	0.629
	Training	6	4	2		
	Both Indicated	7	2	5		
Have you ever made contact with non-human entities (e.g., angels, aliens)?	Yes	15	9	6	3.6	0.165
	Maybe / Unclear	2	0	2		
	No	1	0	1		
If yes/maybe (<i>n</i> =17) to previous question, is your contact regular with one or more specific entities?	Yes	11	6	5	0.03	0.984
	Maybe / Unclear	2	1	1		
	No	4	2	2		
If yes/maybe (<i>n</i> =13) to previous question, are you able to do so consistently?	Yes	10	6	4	3.09	0.213
	Maybe / Unclear	2	0	2		
	No	1	1	0		
Do you go into a trance to connect?	Yes	8	3	5	1.9	0.387
	Maybe / Unclear	6	4	2		
	No	3	2	1		
	Yes	16	9	7	2.02	0.365

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Are you able to verbalize what is going on?	Maybe / Unclear	0	0	0
	No	1	0	1

Notes. * degrees of freedom for this comparison is 15 due to one participant from the Not Interviewed group not providing an answer

Appendix C

Results Summary	
Variables	Finding
TAS Total & Creativity (Openness)	Significant Positive Correlation r = .75, p < .001
Openness (Total) & Altered States of Consciousness (TAS)	Significant Positive Correlation r = .56, p = .016
Age Window (of Talent Onset) & PsychiatricDx#	Significant Positive Correlation r = .60, p = .010
Total Years (Since Talent Onset) & PsychiatricDx#	Significant Negative Correlation r = -.7, p = .002
Abstraction (Openness)& PsychiatricDx#	Significant Negative Correlation r = -.47, p = .48
Age Window (of Talent Onset) & Flexibility (short)	Significant Positive Correlation r = .53, p = .028
Age & PsychiatricDxHx	Trending Negative Correlation r = -.41, p = .089
Total Yrs since talent onset & Flexibility (Short)	Trending Negative Correlation r = -0.46, p = .062
TAS Total & Abstraction (Openness)	Trending Negative Correlation r = -.46, p = .054
Note: Flexibility Results Cautioned (low response variance/range)	
Subscale Correlations	
Nature (TAS) & Creativity (Openness)	Significant Positive Correlation r = .54, p = .020
AlteredState (TAS) & Openness (Total)	Significant Positive Correlation r = .56, p = .016
Imaginative (TAS) & Creativity (Openness)	Significant Positive Correlation r = .60, p = .009
ESP (TAS) & Creativity (Openness)	Trending Positive Correlation r = .42, p = .073
AlteredState (TAS) & Abstraction (Openness)	Trending Negative Correlation r = -.44, p = .067