

The following chapter is from my upcoming book Secret Teachings for Manifesting Prosperity using Infinite Spirit and the Subconscious Mind due for publication mid-august 2011. Copies will be available for purchase at <http://www.scott-rauvers.com>

Chapter 6

Can Retrocausality assist the Healing Process by a simple Change of Mood?

Mental Time Travel

You may have heard the term retrocausality and wondered what it meant. It is simply the scientific term for backwards time travel. Let's take a look at the data to see if this is actually real.

In 1926 delayed-choice thought experiments by G.N. Lewis appeared to show retrocausality in the conventional formulation of quantum mechanics ⁽¹⁾ and J. G. Cramer of the University of Washington at Seattle stated that standard quantum mechanics does allow for one to construct a retrocausality signaling device that utilizes quantum optical interferometry ⁽²⁾. In regards to human precognition, a 2008 paper published by D. J Bierman ⁽³⁾ stated coherent conditions exist in the human brain that allow for the fundamental time symmetry of physics to manifest itself.

Certain quantum experiments show retrocausality effects as a decision at a future time appears to influence a time in the past. For example, Wheeler's delayed-choice experiment used a photon to travel through an interferometer which appeared to change when it was measured at a later time ⁽²⁾.

A video interview titled **What if Your Future Self Can Travel Through Time to Help You In Times of Great Need** (newtube.app) that involved an interview with Julia A Mossbridge PHD of Northwestern University talks about her experiences of being a young child and being visited by herself from the future when she was about 40 years old. She had been seeing a therapist at the time and it may be that the energy generated from the therapy, perhaps combined with certain environmental conditions, that caused her to feel the emotions as a young child coming back from the future. She has published a paper in May 2017 titled:

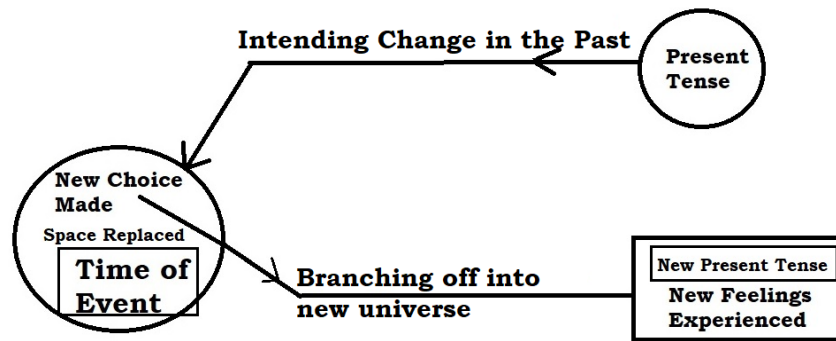
Examining the nature of retrocausal effects in biology and psychology that goes into more detail about this. Psychology Today has published an article titled: *How You Can Alter Your Past Or Your Future and Change Your Present Life* that also talks about this in more detail.

Retrocausality effects have also been shown to take place at the quantum level ⁽⁴⁾. From my own experiences, I believe that emotion can indeed travel across time and space and have developed this simple technique to help heal the past.

***Allow the past to become
superseded by the present***

In July 2021, Jeremy R Manning at the Psychological and Brain Sciences of Dartmouth College published in his paper ⁽⁵⁾ that when we retrieve information from past experiences we may actually be mentally projecting ourselves back to multiple points in time that exist in our past. He stated the proposed model acts very similar to a quantum wave function as it spreads its probability mass over numerous possible states.

Multiverse theory states that whenever a person makes a conscious decision, that the decisions not made will split themselves off into parallel versions of the same person, but in a different parallel earth ⁽⁶⁾ ⁽⁷⁾. I propose that when a person imagines themselves making a different choice at the moment something happens, they will experience a new state of being in the present moment the next time they recall the experience. I will give an example of a simple mental exercise that you can practice in the privacy of your own home that creates such effects.



The Changing of Past Experiences via the Quantum Field

A research study conducted by Germain Tobar in Queensland Australia ⁽⁸⁾ that was published in the peer-reviewed journal Classical and Quantum Gravity, stated that a time traveler going into the past is able to make changes. However the original outcome that occurs in the present **would change only slightly**. Nature takes advantage of all opportunities that it sees which are confined by constraints imposed upon it by physical configurations so it may obey the "*prime directive law*". Hence everything that can be, is, and everything that can happen, does. This is similar to the multi-verse theory where there exist multiple versions of you living different lives. So changes taking place in the present would be similar, but not **exactly** the same.

Because emotions are invisible, existing at the quantum scale, changing the past through intent is akin to manipulating the quantum realm. In an article published on newsatlas.com titled: *Quantum time travel doesn't follow Back to the Future rules*, the writer talks about an IBM experiment in July 2020 involving Los Alamos National Laboratory ⁽⁹⁾. They used their brand new quantum computer to stimulate forwards and backwards in time effects. The study concluded that damages that had occurred in the past could be treated in the present by time-reversing protocols ⁽⁹⁾.

Retrocausality Experiments and their Effect on the Past

The very first PK studies involved the effects of mind power on the rolling of dice in laboratory settings conducted by J.B. Rhine and Louisa ⁽¹⁰⁾. After the invention of the electronic random number generator by Helmut Schmidt in 1971 ⁽¹¹⁾, the experiments became more accessible and quantum randomness could be more

thoroughly tested. Today in-depth research studies now demonstrate the success of PK experiments using random number generators ⁽¹²⁾.

I would next like to point out a series of retrocausality experiments conducted by Helmut Schmidt ⁽¹³⁾. Many of the participants in the series of experiments were physics professors and parapsychologists and not aware this was a PK test that involved previously recorded information that had been stored on various mediums. The researchers in this experiment expected that mental effort by the participants exerted at various devices would cause retrocausality effects to take place as soon as the random events began as has been shown in the past in previous studies ⁽¹⁴⁾ ⁽¹³⁾. In one part of the series of the experiments the participant's were instructed to wear stereo headphones which had two different click patterns being played through them. One of the patterns consisted of clicks that were sent simultaneously to both headphones; making it sound as if the clicks were occurring in the center of the participant's mind. The other pattern involved clicks rapidly alternating between the participant's left and right headphones. This created the sound of clicks coming from the outside of the headphones. These clicks had been PREVIOUSLY PRE-RECORDED and nobody had listened to the clicks before the start of the experiment. This is because other experiments using pre-inspection of the original data before the experiment began inhibited the subsequent PK effort ⁽¹⁵⁾. During the session, the participants were instructed to use their mind to alter the activity of the clicks as they listened to them.

The same study also involved participants who listened to sounds of pre-recorded random tones that were recorded on cassette tapes. On the cassette tapes, the participant's were required to imagine themselves influencing the tones up or down on certain scales, extending the length of the tones or to try and extend the length of pleasant and unpleasant tones. The total cycle lasted 5 minutes.

The study also included another variation. A participant was instructed to influence the right / left movement of a pendulum that swung to and fro on a TV screen. The pendulum consisted of randomly varying amplitudes controlled by predetermined binary random sequences involving zeros and ones. Once again, the data

in the microprocessor that displayed the swinging pendulum had been previously PRE-RECORDED in the past. The participant was instructed to make the pendulum swing with maximal amplitude over the whole television screen, and during other sessions instructed to keep the swinging of the pendulum confined to a specific region in the center of the TV screen.

In another phase of the experiment, a machine consisted of a series of separate lamps was used. The participant observed a light swinging back and forth. The system was controlled by a microprocessor that also had prerecorded random data on it.

The overall results involving all the variations of the tests showed that a person was able to use focused thought to influence the outcome of random processes. Participants were able to vary the rate of clicks, the intervals of tones, the swaying of a pendulum and the swinging of a light.

The studies showed an effect deviating by 3.67 standard deviations from chance expectancy. This calculates the odds against an outcome such as this are approximately 8,000 to 1. Hence these results confirm that the mind can affect prerecorded events; including random events, even if the data has been recorded on cassette tapes or a computer chip. Also the study found that participants who meditated on a regular bases exhibited better results than people who did not meditate.

Summary

At the quantum level time is not three dimensional in nature. Because the pre-recorded data had shown changes during the session, devices that store random data may somehow be sensing the participant's intent in the future, thus behaving accordingly when the original "*randomness*" recording is taking place. To put it simply; when the random sessions are being recorded on cassette tape, or a computer chip, the changes from the future already have taken place before the participant even begins his or her session.

This may offer an answer to the strange phenomenon where popular songs after a few years start to sound different from their original lyrics (*commonly referred to as mondegreen*). Examples include lyrics from Jimi Hendrix's song Purple Haze which was recorded on January 11, 1967, sounding like "*Excuse Me While I Kiss This Guy*" or Bruce Springsteen's song Blinded by the Light

which was recorded on September 11, 1972 having one of the lyrics sound like "*Wrapped up like a douche, another loner in the night*". If you do a search for major news events on September 11, you get the 911 world trade tower attacks which occurred in 2001, killing 2,977 people. On January 11th 1962 an avalanche of rocks and ice pounded the remote village of Ranrahirca in the Andes, killing over 4,000 people. Just a coincidence these events both occurred on the 11th?

The experiment also shows that not only does observing something change it, but also listening to the sounds. This is consistent with Quantum theory that states that nothing is actually real until it has been observed (*or heard*). In the case of this experiment, the pre-recorded "*random events*" on the various mediums are not yet physically real. Hence it is only the moment a participant observes, or listens to it, that nature decides its outcome.

The only way to discover the limits of the possible is to go beyond them into the impossible

-- Arthur C. Clarke

Retrocausality Therapy

In regards to retrocausality therapy, because we have free will to choose from a multiple number of choices, sending intention back in time to produce a new result (*or emotion*) occurs because one makes the conscious decision to select a new choice.

When a therapist first hears about a client's past trauma, they can be affected emotionally. In the case of healing, the therapist hears his or her client talking about the past experience in detail and may be the first person to hear about such an experience. The healing takes place through the act of empathy and because emotions are not exclusive to any one person, the therapeutic emotions may echo back into the past due to the collapsing of the wave function. You can't change what has happened in the past at the macro scale, but you can influence how you feel in the present by influencing the past. The influence creates new space that allows you to make a new choice on how you perceive the event. This in turn creates new feelings in the present. This means emotions are easily manipulated at the quantum scale and not

bound by classical space time laws. Let's dive a little deeper into the data

The Beth Israel Medical Center Retrocausality Experiment

This next study was published in the British Medical Journal ⁽¹⁶⁾. In July 2000, the data from 3,393 adults who had been past patients at the Beth Israel Medical Center was used in a retrocausality experiment. The test was to see if remote retroactive intercessory prayer could affect the past data ⁽¹⁶⁾. The intention set was for the well-being and complete recovery of the participants. The lead researcher in the study, Leonard Leibovici, used patients that had been previously diagnosed with bloodstream infections, which is an infection some people get while in hospital.

The experiment took place in the present, using records of patients that had been previously discharged from the hospital 4 to 10 years. During the time the experiment was being performed, the patients no knowledge about the experiment. Leonard's computer randomly assigned the groups into two populations, the group that experienced the remote intention and the control group (1,300 in group #1 and 1,700 in group #2). The study used experienced healers who were told to pray for the patients. The healers were not told to send the energy into the past and were not told about the back in time intention experiment. They simply had a list of the discharged patients and were told to simply focus on these people getting better; enjoying good health.

The healing was performed for two consecutive weeks. After the 2-week period was complete, Leonard then examined the discharge details of the previous patients. Remember all these patients had been discharged between four to 10 years ago, in the past. What blew his mind was that when he looked at the recovery data of the group that received the therapeutic intentions, he discovered to his astonishment that the data displayed radically different courses of recovery. The typical hospital assessment data showed that the length of using medications, incubation of fevers and length of stay in the hospital etc. was less than the untreated control group. The study also shows that you can't change the past because there was no major effect on the patients' actual illness. However it is possible to influence how an event occurs in the first place; most likely through quantum effects.

you can't change the past, but you can influence the activity emanating from the event occurring in the past (its randomness or noise)

This retrocausality medical experiment proves the healers were not able to prevent or change the patient's illness, but like the Helmut Schmidt click and sound experiments, **were able to change the course of the final outcome of the patient's recovery.** In this case, instead of varying the rate of the clicks or the sounds of tones, it was the energy of compassion that reduced the length of hospital stay and their fevers etc. The mechanism responsible for altering the course of events in this case is emotion. Prayer / Intention reprograms the space and a person's emotions become subject to quantum effects which alters their mood which in turn improves their health and well being. In simple summary, remote retroactive intercessory prayer alters a person's mood and it is this change in emotion that acts as the catalyst for the healing.

There is scientific evidence to prove that prayer can affect mood. For example, a research study ⁽¹⁷⁾ found that participants who received distant healing after undergoing reconstructive surgery after breast cancer reported significantly better changes in their mood. This was compared to the control group who underwent purely elective surgery. Once again it shows that at the quantum level, moods can be influenced. Indeed, research shows that emotional well-being can be used to predict the prognosis of physical illness over the long term ⁽¹⁸⁾.

Once again, we see a peer reviewed research study published in the British Medical Journal showing previously recorded data that had been undisturbed for some years, than re-observed by a participant who was able to influence pre-recorded data (*without them knowing the data was in the past*).

The Collapse of the Wave Function Determines Outcome

The laws of Quantum physics state that one cannot completely observe something at the quantum scale without collapsing its wave function. Quantum messages being sent into the past seem to work

best if the data has not been observed by another person (*or perhaps being left alone for a series of months or even years*) because doing so would destroy the message. Could this mean mental intention may not in fact be influencing the past due to the collapse of the state vector; nature's final decision splitting off into multiple branches of reality? (*many worlds theory*).

Superposition allows random particles to be in state of constant flux; maintaining all possible realities at once until they are observed. Because superposition is a state that exists as an undetermined value, allowing it to be influenced by future events, it means one has free will to send information to the past via superposition or perhaps even entanglement; a type of random activity. This would result in a multiple number of choices, all existing at the same time.

An interview by Alex Abad-Santos of Vox.com ⁽¹⁹⁾ discussed the multiverse theory with Spyridon Michalakis, mathematical physicist for the Quantum Information and Matter center at Caltech. Spyridon stated that multiverses emerge from quantum superposition due to the interference from an infinite number of universes coexisting with one another.

In February 2004, Caslav Brukner and his team published the results of an experiment titled: *Quantum Entanglement in Time*, showing that moments of time can become entangled. Hence approaches using entangled systems for retrocausality communication may eventually reveal to scientists a physical explanation for precognition.

The actual prime mechanism responsible for retrocausality effects may be gravitational, electromagnetic or some other undiscovered interaction taking place. Now let's dive into the experimental data to look for more evidence. An April 2022 study published by P. Avila and colleagues (*Quantum spatial superpositions and the possibility of superluminal signaling*) explores a gedankenexperiment in which an electromagnetic or gravitational interaction between two objects; with one object being placed in a state of quantum superposition of two locations, appears to allow for communication at faster-than-light speeds. The paper goes on to state that gravity appears to demonstrate quantum properties.

Dean Radin's meticulous experiment ⁽²⁰⁾ involved a table-top Michelson interferometer that detected evidence of backwards influences at the quantum level using quantum operations. His device allowed the participant to observe photons at a specific location of the interferometer. Doing this collapses the wave function. Dean stated in his paper, "*the experiment indicated the taking place of non-locally 'observed' quantum systems effects, compared to an unobserved system.*"

Experiments by J. G. Cramer proved ⁽²¹⁾ ⁽²²⁾ the existence of forward and backward travelling waves and that they acted as a communication medium during quantum interactions. He proposed standard quantum mechanics allows for the construction of a retrocausality signaling device that uses quantum optical interferometry ⁽²³⁾. In 2011 psychologist Daryl J. Bem of Cornell University stated in his paper ⁽²⁴⁾ nine experiments performed at Cornell University involving time-reversed versions of standard psychology experiments. The study concluded all but one of the experiments exhibited statistically significant results. It may be that retrocausality effects involve the collapsing of the wave function as a person is trying to condition its future. If this were so, than it would show a disturbance in the measurement process back at the source. Indeed an abundance of studies exist showing this kind of effect taking place in the quantum realm ⁽²⁵⁾ ⁽²⁶⁾.

You may be wondering, could the influencing of the data in the present simply be changing the data on the tapes in present time; the effect not actually occurring in the past? This is not occurring because there are some very detailed in-depth studies proving that backwards influencing effects are in fact real ⁽²⁷⁾ ⁽²⁸⁾ ⁽²⁹⁾ ⁽³⁰⁾ ⁽³¹⁾ ⁽³²⁾ ⁽³³⁾. There are also a multitude of studies shown at the end of this chapter proving that backwards in time effects are indeed possible.

In closing, there exists an anomalous correlation between the outcome of a random event and the intent of human being as they OBSERVE the final outcome. This observational effect is not limited by space time (*at least at the quantum level*). The effect is partly under voluntary control and may be related to a person's subconscious expectations and fears. The effect appears weak (*quantum level*) and may have practical uses where conclusions must be drawn in times of limited statistical evidence, such as when one has fears of failure. This could play a critical role in

situations where elements of chance cannot be fully excluded; where even a small reduction in the rate of failing at something can be economically significant, such as in the launching of a satellite.

To our naive intuition we feel that randomly recorded events are beyond our control; unchangeable. We may feel that our exertion of mental effort comes too late to exert any noticeable effect. Experiments have now validated that mental efforts are indeed effecting the quantum world; even exerting retrocausality effects. Equipment used in the aforementioned studies have their own unique type of quantum consciousness, and are able to sense that the person will later make a mental PK effort and behaving accordingly. This proves that the effects of focused mental intent are incompatible with existing beliefs surrounding quantum theory. Experiments showing that changes in quantum systems, which quantum theory attributes to nothing but random chance, is able to be influenced by exerted mental effort, implying current quantum theory has serious errors when experimentally tested in systems that include human participants. Now let's next explore a simple technique you can try in the comfort of your own home to change your feelings related to a past undesirable event (*retrocausality therapy*).

Effects in the quantum realm by mental influence may not just be limited to emotions. For example many bioorganic processes in nature exhibit quantum effects. For example, studies now have shown that quantum effects exist photosynthesis ⁽³⁴⁾. Today, the evidence of macroscopic quantum effects in biology has yielded a plethora of phenomena that can be understood through the application of quantum physics. They include understandings of the role of coherence taking place in the avian compass through which birds navigate ⁽³⁴⁾, the sense of smell ⁽³⁴⁾, quantum coherence in microtubules ⁽³⁴⁾, regeneration (*free radical retrocausality effects*) ⁽³⁴⁾ and quantum processes in brain dynamics ⁽³⁴⁾.

A simple Retrocausality Therapy Technique

Because the past, present and future all co-exist simultaneously, when you can identify the EXACT moment that something occurred and tune into that space, replacing it with new patterns of information, combining it with a firm intent to make a new conscious CHOICE in the present; it causes changes to ripple

through time back to the present. Simply put, all you are doing is re-affirming a choice that you had in the back of your mind when the event first occurred and expanding it. Once you have completed the following technique you will receive a tremendous boost in not only the quantity of new information you receive on a daily basis, but the quality of information received will be of much better quality.

- 1 - To help yourself relax, place a little Jasmine essential oil on your hands or burn Jasmine incense. This helps your brain enter Theta. It can also help to forgive others in the past for their wrongdoings and or to forgive yourself for being so hard on yourself etc.
- 2- First tune into the knowledge, information and or wisdom you wish to send to the past that will heal your situation. You might also want to have a book in front of you related to the topic. The book must contain information about how to heal your condition.
- 3 - Imagine your thoughts going back in time to the exact moment the trauma took place. This can include the first thoughts that caused poverty consciousness, an accident, an emotional trauma or an undesirable habit.
- 4 - Next identify the corresponding space within which that undesirable energy related to the trauma occupies.
- 5 - Now imagine the information, knowledge and wisdom you have in your present, being sent back in time to the past.
- 6 - Imagine the information entering into and replacing the space where the undesirable energy is located.
- 7 - Next imagine a firewall consisting of pure white light that surrounds the space. This firewall protects against any undue interference, only allowing for a one-way exchange of energy travelling from the future to the past to take place.
- 8 - See the energy replacing the space and saturating it with the information you are sending it from the future. You may want to place your hands on the book at this time.
- 9 - As you do this, you will immediately notice pleasant sensations of feeling distinctly different. This is a normal

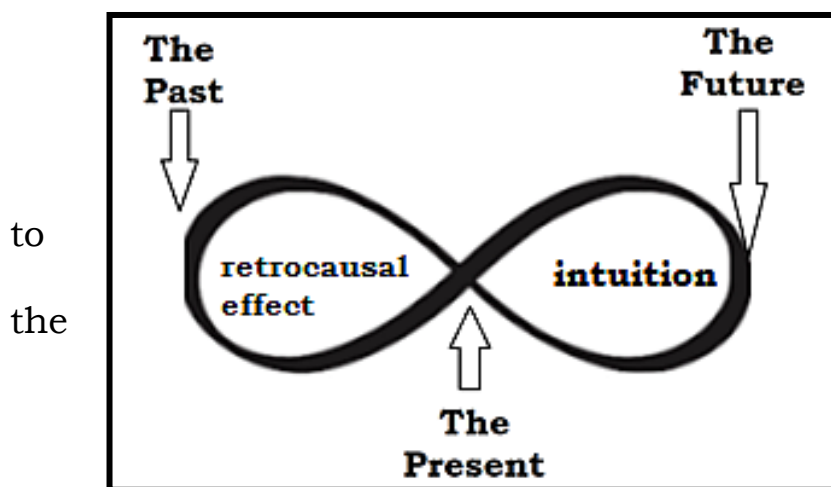
and healthy part of the healing process. As this occurs, allow yourself to feel different in the moment as you allow the energy of the past to create lasting beneficial changes.

10 - Be open to allowing changes to occur in the present through a greater awareness and understanding.

11 - Give thanks and end.

Repeat the exercise up to 3 times with a 1 to 3 minute break in-between, or until you feel a shift or a "click" take place. When this occurs the session is now complete. Overdoing the session can cause more harm than good.

The reverse is also true. As demonstrated in the Helmut Schmidt study, where what may be happening is material objects are sensing when a future change is about to take effect and react accordingly, the setting of an intention to change the past is a conscious choice. When that conscious choice has been made, the past changes accordingly. The Mental Time Travel exercise just "*closes the connection*" or "*completes the*



circuit" so to speak. All you need to do is just simply make a conscious choice tune into higher frequencies in future by imagining peak crests of loving energy up to 2 years into the

future. Just meditating on this for a few minutes each morning can get you into the flow of non-resistance, making a huge difference in how well your plans turn out for the day.

The infinity symbol means that in the present moment you send information back to moments in the past you wish to change and in order for an effective change to take place, you ALLOW yourself to feel the changes taking place in the present.

This cycle repeats itself as a never-ending loop as we continue towards '*the future*'.

Some things you may want to change the past about include:

- *What advice would I give my younger self?*
- *When did I stop believing in myself?*
- *When did I stop trusting my soul?*
- *When did I stop believing in miracles?*

How does a Random Number Generator Work?

In a typical random number experiment, a random generator produces a sequence of 100 binary sequences that are displayed as red (for a 0-bit) or green (for a 1-bit). These simply occur as brief flashes of light of varying length. The participant is then instructed to create more red than green flashes or vice versa by imagining longer red or shorter green signals. The sequence is recorded on a floppy disk and at the end of the session a score is taken showing the difference between the numbers of red and green signals (or vice versa).

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