



SINÉAD WHELEHAN

CONSCIOUSNESS RESEARCHER, EDUCATOR, AND EXPERIENCER OF THE UNEXPLAINED

Sinéad Whelehan spent seventeen years as a special education teacher with the Toronto District School Board, teaching students with a variety of complex learning needs. She earned her B.Ed. from York University's Urban Diversity Cohort, along with a certificate in Adult Education from University of Toronto's OISE.

Alongside the classroom, Sinéad served as an accessibility consultant for the esteemed Young People's Theatre, and the internationally respected Toronto Symphony Orchestra. She sat on the Accessibility Advisory Board of Toronto's Royal Ontario Museum, chaired the Toronto District School Board's Human Rights Committee, and has served as mentor, tutor, carer, educator, guide and protector of children since she started working as her neighborhood's babysitter at eleven years old.

Sinéad began experiencing unusual or anomalous events when she was a young child. In 2026, after decades of asking what lies behind ordinary experience, she left her teaching career to pursue consciousness research full-time. She now serves as Director of Communications for *CUSAC*, the *Center for the Unification of Science and Consciousness*, a 501(c)(3) nonprofit founded in 2018 by physicist Tom Campbell. CUSAC engages in rigorous scientific research and experimentation, and hopes to find more effective ways of bringing the topic of consciousness into the scientific mainstream through the advancement of quantum physics.

Sinéad's interest in unseen things and unknowable experiences is both academic and lived. Alongside her anomalous experiences, Sinéad has strong natural psychic and intuitive ability. Her life path is to deeply investigate what it is to be human, what reality is truly made of, and how we can create a better world through authentic ways of being. She co-hosts the *Fire in the Cosmos* podcast, and helps to organize conferences around the intersections of science, consciousness, and anomalous experience. She believes the next paradigm shift in science won't come from new instruments alone, but from taking seriously the first-person data so many people already carry - and helping researchers build the rigor to study it. Sinéad believes the world is changing in unprecedented ways right now, and that it's time for all of us to dig deeper into what truly gives our lives meaning.

Evolving Consciousness

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When I was four years old, I asked my father to put me to bed “upside down.”

He's eighty-six now and still remembers this. It struck him as odd, and me too, especially since I didn't want to do this—I felt compelled to. It was as if something or someone else was speaking out of my mouth.

Despite my own feeling of anticipation or anxiety, I insisted he switch my bedding around so my head and feet changed positions. I watched my father leave and close the door. As I looked at the bubbled glass of the window in the door, glowing with the hallway light, everything felt strange. An electrical atmosphere built in the room, along with a rising buzzing sound. Every hair on my body stood up. What followed was an experience I've never forgotten; it imprinted itself on my memory and in my nervous system, and it changed my life. For the rest of my childhood, and again years later in adulthood, I had profound experiences I couldn't explain.

I've thought about why I felt so compelled to make that request, despite not wanting to go through with it. It feels like I was invited into something: a new way of being, a breaking-through, as if a crack had formed in a wall. In adulthood, when this “**presence**” arrives, fear isn't part of my experience. What I feel instead is its overwhelming power, intelligence, and love. I also receive guidance and support in ways that have expanded and uplifted my life.

Is this God? An aspect of God? My life has been shaped by the questions I keep asking: who am I, why am I here, what is this all for? Am I being met with unseen support along the way? My deepest goal is to evolve my own consciousness as much as I can before I die. I started journaling at ten, began seventeen years of therapy at fifteen, lived in a Buddhist temple, tried on various faiths, chose not to marry or have children, and left a secure teaching career for consciousness research—all in pursuit of this goal. The experiences I've had since childhood seem connected to non-human intelligence, to spirits determined to have me carry evidence of an afterlife, to angels, and to something else that used to drop enormous, fully formed concepts into my mind—often in the kitchen doorway, when I was about nine.

One of those concepts, paraphrased: *“We are all God. The God we think is above us is just us disowning our own power. God wants us to understand that we are it, and it is us.”* At nine, I understood this to mean we are not our bodies—we are the Universe. If we could grasp that, we'd understand how powerful we really are. This is still what I believe. God is not something to petition from a distance, but an unfathomable intelligence, love, power that is living in and as us, waiting to be recognized.