Happy 2017! We hope this New Year Note finds you happy and well. We are pleased to share with you our 2016 accomplishments at the Windbridge Institute, LLC. We are especially proud since, as usual, they occurred with a very limited budget, no marketing department, no university affiliation, only two full-time researchers, and a handful of stellar volunteers. We have also included a section Looking Forward into 2017 at the institute.

Since starting the Institute in 2008, we have noticed that our work tends to ebb and flow between years where we have a very public face and ones where we tend to quietly stay in our science cave. During these quiet cycles, we focus on data collection, writing, and other project-specific tasks while minimizing our media engagements, conference attendance, and public outreach. As we were putting this New Year Note together, it was clear that 2016 was a “cave” year. But, although we may have been quiet, as you’ll see in this update, we have also been very productive.

At the start of each New Year, we take a little time to review our mission and goals. As we start 2017, three main themes have emerged that we will be incorporating into our work as we move forward.

Normalize: A large body of data currently exists which demonstrates the prevalence of reported after-death communication, psi functioning (like precognition, telepathy, clairvoyance, and mind-matter interactions), and other spiritually transformative experiences. Our goal is to demystify these events through empirical research and educational outreach targeted towards researchers, healthcare professionals, practitioners, experiencers, and the general public.

Optimize: Through the use of traditional mindfulness practices, new emerging technologies, and creative expression, we will be developing tools and experiences which allow people to understand and potently tap into and enhance their own intuitive abilities.

Utilize: Armed with this better understanding of our full human potential, we will attempt to apply what we learn to solving real-world problems.

We hope you will take part in this journey with us!

Julie & Mark
Julie Beischel, PhD  Mark Boccuzzi
Director of Research  Director of Operations
The Windbridge Institute, LLC
www.windbridge.org
The figure above diagrams the major research areas at the institute and how they intersect:

**Basic Parapsychology**

This program explores traditional parapsychological topics (i.e., telepathy, precognition, clairvoyance, and mind-matter interactions) as well as experimenter effects, alternative healing, intention, our connection to each other, and the potential that exists within each of us.

**Life After Death**

The survival of consciousness hypothesis proposes that at least part of an individual's personality or consciousness continues to survive after the death of the physical body. We are interested in all areas of survival research but is, at this time, primarily focused on studying mediums and the information they report, investigating technologies that may be useful in enhancing interaction and communication with the deceased [i.e., electronic voice phenomena (EVP) and instrumental transcommunication (ITC)], addressing reports of haunting and apparition phenomena, and exploring afterlife cosmology.

**Animal Consciousness**

Non-human animal consciousness research investigates a variety of phenomena including animal psi, the human-animal bond, and survival of animal consciousness after physical death.
Major Research Findings to Date

Below is a brief overview of our research findings since we founded the Institute in 2008. Where available, references (p. 4) are linked to the original articles. As our understanding of these topics is constantly evolving, these findings may change as new data become available. Always check with your healthcare provider when evaluating treatment options.

The Source of Psi Problem and Psi-Mediated Experimenter Effects continue to hinder experimental parapsychology. They also have a direct impact on Survival research. As such, we are continuing to explore how experimental outcomes are affected by the implicit and explicit beliefs, desires, expectations, and enthusiasm of experimenters and participants (11, 15).

A mediumship reading appears to involve a complex dynamic between the sitter, the medium, and the invited discarnate. Each can potentially impact the success of a reading (3, 6).

Some mediums, under blinded and controlled conditions, can report accurate and specific information about deceased people and this finding has been replicated. However, we cannot currently identify the source of the information mediums report. Thus, we call this phenomenon Anomalous Information Reception (AIR) (8).

Qualitative as well as blinded and randomized quantitative research with modern, American, secular mediums has demonstrated that the experience of receiving communication from the deceased involves phenomenological characteristics different from those that occur while retrieving psychic information about the living. Thus, an argument can be made that these are different tasks and could provide support for the Survival Hypothesis (i.e., that mediums are communicating with the dead) (10, 14).

Electroencephalograms (EEGs) of modern, American, secular mediums suggests that the experience of communicating with the deceased may be a distinct mental state that is not consistent with brain activity during ordinary recollection, perception, or imagination. Thus, the claims that mediums are fabricating information or recalling facts previously acquired about the target discarnate are not supported. In addition, given that the process of modern mental mediumship involves real-time verbal communication, EEG, which is susceptible to muscle movement artifacts, may not be well-suited for studying this phenomenon when accuracy data is needed. Further experiments exploring the neuroscience of mediumship using different brain imaging techniques are currently in the planning stages (13).

An informal survey of the health of mediums demonstrated that the incidence of autoimmune diseases and migraines far exceeds that of the general population. Research examining various components in the mediums’ blood as well as basic psychophysiological measures explored the health impacts of performing readings. No hematological or physiological changes were seen when comparing a reading condition to a control condition and a link between disease prevalence and psychological trauma in this population has been proposed (1).

Preliminary research has demonstrated that receiving a mediumship reading may have a profoundly positive healing effect on those who are suffering from traumatic grief as the result of the loss of a loved one. We are currently conducting a clinical trial to further explore mediumship as a possible treatment option (4, 9).

Using a fully-blinded protocol similar to that employed to test mediumship accuracy during readings for deceased people, exploratory and on-going research has demonstrated that some mediums can report accurate and specific information about deceased companion animals as well (7).

A recently completed pilot study indicates that it may be possible to collect information about the afterlife using a controlled, double-blind experimental protocol (2).

Research has demonstrated that when a discarnate is invited to interact with different types of electronic devices under controlled conditions, the output of those devices changes. However, given the Source of Psi Problem, we cannot yet definitively attribute these changes to the invited discarnate (12).
Major Research Findings to Date (cont.)

References


15. Windbridge Institute. (n.d.) *Whose psi is it? Determining the impact of psi experimenter effects* [Research brief].
Among Mediums: A Scientist’s Quest for Answers

Dr. Julie Beischel forfeited a potentially lucrative career in the pharmaceutical industry to pursue rigorous scientific research with mediums full-time. Among Mediums is an accessible, bite-sized review of her 10-year journey and the answers she discovered along the way.

Meaningful Messages: Making the Most of Your Mediumship Reading provides 10 helpful hints to keep in mind as you prepare for, experience, and reflect on a reading from a medium. Having realistic expectations and a clear understanding of the process will make the whole experience go more smoothly for the three people involved: you, the medium, and your deceased loved one.

In From the Mouths of Mediums Vol. 1: Experiencing Communication, 13 credentialed mediums discuss how they experience communication from the deceased, suggest how you can experience communication, and share why it might be that you have not heard from your loved one. The mediums who contributed were Ankhasha, Carrie, Daria, Dave, Eliza, Ginger, Joanne, Kim, Nancy, Sarah, Traci, Tracy Lee, and Troy.

PRINT BOOK

For the first time all in one place, Investigating Mediums: A Windbridge Institute Collection, a 3-books-in-1 paperback, features the full content from all three books listed above as well as articles by Dr. Julie Beischel discussing: mediums’ views about the afterlife; grief and mediumship; our deceased animal loved ones; and the three mediumship research programs at the Windbridge Institute.

For more information, visit: www.windbridge.org/ourbooks
2016: A Year in Review

Funded Research

Grants from these funding organizations are competitive awards. Submissions are reviewed by other researchers and experts who determine which projects have the best protocols and will contribute the most to the field.

Bereavement and Mediumship (BAM) Study

*Funded by:* William H. Donner Foundation with additional support from public crowdfunding  
*Status:* In Progress.

As a first step in discerning who might and might not benefit from mediumship readings, we have designed a randomized clinical trial (the BAM Study). Only with controlled research such as the BAM Study can the grief community effectively determine if receiving mediumship readings is helpful, harmful, or neither for different fractions of the bereaved.

Development and Implementation of a Comprehensive Survey of American Mediums

*Funded by:* Bial Foundation  
*Status:* In Progress.

The aim of this two-year study is to identify potentially unique demographic, cognitive, psychological, physiological, familial, cultural, and phenomenological characteristics of self-identifying mediums in the US when compared to a non-medium population. The first section of this project is the Online Census of Traits and Observations (OCTO) Study. You can learn more by visiting [http://www.windbridge.org/octo/](http://www.windbridge.org/octo/)

AIR by Mediums Regarding Non-Human Discarnates

*Funded by:* Survival Research Committee of the Society for Psychical Research (SPR)  
*Status:* Complete.

This study employed established, published methods from mediumship research to determine if Windbridge Certified Research Mediums can report accurate and specific information (that is, accomplish anomalous information reception or AIR) about the deceased companion animals of living sitters. As of this publication, the final report and accompanying research paper are in progress.

Investigating Possible Electronic Interactions with Discarnates

*Funded by:* Helene Reeder Memorial Fund for Research into Life after Death  
*Status:* In Progress.

The project involves replicating and extending Mark Boccuzzi’s work on Invited Ostensible Discarnate Interactions with Electronic Equipment. The current study focus on completing more trials and collecting more information about the source of the effects and will also test an Infrared Anomaly Detector (IRAD).

The VISTA Project

*Funded by:* Forever Family Foundation  
*Status:* In Progress.

If the afterlife exists, can we, the living, ever really know what it is like? Most of what we currently understand about the nature of the afterlife has been gleaned from sources including religious texts, channeled material, mediumship readings, and reports from near-death experiences. While these accounts are important, they are, nonetheless, anecdotal in nature. Since those reporting the information knew they were describing the afterlife, there is no way for us to know if the descriptions are completely accurate, or somehow filtered by the lens of the experiencers’ own biases and beliefs. The goal of the VISTA project is to attempt to collect information about the afterlife under controlled, blinded, randomized conditions.
Exploratory Research

The funding from grants covers the costs of specific, large-scale research projects. However, smaller, more exploratory projects and day-to-day operating costs are covered by private contributions. Here are some of the exploratory studies we conducted in 2016, many of which will continue during 2017.

**Kirlian Photography:** We received a Kirlian Device as generous donation from Images SI ([www.imagesco.com](http://www.imagesco.com)). The device is now used in a series of on-going experiments.

**The Physiology of Micro-Psychokinesis (PK):** This study looks at electroencephalograph (EEG) and heart rate variability (HRV) during micro-PK tasks.

**Predicting the Future with Big Data:** We are currently collecting and analyzing public social media posts from Twitter and Facebook in an attempt to find trends that might be used to predict large events.

**Macro-Psychokinesis Testing:** As a follow-up to our previous macro-PK research, we have started to prototype a test chamber that will allow us to track and measure the movement and distribution of airborne particles. Lasers are used to highlight the surface of the test chamber during video-recorded sessions. The full-color video is converted into 8-bit black and white images for analysis (upper-left). Movement is then measured using Particle Image Velocimetry (upper-right). Intensity data are turned into 3D surface maps (lower-left) and Intention Target Maps (lower-right).

A short video can be seen here: [https://www.youtube.com/watch?v=WPuFwBmDxM](https://www.youtube.com/watch?v=WPuFwBmDxM)

**Lab-In-A-Box:** Advances in technology and on-line access to journals and quality education have created new opportunities for researchers and students. The goal of this project is to create a suite of learning materials and cost-effective hardware and software tools which can be employed by professional researchers or enthusiasts. This will allow researchers with limited resources to extend their capabilities and also provide non-researchers interested in the field with the ability to run their own experiments or have their own experiences. As an example, the image on the right is of the **PSI Science Lamp from Images SI, Inc.** in our lab. The lamp, which changes color (2 or 4 colors), incorporates a random number generator and a data logging port which makes it suitable for a wide range of psi experiments and tests.

**Psi Testing: Multiuser 3D & VR Environments:** The image on the right is a screen capture of a prototype level we are developing to train and test intuitive skills for search-and-rescue teams that are working with psychics. This is part of our basic science research into using real-time, immersive, multiuser virtual reality (VR) computer applications to test and train people in using their intuition to successfully complete time-sensitive, high-risk tasks.
Exploratory Research (cont.)

Multiplayer Psi Apps: Institute researcher Mark Boccuzzi is experimenting with multi-player apps that will allow groups of friends to practice and test their skills on psi tasks. Players will be able to collaborate in order to accurately predict the outcome of a future event, sense remote staring, and perform other psi tasks. Visit our on-line sandbox for sample apps at http://www.paralab.org

The results from all of these studies will be submitted for publication once data collection and analysis are complete. To be notified about the status of these and other studies and to learn about opportunities for volunteer research participants, please be sure to join our email list.

For a full list of research projects, please visit http://www.windbridge.org/research/

Institute News

Windbridge Institute, LLC Co-founder and Director of Research, Julie Beischel, PhD, continued her a second three-year term to the Council of the Society for Scientific Exploration (SSE).

Dr. Beischel continued to serve as a member of the Rhine Research Center’s scientific advisory board.

We continue to make updates and improvements to our website www.windbridge.org (image left). This work was completed in-house with free, open source software.

Dr. Beischel continued her appointment as the Director of the Survival and Life After Death research department at the World Institute for Scientific Exploration (WISE). To learn more about WISE visit http://instituteforscientificexploration.org/

In July, we were awarded our second year funding from the Bial Foundation for a project titled “Development and implementation of a comprehensive survey of secular American mediums.”

We continued our Green initiative by contributing to the Carbonfund.org renewable energy program.

Windbridge Institute on Social Media

Facebook: Windbridge Institute: www.facebook.com/Windbridge.Institute
Julie’s page: www.facebook.com/julie.beischel
Mark's page: www.facebook.com/mark.boccuzzi

Twitter: Windbridge Institute: www.twitter.com/Windbridge

Blogger: Julie’s Blog: www.drjuliebeischel.blogspot.com
Mark’s Blog: www.markboccuzzi.blogspot.com
PsiForms: Art Informed by Science

Developed by Windbridge Institute, LLC, researcher Mark Boccuzzi, PsiForm images are the result of data that are collected from Random Event Generators (REGs) while a person or group focuses on a specific idea, intention, or deceased loved one. The data are then processed using custom software which converts them into an image. Our goal at the institute is to focus on applied research; that is, to develop ways to make people’s lives better on a daily basis. We believe that art can do that, especially art that allows people to explore the non-local impact of our intentions or art that serves as a reminder of our continued connections to those who have passed.

New APA Textbook Cover Features Custom PsiForm Image

In January, 2016, Mark began worked with researchers and authors Imants Barušs and Julia Mossbridge to create a PsiForm image for the cover of their book Transcendent Mind: Rethinking the Science of Consciousness. The book is the first text book (that we know of) published by a major psychology publisher that starts from the nonmaterial viewpoint that mind is separate from the brain. You can learn more about the book here.

PsiSongs

PsiSongs are musical tracks created from the same type of meditation data used to create the PsiForm images. To create these tracks, REG data are used by a software audio sequencer that Mark developed in the ChucK programming language. The first track was created from data that were collected while the focus of the meditation was “Gratitude.” These tracks are still being produced, but you can find the current ones listed on our store site. You can preview tracks on-line or purchase them for your music library. Click here to visit the Windbridge Institute music store.

The PsiForms Book: Visualizing Intention: Art Informed by Science now free!

Mark’s book describes the PsiForm process and underlying research that helped create PsiForms. It also includes example images from individual, group, and afterlife connection sessions along with 12 images that you can use for meditation. You can learn more and download a free PDF version of the book by visiting: http://www.windbridge.org/vibook/

Monthly Meditation Calendar

The Monthly Meditation Calendar, contains 12 striking PsiForm images that were created from data that were collected while meditators focused on 12 specific ideas including Abundance, Gratitude, and Choice. You can use the calendar as a reminder to take a few moments every day to focus on the image, be mindful of your breathing, and just exist in the present without worrying about the past or planning for the future. Voila! You just meditated! Specific instructions are also included with the calendar. Order your calendar online today from zazzle.com here: http://goo.gl/UGTbqh

Mindfulness Meditation Cards

This deck of 12 cards was created from data that were collected from a Random Event Generator (REG) while a group of meditators focused their intention on the specific ideas that are listed on each card. Order your cards here.
Conferences and Events

Institute researchers participated in the following events and conferences in 2016.

What Can Psi Interactions Teach Us About Consciousness?
The Science of Consciousness, Preconference Workshop
Tucson, AZ

In April, Julie teamed up with fellow researchers Julia Mossbridge and Arnaud Delorme to create a preconference workshop for The Science of Consciousness Conference presented by the University of Arizona’s Center for Consciousness Studies. Due to health issues, Julie was unable to attend, but Mark was able to give her part of the workshop.

Abstract:
The term psi denotes anomalous processes of information or energy transfer that are currently unexplained in terms of known physical or biological mechanisms. The term is purely descriptive; it neither implies that such phenomena are paranormal nor connotes anything about their underlying mechanisms. Alleged psi phenomena include telepathy, the apparent transfer of information from one person to another without the mediation of any known channel of sensory communication; clairvoyance (sometimes called remote viewing), the apparent perception of objects or events that do not provide a stimulus to the known senses; psychokinesis, the apparent influence of thoughts or intentions on physical or biological processes; and precognition (conscious cognitive awareness) or premonition (affective apprehension) of a future event that could not otherwise be anticipated through any known inferential process?” (Bem, 2011, p. 407). Given that there are statistically replicable results in these areas of psi interactions, what insights about the nature of consciousness can these results offer us? Julie Beischel, Arno Delorme, and Julia Mossbridge will discuss their experimental work related to psi, outline the current evidence, and speculate as to how this evidence might inform our understanding of consciousness. Julie Beischel’s current research interests include examinations of the accuracy and specificity of the information reported by secular, American mediums (individuals who experience regular communication with the deceased) as well as their experiences, psychology, and physiology and the potential social applications of mediumship readings. During this workshop, she will discuss laboratory evidence for the reporting of accurate and specific information about the deceased by credentialed mediums under conditions in which mediums, experimenters, and raters are blinded (i.e., without the medium receiving any prior knowledge or feedback and without using deceptive or fraudulent means like “cold reading” and in which rater bias and experimenter cueing are addressed). She will also discuss how mediums’ experiences during the acquisition of this information about the deceased (“survival psi”) begin to differentiate it from clairvoyance, precognition, and telepathy with the living (“somatic psi”). In becoming one of the world’s foremost researchers utilizing electroencephalographic (EEG) signal recording, Arnaud Delorme has traversed a path of diverse and amazing accomplishments and professional experiences. His driving interest in pursuing the study of consciousness and spirituality has him currently running an experiment in which he is looking at the brain activity of mediums who claim they can connect with spirit realms, and he has obtained EEG readings that indicate something is definitely going on in their brains when they do this! Listen to Arnaud explain his research and how it informs our understanding of consciousness and its applications. Julia Mossbridge uses computational, behavioral, and physiological techniques to examine how humans integrate what we experience over time into a so-called stream of consciousness. In this workshop she will discuss her work in presentiment; generally non-conscious physiological changes that reliably predict upcoming events that are normally thought to be unpredictable. She will also discuss the implications of this work for understanding conscious awareness and non-conscious processing.
Conferences and Events (cont.)

Joint Meeting of the Society for Scientific Exploration and the Parapsychological Association
Boulder, CO

In June, both Julie and Mark presented research at the first joint meeting of the Society for Scientific Exploration (SSE) and the Parapsychological Association (PA).

Julie’s talk, Development of a comprehensive survey of secular American mediums, covered our current OCTO Study, which is being funded by the Bial Foundation.

Abstract
Mediumship research at the Windbridge Institute includes a three-tiered approach to investigations of secular, American mediums. The Information, Operation, and Application research programs examine (i) the accuracy of the information mediums report; (ii) the mediums’ phenomenology, physiology, and psychology, and (iii) the potential social applications of mediumship readings, respectively. As part of the Operation research program, the current study develops and employs web-based surveys in order to gather novel data potentially identifying of unique demographic, cognitive, psychological, physiological, familial, cultural, and phenomenological characteristics of self-identifying mediums in the US. Surveys regarding anomalous experiences and beliefs have regularly been an important research methodology in parapsychology and associated psychological, sociological, etc., fields. The findings from previous survey research with mediums can only be generalized to the specific, organized, belief system- and geographically-associated populations under examination. The subset of American mediums not associated with any formal national organization and who hold no organized belief system may potentially serve as the majority in the US but have not, to our knowledge, been specifically assessed using instruments designed to gather information about their general demographics and other characteristics. The study consists of two parts. In Part 1, responses to standardized questionnaires are collected from both medium and non-medium US Internet users. Basic sociodemographic data as well as information about respondents’ major personality characteristics; psychological well-being; compassion; spiritual experiences; fear of death; and childhood abuse and trauma is collected using previously published standardized surveys. In addition, questionnaires were created to assess physical health; end-of-life and after death communication experiences; and awareness and experience of psi-related phenomena. In Part 2, the mediums who participated in Part 1 are invited to complete additional survey materials requesting specific information about their mediumistic experiences. That survey includes open-ended and forced choice elements assessing aspects of the respondents’ history, practices, and experiences. Part 2 also includes open-ended items inquiring about experiences during communication with the deceased. This text collected describing the mediums’ phenomenology in their own words will be analyzed using Linguistic Inquiry and Word Count (LIWC) text analysis software which calculates the degree to which 80 different psychologically meaningful categories of words including positive/negative emotions, self-references, causal words, attentional focus, emotionality, social relationships including honesty and deception, and thinking styles are used in a given text. Findings from this study will elucidate potentially unique characteristics of secular American mediums not heretofore examined. The study will also provide the groundwork for more detailed hypotheses and further studies of more specific aspects of mediumship in this growing population; this may include future studies of the potential psychological, biological, and/or neurophysiological correlates of the mediumistic experience. This research is made possible by Bial Foundation Bursary 372/14.
Conferences and Events (cont.)

PA/SSE Meeting Cont.

Mark’s talk, Applying Machine Learning to Psi Research: An example of using a deep machine learning image classifier to analyze seemingly random visualized FieldREG data collected during sessions with meditators, reviewed some of his current research with machine learning and parapsychological data sets.

Abstract:
With the advent of Big Data (data sets so large or complex that they render traditional information technology tools and techniques ineffective), data analysts have turned to Artificial Intelligence and machine learning in order to find meaning in and make predictions from data. Machine learning algorithms iteratively learn from data, allowing computers to find connections in data without the need for them to be explicitly programmed. The past few years have brought major advancements to the field of machine learning, including new developments in deep learning (the implementation of complex, multilayered neural networks) and advanced applications such as natural language processing, computer vision, medical diagnosis, user preferences, and image recognition and feature extraction. In addition, many of the companies and universities that are driving this development effort have started to release their machine learning tools as either low cost or open source software. Google, Inc.’s TensorFlow, IBM’s Watson, and Microsoft’s Computational Network Toolkit along with a wide range of powerful APIs (application program interfaces) now make machine learning highly accessible. With these new tools come new potential methods for examining psi-related data sets. In a recent exploratory study, machine vision recognition software was used to classify and extract details from a set of images that were created from random event generator (REG) data that were collected from 10 sessions in which meditators focused on feelings of “Love” (five sessions) and “Hate” (five sessions). The data, collected using FieldREG software (Psyleron, Inc.), were then processed though Windbridge Institute custom visualization software that converted them into complex 3D images. Traditionally, FieldREG data are analyzed by looking for deviations from randomness; however, the current exploratory study employed image concept recognition software (Clarifai, Inc.) to classify the images based on their visual attributes. While there was considerable overlap in the resulting classifications, the software successfully grouped four of the five “Hate” images together with a unique descriptor not found in any of the other images, nor previously considered by the investigator. What is notable here is that the software made this test possible with just a few hours of investigator time in contrast to previous image classification approaches which would have required a specifically defined classification scale and a large number of research participants. The results of this exploratory study demonstrate the potential value in the application of machine learning to visual data sets both in terms of time/cost efficiency but also in potential hypothesis generation. As machine learning systems can quickly find connections in data that humans cannot, applying them to psi datasets may produce new, testable hypotheses which could profoundly move the field forward.

The slides from Mark’s talk can be viewed here
Conferences and Events (cont.)

Live Webinar with The Rhine Research Center: Laboratory Research with Windbridge Certified Research Mediums (WCRMs)

In August, Mark joined John Kruth, Director of the Rhine Research Center (RRC), Robert Ginsberg, Vice President of the Forever Family Foundation (FFF), and Windbridge Certified Research Medium Laura Lynne Jackson, for a live webinar where he discussed the institute’s training and testing procedures for mediums.

Laura Lynne Jackson is a Level 5 Windbridge Certified Research Medium and a Forever Family Foundation Certified Medium. She also the author of *The Light Between Us: Stories from Heaven, Lessons for the Living*.

To find out about other up-coming events at the RRC be sure to visit their website.

The Forever Family Foundation is a non-profit organization that supports the understanding of Afterlife Science through research and education. You can find out more about their events, weekly radio program, and sign up for a free membership by visiting their website.

American Center for the Integration of Spiritually Transformative Experiences (ACISTE) 2016 Annual Conference

In October, the Windbridge Institute was proud to be a sponsor of the 2016 ACISTE meeting. The mission of ACISTE is to address the integration needs and further the well-being of those who have had near-death or similar spiritually transformative experiences through research, education, and support.

To find out more about ACISTE please visit their website.

PsiSongs: Live On-line Group Intention Event

In March, Mark hosted a live on-line event in which participants were invited to focus on the intention of “Living life with gratitude.”

During the intention, a Random Event Generator (REG) collected data. As the REG data were collected they were piped into Mark’s custom software application that used the data to compose a audio track that the participants could hear in real-time. Gratitude was selected as the intention because “in positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” You can listen to the resulting audio track here. The feedback from the event was overwhelmingly positive and we hope to hold similar events in the future.
Publications and Media

Since our main focus during 2016 was data collection, we did not have many media engagements or new publications. However, you can expect to see new peer-reviewed papers, research briefs, and book chapters in 2017 (see page 17).

Book Review


Excerpt from the review:

“I’ll speculate that the author’s disinterest in the scientific method may explain the lack of details provided when it comes to specific procedures or equipment. These omissions are unfortunate. The author may have developed a system that could be profoundly useful both for researchers and for those who might benefit emotionally or spiritually from meaningful after-death communications. By withholding this information, the author is forcing anyone with a sincere interest in the field to recreate his processes with little meaningful guidance.”

The book is available from Amazon.com [here](http://www.amazon.com).

Interview

*Heaven Called My Name: Incredible True Stories of Heavenly Encounters and the Afterlife* by Theresa Cheung

An interview Windbridge Institute Director of Research, Julie Beischel, PhD, was included in Theresa Cheung’s most recent book, *Heaven Called My Name*. In the interview, Theresa asks Julie about her current and upcoming research, how Julie responds to skeptics, and more. You can read the full interview with Julie on-line [here](http://www.windbridgeinstitute.org).

*Heaven Called My Name* is available from Amazon.com [here](http://www.amazon.com).
Apps and Tools

Research suggests that people who meditate regularly score higher on psi (a.k.a. “psychic”) tests than those who don’t meditate. To help explore this idea, we have been developing software and hardware tools that (1) help promote meditative and mindfulness practices and (2) help test changes in intuitive/psi ability over time. This is an ongoing area of research and development so apps will be updated and added as more data become available.

Remember to always check with your healthcare provider before starting a mindfulness practice or making lifestyle changes.

CloudBlue: The Simple Mindfulness App

Developed by institute researcher Mark Boccuzzi, CloudBlue: Simple Mindfulness, is a free, minimalist app that can be used as a focus for breathing, meditation, or mindfulness, or just for open-ended doodling.

Use CloudBlue whenever you need to take a quick break. Just tap “Start” from the menu and begin moving your finger on the white screen to produce a blue cloud of animated particles that follows your finger around the screen. Experiment with the speed and direction of your movements as you create unique and complex patterns. To learn more visit: https://play.google.com/store/apps/details?id=com.windbridgeinstitute.cloudblue

Mindfulness Meditation Cards: PsiForms Art

This deck of 12 cards were created from data that were collected from a Random Event Generator (REG) while a group of meditators focused their intention on the specific ideas that are listed on each card.

To learn more about how these images were made, download the free PDF copy of Mark Boccuzzi’s book, Visualizing Intention here.

To order your own set click here.

Intuition Practice: A Dog’s Tale

A Dog’s Tale lets the player direct Barkley the Dog through a forest in an attempt to find as many of Barkley’s lost toys as possible. Players will need to rely solely on their intuition. The game was designed to be slow-paced and meditative. This approach allows players to take their time as they direct Barkley along the path and pay attention to how they feel when they make accurate intuitive choices.

The game runs on any HTML5 compliant browser. You can play the current version of the game here.

Be sure to visit the Apps and Tools page on our site for a complete list of items.
And now...

Now that you’ve learned all about what we accomplished last year, how can you help make sure we keep up that pace going forward? (See page 17 for some things we already have planned!)

The project-specific grants we receive don’t cover the costs of Exploratory Research (p. 7), travel to meetings (p. 11), writing chapters for academic collections (p. 17) and books for non-specialists (p. 17), the development of apps (p. 15), or other basic expenses.

But you can support us through the crowd funding site, Patreon.

Unlike other crowd funding sites like Kickstarter which fund a specific project, Patreon allows you to make a monthly pledge to support our work.

As a Windbridge Institute Patron, your monthly pledge can be for as little as $1. On the first of each month, your credit card (or PayPal account – you can choose!) will automatically be charged the amount you pledge once you set up your account.

Become a Patron

Learn more and sign up at:

www.windbridge.org/support-research/

Other easy ways to help support our important work...

- FREE: Tell your friends about the Windbridge Institute! Feel free to share this New Year Note!
  - FREE: Find the Windbridge Institute, LLC on Facebook
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2017: Looking Forward

There is much in store for the institute in 2017. Take a peek at what we have coming up! For updates, be sure to join our email list by visiting http://www.windbridge.org/join-email-list/

Research

We are excited be continuing our major funded projects into 2017, including the Bereavement and Mediumship (BAM) Study funded by the William H. Donner Foundation, the Development and Implementation of a Comprehensive Survey of American Mediums Funded by the Bial Foundation, the VISTA project funded by the Forever Family Foundation, and our ITC projects funded by the Helene Reeder Memorial Fund for Research into Life after Death (see page 6 for details). You can expect to see results from some of these studies become publicly available in 2018.

In addition, we will continue with our exploratory research projects in our newly formed ACT (Advanced Concept Testing) Lab! The ACT Lab will perform a wide range of interdisciplinary, exploratory research projects which are based around Open-source technologies to help promote replication.

Publications

Julie Beischel, Chad Mosher, and Mark Boccuzzi were invited by editors Dennis Klass and Edith Steffen to contribute a chapter titled “Continuing Bonds and Spontaneous, Induced, and Assisted After-Death Communication Experiences” based on their previous journal article for the upcoming academic text Continuing Bonds in Bereavement: New Directions for Research and Practice which will be published in 2017 by Routledge.


We also have several research papers currently in progress. Look for updates on these as well as new Research Briefs, new blog posts, and other publications.

Events

Forever Family Foundation Webinar
"Sprit Talks and Spirit Walks: After-Death Communication in the Laboratory"
February 15, 2017
Join Windbridge Institute co-founders Julie Beischel, PhD, and Mark Boccuzzi as they discuss their latest research into life after death. Julie and Mark will review their current findings and discuss what the future holds as they develop new lines of research in this fascinating but mostly neglected realm of science. Please visit the Forever Family Foundation website for more information about this and other events.

Be sure to sign-up to the Windbridge Institute email list for updates on other events, publications, and institute news!
About the Windbridge Institute, LLC

Windbridge Institute, LLC, is an independent research organization investigating the capabilities of our bodies, minds, and spirits and attempting to determine how that information can best serve all living things.

Members of our international Scientific Advisory Board review research questions and protocols and provide feedback and suggestions based on their expertise.

At this time, the institute is primarily interested in research regarding the survival of consciousness hypothesis; that is, the theory that an individual’s consciousness or personality continues to exist, separate from the body, after physical death. We are also interested in traditional parapsychological topics (i.e., telepathy, precognition, clairvoyance, and mind-matter interactions); animal consciousness, animal psi, and the human-animal bond; applied intuition and intention; and complementary and alternative therapies for personal and planetary health as well as our connection to each other and the potential that exists within each of us.

For more information, visit www.windbridge.org

Useful weblinks:

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Thank you for your interest in our work!

As always, we would like to thank all our funders, volunteers, supporters, colleagues, friends, and family. Without you, this work would not be possible.

Be sure to get involved and stay connected!

Mark, Julie, and the Windbridge Institute, LLC Team
Why Windbridge?

Why is the continued existence of the Windbridge Institute, LLC, important? We are...

**Innovative:** We study topics like life after death, mediumship, haunt-related phenomena, and animal psi which are considered “outside” of mainstream science (to say the least). We are interested in non-local consciousness, understanding our connection to each other, and unlocking the potential that exists within each of us.

**Efficient:** We keep our overhead low and have no marketing department, editorial staff, development department, administrative staff, or public facilities. Around here, a little support goes a long way.

**Far Reaching:** We perform both basic and applied research. We are dedicated to understanding the true nature of the phenomena we study and then applying what we have learned to solve real-world problems by developing new training methods, treatment modalities, and technologies.

**Unique:** We are one of the only organizations in the world performing world-class, peer-reviewed scientific research regarding life after death and the only one that includes an elite group of certified mediums as part of the research team. If we can’t do this research, who will?

**Independent:** We have no endowments, receive no state or federal funding, and have no university affiliations. While this situation sometimes makes us feel like we are out here on our own, it also gives us the flexibility to ask whatever research questions we feel are important and to follow the data, wherever it might lead.

**Effective:** Since being founded in 2008, we have published articles in peer-reviewed journals including the *Journal of Parapsychology*, *Australian Journal of Parapsychology*, *EXPLOR: The Journal of Science and Healing*, *Frontiers in Psychology*, *Transpersonal Psychology Review*, *Journal of Scientific Exploration*, *Omega: Journal of Death and Dying*, and *Journal of Near-Death Studies*, and have presented research at the The Science of Consciousness, Exploring the Extraordinary, American Center for the Integration of Spiritually Transformative Experiences (ACISTE), Vail Symposium, and Forever Family Foundation conferences and at scientific meetings of the Society for Scientific Exploration, the Parapsychological Association, the Rhine Research Center, the International Society for the Study of Subtle Energies and Energy Medicine, the Society for the Anthropology of Consciousness, Atlantic University, and the Institute of Noetic Sciences.

**Open:** When our studies are complete, we actively get the results into the world as quickly as we can—regardless of whether the results are positive or negative. We post our findings and methods on our public website, our blogs, and through social media.

**Connected:** Our international Scientific Advisory Board includes researchers, authors, editors, and experts in their fields; we are members of several professional organizations; and we perform collaborative research with other institutions.

**Respected:** Here is what others have said about the Institute and our work...

“The research that is currently being done at the Windbridge Institute is the best research being done in the field of parapsychology.”
—John Kruth, Executive Director, Rhine Research Center

“The research that takes place at the Windbridge Institute has been judged by international peers to be important and reflects the Institute’s commitment to conducting world-class science.”
—Dean Radin, PhD, Senior Scientist, Institute of Noetic Sciences

“Beischel herself has played a major role in strengthening the methods used in this field and her research exemplifies her rigor and sophistication.”
—Daryl Bem, PhD, Professor Emeritus of Psychology, Cornell University

For as little as $1/month you can **support us by becoming a Patron today!**

Visit our website to learn about more ways to get involved.