

Experimental Investigation of a Psi Training Program

Results:

To test the claim that transformative practices may lead to enhanced intuitive experiences, we conducted an experiment on the “sense of being stared at” in a group of sixteen experienced TM-Sidhi meditators vs. sixteen non-meditators. The experiment was controlled by a web-based program, which used a web-cam to present the live image of a distant person over the Internet. The program randomly assigned staring vs. non-staring trials based on a true random source, and it automatically recorded the stared-at person’s guesses. The stared-at person in this test was located inside a secure, electromagnetically shielded chamber, and the chamber was monitored by an experimenter, to rule out potential collusion between the participants.

As expected, the meditation group’s scores on a self-transcendence scale were significantly higher than the control group’s, but the meditators did not show enhanced performance on the experimental task. Instead, the meditators obtained chance results while the control group showed nearly significant ability to detect distance staring.

A consistently positive finding in this experiment was a confirmation of the “sheep-goat” effect: Participants’ expectations and beliefs strongly predicted their actual performance. Each of four questions asking about expectations of success showed that participants who expected to do well performed consistently better than those who did not.

Published work:

No publication yet.

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