

## Objections to Woo-woo

One of my first memories of childhood is as a little boy visiting a neighbor's house with my parents. There was a lamp with a cord that went under a rug in the living room, and I remember pulling up the rug (with everyone watching and laughing) in order to see where the cord went. I followed the cord to the outlet on the wall and was satisfied that I had found where the wire went. Cords and wires fascinated me at an early age.

Other early elementary school age memories are of my dad and I building circuits with a battery, a light bulb and switches. In college, I got my degree in computer science, and went on to write software for several companies, and then started and ran a computer tech support business for many years.

I am (or *was*) all tech.

I'm a product of two parents with Ph.D's, both my parents taught in universities, and both were authors. My siblings are doctors, veterinarians, and research chemists.

Intellect pervades our family.

We were also a religious family. My dad was a pastor for his entire career, and both parents participated fully in the church and the well-known university associated with our Christian denomination.

For these reasons, I have a unique perspective on why someone might object to the world of Woo-woo. What's "woo-woo" again? Woo-woo is the word that is often used to describe the using of your intuition, learning to listen to the messages of the spiritual side; it's ESP, it's healing bodies by laying on of hands, it's speaking to spirits, it's reading Tarot cards to get an answer to a burning question. The world of Woo-woo is at odds with my intellectual upbringing *and* at odds with my Christian upbringing.

And yet, I am *all in* on woo-woo.

For me, woo-woo is why we are here on this planet. woo-woo is what brought me to immeasurable peace in my life, it even changed my personality. I am able to be calm and patient in the face of stress and difficult situations. And it has brought such joy and happiness in my life, I can hardly contain it!

## Intellectual, Religious, and Modern Culture

I see three main objections to woo-woo—intellectual, religious, and modern culture.

Intellectuals scoff at woo-woo because it isn't scientific (actually it is, but we'll get to that). Established religion shuns woo-woo because it is forbidden (also not true, but we'll get there too.) And modern life keeps us distracted and annoyed, such that we have no knowledge that there might be a better way, and no time to explore it.

In Part 1 of this book, I will present the objections to woo-woo and answer them with books and convincing research. If you are on the fence about woo-woo, I hope you will be *all in* on woo-woo after this section, or at least have more to ponder.

In Part 2, I describe how woo-woo affected me, my personality, and the joy it brought to me once I realized what life was all about. What changes inside you when you embrace intuition, Spirit, and let go of the need to *do* instead of just *be*? My journey has been through books, so I present the books I read to bring me along this path.

In Part 3, I describe the many different ways we can interact with Spirit—through healing, through intuitive questions, through signs and magic.

How many people do you know who are *truly* happy? Let's increase that number by one as you experience this new joy of living—living in this state of woo-woo.

## A Brain in a Body

I was brought up in a protestant religious household. Discussions of faith and religion were part of the fabric of my family. My Christian heritage gave me a strong moral compass but also the permission to ask hard questions and challenge teachings and assumptions.

The beginning of my spiritual journey started with a search for happiness. At that time, many questions were going through my mind; one question was the question of faith, religion and God. It's the big "What if" question—what if this whole religion thing was a construct of our own minds? What if it's not true?

What if there isn't a God? What if the idea of a soul is just an imaginary thing? What if we're just a brain in a body?

What if when we die, that's the end?

I took that question seriously. I started thinking about all of the assumptions that a religious upbringing made, and I began considering that churches and religious groups might be a huge waste of time and energy. Maybe religious organizations were all talking about something imaginary.

Sure, the social programs of churches were good, and the teachings of being a better person were helpful, but the premise of a soul or spirit suddenly seemed like complete fiction.

I remember clearly sitting in church, hearing the pastor speak about what God wants us to do. And I was thinking "Do you really *know* God? And do you really know what he wants us to do? How absurd. We don't even know our next door neighbors, let alone know 'God.'"

As I watched religious disagreements in the news and read of modern wars and attacks over whose version of God was correct—it all seemed even more ridiculous.

If God doesn't exist, and if the soul doesn't exist, then we're expending a whole lot of energy on nothing. I remember the realization washing over me that a huge portion of my upbringing and of my present life was meaningless.

Imagine all the resources and energy put into building churches, ordaining ministers, debating scripture, writing commentaries, studying minute differences in language in this scripture versus that scripture. Then think of all the other world religions with their buildings of worship, clergy, scriptures, debates and discussions! A huge amount of energy and resources about imaginary things!

As I grappled with this conclusion, it wasn't all bad. In one way, this realization made life easier. I didn't have to worry about an afterlife, or what I should be doing or commandments or any set of rules.

I just had to create a reasonably comfortable life for myself, not hurt anyone else, and get through to old age without a major screw-up or painful disease, and I'd be Ok. Easy, right?

In another way, though, I was sad to see this part of my life dry up. I had been brought up in a Christian home, good Christian

parents, outstanding education in a Christian school, and having most of my relatives in missions or the ministry.

Science played a part in this struggle. I had read enough science books and article to know that modern scientists had figured out a lot of how the brain works, and found no evidence of a soul or spirit acting on things.

Many of the so-called religious experiences could be simulated with chemicals; dopamine, oxytocin, serotonin, and endorphins were all measurable and linked to happiness.

*God* and *soul* were constructs of our own minds, tools used by religions to keep us in line, and focused on getting through life.

I knew I wasn't really happy with my life, and suddenly realized that I only had this one life to enjoy. I'd better make the most of it!

If the soul and God weren't real, what was the source of happiness?

What do you do when you need to figure something out? Well, I began reading books on happiness. What does it take to become happy?

The solutions presented in books were all over the map—happiness was elusive, it could be achieved by regimen, it was only found in human relationships, or it could be achieved by service to others. There are many, many books on creating or discovering happiness.

The "brain in a body" concept stuck with me until I read one particular book.

## Objections of Science

My biggest shift in understanding happened when I read a book called *Entangled Minds: Extrasensory Experiences in a Quantum Reality* by Dean Radin.

I've always been interested in psychology, and especially the idea of ESP. I read and studied a lot about it in college, and now had a book that seemed to explain it.

In college, my psychology class did the standard ESP experiment where you try to guess or sense the symbol that your partner is sending you. Our class paired off, and with my partner, I got them all

wrong. Not the 25% correct that you'd get statistically. I got them *all* wrong. Clearly, I had no extra sensory perception whatsoever. It was a big disappointing moment for me.

But back to Dean Radin's book. I heard about this book because it was mentioned briefly in a business and marketing newsletter I had subscribed to. The newsletter mentioned in just one small paragraph that "the world is a much more interesting place than it appears to be. Don't believe for a minute that we've figured everything out already."

That might be a key concept for life. *Don't believe for a minute that we've figured everything out.* If we can approach life with that kind of curiosity and openness, we will constantly experience new miracles!

I read Dean Radin's book, and it completely changed my view on, well, brains, minds, connections between minds, and a whole lot of things. In the book, Radin lays out the case for extrasensory reality, and then goes on to explain how it might happen via quantum fields.

Throughout the book Radin gives example after example of individuals knowing the future, reading minds, unexplained connections between individuals, and so on. But not just examples; he gives laboratory tests that prove the findings are more than chance. *Real science.*

The difference between many Woo-woo books and Radin's book is that he cites scientific double-blind experiments that detail the existence of some kind of mind connection between test subjects.

I was blown away by these examples. How could this be?! Why hadn't I heard about these experiments before? This changes *everything!*

Two examples of experiments from the book illustrate the amazing things our minds are able to do.

The first example is an experiment to measure the ability of one individual to communicate with another over distance using the mind (also known as telepathy.) Keep in mind that this experiment is carried out with proper rigorous scientific method standards.

In the experiment, two researches are located in different buildings far apart, such that there is no clear line of site between the buildings. One researcher has a stack of cards with images on them—known as Zener cards. The deck of cards is shuffled, and the cards are placed one at a time face down. For each card, the researcher with the cards first tries to perceive what the image is without looking, and

then “sends” his perceived image of that card to the other researcher who writes down the message he receives.

The results were very interesting—this experiment showed that the recipient guessed correctly by a small but significant percentage higher than chance. Even more interesting is that when the experiment was repeated, each time the findings were the same—the number of correct images was slightly over the number that could be attributed to chance. What does that mean? It means that *something* is causing the image to be recorded correctly more often than not.

A second example I would like to describe is an experiment on presentiment. The person (called the *test subject*) is connected to a device that measures the body’s reaction to a seeing an image. When peaceful or happy images are displayed, the stress response is minimal or non-existent, and the device measures that reaction. If the image is disturbing or frightening, the body’s stress response is clear and measurable.

The test subject is shown numerous images randomly, and the stress reaction is measured for each image. As we would expect, the measured stress reaction is higher for the disturbing images. But the significant thing is that this experiment showed was that the reaction happened very slightly *before* the image is shown. Why before? That’s the mystery. The research showed that the test subject was able to know slightly in advance what kind of image would be shown.

I’ll address the topic of how the scientific community reacted to experiments like this later in the book. For now, keep in mind that the experiments are done correctly and have been peer reviewed.

What Radin’s book did for me was to teach me that as humans, being just a “brain in a body” did not explain our experiences fully.

Science showed that there are a few phenomena that exist in humans that aren’t part of our five senses. If these unusual phenomena truly exist, then there might be something more than just brains in bodies. It must be brain, body and *something*. This made me think “Well, if that’s true, then the idea of a *soul* or consciousness might be related, and that requires some more explanation.”

Because of *Entangled Minds*, I was able to accept the idea of consciousness which led me to a deep exploration into mind-body connections, consciousness and ultimately set me on my spiritual journey. I am deeply grateful to Mr. Radin for this book, and I would

The Woo Woo Book: The key to joyous living, suppressed by the church, ignored by science

highly recommend Radin's book to anyone who believes that science proves we have no spirit, or anyone who believes we've figured everything out about mind and body.