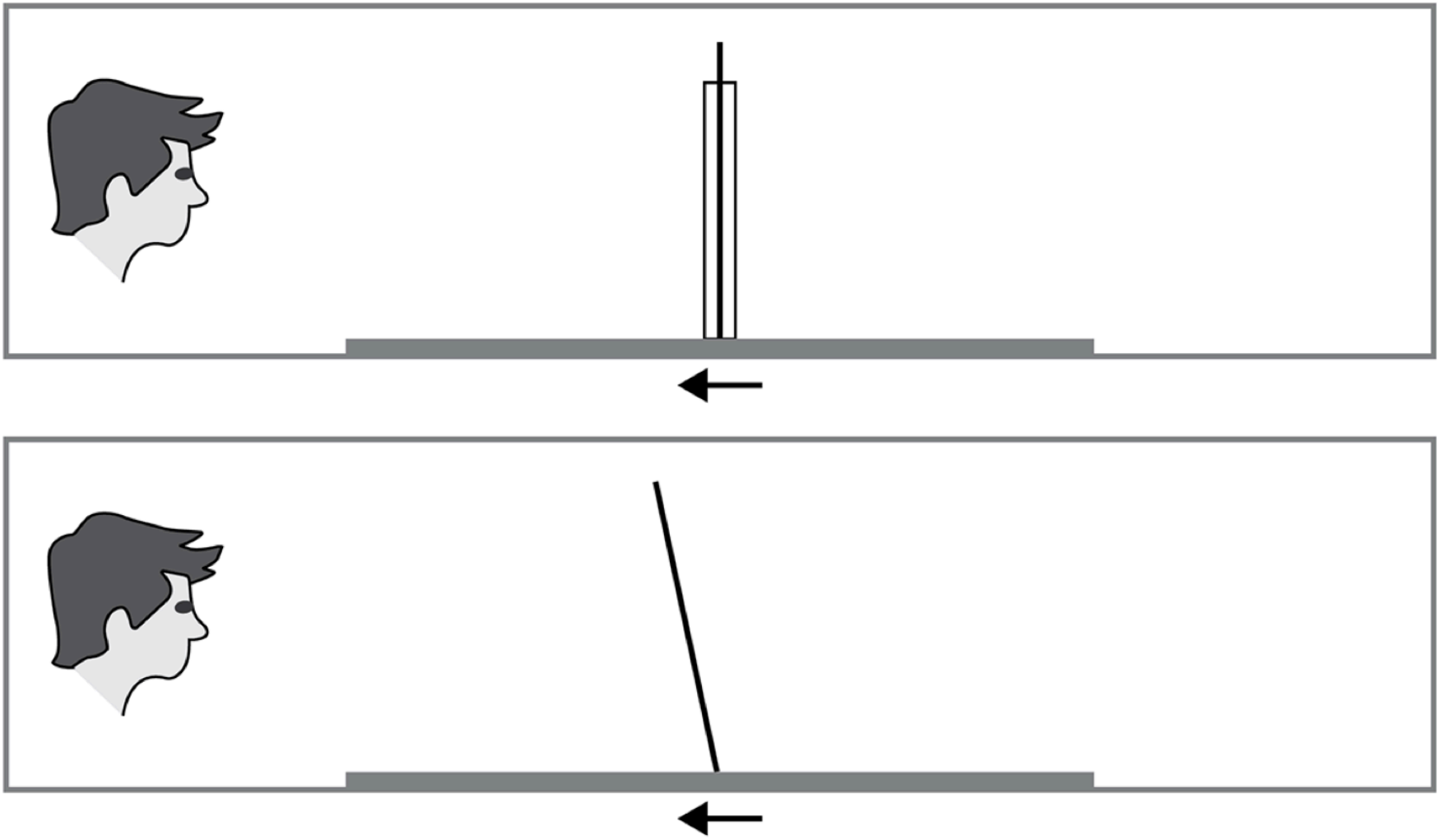
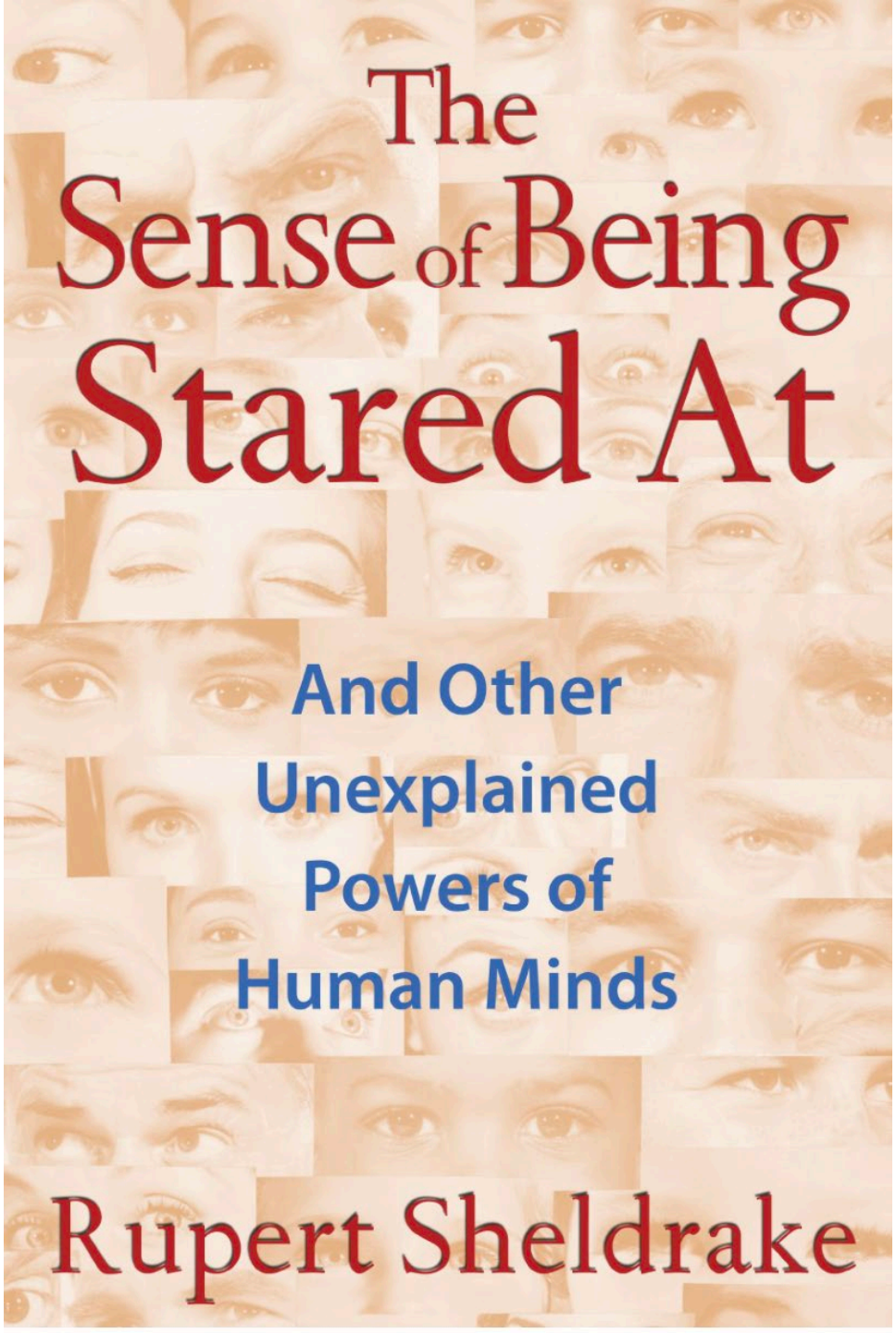


Figure 1: An example of the display in the experimental task in which participants judged at what angle a paper cylinder would topple over when tilted. Once the test began, the cylinder was represented by a single line. The arrow indicates the direction in which the cylinder was tilted. The participants' responses implied a belief that the gaze exerted a gentle force on the cylinder (figure adapted from Guterstam et al., 2019, their Figure 1).


The
Sense of Being
Stared At
And Other
Unexplained
Powers of
Human Minds
Rupert Sheldrake

Journal of Consciousness Studies **12:** 10-31 (2005)

Rupert Sheldrake

The Sense of Being Stared At

Part 1: Is it Real or Illusory?

I: The Sense of Being Stared At in People and Other Animals

Most people have had the experience of turning round feeling that someone is looking at them from behind, and finding that this is the case. Most people have also had the converse experience. They can sometimes make people turn around by staring at them. In surveys in Europe and North America, between 70% and 97% of the people questioned said they had had personal experiences of these kinds (Braud *et al*., 1990; Sheldrake, 1994; Cottrell *et al*., 1996).

The sense of being stared at is often alluded to in fiction, as in stories or novels by Tolstoy, Dostoyevsky, Anatole France, Victor Hugo, Aldous Huxley, D.H. Lawrence, John Cowper Powys, Thomas Mann, J.B. Priestley and many other writers (Poortman, 1959). Here is an example from Sir Arthur Conan

Year	Trials	Right	% right	N	+	–	p
1998	3,240	1,843	56.8	160	97	42	$3x10^{-6}$
1999	13,903	7,636	54.9	661	387	186	$1x10^{-15}$
2000	4,800	2,544	53.0	294	150	94	.0002
2001a	8,060	4,385	54.4	403	197	134	.0003
2002	800	441	55.5	40	22	10	.03
Total	30,803	16,849	54.7	1,558	853	466	$1x10^{-20}$

Table 1. Results of direct staring experiments, expressed both as percentages of correct guesses and in terms of signs. Subjects who were more right that wrong were scored +, those who were more wrong than right, –. The total number of subjects is shown in the column N. The p values refer to the probability using the chi-squared test), with the null hypothesis that the number of + and – signs are equal. The year column gives the dates of my papers in which the results were published; thus, for example, 2000 refers to Sheldrake (2000).

Journal of Scientific Exploration
Anomalistics and Frontier Science

RESEARCH ARTICLE

Directional Scopaesthesia and Its Implications for Theories of Vision

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HIGHLIGHTS

A review of the evidence suggests that the potential ability to "detect stares from an unseen onlooker" is directional — often the person or animal being stared at responds by turning straight back at the source.

ABSTRACT

The sense of being stared at, or scopaesthesia, is very common, and its existence is supported by experimental evidence. However, it contravenes the standard scientific assumption, dating back to Kepler's discovery of retinal images in 1604, that vision involves only the inward movement of light – intromission – but not the outward movement of images or attention – extramission. From this point of view, scopaesthesia is impossible. Yet, paradoxically, the conventional explanation of virtual images in mirrors is still based on Euclid's (c. 300 BC) extramission theory, and most people implicitly believe in visual extramission, which could help provide a basis for scopaesthesia. If scopaesthesia depends only on the detection of another's attention, it could conceivably be a scalar phenomenon, with a magnitude but not direction, analogous to telephone telepathy, in which people feel who is calling but do not know where they are. In this case, scopaesthesia would tell us little about the nature of vision. But if scopaesthesia is normally directional, enabling those stared at to detect the direction from which the look is coming, it would be more like a vector phenomenon, with both magnitude and direction and would provide evidence for visual extramission. Experimental tests of scopaesthesia have so far been devoted to establishing its existence and have not looked at its directionality. Here, we examine the natural history of the phenomenon based on a collection of 960 case histories collected over 25 years involving both humans and non-human animals. This collection includes more than 80 interviews with surveillance officers, detectives, martial arts teachers, celebrity photographers,

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Scientific
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Science

RESEARCH
ARTICLE

Is it Possible to Wake Sleeping People and Non-Human Animals by Staring at Them?

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HIGHLIGHTS

A study of 340 accounts suggests the possibility of waking up either sleeping people or non-human animals by staring at them, and in some cases, the people or animals looked directly at the starer on waking.

ABSTRACT

Some people say that they can wake sleeping people or sleeping non-human animals by staring at them. We investigated the natural history of these claims by examining more than 240 accounts submitted to us over a 30-year period by informants in the UK, US, Germany, and several other countries. Most of these reports, 145 cases, concerned waking sleeping dogs and cats by staring at them; some described waking people up by looking at them, and some accounts were from people who had been woken by looks from animals or by other people. When animals were woken by people's stares, 26% of them were said to have responded directionally by looking straight at the person who was watching them. Some people said that they themselves responded directionally to the stares of animals or other people as they woke, but the proportion of directional human responses was significantly lower (11%) than animal responses. Several informants said that animals were harder to wake when staring at them while they were dreaming. In most cases, possible explanations in terms of subtle sounds or chance coincidence seem unlikely. The ability to be woken by stares may involve a form of perception that is yet unrecognized by science, for which we suggest the name *scopegersis*, from the Greek roots *scop* = "look at" and *egersis* = "awakening". This putative ability seems closely re-

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www.spr.ac.uk

CAN PEOPLE TELL WHEN THEY ARE BEING STARED AT LIVE ON VIDEO?

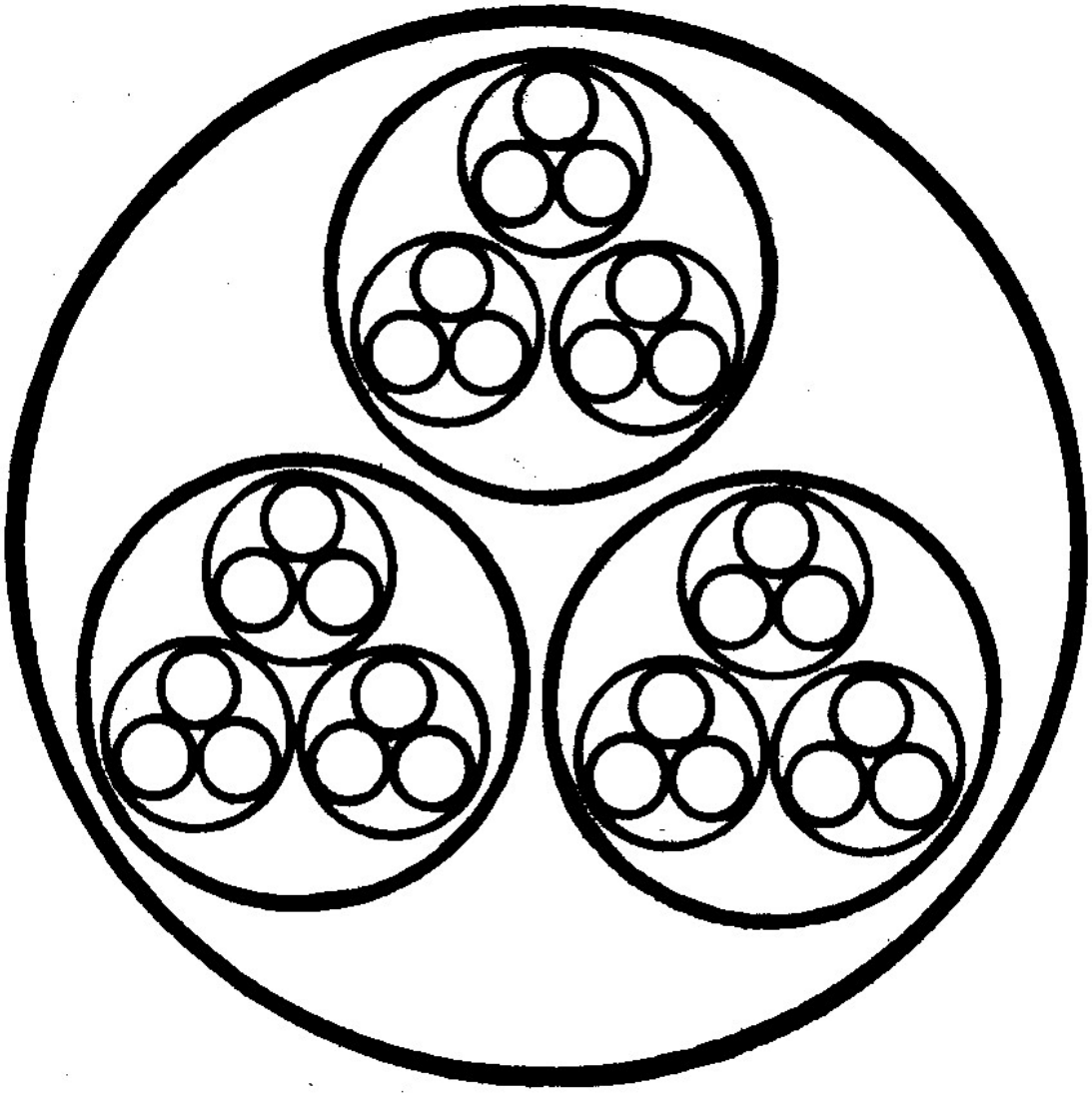
RUPERT SHELDRAKE & SEBASTIAN PENRAETH

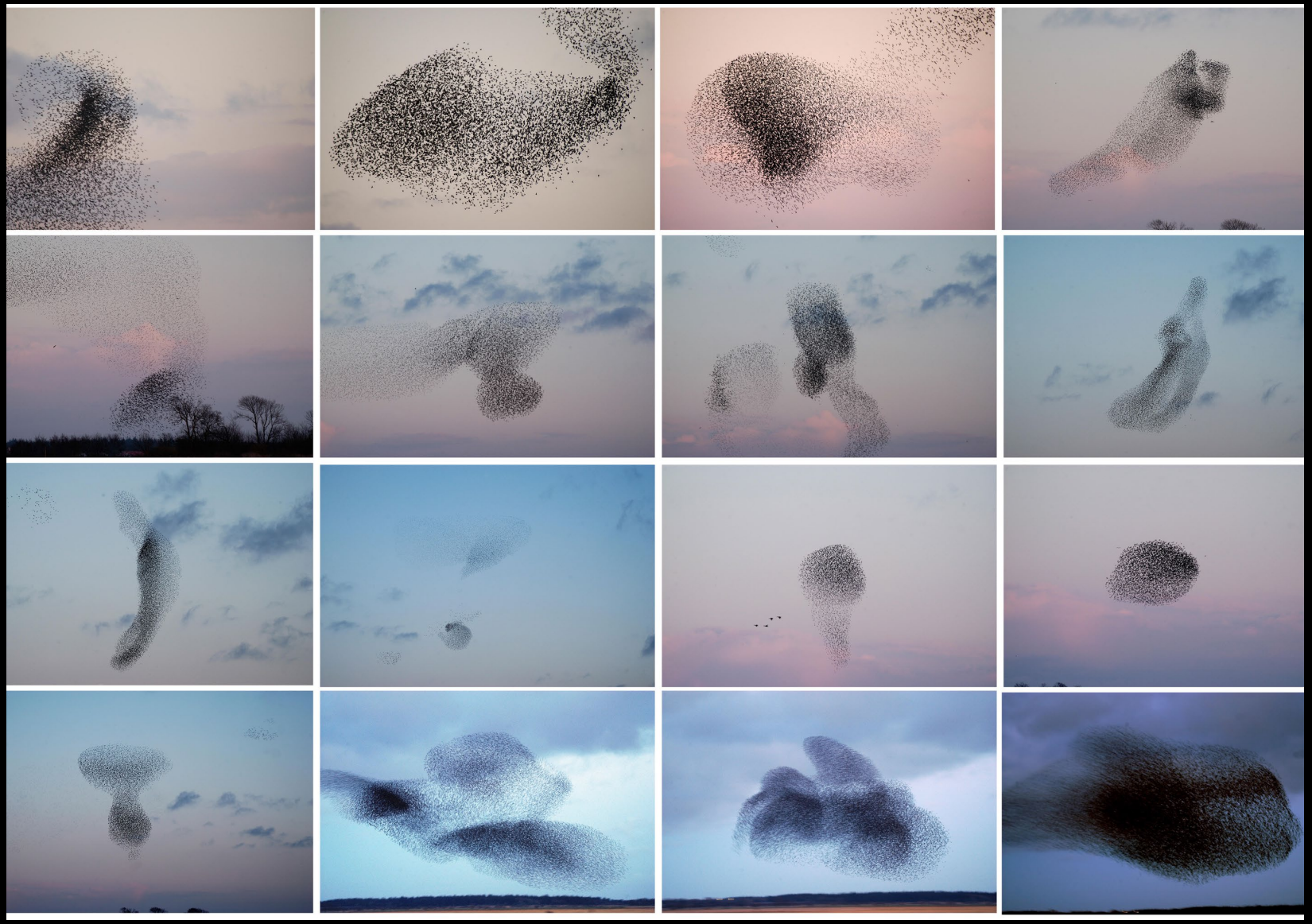
ABSTRACT

Scopaesthesia, also known as the sense of being stared at, is widely reported and supported by controlled experiments showing detection rates significantly above chance when blindfolded subjects are observed directly by starers who are physically present. By contrast, indirect observation by remote starers through CCTV has demonstrated effects detectable physiologically by changes in electrodermal activity, but which do not reach conscious awareness. Further to explore indirect scopaesthesia, we tested whether people could tell when they were being watched on computer or phone screens. Participants worked in pairs. In each randomized trial, the starer either saw a live video of the staree, or a 'distraction' photograph. Starees then reported if they felt stared at or not. We analysed our results statistically for the overall hit rate, and for variables such as feedback, observer–subject relationship, and distance. Across 6,050 trials, the overall hit rate was 49.9%, almost exactly at the 50% chance level. The chance-level outcome was not affected by feedback, gender of starers and starees, distance between starers and starees, or multiple starers compared with single starers. Thus, scopaesthesia was undetectable consciously when people were stared at indirectly via screens.

INTRODUCTION

Most people say they have experienced being stared at from behind and turned round to find someone looking at them. Most people also say that they have looked at others from behind and found that they sometimes turn and look





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A Dog That Seems to Know When His Owner Is Coming Home: Videotaped Experiments and Observations

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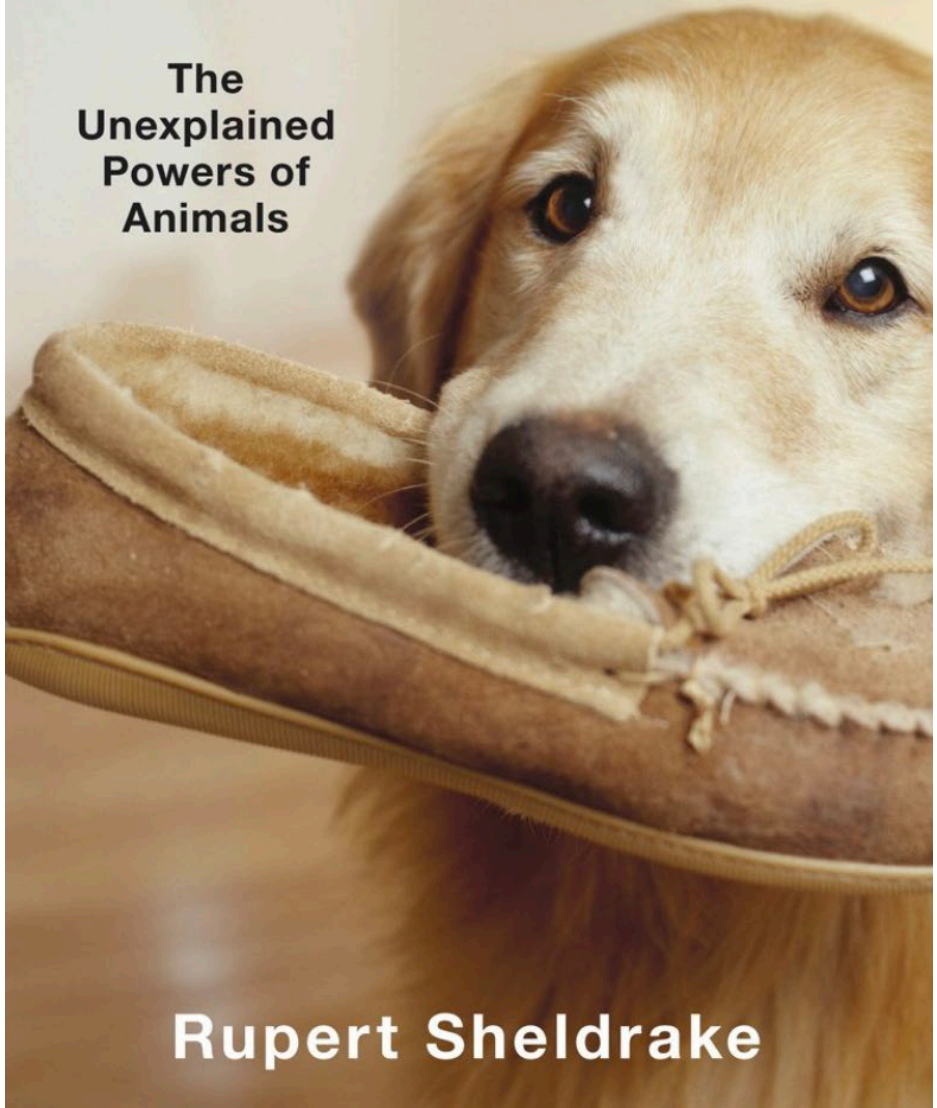
Abstract—Many dog owners claim that their animals know when a member of the household is about to come home, showing their anticipation by waiting at a door or window. We have investigated such a dog, called Jaytee, in more than 100 videotaped experiments. His owner, Pam Smart (P.S.) traveled at least 7 km away from home while the place where the dog usually waited for her was filmed continuously. The time-coded videotapes were scored blind. In experiments in which P.S. returned at randomly selected times, Jaytee was at the window 4% of the time during the main period of her absence and 55% of the time when she was returning ($p < .0001$). Jaytee showed a similar pattern of behavior in experiments conducted independently by Wiseman, Smith, and Milton (1998). When P.S. returned at nonroutine times of her own choosing, Jaytee also spent very significantly more time at the window when she was on her way home. His anticipatory behavior usually began shortly before she set off. Jaytee also anticipated P.S.'s return when he was left at P.S.'s sister's house or alone in P.S.'s flat. In control experiments, when P.S. was not returning, Jaytee did not wait at the window more and more as time went on. Possible explanations for Jaytee's behavior are discussed. We conclude that the dog's anticipation may have depended on a telepathic influence from his owner.

Keywords: dog—anticipation—telepathy—human-animal bonds

Dogs That Know When Their Owners Are Coming Home

The Unexplained Powers of Animals



Rupert Sheldrake

Mother-baby telepathy study: milk let-down events when separated

- 19 mother-baby pairs over 8-week period
- 88 milk let-downs when away from babies
- 35 coincided with baby's distress compared with chance expectation of 9
- $p = 1 \times 10^{-8}$

The Journal of Parapsychology, Vol. 67, Spring 2003 (pp. 147–166)

VIDEOTAPED EXPERIMENTS ON TELEPHONE TELEPATHY

By Rupert Sheldrake and Pamela Smart

ABSTRACT: The authors tested whether participants ($N = 4$) could tell who was calling before answering the telephone. In each trial, participants had 4 potential callers, one of whom was selected at random by the experimenter. Participants were filmed on time-coded videotape throughout the experimental period. When the telephone began ringing, the participants said to the camera whom they thought the caller was and, in many cases, also how confident they felt in their guesses. The callers were usually several miles away, and in some cases thousands of miles away. By guessing at random, there was a 25% chance of success. In a total of 271 trials, there were 122 (45%) correct guesses ($p = 1 \times 10^{-12}$). The 95% confidence limits of this success rate were from 39% to 51%. In most trials, some of the callers were familiar to the participants and others were unfamiliar. With familiar callers there was a success rate of 61% ($n = 100$; $p = 1 \times 10^{-13}$). With unfamiliar callers the success rate of 20% was not significantly different from chance. When they said they were confident about their guesses, participants were indeed more successful than when they were not confident.

Most people have had experiences with telephone calls that appear to be telepathic. Either they think of someone for no apparent reason, then that person calls; or they know who is calling when the phone is ringing, before picking it up; or they call someone who says, "I was just thinking about you!" (Brown & Sheldrake, 2001; Sheldrake, 2000, 2003).

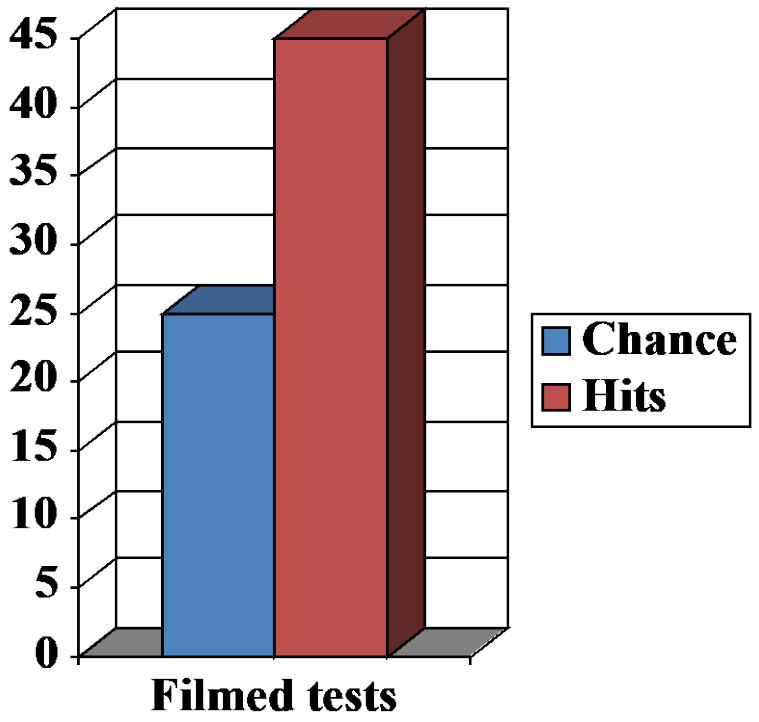
We have developed a simple experimental procedure for testing whether people really can tell who is calling. A participant receives a call at a prearranged time from one of four potential callers. The participants know who the potential callers are but do not know which one will be calling in a given trial. The caller is picked at random by the experimenter.

When the telephone rings, the participant guesses who is calling. The guess is either right or wrong. By chance, participants would be right about 1 time in 4, or, in other words, have a 25% success rate.

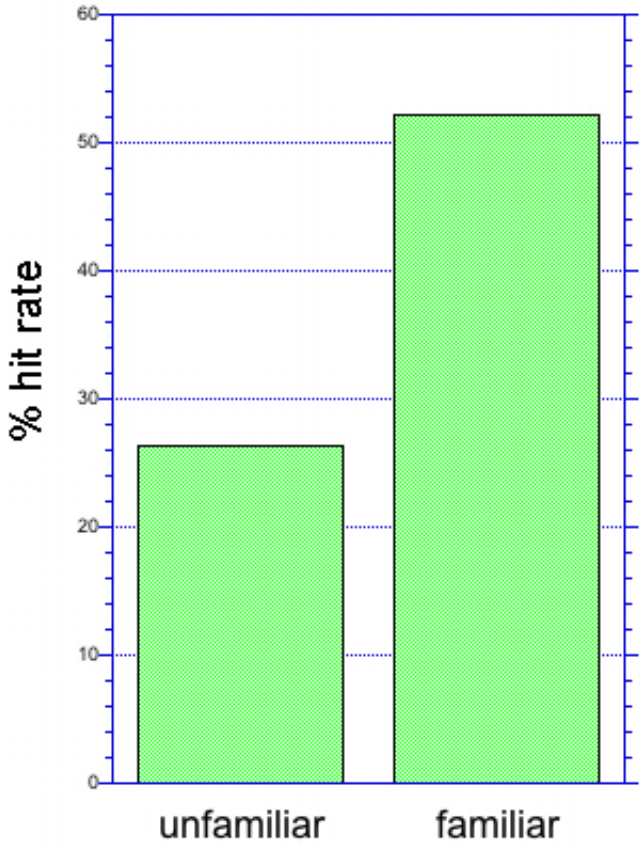
Telephone telepathy

Filmed tests

- 4 subjects
- 271 trials
- Hit rate 45%
- $p = 1 \times 10^{-12}$
- Odds against chance: 1000 billion to 1



Filmed telephone telepathy tests: unfamiliar and familiar callers



Difference $p < 0.01$

Telephone telepathy tests

- New way of testing for telepathy
- Highly significant positive results
- No effect of distance
- Higher hit rate with familiar callers
- Replicated at the Universities of Amsterdam and Freiburg and in Nolan sisters experiment
- Ideal for student projects
- In agreement with common experience

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RESEARCH

An Automated Test for Telepathy in Connection with Emails

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Abstract—Can people sense telepathically who is sending them an email before they receive it? Subjects, aged from 12 to 66 years, registered online with the names and email addresses of 3 senders. A computer selected a sender at random, and asked him to send an email message to the subject via the computer. The computer then asked the subject to guess the sender's name, and delivered the message after receiving the guess. A test consisted of 6 or 9 trials. In a total of 419 trials, including data from incomplete tests, there were 175 hits (41.8%), significantly above the 33.3% chance level ($p = .0001$). Hit rates in incomplete tests were higher than in complete tests. There was no significant difference between hit rates with male and female subjects. The highest hit rates were with subjects in the 20–29-year age group. The effect size in these tests was lower than in previous telephone and email telepathy tests, in spite of the fact that they were unsupervised. One reason may be that subjects were being asked to guess who had sent them a message several minutes earlier, rather than thinking about them simultaneously.

Keywords: email messages—telepathy—ESP—automated test

Introduction

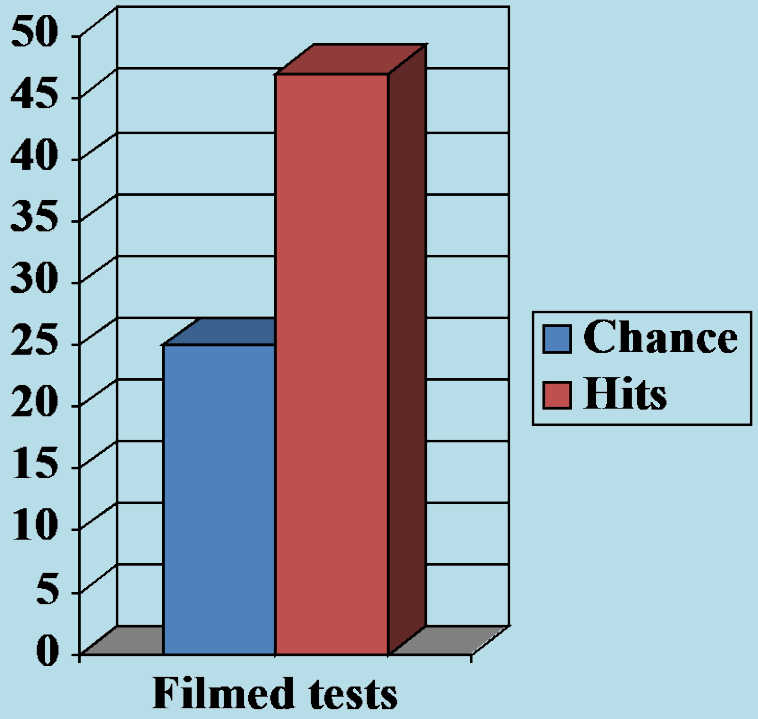
Most people claim to have experienced telepathy, especially in connection with telephone calls (Brown & Sheldrake, 2001; Sheldrake, 2000, 2003). Typically, people say that they have thought of someone for no apparent reason, and then that person called, or they knew who was calling when the phone rang before answering it or looking at a caller identification display.

Telephone telepathy has been investigated experimentally by means of randomized trials in which subjects received a call from one of four potential callers

Email telepathy

Filmed tests

- 5 subjects
- 137 trials
- Hit rate 47%
- $p = 3 \times 10^{-8}$
- Odds against chance: 300 million to 1



Email telepathy tests

- Highly significant positive results
- No effect of distance
- Higher hit rate with familiar callers
- Ideal for student projects
- Automated online version of experiment available soon on www.sheldrake.org

Explore: The Journal of Science and Healing (2009) 5, 272-276

Sensing the sending of SMS messages: an automated test

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Leonidas Avraamides, and Matous Novák
Mobifi Ltd, London

Abstract.

Objective: To carry out automated experiments to test for telepathy in connection with text messages.

Method: Subjects, aged from 11 to 72, registered online with the names and mobile telephone numbers of 3 senders. A computer selected a sender at random, and asked him to send an SMS message to the subject via the computer. The computer then asked the subject to guess the sender's name, and delivered the message after receiving the guess. A test consisted of 9 trials.

Interactions evaluated: The effects of subjects' sex and age and the effects of delay on guesses.

Main outcome measure: The proportion of correct guesses of the sender's name, compared with the 33.3% mean chance expectation.

Results: In 886 trials there were 336 hits (37.9%), significantly above the 33.3% chance level ($p = .001$). The hit rate in incomplete tests was 38.4% ($p = .03$) showing that optional stopping could not explain the positive results. Most tests were