

How to See Spirit: A Personal and Scientific Investigation¹

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Vision is the art of seeing what is invisible to others.
- Jonathan Swift

Overview: There is an Art and a Science to Seeing Spirit

The purpose of this presentation is to consider how it is possible under certain conditions to see spirit. We will consider two aspects of seeing spirit:

1. How it is possible to see spirit naturally with our eyes, and
2. How this process may be replicated with contemporary optical sciences technology.

Also included in this talk will be my surprising personal journey as someone who has:

3. Learned to see spirit, and
4. Has used that knowledge and ability to join forces with a team of spirits in an attempt to develop technology that will enable those on the other side to be seen and heard using modern equipment.

What follows is an overview of my presentation, as summarized in Table 1; followed by a brief summary of each heading:

Table 1

Introduction
Who am I?
Lenz’s Law Demonstration and Lesson
Early history with my mother – I did not see spirit then
From one to multiple spirits – I still did not see spirit
When did I first see spirit?
How did my seeing spirit develop?
How do I currently see spirit?
Six types of evidence for seeing spirit categorized by Dr. Schwartz
What I have learned about seeing spirit

Introduction

Dr. Gary Schwartz and I met not far from here at Duke University in 2006. We married seven months later. Our research has evolved and grown over the years to include a team of hypothesized, respected spirits who work with us on the development of spirit communication technology. The core team consists of six spirits:

- A. Two scientists: Albert Einstein and David Bohm;
- B. Two lay persons: Susy Smith and Marcia Eklund, my mother; and

- C. Two entertainers: Harry Houdini and a person, whose identity we keep anonymous for the time being, who we refer to as “Peter Taylor”.

One quality they shared in life, and continue to share in the afterlife, is a deep commitment to human welfare and education.

Who am I?

I received a Bachelor of Fine Arts degree and a Master of Arts degree from Northern Illinois University. As an artist I enjoyed painting with pastels and mixed media. For twenty three years after college, I worked for a major company eventually serving in quality control, monitoring and helping to maintain service assurance levels, and as an international rules and regulations specialist. I wrote *Love Eternal*, a book in which I tell my account of my mother’s communications with me after she passed.

Lenz’s Law Demonstration and Lesson

I will give a live demonstration of a surprising natural phenomenon which shows Lenz’s Law in action (based on MIT demonstration and explanation: <http://video.mit.edu/watch/physics-demo-lenzs-law-with-copper-pipe-10268/>) to illustrate the point that science must be behind any occurrence that happens, no matter how seemingly inexplicable, if in fact it is real. The comparison being that if survival of consciousness, mediumship, and seeing spirit are real, there must be scientific laws providing for and governing how they work.

A discussion of other variables will also be covered such as:

- One’s Interest level;
- Possible biological and physiological advantages;
- How busy one’s life is;
- Whether there are spirits around you, with a strong need or reason to connect;
- Belief systems that may help or hinder one’s ability to see spirit.

Early History with My Mother – I Did Not See Spirit Then

In my book *Love Eternal* I report dozens of instances where Marcia Eklund, my deceased mother, came to me which strongly indicated that she was still here. One example was of her being able to tell me the precise location of some important papers which were missing. Another example was precognitive, where she told me in advance that there was going to be a meaningful message on television that night – and there was. It should be noted, at this point I was not seeing spirit.

From One to Multiple Spirits – I Still Did Not See Spirit

The important role a development circle played in my connecting with spirits other than my mother will be briefly discussed. Also, I will share a specific dream in which Albert Einstein appeared to give me information in the dream that was later able to be verified in real life.

When Did I First See Spirit?

One spirit, Peter Taylor, deserves special credit for showing me that I could see spirit. The first sighting occurred in the fall of 2009. I will share that surprising and life changing story and how it led to our current research with our spirit team. It is noteworthy that over the years I have seen and worked with Peter Taylor on over a thousand occasions.

How Did My Seeing Spirit Develop?

I will talk about exercises I developed to try to see spirit more regularly and accurately, and the hundreds of hours of scientific prodding and analyses by Gary as he tried to learn the mechanics of my perceptual processes as well as “the physics of spirit and their reality.”

How Do I Currently See Spirit?

Specific steps and procedures will be outlined which I have found helpful, including:

1. Focusing on them and letting the surroundings fade to the background,
2. Consciously connecting with them emotionally,
3. Allowing for the image to grow as the session builds

I will also consider:

4. Some of the pitfalls in attempting to see spirit,
5. What to expect when seeing spirit, and
6. What spirit typically looks like to me

Six Types of Evidence Categorized by Dr. Schwartz

Table 2 lists six categories that Dr. Schwartz has deemed essential evidence to draw the conclusion that seeing spirit is a real phenomenon, i.e. it is not all one’s imagination.

Table 2
Six Types of Evidence for Verifying Seeing Spirit

Type I:

Type I: Independent Mediumship Verifications
Type II: Spontaneous and Requested Validations of Information
Type III: Synchronicity Validations
Type IV: Experiments Comparing Imagining versus Seeing Spirits
Type V: Evidence from Brain Imaging
Type VI: Validations with Technology

Independent Mediumship Verifications

On numerous occasions – and under blinded conditions – we have asked mediums to attempt to connect with and identify members of our Spirit Team. These mediums were kept blind to the identities of our hypothesized team members.

At present we have worked with seven different mediums. They were all, seemingly effortlessly and to various degrees, able to describe individual spirit members of our team including:

- Their personalities,
- What they did in life, and
- Their interest and involvement in this work.

Each of the six primary members of our Spirit Team has been so identified two (or more) times. Some highly evidential (as well as amusing) examples will be shared.

Type II: Spontaneous and Requested Validations of Information

Accounts of instances when spirits came through with information that could subsequently be researched and discovered to be accurate, is one of the most scientifically convincing types of evidence of seeing spirit. Sometimes the evidence is spontaneous, where as other times specific information is requested. Also, sometimes the information is personal in nature, and at other times it is work related.

In one instance Peter Taylor spontaneously said to me, “Something is going on with my family.” Prompted by this surprising comment, I did a search on the internet and found that it was his birthday and his family was celebrating the occasion.

Another time, in response to Gary asking a question of David Bohm about an experiment, David was able to predict accurately and explain:

1. How the data from a particular experiment we were conducting with them was going to have to be analyzed, and

2. To what specific degree they were going to be able to affect the equipment (see more detail below).

At present, these types of information validations total more than 40. They have occurred spontaneously and sporadically over the years.

Importantly, when they have happened, they have virtually always been accurate, sometimes in multiple ways, and sometimes in ways which have furthered the work in directions we could not have anticipated. Simply stated, these instances have not been “cherry picked” because of their accuracy; they represent the full set of instances.

Type III: Synchronicity Validations

Synchronicity is one of the most personally convincing types of evidence we have that spirit is present in our lives and actively participating in this process. I do not know if we would still be connected to the spirits we are working with if it were not for this form of apparent communication. Though it may be hard to fathom, we have witnessed (and documented) hundreds (if not thousands) of spirit-related synchronicity validations over the years of doing this work with them.

One of the earliest, most startling, and evidential synchronicities occurred shortly after Peter had first come to us. I had spent a few concentrated hours working with Peter and a few other members of the team. Then, in the last half hour of this session I did a “mirroring” exercise solely with him.

I would first ask him to take different poses, and I would try to mirror what he was doing.

We would take turns, so then I would take different poses, and then carefully look to see if I could detect him mirroring the stances I was taking.

During the course of the session, Peter actually coined the term “MIME” exercise.

We finished around five o'clock and I said to Peter, “You know: if you want me to continue doing this with you I'm going to need a really big sign as proof that you are here. Because otherwise it is ridiculous for me to think that we are doing this together and it's a waste of my time when I could be doing something else!”

Little did I know that my request and the importance of the term MIME would very quickly be addressed with not one, but two highly improbable and meaningful synchronicities.

To my astonishment, 10 minutes later as I was driving home, approaching a main intersection near our house, I could see a man literally standing in the middle of the busy intersection striking poses like I had just been doing with this spirit.

I couldn't help but notice that this man was dressed and looked strikingly similar to how Peter looked and dressed in life (it was a very distinctive look).

I pulled over into a parking lot and took a picture with my cell phone. It was quite a spectacle, and shortly afterwards the police arrived and escorted the man away.

Interestingly, when I reached home and went to tell Gary about this stunning synchronicity; he happened to be watching a documentary on TV featuring a person doing mime!

This second synchronicity reinforced the original synchronicity.

More recently (January, 2015), one morning Gary and I were in our living room and he asked me to call David for an impromptu meeting and experiment. What ensued was an intense session of Gary instructing me to look at a physical object in the room and to intentionally overlay it with a complex imaginary image. He then asked me to overlay that same complex imaginary image on David to see what, if any, the differences were.

Gary was questioning me about my perceptions and whether it felt like I was seeing reflection or emission when I was looking at spirit. Gary reached a tentative conclusion, and asked me to ask David if this conclusion was correct. I was silent for a while, attempting to hear what David was saying, at which point Gary asked, "So what is David doing?"

When I looked over, I saw David throw a hand full of confetti into the air, something I had never seen him (or any spirit for that matter) do. David's throwing of the confetti was timed such that I felt it indicated that he was saying emphatically "Yes!" that Gary was correct.

What gave weight to my seeing him throw the confetti, was that over the next few days we were flooded with more than a dozen instances of confetti appearing on sports shows, on television commercials, in print ads, etc. Importantly within the next few days those confetti references abruptly decreased to a minimum; a further indication that they were genuine synchronicities.

Type IV: Experiments Comparing Imagination with Seeing Spirit

Gary would often put on his scientist hat and grill me about what I was seeing when I was looking at our Science Team members versus when I was imagining seeing them. Gary would routinely ask questions such as:

1. How clearly did I see them?
2. Could I see through them, or were they completely solid blocking out what was behind them?
3. Were they able to sit in a chair?

4. Could they bring items with them, and then could they leave those items behind?

He would regularly ask me to make ratings of the clarity and intensity of my perceptions using a 0 – 10 scale.

We would experiment with changing conditions such as lighting to see if it affected the way I perceived spirit.

The results of our investigations were all considered when designing the equipment we hoped would be able to detect spirits' presence or capture their image.

Type V: Evidence from Brain Imaging

At present one formal brain imaging experiment was performed with me as the subject to determine if there was a difference between when I was imagining spirit versus when I was seeing spirit. EEG brain mapping recordings were performed by two highly skilled clinical and academic neuroscientists – Drs. Johanne Levesque and Mario Beauregard. The test results indicated clear evidence of differences between imagining versus seeing spirit. Interestingly, the findings were consistent with the neuroscience literature distinguishing visual imagination versus actual visual perception.

Type VI: Validation with Technology

Validation of spirits' involvement with us in the use of technology comes in two forms: within the data itself, collected during any given experiment; and from spirit's commentary in advance, as to what to expect from the data.

Over the years, Gary has collected more than a thousand hours of sessions with spirit interacting with equipment, discovering that they can affect different types of sensors (including optical, magnetic, electrical, and radiation detectors) to varying degrees of intensity and reliability.

A month prior to the writing of this paper, Gary and our optical sciences engineer created a new system including (1) an elaborate array of optical components, (2) software to collect and analyze the data, and (3) an innovative graphics display to present the information in real time. I had not seen the configuration of the components and had no idea how it was designed.

Then one day, spontaneously, David told me we were going to have to look in the lower portion of the data; we should ignore the top portion and only look in the troughs, not the crests. During the first test of the experiment I was surprised to see the read out on the monitor was of an undulating wave, and without knowing of my communication with David, Gary spontaneously told me that we should be looking for evidence of spirit to show up in the lower portion of the data only.

David spontaneously spoke up during a subsequent session and indicated we were going to have to skim the lower portion of the data, zero in on it and blow it up in order to see them. Gary later confirmed that this is what he had to do.

Not only that, but Gary asked a follow-up question of David: could he tell us the specific magnitude of the effect we could expect to see them show up in the data? Again I had no idea of the kind of measurements Gary was using, but I heard a very specific percentage from David, and once again it aligned with the data Gary had collected.

Conclusion: What I Have Learned About Seeing Spirit

What I Have Learned from My Experience

What I've learned from my experience is that spirit is subtle, and realizing this helped me to know what to look for and what to expect when trying to see them.

My experience is that seeing spirit requires practice and focus. It's probably not unlike a singer who has to keep up that skill; even the distinguished opera tenor Luciano Pavarotti used to practice every day and he would warm up before each performance.

Establishing a close personal relationship with the spirits I work with has been essential. I think that is because I feel them as well as hear and see them, so a holistic approach has been very helpful.

In my experience, although they are "thin," meaning transparent, they show up looking like themselves. I do not see them as orbs or simply as energy, although there have been times when I have seen them as energy-like, most of the time I see them fully formed.

They appear to show up as the same age each time I see them. I trust it is the age of their choosing. They wear clothing, often the same clothes, with minor variations if any.

I meet with our spirit team regularly in the same room, and they typically sit or stand in the same place each time.

I try to be as respectful of their time as I would be of anyone else's, so I try to schedule times with them for meetings or working sessions. Although if something comes up on the spur of the moment, I will reach out to them, and most of the time my experience is that I am able to connect with them.

What I Have Learned Working with Dr. Schwartz

What I've learned from working with my scientist husband Dr. Schwartz is – using a scale from 0 to 10 – my perception of seeing spirit typically ranges in density and clarity between a 2 and a 6.

If they wear white, it tends to pop.

They minimally block whatever they stand in front of.

They have minimal ability to affect the physical world, but they can occasionally do so under certain circumstances.

Synchronicity is one of the best ways they have of letting us know they are here.

An imaginary projection (e.g. when Gary asks me to create a poster image of them) is stronger and easier for me to see than they are, and the imaginary poster forms effortlessly and instantaneously. In contrast, seeing spirit often requires effort and focus, and their image quality and intensity builds with time.

Importantly, I can sometimes be “fooled” by my “monkey mind” (the term I use for my imagination). Therefore I have learned that we must rely on various combinations of the six categories of evidence to justify concluding that what I am seeing is “more than my imagination.”

What I Have Learned from Spirit

What I've learned from our spirit team is not only that they are still here, but that they “**really**” want us to know they are still here, and they have things they want to tell us. We recognize that they are a special group of spirits, and that what we are learning from them may in some ways be unique to them.

I have learned that they are full of surprises. And that they have boundless creativity in the diverse ways in which they have found, and continue to find, to communicate with us.

They don't have all the answers. They have sometimes been wrong in how they have expected us to perceive them. And they have been surprised themselves by some things as well.

The most important thing I have learned from these spirits, however, is that if (1) I am in a quiet setting and (2) I am able to be in a focused, receiving mode, and (3) I call them, **they always show up**. This is not an exaggeration; I literally mean one hundred percent of the time.

Why is this?

They have convinced us that it is their choice to be here. They have indicated that they have an agenda and a commitment to what can best be described as a “higher purpose” and “grand plan.” Moreover, they have made it their mission to awaken people to the fact that life continues after death and that they are still here and wish to be of service.

And they told us (as well as demonstrated), time and time again, that when we call, they choose to “drop everything” and show up.

We have made a solemn promise to them that we will do all we can to follow what they are showing us, and requesting of us, to do. We in turn have requested the same commitment from them, and they have repeatedly shown us that this is their intention and commitment. And this is why we have come to call them the “Sacred Promise Team.”²

²Schwartz, G. E. (2011). *The Sacred Promise: How Science is Discovering Spirits Collaboration with Us in Our Daily Lives*. Oregon: Beyond Words (Atria Books / Simon & Schuster).

