

How to be More Psychic---Hints from Many Ganzfeld ESP Studies, a presentation by Dr. Jim Carpenter, Chair of the RRC Research Team, based on a talk given at the recent Parapsychology Association Conference in Petaluma, CA.

Dr. Carpenter presented a summary of research he and his team have conducted on over 600 ganzfeld sessions that had been previously conducted at several different laboratories. All the sessions had been transcribed, permitting an analysis of the percipients' speech in terms of 32 variables designed to provide implicit measures of various aspects of the person's experience, attitude, feeling-state, and cognitive approach to the task of "receiving" the ESP information being viewed by another person.

Percipients scored more highly when they appeared to experience the situation in a physically pleasant way, when their imagery was enlivened with brightness and darkness, and when they seemed to be in a mood of affection, self-transcendence, and positively lowered personal boundaries. They tended to miss rather than hit the target when they seemed to be working too hard to provide verbally elaborate productions, or spent too much effort reflecting upon their own internal processes, or if they seemed to think of the situation as some sort of intellectual test, or if they showed various signs of anxiety.

Those who wish to try to develop their own ability to receive accurate ESP impressions should try to emphasize the approaches that are associated with hitting and try to minimize those that are connected to missing. Some implications might be such things as these: set aside times away from the press of ordinary concerns, and relax in peace and quiet (something like the ganzfeld situation). Enjoy the time, and pay attention to what your body is feeling. You might try using meditation or prayer to heighten your sense of harmonious connection with things beyond your ordinary limits. Wait until you are not anxious, and if you often carry around anxiety, working it out ahead of time with exercise or meditation or psychotherapy might be a help in the long run. Don't try to think your way to the information, this will probably mislead you instead. Seek a kind of quiet pleasure, and don't approach it as an intellectual test of any kind. And let us know of your results! (Author's summary)