

## Effect of Mindfulness on Telepathy: A Comparison of High and Low Ego-strength Individuals

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### **Abstract:**

*Extrasensory perception refers to a form of perception that occurs beyond the ordinary five senses. The present study was aimed at studying the relationship between Mindfulness and a form of Extra Sensory Perception, Telepathy. The interactional effect of Ego-Strength as a personality factor and Mindfulness on Telepathy was also a focus of the study. The data was collected on 60 individuals falling into four groups of High/Low Mindfulness and High/Low Ego-Strength. The experimental method used to measure telepathy was the Ganzfeld Experiment, and the telepathic scores were nominal in nature, i.e. "hit" or "miss". The mindfulness was measured using the MAAS (Mindful Attention Awareness Scale - State version) Scale. Ego-Strength was measured using a subset of the 16 PF questionnaire (Factor C). Results indicated that Mindfulness or Ego-strength do not predict whether an individual will receive a 'hit' or a 'miss' on the Ganzfeld Experiment, i.e. predict whether telepathy would occur or not.*

**Keywords:** Mindfulness, Extrasensory Perception, Ego-strength, Telepathy, the Ganzfeld Experiment.

### I. INTRODUCTION

Human beings have five known senses, and the present sensory systems allow us to perceive five dimensions of the world. These are the sense of smell, vision, hearing, taste and touch. With evolution, organisms have become capable of perceiving more and more dimensions of the world. This puts forth a possibility that there are more than five dimensions to this world which may not be perceived in known, conventional manners because humans do not have the senses to perceive them. The intention of my present study is an investigation of these higher dimensions. To study these other dimensions, focus must be placed on the recipient of energies from these dimensions – human beings. Extrasensory perception, which refers to this form of perception that occurs beyond the ordinary five senses, therefore, is the focus of the present study.

Perception is the processing of sensory information to represent and understand the world. The kind of perception that occurs independently of and beyond the sensory system is referred to as Extrasensory Perception. Since all forms of perception depend on awareness of the world around us, and Mindfulness increases perceptual sensitivity while selectively shutting out undesirable stimuli, Mindful individuals may have enhanced Extrasensory perception. To enhance psychic powers in us, it is often helpful to develop a certain degree of concentration, self-discipline, being emotionally detached, and having control over one's mind. The 'emotional detachment' component may be addressed by considering a personality trait that reflects the emotional stability of individuals, i.e. Ego-strength. Thus, the study intends to understand the interaction of two factors, Mindfulness and Ego-strength on people's Extrasensory Perception. A Mindful individual with good Ego-strength can perceive and ignore perceptual stimuli at his own will and is able to correctly perceive extrasensory inputs.

### **Objectives**

To study the effect of Mindfulness on Telepathy in high and low Ego-Strength individuals.

### **Hypotheses**

1. Individuals with High Mindfulness are more likely to have telepathic abilities than individuals with Low Mindfulness.
2. There is a difference between individuals with low and high levels of ego-strength in terms of their telepathic abilities.

### **Design**

Quasi Experimental Research Design was used for the study, because of the lack of control or random assignment of participants to the control and experimental groups respectively. The levels of independent variable was the Mindfulness and Ego-strength scores of the individuals chosen to participate in the study.

### **Sample**

The sample consisted of scores of 60 individuals, including both males and females, of the ages of 18 years and above residing in India. The data was collected from Northern and southern parts of the country. The method of sampling chosen was convenience and haphazard sampling.

For the study, 60 individuals were selected to participate as "receivers". Each experimental trial required one sender and one receiver, resulting in 60 sets of scores. Thus, the sample size of the study was 60. To standardise the procedure, the 'sender' was the same in all cases, i.e. the experimenter. Only individuals meeting the age requirement, with no known psychopathology were chosen.

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**Tool**

1. The Mindful Attention Awareness Scale (MAAS) – State Version, to measure State Mindfulness.
2. A Subset of the 16 Personality Factor Questionnaire (Factor C), to measure Ego-strength.
3. The Ganzfeld Experiment, to measure telepathy.

**II. RESULT**

Linear Discriminant Analysis revealed that Mindfulness is a better predictor of whether individuals will receive a ‘Hit’ during the Telepathy experiment, as compared to Ego-strength. Unfortunately, none of the variables are statistically significant predictors of whether individuals will receive a ‘Hit’ or a ‘Miss’ during the experiment.

The Predictor Model, put forward in the study, i.e. Mindfulness and Ego-strength as the predictor variables of Telepathy, is not a very strong model.

It can be said that Mindfulness predicts Telepathy to a certain extent, whereas, Ego-strength is a less reliable predictor of Telepathy. However, neither Mindfulness nor Ego-strength predict outcome on a telepathy experiment significantly.

**III. DISCUSSION**

The results indicate that Mindfulness does not predict telepathy outcomes in the Ganzfeld Experiment. Mindfulness and Ego-strength form a poor predictive model of the ‘hits’ or ‘misses’ on the telepathy experiment. Also, there is no significant difference between high and low Ego-strength individuals in their telepathic abilities.

There could be numerous reasons for obtaining these results. It is possible that there were more variables apart from Mindfulness and Ego-strength that affect telepathy and intervened in the study by nullifying the outcomes of the research analysis. For instance, it has been observed that the geomagnetic activity of the region where the telepathy experiment is conducted may impact the telepathy scores (Erlendur Haraldsson, Loftur R. Gissurarson, 1987).

Also, a major drawback was the fact that only one trial was given for each participant. Thus, the occurrence of a ‘hit’ cannot be considered as evidence for occurrence of telepathy. Hence, the fundamental flaw in the way telepathy was measured make the results unreliable to a certain extent. On the other hand, it is possible that Mindfulness and Ego-strength, in fact, do not predict Telepathy.

Additionally, when comparing Mindfulness with Ego-strength, it was seen that Mindfulness is a better predictor of Telepathy outcome than Ego-strength. Unfortunately, none of the two variables significantly predict the outcome of Telepathy.

Finally, the role of the beliefs of the perceiver of telepathic messages was assessed by comparing whether the participant has had a past paranormal experience, to the outcome on the Telepathy experiment, i.e. ‘hit’ or ‘miss’. It was observed that having a past paranormal experience wasn’t necessarily related to obtaining a ‘hit’ on the Ganzfeld Experiment. For instance, studies show that believers in psi-phenomenon are more likely to have extrasensory cognitions and perceive

paranormal events than non-believers (Brugger & Taylor, 2003). But, in the present study, a belief in ESP or an experience of paranormality in the past was not associated with an occurrence of telepathy in the experiment.

It is possible that individuals also varied in the extent to which they had psychic abilities, which reflected in their outcomes on the Ganzfeld experiment. Some individuals are more naturally psychic than others (Sasson, 2007). Thus, it could be that the participants in the study did not have telepathic abilities at all, or that they varied from each other in their telepathic abilities greatly, which is may have impacted the results. If there has been a lot of variation in the telepathic abilities of the individuals, then Individual differences other than those accounted for by Mindfulness or Ego-strength may have been influencing the telepathic outcomes of the participants.

When focusing on the how personality of an individual may affect telepathy, or whether psychologically sound individuals (High Ego-strength), score higher on measures of telepathy than psychologically unsound individuals (Low Ego-strength), the research has found that the trait of Ego-strength, and whether it is higher or lower in the individual does not affect outcome on a telepathy experiment. Thus, presence of Extrasensory perception abilities in a person neither implies that he/she may be psychologically very sound, as inferred from the present research, nor does it mean that it is an evidence for a psychological illness (Pasricha, 2011). Both ends of the relationship of psychological health with ESP (or telepathy) have been, thereby, examined.

**IV. CONCLUSION**

Mindfulness and Ego-strength form a poor predictive model of the ‘hits’ or ‘misses’ on the Ganzfeld experiment to measure telepathy.

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**Conflict of Interests**

The author declared no conflict of interests.

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