

THE TAMULET



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A Special Interest Group of American Mensa, Ltd.

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Send a thought; heal a fever?

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At first glance, the laboratory appears commonplace, even homey. The quaint table lamps cast a subdued glow. A visitor is more likely to notice the small wooden desk and cozy reclining chair than the snaking electrode cables and buzzing computer.

Yet San Antonio, Texas's Mind Science Foundation is involved with experiments as alien, as controversial — as potentially loud — as any in the annals of health research. Its mission: to discover whether one person can actually affect another person physically by force of mind alone — through psychic energy.

In the reclining chair sits a volunteer. Electrodes that measure the activity of sweat glands are attached to her palms and fingers, much like a classic lie-detector test. In a second room sits another volunteer, trying to use psychic influence. His task is either to tense or relax the unknowing subject across the hall. For example, he imagines himself running — grits his teeth, clenches his fists. If his "psychic jogging" works, the volunteer's sweat glands will become more active. The changes in her skin, called electrodermal activity, will be picked up by the polygraph machine.

The scene may sound absurd, like something out of a mumbo-jumbo horror flick. This psychic research, headed by psychologist William Braud, is hardly the work of mad scientists. The foundation is one of the few places where psychic powers are being investigated seriously and scientifically. The lab has been functioning through private grants for 25 years, and has included psychic research in its many activities since 1976.

Even many who are skeptical of psychic power consider the

foundation's approach credible. The work is being done at a time when mainstream healers — doctors and psychologists — are becoming more interested than ever in psychic power.

Much of the new interest has been sparked by studies — at New York University and elsewhere — of a phenomenon called therapeutic touch, the clinical name for "laying on of hands." A large and growing network of nurses have been trained in the technique and now use it as a part of their regular work with patients. They've made hands-on care a unique contribution of nurses, largely independent of doctors.

Practitioners of therapeutic touch claim that by putting themselves in a meditative state and soothing a patient with their hands, they've been able to reduce pain, relieve anxiety and even cause bone to heal at a faster rate. One practitioner, Janet Quinn of the University of South Carolina, has been given a three-year federal grant to study the phenomenon.

Although the American Medical Association doesn't have a policy on therapeutic touch, many scientists and doctors are willing to accept its claims, attributing the results to the patient's psychology rather than psychic energy. In fact, a large new field of research — part of it called "psychoneuroimmunology" — is showing that belief can have profound effects on the body. And physicians, psychologists and biochemists are working together to find precise, quantifiable connections between body and brain.

The nurses using therapeutic touch think that there's more at work than their patients' belief in them. Quinn puts it bluntly:

"The working hypothesis is that there is a transfer of energy from the healer to the patient." She is open to the possibility that the "energy" might be something — some form of psychic power — scientists can't yet measure.

For the most part, past research into psychic phenomena has not met with mainstream scientific acceptance. "With most scientists, this evidence simply is not substantial enough to bear the burden of proof," notes sociologist Marcello Truzzi, a standard-bearing critic who has closely monitored psychic claims. "The problem is that most of the evidence tends to be anecdotal, people with tales of how they were cured by this and that, with inadequate controls."

If the attitude ever changes, it may be due to the current research by the foundation. Braud and his colleagues know that strict laboratory procedures and repeat experiments are needed to convince other scientists that their data are valid. So far, Braud has conducted 11 formal studies — and claims encouraging results.

When the results of all the sessions are looked at together, Braud says, the subjects' reactions corresponded with the psychics' thoughts 61 percent of the time. Braud calculates that the odds against such results deriving from sheer happenstance are 30,000 to one. "I was surprised it worked so consistently," he says.

Meantime, the foundation's work once again proves that human curiosity, the yen for the supranatural, is boundless. Even though the growing field of psychoneuroimmunology has begun to offer plausible explanations for many "psychic" phenomena, the search for the implausible continues.

THE TAMULET is the bi-monthly publication of the Parapsychology SIG, (PPSY SIG), a Special Interest Group of American Mensa, Ltd. Opinions expressed herein are the opinions of the writers, and not of American Mensa, Ltd., which has no opinions. Please address all correspondence, submissions, and applications for membership to the Coordinator/Editor:

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SUBMISSIONS of articles of interest to the field of parapsychology, letters, artwork, "how to" instructions, etc. are welcomed, and can be sent to the editor for typing. CAMERA-READY SUBMISSIONS are encouraged if you have the capability to provide them. Camera-ready means typed with a carbon (film) ribbon, single spaced on white paper, to a column width of THREE AND THREE-QUARTER (3-3/4) INCHES. DEADLINE FOR PUBLICATION IN THE NEXT ISSUE WILL BE THE 15TH DAY OF EACH ODD MONTH.

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OUR TAMULET LOGO

Our logo was designed by Eloise Hurst, a Tampa member of our SIG. The following meanings are given for the various parts of the logo:



= Motion



= Growth



= Healing



= Love/Happiness



MEMBERSHIP DUES

Our Parapsychology SIG dues, which include a subscription to the newsletter, shall be assessed as follows:

\$5.00/year for Mensan* member & household

\$6.00/year for Associate member & household

which entitles the member household to six issues of THE TAMULET, with one copy being sent to each member household. If you want more than one copy of the newsletter, you will have to pay for the second subscription at the same rates as given above.

*PLEASE NOTE: There is an official policy in American Mensa Ltd. that formal membership in all Special Interest Groups must be limited to Mensa members. Non-Mensans are welcome to join our SIG as non-voting Associates.

As with all Mensa meetings locally, there will be a \$1.00 per person KITTY collected at all SIG meetings to help to defray the cost of snacks and drinks. Occasionally we may need to charge a slightly higher kitty in order to reimburse a speaker for travel expenses. Your cooperation is appreciated.

ANSWER TO MENTAL IMAGERY TEST (from last issue)

CUBE EXERCISE -- How many surfaces are painted red?

NO SURFACES = 1 Block
ONE SURFACE = 6 Blocks
TWO SURFACES = 12 Blocks
THREE SURFACES = 8 Blocks

SECOND ANNUAL Choose your own HOLIDAY GREETING:

HAPPY HANUKKAH

MERRY CHRISTMAS

JOYOUS YULE

SEASON'S GREETINGS

HAPPY NEW YEAR

BAH! HUMBUG!

BLESSED BE

My Love to You ALL!

DECEMBER MEETING / DECEMBER MEETING

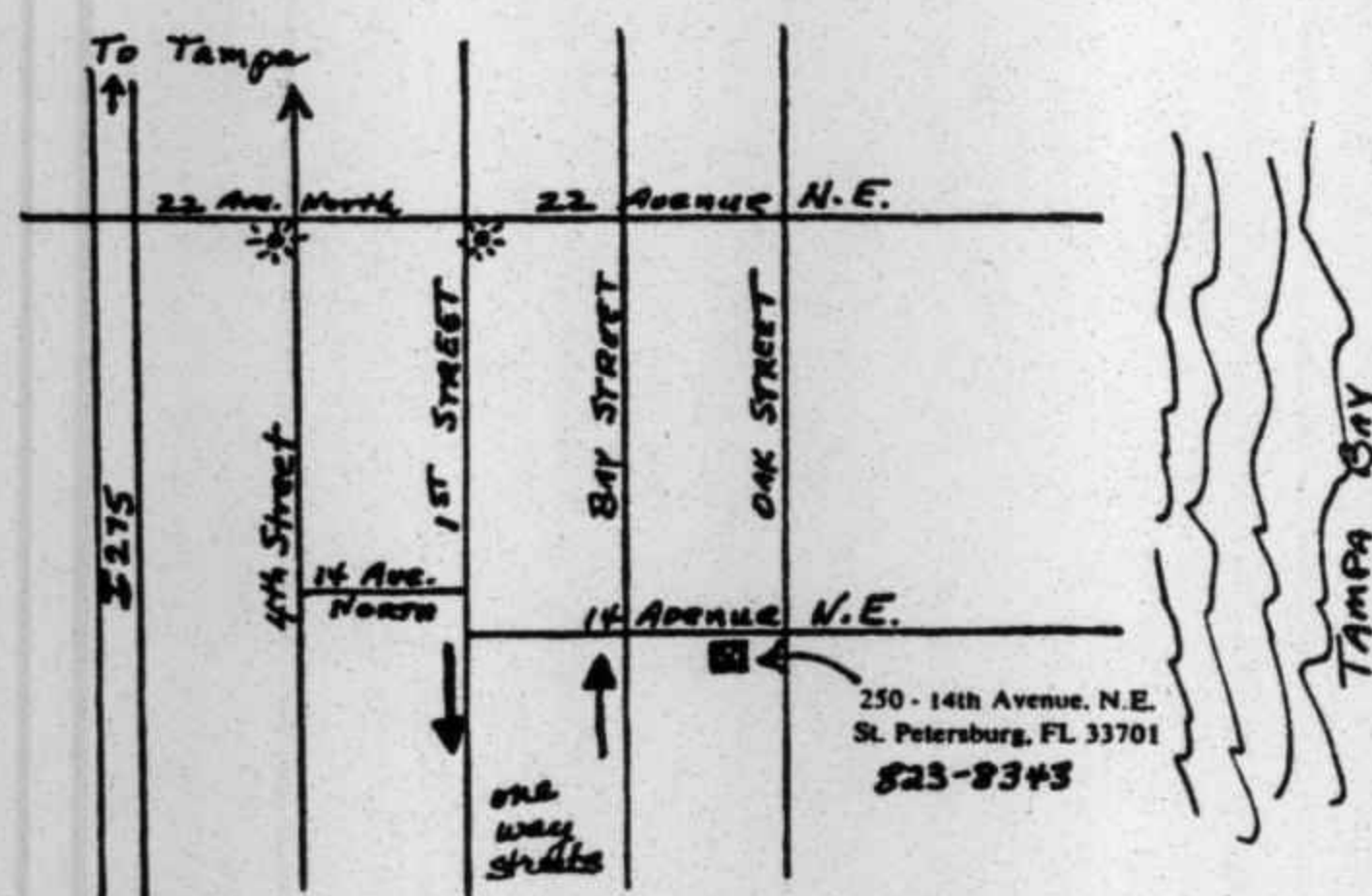
December 13 - Friday - 8 PM

The Parapsychology SIG presents their SECOND ANNUAL PSYCHIC HEALING HOLIDAY PARTY at the home of your Coordinator/Editor. We enjoyed this so much last year. The purpose of the meeting is two-fold: (1) a celebration of the upcoming holiday season; and (2) in the spirit of giving, a sharing and teaching session on Psychic Healing. New with us this year will be some people who have had experience with what we call "hands on" healing, and hopefully they will share a description of their techniques with us. Also, we shall again hold a healing circle, putting the names of friends and relatives who are in need of physical and/or emotional healing into the circle and then working together to send the healing energy to them all. Since this is a festive time of the year, I feel that it is a good time to dress up in your "party duds" if you are so inclined! I PLAN TO!

In lieu of the normal kitty, I am requesting that EACH PERSON attending bring a holiday treat to share. It may be cookies, cake, pie, candy, or whatever you feel would be appealing. I shall provide coffee and cold drinks, plates, cups & napkins. This is a MOST IMPORTANT MEETING OF SHARING for our group and I sincerely hope that you will make every effort to attend.

My address is 250 14th Avenue, N.E., St. Petersburg, phone 823-8343. RSVP is appreciated, but not a must for this meeting. If you have questions or need directions, please call me. Smoking on the front porch only, please.

Carole Jeanne Rockwell



JANUARY MEETING / JANUARY MEETING

January 3 - Friday - 8:00 PM

UNITY OF RELIGIONS will be the topic of discussion for our first meeting of the New Year. Many of us are so tired of people fighting over the differences in their religious beliefs. Here in America where we are guaranteed the freedom of religion and assembly by the First Amendment, there are still religious martyrs, even though the majority of you probably aren't aware of it. How can people DARE to kill or persecute other people over how they wish to worship God? It's being done worldwide, and if we are going to survive on this planet the only way we can do so is to learn to live together with mutual respect, peace and harmony. I have chosen this subject for a SIG meeting because I feel that a large portion of the paranormal experiences people have are heavily tied in with their religious beliefs and practices, in whatever form they take.

Buck Ghost Horse of the American Indian Church will be here to talk with us about his way of worship and at least one member of another earth religion, Wicca, will also be on hand to participate in this discussion and sharing of knowledge. I believe that the key to gaining this mutual respect is in taking the time to understand that we all worship the same Ultimate Deity, even though we call that Source by different names.

This is the time to come with your questions about the religions you are unfamiliar with and gain new insight. This is NOT going to be an argument over religious beliefs, so if you feel so inclined, stay at home. We are talking about the SURVIVAL OF MANKIND through understanding, mutual respect, peace, harmony and love. IT'S ABOUT TIME!

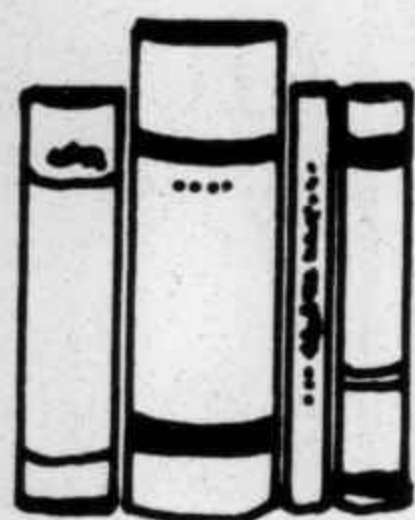
PLEASE RSVP to me by Wednesday, January 1, so I may expect you. My home is at 250 14th Avenue, Northeast, and phone is 823-8343. Normal \$1 kitty for snacks and drinks and please smoke on the front porch only.

Carole Jeanne Rockwell

← (Same map)



READING THE RUNES



This column provides an overview of parapsychological literature. Not all of the books reviewed will be currently in print. This does not mean that they are unavailable however. If a book that has been reviewed interests you, begin searching for it by contacting your local library or bookstore. Either of these sources should own an annual publication called Books In Print. If it is listed in the current edition of this reference work, it is probably in print and obtainable through any bookstore that has it in stock or is willing to order it from the publisher. If the book is not in print, a library in your area may have a copy you can read. If the book is not in the collection of a library where you have check out privileges, they may still be able to obtain a copy for you through interlibrary loan. Ask the librarian for details. It is also possible to buy out of print books. If the book is recently out of print, call the publisher and ask if they still have any copies available for sale. Also, check with any used or antiquarian book dealers in your area. Many of these dealers provide search services for out of print books at little or no charge. Mail order services, such as Publishers Central Bureau, often carry out of print overstocks which they have purchased from the publishers. If you reach a deadend on searching for a book, or have any other questions, write me: Ms. Eloise R. Hurst

4013 Fig St.
Tampa, FL 33609

Lehane, Brendan and the Editors of Time-Life Books. Wizards and Warlocks. Volume 1 of The Enchanted World series. Alexandria, VA: Time-Life Books, 1984. 143 pages. \$17.50.

Recounts legends, folktales and historical tidbits concerning practitioners of the magical arts.

The first section covers the great ancient masters, the second, wizards of the medieval era, and the third, witches.

This book enwraps you in a sense of wonderment and keeps you fascinated throughout. Not all of the information is 100% accurate, based as it is mostly on legend and hearsay, but for lovers of folklore this book is pure enjoyment.

Mr. Lehane is a graduate of Cambridge University. He was a professional journalist before becoming a freelance author.

Eloise R. Hurst, Librarian

Art by Bernice Richmond.

MENSA BULLETIN September 1985



Ferguson, Sibyl. The Crystal Ball. York Beach, ME: Samuel Weiser, Inc., 1983. 15 pages. \$1.50.

This small book explains how to utilize crystal balls for divination. It also gives a brief history of crystal gazing, instructions on the proper care of crystal balls and interpretations for some of the more common visions seen within crystal balls.

The instructions given in this book for the methodology of crystal gazing are of limited help and differ radically from that of any scryer with whom I have had contact. The vision interpretations presented are also dissimilar from any I have previously encountered. However, the instructions on how to properly clean a crystal ball and protect it from injury, whether it be psychic or physical, could be of benefit to any crystal owner.

I was unable to locate any credentials for Ms. Ferguson.

Eloise R. Hurst, Librarian

LETTERS

October 1985

Dear Carole Jeanne,

I saw the filler in the Anti-Matter section of October's Omni. If you're not into fighting for a "cause" or being a test case, may I make a suggestion? Expand your idea about hypnosis to include as many means as you can of acquiring the necessary trance state for your explorations. I suggest this because the label "hypnosis" is extremely limiting and by experience I've found that the state necessary to psychic aventure is achievable by quite ordinary means and clinical hypnosis is quite unnecessary. I do my travelling by day dreaming. The day dreaming I do is often directed just as your hypnosis would be (you are looking for a particular vision and understanding). Are you familiar with Bandler & Grinder? They are two men who have codified certain of our conscious behaviors and shown how they speak of our unconscious lives. Two books are especially interesting: Frogs Into Princes and Trance Formations. Meanwhile, how about subliminal tapes? No one will know but you! I'm all for bypassing the System where possible, and because the System is geared to the lowest common denominator, it's fitting and proper that those of us who can work outside and around its rules FOR IT'S GREATER GOOD should do so. This is precisely why magic was secret. Why the occult was shrouded in so much mystery. No REAL witch ever got burned at the stake. And true alchemy is of the mind. You're on the right track and I'd like to be a part of your journey!

Good Luck,
Melanie Hamilton
Fairfield, CA

P.S. I'm considering bringing some of my ideas out of the alchemical closet and at least as far into the world as Mensa. We'll see. Meanwhile I'll hide in your forest.

Dear Carole,

I enjoyed talking with you. If you want to test your precognitive powers while under hypnosis, I suggest the following test:

While you are under hypnosis, try to "see" the object that I will be gazing at, at a specified date and time -- say one or two weeks hence -- at that time, I would mail you a copy of the target object, and you would send me a copy of your perception of what you "saw" at that future target date.

If you like the study of the paranoramal, you will really like it when you get into the "provable" area -- BELIEVE ME!

Regards,
Jake Rotstain
Kansas City, MO

{Jake has participated in a couple of experiments with some of the local SIG members in the past month or so. We have had a few "hits" and lots of misses so far, but it's fun and interesting to try this type of experiment. -- Editor}

October 24, 1985

Carole:

I was in Sarasota from 10/10 'til 10/15 but was a rush-rush business trip, so missed the 10/13 Sweat Lodge meeting. Hope to be there last of November and expect to make the 11/24 meeting.

I thought the enclosed article was most interesting. {See article entitled "Send a thought; heal a fever?" elsewhere in this issue --Ed} Perhaps we could excite their attention by sending the newsletter to them. If you like the idea, I will pay for 1 year.

Yours truly,
Roscoe Stovall, Sr.
Indianapolis, IN

{Ross: You're on! Please send me their mailing address.-- Editor}

My First Sweat Lodge

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WANZI CANTE Newsletter, Reprinted by premission

A couple of years ago, thru a friend, I was led to my first Sweat Lodge. I was very troubled and I was told this cleansing would be good for me. I was anxious, curious, and very nervous with anticipation. We were to bring tobacco, for the ceremony, and food to share afterwards. We bought three different kinds of tobacco from a smoke shop and brought fruit and cheese. When we arrived I was very nervous about meeting a REAL LIVE INDIAN—I was very impressed. He was very quiet and mysterious. There were lots of people and they were friendly and reassuring. There was this igloo looking tent with covers all over it. In front of the tent was a mound of dirt with tobacco on it and sticks of different colors around it. There was a fire with rocks in the middle. By this tent were rattles, a drum, a long pipe, feathers and such. Everyone had as little clothing on as possible. Most of us had bathing suits on. We also brought towels to sit on.

Soon we all gathered in a circle around the sacred fire. The Indian (Ghost Horse) began to explain what was going to take place in what I learned was called the Sweat Lodge. He explained the history of the ceremony and did some chanting and beat the drum and prayed as he pointed the pipe in all directions. We all had taken a pinch of tobacco to say a prayer and threw it in the sacred fire. All of us, who were new to this Sweat Lodge, were glancing at each other trying to see what the others were doing.

We were finally asked to enter the lodge in a clockwise manner, pausing at the door to kneel down and say "All My Relations" to help bring them into the lodge. Then we crawled in and around to sit in what became a small area around a hole in the ground that was in the center of the lodge. There was a slight panic and closed in feeling when people continued to file into this small area. Ghost Horse brought in a

bucket of water and a ladle. I assumed we'd all get a drink when it got hot.

After the last person was in and we were all very closely seated, Ghost Horse asked a man he called his brother to bring in some hot rocks. This was done one rock at a time, each rock was cleaned off and then he burned something, which smelled like an herb, on each rock. Now not only were we close and a little uncomfortable but the air was reeking of a very potent smokey smell. The last rock was in place and the brother came in and shut the flap. (Now we're talking some serious dark inside.) I was ready to find my way outside as soon as possible. Since getting to the door seemed hopeless and I knew there were walls to wall people I decided to cool it. As the lodge began to get warm from the rocks I began to sweat a little and felt I could handle this. Not wanting to be a quitter, I sat and tried to tolerate what was happening.

Ghost Horse began to pray and asked us to pray for our relations, the sick, the elders, the leaders of the country, the peace of the world and on and on. We prayed for healing and guidance for ourselves. Water was now being poured over the hot rocks and steam was rising and it was getting hotter. Ghost Horse chanted and sang and I heard what sounded like a flutter of a feather fanning the heat down to us. I was now praying and as it got hotter and hotter and the sweat was pouring off of me I began to pray for things like cool air; being able to breath; no more water to be poured over the rocks and let this be the one and only time for this and we'll get out soon and I'll appreciate the experience and be off.

Boy was I wrong!! The flap was opened and light and air came in. The brother was to bring in some more rocks while we continued to pray. I was already praying for air and a cold shower.

Once again the flap was closed and more water on the rocks, more steam and more sweating. We joined in on the chanting and that seemed to take my mind off of possible death. I remember wanting to cry and let go of some of the emotion which was building up in me. People were coughing and spitting and letting out a lot of garbage from inside. After all that was the purpose of the sweat. I remember being startled by a splash of water on my face. It felt so good.

Soon the flap was opened again and once more the brother brought in more rocks. This was round three. I lived through two rounds already so what's one more? With the flap open some air got in and I saw steam going out! YEH!! I looked around and everyone was sweating and looked like they were praying or meditating. A hand touched my leg to reassure me all would be ok. The rocks were in and now the flap was closed. It seemed to get hotter immediately. We're talking RED HOT! We're talking time to pass out. However, once again we sang and beat our bodies which helped to keep my wits about me. The chants I made were more like screams and tears did flow down my cheeks. This round seemed like an eternity and more than I could ever endure.

As I was ready to leap up and run through the flap the Indian gave the brother the word to open the flap and anyone who needed to go out before the final round could do so. Now I was praising the Lord!! The outside was wonderful, so cool and refreshing. We all had red faces and were very wet. Some hosed off. All remained silent and in prayer.

Finally it was time for the last round. The rebirth. It was a short round and tolerable.

After leaving the lodge we said a prayer at the door and then were blessed by Ghost Horse. We all got back in the circle and the Indian filled the peace

MY FIRST SWEATLODGE

pipe and smoked it and prayed and pointed it in the 4 directions again and then it was passed clockwise to each of us. Again we who had never done this before were watching others closely so as not to fumble when it came to our turn. Women in their moon time were asked to pass the pipe on to the next person. I assumed that meant their menstrual cycle. The pipe was pointed to the sky and the earth. I prayed the pipe would not go out so I wouldn't have to re-light it. I did not know how to use a pipe. Once the pipe was passed and got back to Ghost Horse and he finished smoking it we were free to leave the circle and enjoy the food and share experiences.

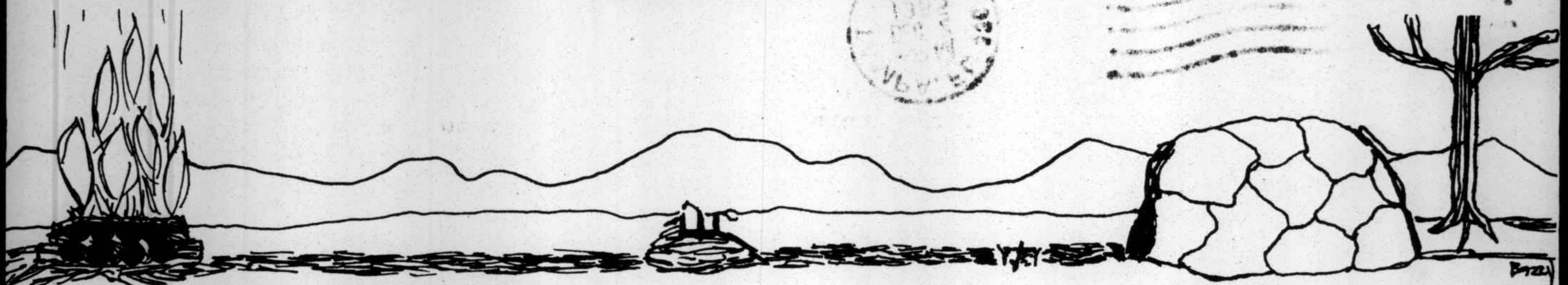
A token donation was given for those who could give but not to keep anyone from coming who were unable to give (such as myself.) I was grateful for the experience. I even felt

good. Very relaxed and peaceful. When I left I was doubtful of attending another sweat. However, many sweats later, given by my (very dear) Indian friend Ghost Horse, whom I love (dearly), I am trying, as a white woman, to not only survive the heat but to indeed feel cleansed and renewed after the sweat and during the sweat. There have been times when I have not been able to endure four rounds but I am able to do that now. I do a lot of praying.

Ghost Horse is aware of my weaknesses and sometimes gives me several dippers of water in the face. He tries to have the faith for both of us when I go in the lodge. I will never forget the last sweat I went to because after the 4th round I crawled out on my hands and knees feeling like an elephant making its last steps and as he was starting to bless me he began to chuckle. I was not feeling amused. He composed himself quickly

and carried on. Later I ask him about the chuckle and he said the look on my face was priceless. He had seen many people come out of the lodge and he had never seen a more pathetic look on anyones face and it struck him funny. I reminded him this was a religious ceremony and I hardly felt a chuckle was appropriate and he reminded me once again that he is a human being and not a God. By now we were both laughing and hugging. He was proud of me and at the same time tickled.

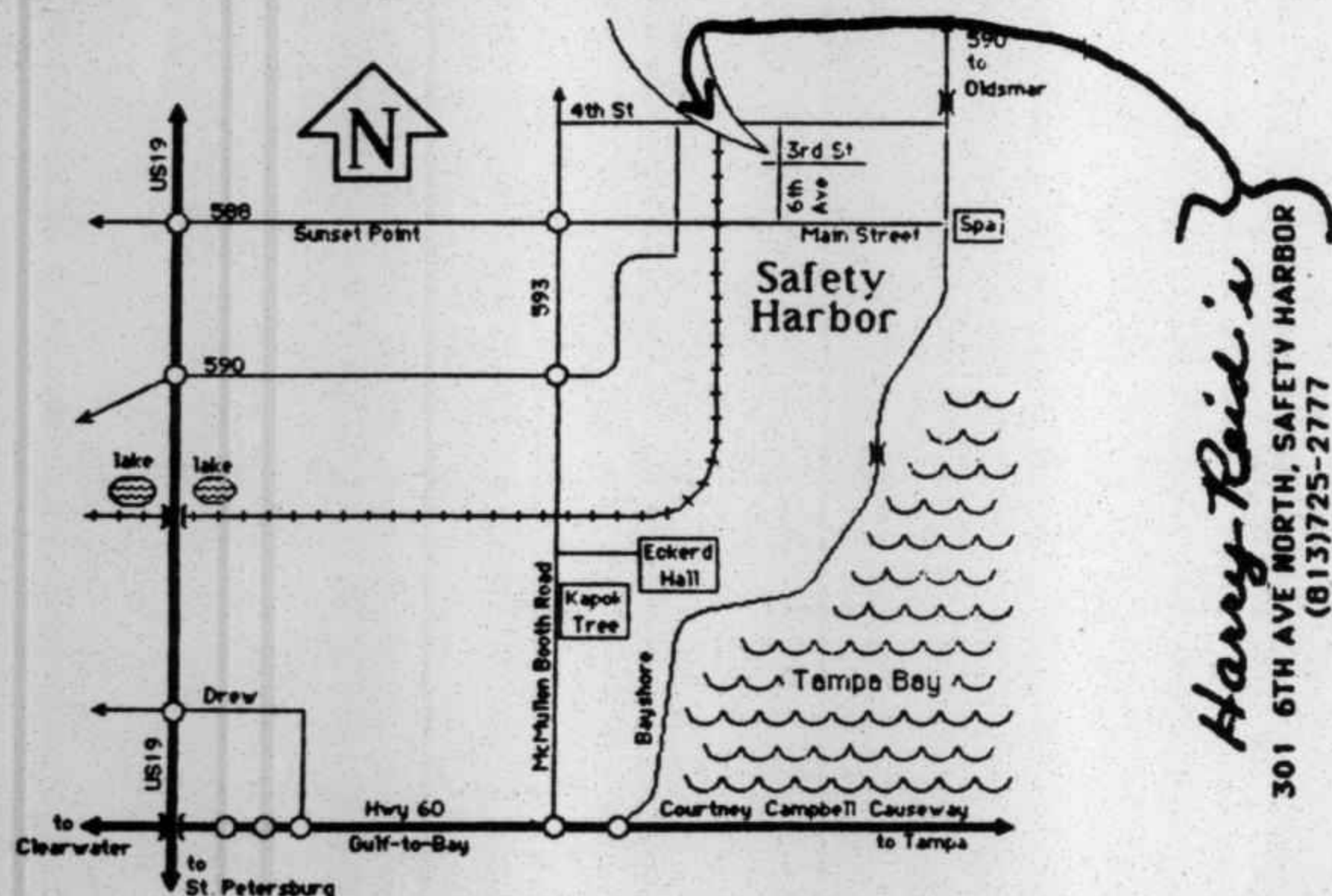
The sweats are wonderful and an experience everyone should have not only once but many times. I've been in sweats with babies and small children and teenagers. We all lose our identity when we are brought together. People from all walks of life join us and we all become one. That is Buck Ghost Horse's church and open for all of us to join in and become re-born.



SWEAT LODGES SCHEDULED

December 22nd / January 12th & 26th

Open to all regardless of age, race, or creed. In Safety Harbor at 2 PM on Sundays. Bring food to share and tobacco (any kind) for the pipe. Call Ghost Horse at 321-0061 if you need further information. Donations gratefully accepted for this work.



AN INVITATION

Hau Kola Brothers and Sisters:

WE of the American Indian Church wish to invite you and your family and friends to our second large gathering here in Florida.

This will be held on Sunday, December 15 starting at 10 AM, at Wood Valley Park, Fairwood Ave., Clearwater, FL (Fairwood is off of Drew, East of US19). It is for the purpose of gathering together in brotherhood and to MEET THE ELDERS, chosen by the Women's Council. There will also be an ongoing POT LUCK DINNER and GIVE AWAY, a PIPE CEREMONY, SINGING and MUTUAL CARING for all involved. Children are wanted in attendance as always, and there is a playground and games for all. We pray all will join us. Make this a special EARTH DAY in Florida.

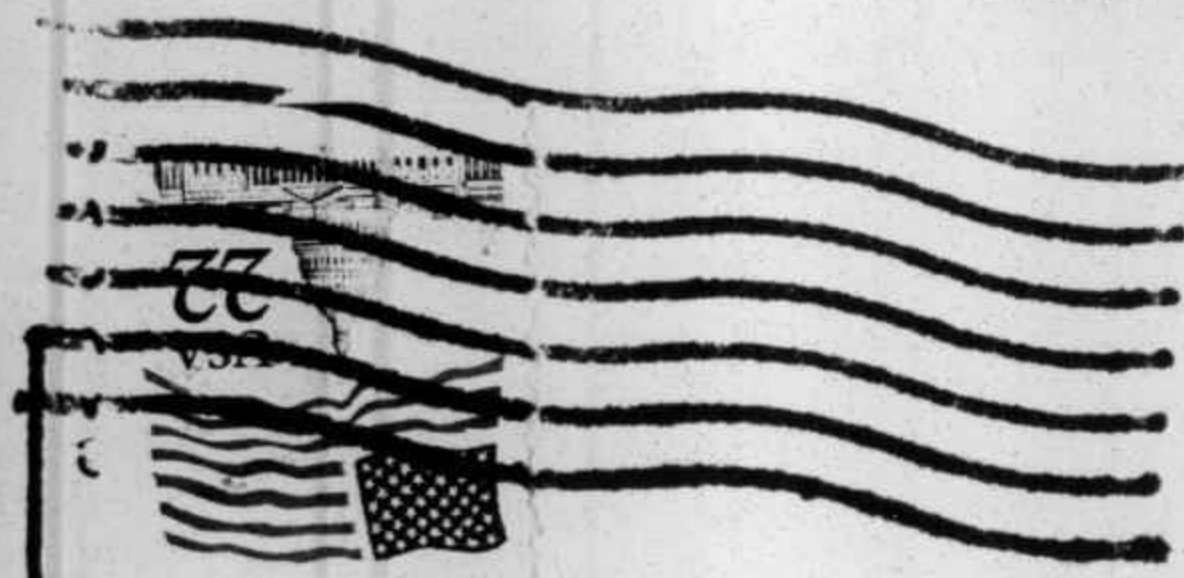
Donna & Buck Ghost Horse



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A REMINDER

December 13th -- PPSY SIG MEETING at Carole's in St. Petersburg

December 15th -- American Indian Church Gathering in Clearwater

December 22nd -- Sweat Lodge in Safety Harbor

January 3rd -- PPSY SIG MEETING at Carole's in St. Petersburg

January 12th & 26th -- Sweat Lodge in Safety Harbor

U R G E N T N O T I C E !

PLEASE CHECK YOUR MAILING LABEL RIGHT NOW. THE DATE YOU PAID YOUR SIG DUES AND BEGAN YOUR SUBSCRIPTION TO THE TAMULET IS THE FIRST ENTRY ON YOUR LABEL. IS IT TIME FOR YOU TO RENEW YOUR DUES? IF YOU SEE THE WORD EXPIRED THIS WILL BE YOUR LAST ISSUE UNLESS YOU SEND ME YOUR RENEWAL. ALL EXPIRED SUBSCRIPTIONS WILL BE PURGED BEFORE THE NEXT MAILING! PLEASE NOTE THAT DUES ARE \$5.00 AND \$6.00 NOW FOR MENSANS AND ASSOCIATES, RESPECTIVELY. THANK YOU.

-- Editor

Telephone answered 24 hours (718) 376-1925.
Office hours: 9:00 AM to 5:00 PM (Eastern time).

American Mensa, Ltd.
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