Degree of Meditation Attainment and Comparison of Type of Meditation in Relation to Awareness of Precognitive Targets

Results:

The oldest Tibetan psychic traditions are those of oracles and *Mo* divination, a term covering a range of divinatory practices. More recent beliefs include attainment of psychic abilities through meditation; and high lamas called tulkus who consciously choose reincarnation.

A re-analysis of ashram data found that, with participants who completed at least 3 sessions, the advanced practitioners scored significantly better than the other two groups (p = 0.05 and p = 0.04). Psi score was significantly correlated with yogic attainment (Pearson r = 0.57, p < 0.05, 2-tail).

With Tibetan Buddhist meditators years of practice correlated significantly with psi (r = 0.52, p < 0.05, 2-tail). This was due to the monk group: years of meditation, r = 0.75, p <0.01, 2-tail). This result was confounded by significant psi-missing (t = -2.09, p < 0.05, 2-tail) from the tulkus. The 3 participants who scored most strongly in the psi-missing direction all reported childhood memories of previous lives as monks in Tibet during the Chinese invasion, with the subsequent imprisonment and torture.

In the final study, the 2 most experienced meditators gave independently significant psi-hitting (t = 2.25, p = 0.04, 2-tail). 4 of the 12 meditation variables were significantly correlated with the psi scores, and an additional 3 variables were marginally significant, all in the predicted direction. The strongest correlation with psi was visualisation meditation, (r = 0.734, p < 0.01, 1-tail); followed by time spent in retreat, (r = 0.572, p < 0.05); practicing breath techniques (r = 0.569, p < 0.05); and yoga asanas (r = 0.559, p < 0.05).

This research suggests that psychic awareness begins to manifest more reliably with years of meditation practice.

Published Work:


**Book chapter:**


**Researchers’ Contacts:**

Psi Research Centre,
14 Selwood Rd., Glastonbury,
Somerset, BA6 8HN, Britain.
+44 (0) 1458-833062
Email: serena@psi-researchcentre.co.uk