



**Alternate Doorways:
The Relation between Alterations of
Consciousness and Psi**

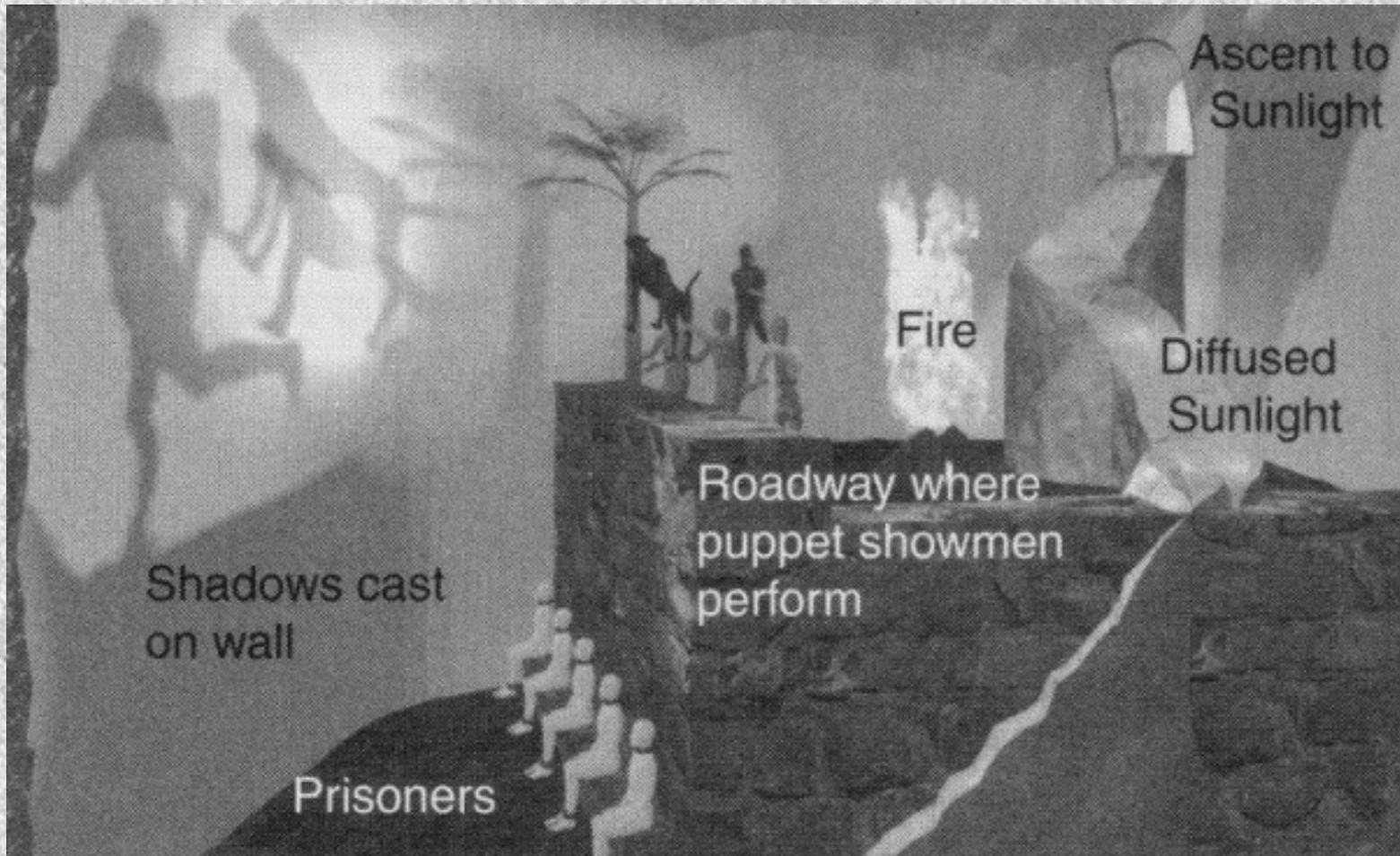
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Outline of the Lecture

- A bit of history
- Why might AoC relate to psi?
- Induction \neq AoC
- Psi beliefs/experiences and AoC
- Controlled psi experiments and hypnosis
- Controlled psi experiments and meditation
- Controlled psi experiments and dreams
- Controlled psi experiments and drugs
- Some promising paths

Plato's Cave



“Our greatest blessings come to us by way of madness (*mania*), provided it is given us by divine gift”

(Socrates in Plato’s *Phaedrus*, 244A)



Various Modalities of Experiencing



- Our normal waking consciousness... Is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens there lie potential forms of consciousness, entirely different. No account of the universe in its totality can be final which leaves these other forms of consciousness quite disregarded.

William James, 1902

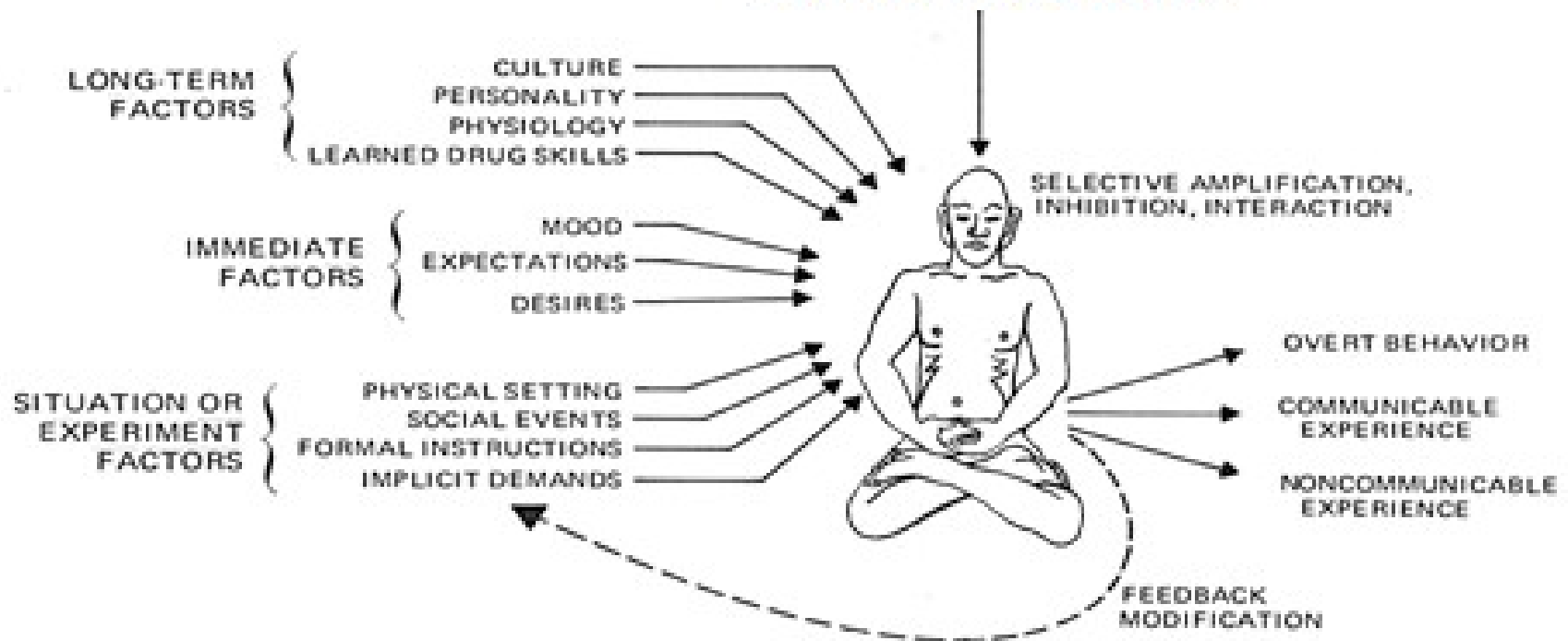
Why Might AoC Relate to Psi?

- “Noise-reduction” psi enhancing because of
 - Level of cortical arousal permitting awareness
 - Muscular Relaxation
 - Reduction of exteroceptive stimulation
 - Attention toward internal processes
 - (Honorton, 1977)
- Increase of expectation (Braud, 1978)
- Sense of interconnectedness and decrease of critical thinking (Cardeña, 2005)

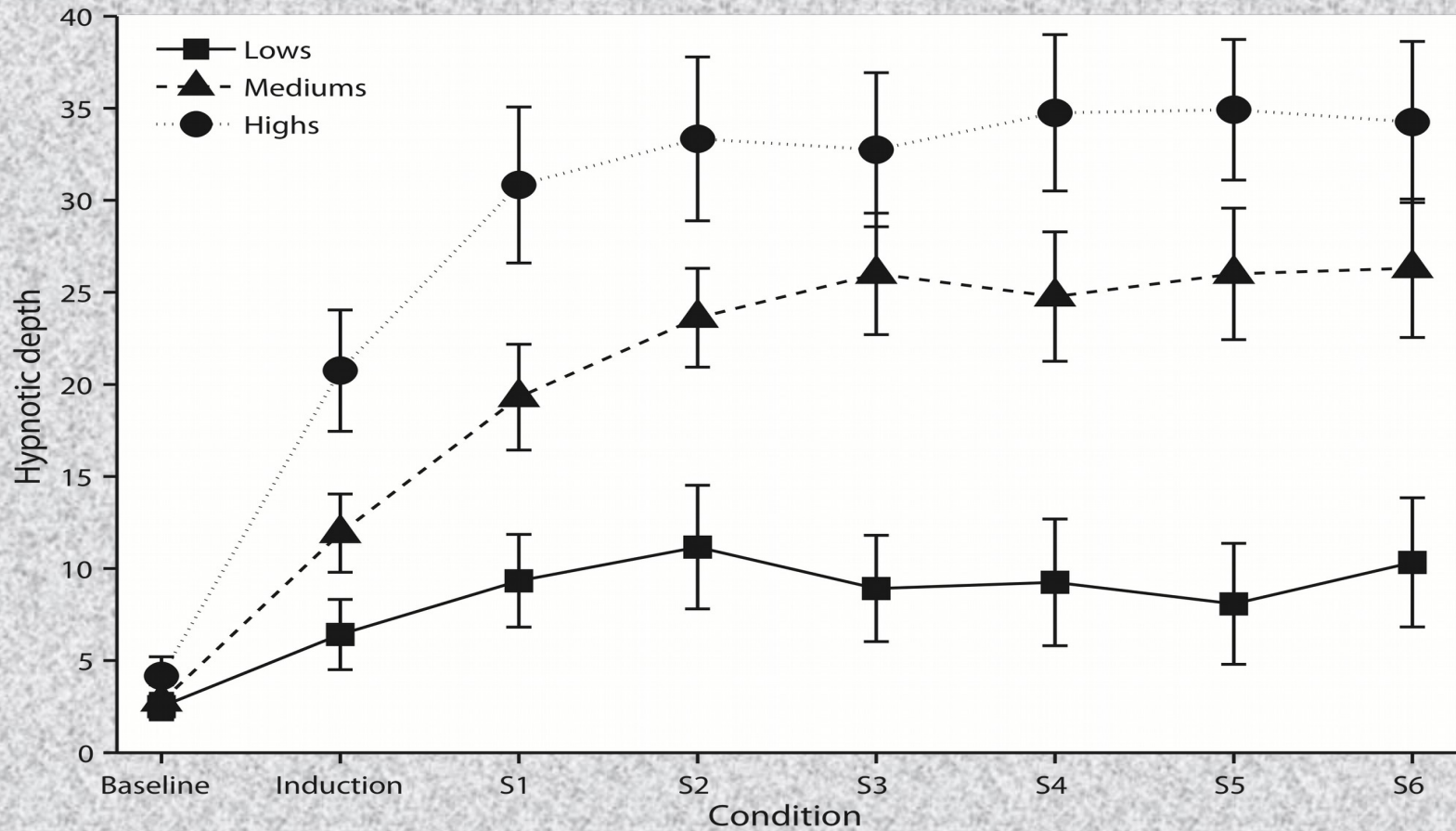
Induction ≠ AoC

Meditation Practice Affecting Meditator

- Following formal instructions with various degrees of success -



Reported Hypnotic Depth



Psi Beliefs/Experiences and AoC

(Pekala & Cardeña, in Cardeña, Lynn, & Krippner, 2000)

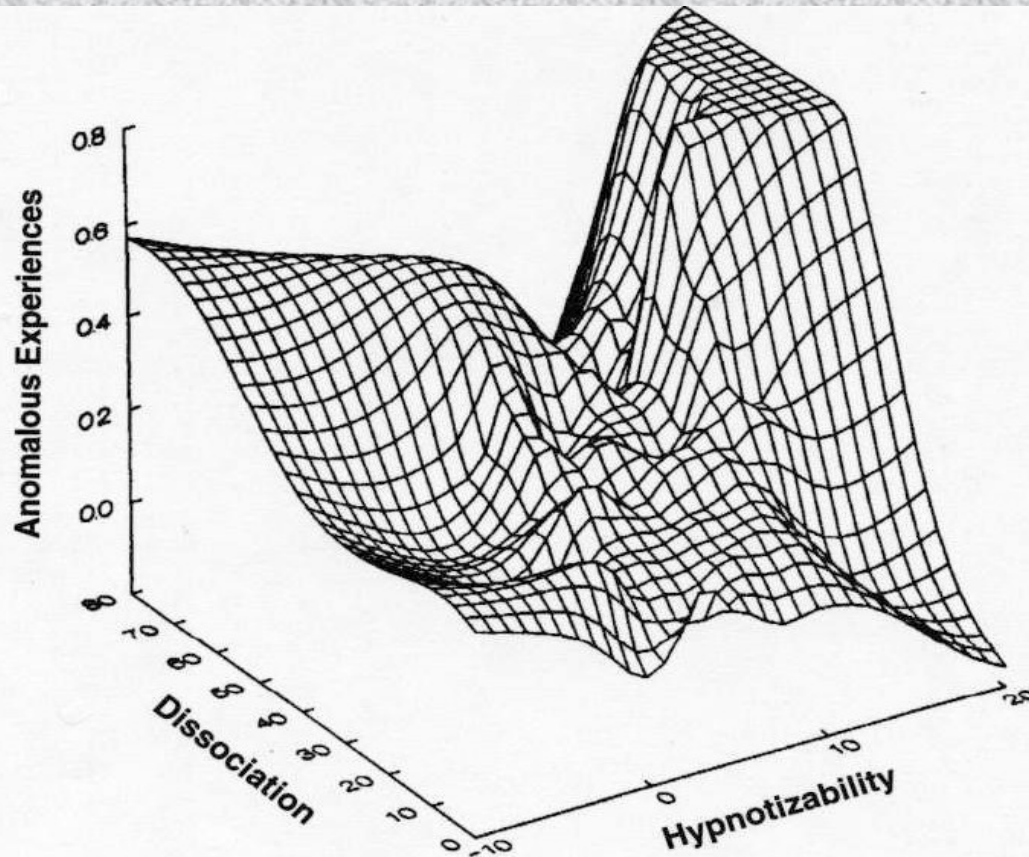


Figure 1
Anomalous Experiences as a Function of Dissociation and Hypnotizability

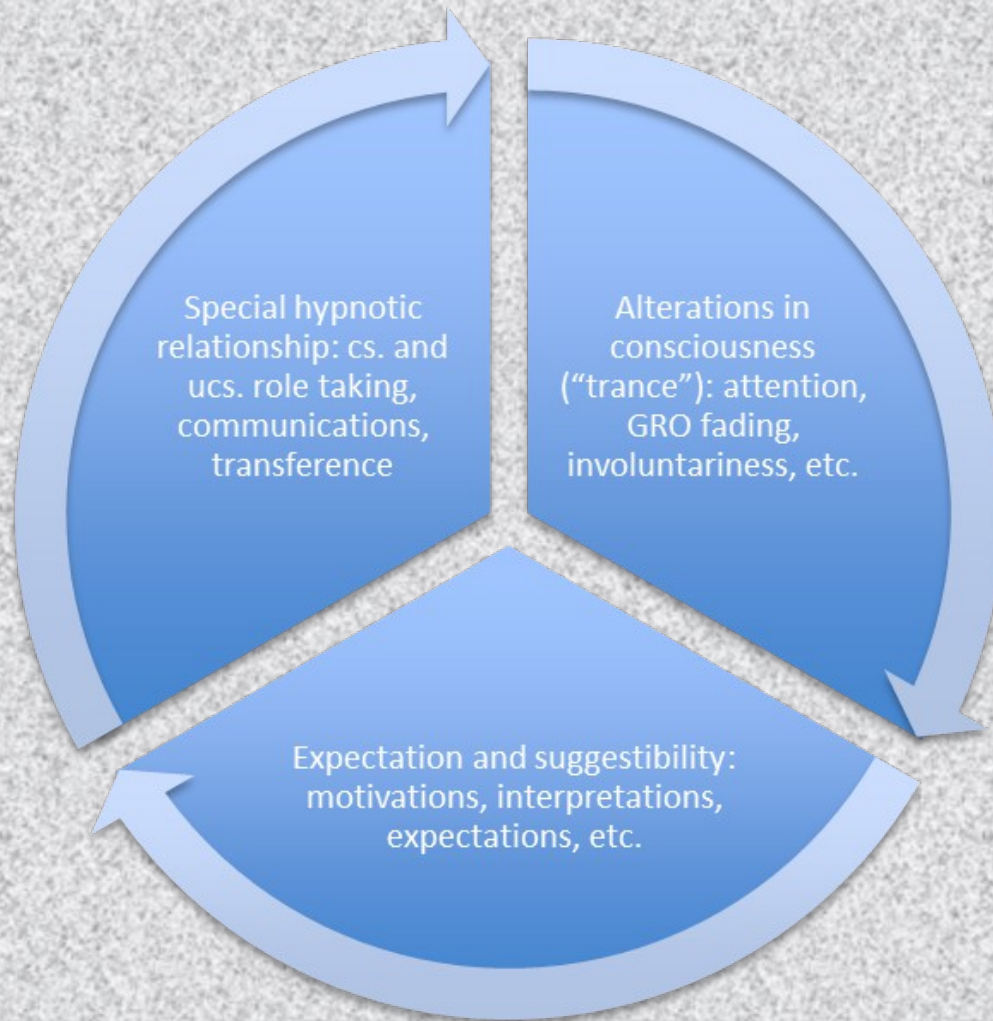
What Hypnosis is and is not



Hypnosis

- Hypnosis is a procedure, generally established by an induction, during which suggestions for alterations in behavior and mental processes including sensations, perceptions, emotions and thoughts, are provided.
- An induction procedure typically entails instructions to disregard extraneous concerns, focus on the experiences and behaviors that the therapist suggests or that may arise spontaneously, and enter a special state.

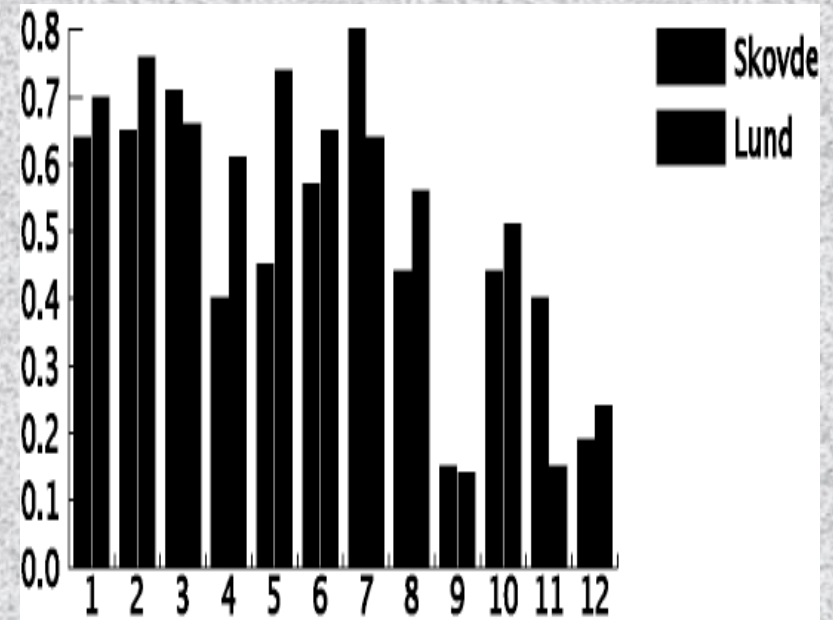
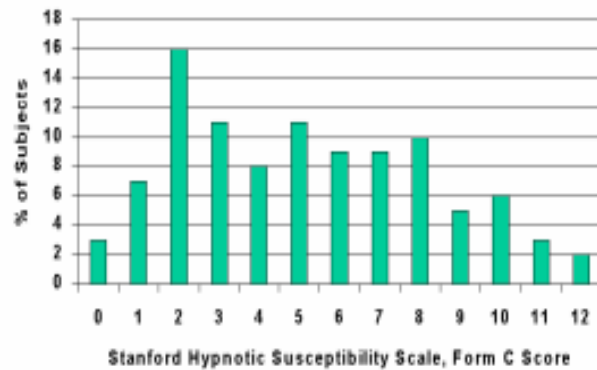
The Domain of Hypnosis (Brown & Fromm, 1986)



Hypnotizability is a reliable, stable Trait

Distribution of Hypnotizability

Hilgard (1965)



Hypnosis and Psi 1

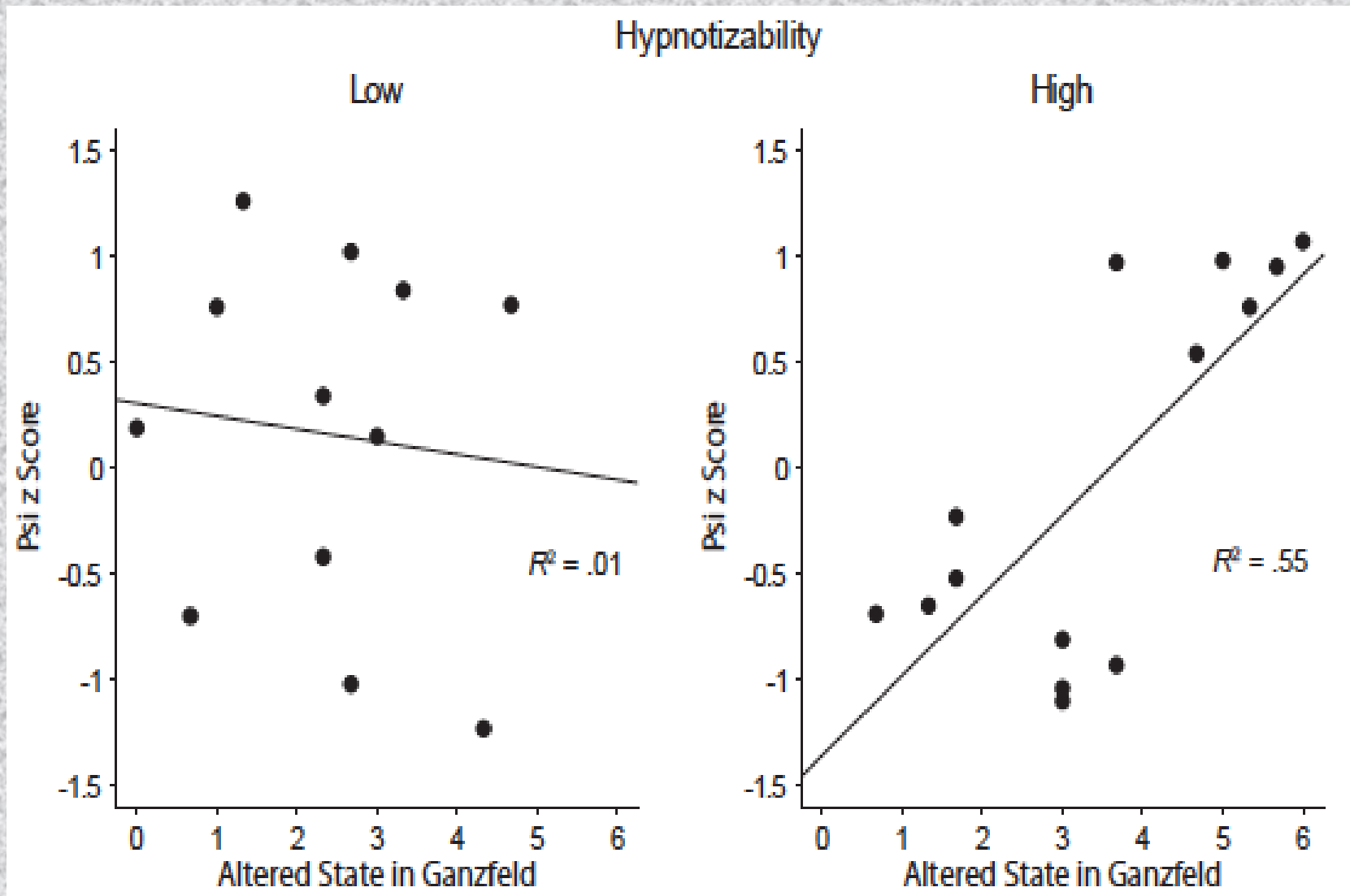
Meta-analyses:

- PSI scoring higher in hypnosis than control condition in 16 of 20 studies; $p < .006$, one tailed)
- Hypnosis significantly higher than MCE in 9 studies, non-significantly higher in other 6, out of 19 studies ($p = 10-20$) (in Van de Castle, 1969; best results with trained participants in a close relationship, e.g., Ryzl & Fahler, 1962)
- Methodological flaws not related to results (Schechter, 1984; Stanford, 1992)
- Tressoldi and Del Petre (2007) found support for selected participants scoring significantly in the first session of a forced-choice task
- Two other studies, not fully published, did not find a relation (May et al., 2000; Sondow, 1986)

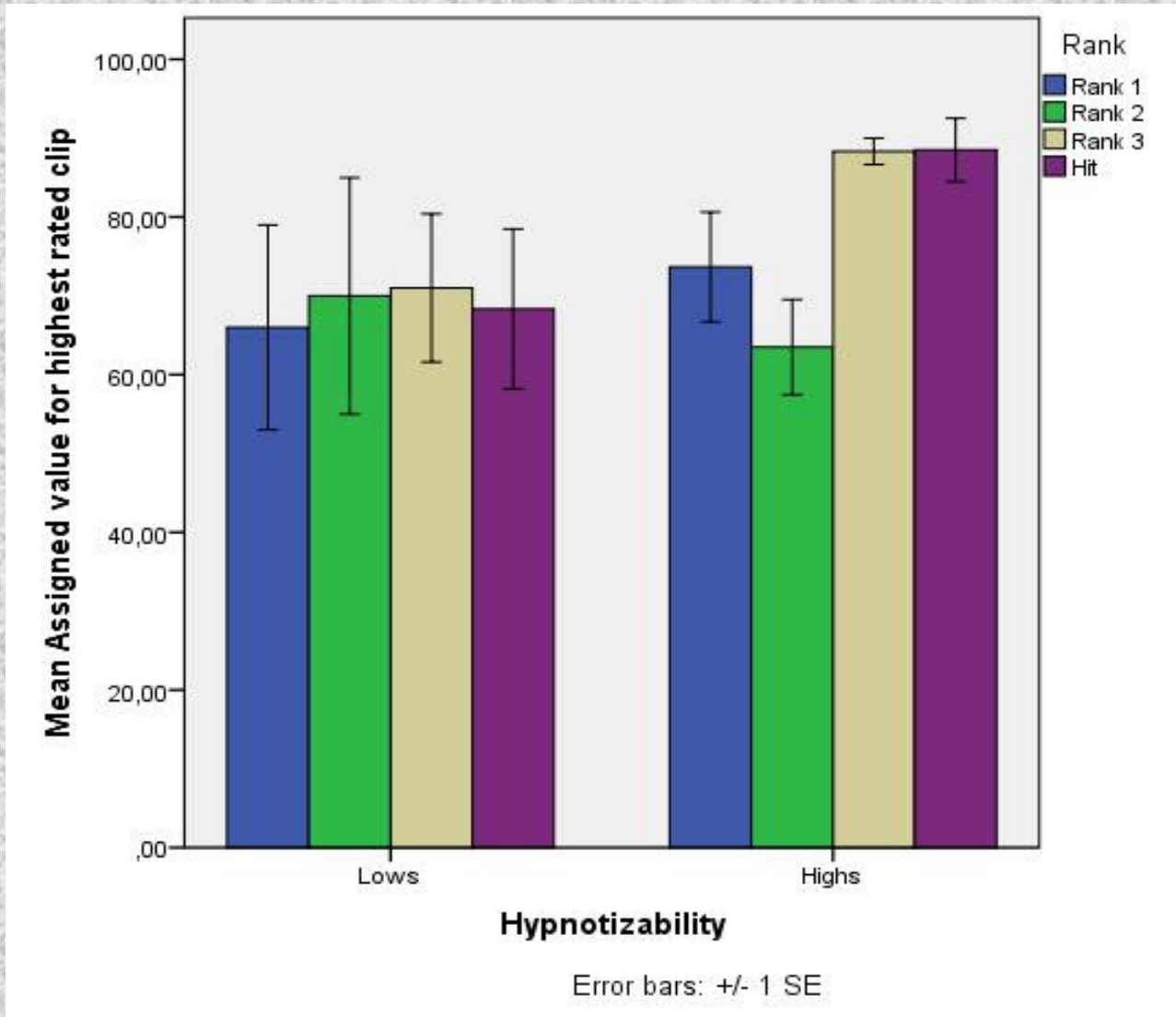
Hypnosis and Psi 2

- For percipients, $r = .50$ between belief in success and psi scores, $r = .41$ between previous psi experience and scores
- Experiencing an ASC had a strong correlation with psi, but only for highs ($r = .74$)
 - Altered perception ($r = .65$), alt. time sense ($r = .60$), alt. meaning ($r = .50$)
- Although not significantly, ordinary rational thought tended to be negatively correlated with psi
 - (Marcusson-Clavertz & Cardeña, 2011)

Interaction between Hypnotizability, ASC and Psi



Confidence and Hypnotizability



Hypnosis

- Change usual SoC through intention/attention
- Overt suggestions
- Symptom/research focus
- Acute interventions
- Co-created with other (but self-hypnosis)
- Sociocultural creation of expectations
- Spontaneous phenomenology may be similar

Meditation

- Change usual SoC through intention/attention
- No overt suggestions (but guided meditation)
- Personal development focus (but exceptions)
- Long term ability
- Individual (but mentors and teachers)
- Sociocultural creation of expectations
- Spontaneous phenomenology may be similar

Meditation and Psi

- Honorton found a relation in a meta-analysis (1977)
- Roney-Dougal (in press) concluded that since then:
 - 43 meditation-psi experiments since 1992, 27 of them significant in at least one analysis
 - 22 studies comparing meditators with controls, of which 13 found an advantage for meditators
 - Very-long term meditators show great capability and accuracy

Ganzfeld Research

- Homogeneous visual, auditory and sensory stimulation, following a relaxation induction (played to sender and receiver, who were in different buildings)
- **Automated procedure**
 - SecureRandom and a built-in media player choose and play an image to the sender
 - At the end of the 20' session the target and 3 decoys are sent to the percipient who provides unique ratings between 0-100
 - 116 dynamic clips in 29 fixed sets used in previous research (Marcusson-Clavertz & Cardeña, 2011)
 - Storm et al. meta-analysis of ganzfeld found a success of approx 33% overall vs. 25% MCE

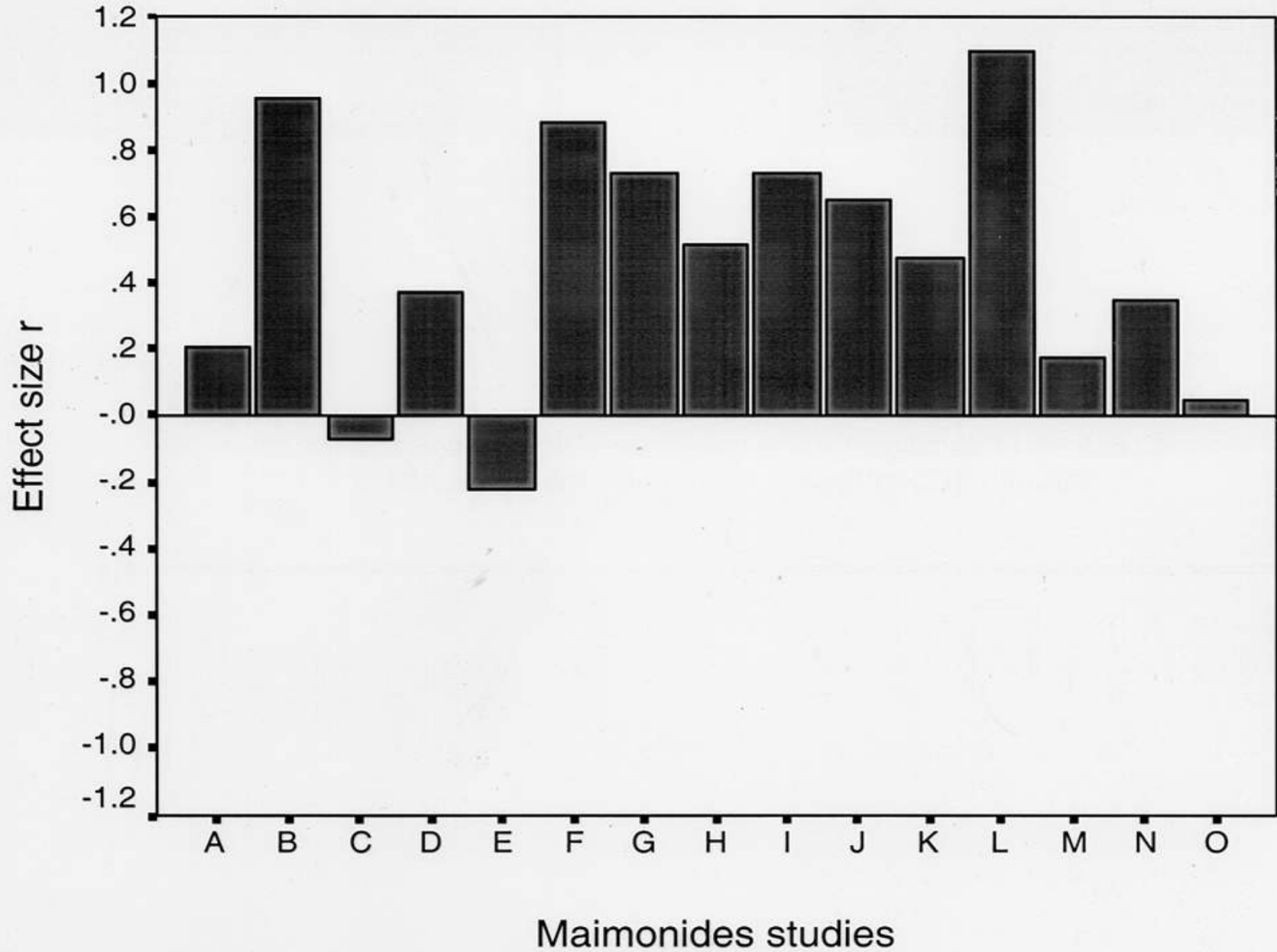


Psi and Dream (Maimonides)



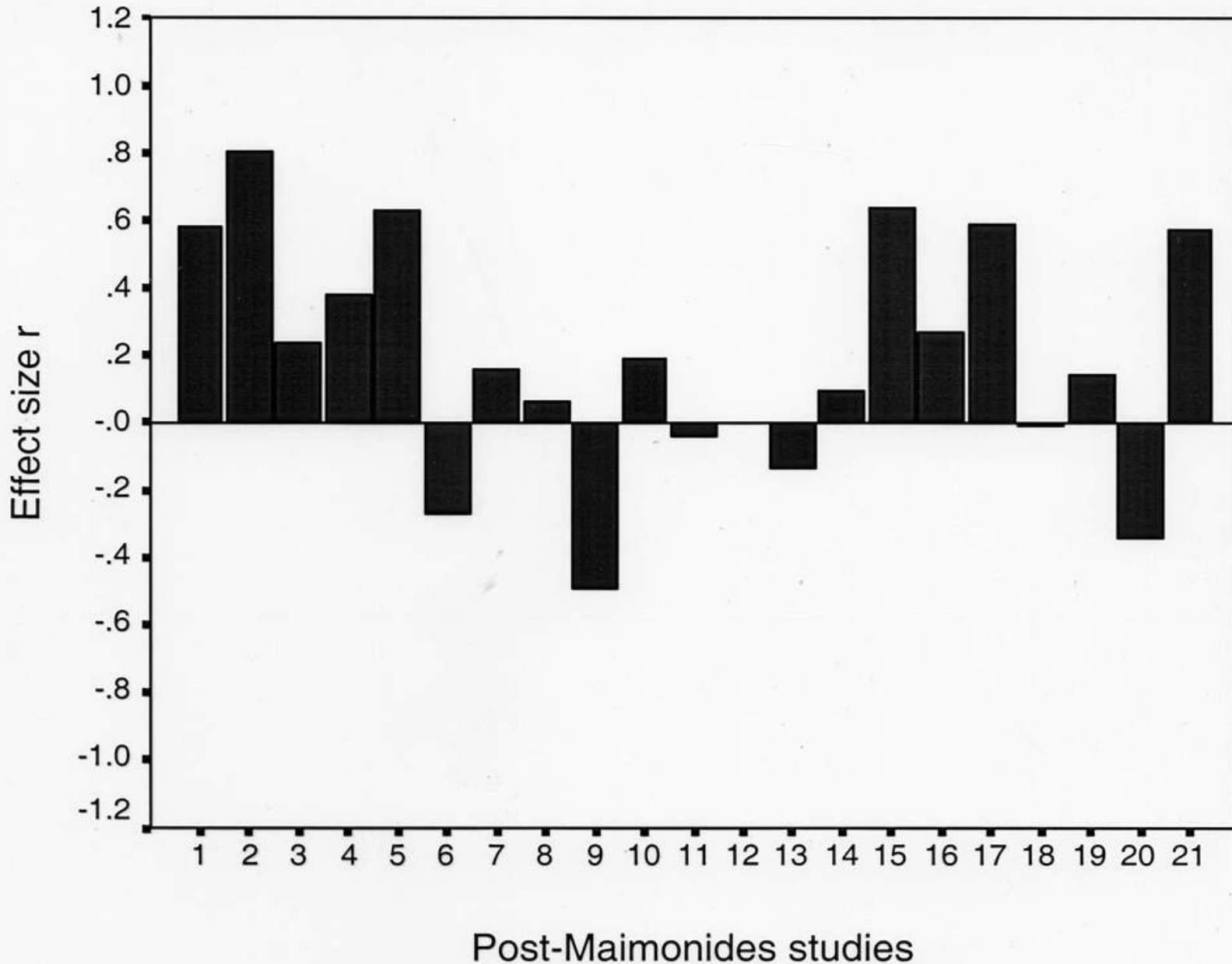
- Most precognitive PRE occur in dreams (Sannwald, 1961)
- Teacher's dream "I was at this banquet... and I was eating something like rib steak... was eyeing everybody"
- "Hit" (independent judges)

Effect size r estimates based upon blind judges' data for the 15 Maimonides data sets summarised by Child (1985)



Effect size r estimates based upon participants' and/or experimenter/senders' data for 21 post-Maimonides data sets

(Sherwood & Roe, 2003)



Controlled Psi Experiments and Drugs

- Psychedelics are more promising than other drugs
- 23 published studies, greater success with
 - Experienced consumers
 - Free-response targets with open-ended mentation
 - (Luke, in press)

William James, 1909

We with our lives are like islands in the sea, or like trees in the forest... But the trees also comingle their roots in the darkness underground, and the islands also hang together through the ocean's bottom. Just so there is a continuum of cosmic consciousness, against which our individuality builds but accidental fences...but the fence is weak in spots, and fitful influences from beyond leak in.