

Pieredze īpatnēju un izmainītu apziņas stāvokļu pētniecībā (manu bakaulaura studentu veiktie pētījumi)

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Rīgas Stradiņa Unverstāte, Latvija
April 14, 2023

Pārskats

- Atradēju kursu dalībnieka īpašības
 - tas ir, pastāvīgo mistisko stāvokļu īpašības
- Tieša psiholoģiska ietekme
- Trīs pētījumi ar elektronisku nejaušu notikumu veidotāju:
 - bez eksperimentālas iejaukšanās
 - ar pozitīvo emociju stimulēšanu
 - ar negatīvu emocionālu noskaņojumu
- Saziņa pēc nāves ar mobilo tālruni

Kelsey Thomas
Imants Barušs

ATRADĒJU KURSU DALĪBNIEKA ĪPAŠĪBAS

Psychological Characteristics and State Integration of a Persistent Altered State of Consciousness Following an 18-Week Self-Development Course

Kelsey Thomas and Imants Barušs

Department of Psychology, King's University College at Western University

The Finders Course (FC) was an 18-week online self-development course that utilized techniques, methods of meditation, and positive psychology to help participants shift into an altered state of consciousness characterized by high levels of well-being and deep inner peace (Finders Course, n.d.). Two online studies were conducted. The first study was designed to examine the psychological characteristics of the FC alumni, and the second study to investigate the ability of the FC alumni to integrate this transcendent state of consciousness into various aspects of their lives. Participants were 55 and 27 members of the FC alumni, respectively. In both studies, FC alumni participants were asked to complete a survey that included a measure of altered states of consciousness and a questionnaire created by the researchers. The first study also asked participants to complete a measure of well-being and a measure of motivation. The first study found that the FC alumni experienced a lack of negative emotions, low levels of mental chatter, apparent lack of a sense of self, focus in the present, and a deep sense of fundamental well-being that was not necessarily characterized by positive emotions. The second study found that FC alumni experienced various positive fundamental life changes and benefits as a result of this transcendent state. However, individuals further on the continuum appeared to sometimes experience difficulties with socialization, cognitive-based tasks, and relationships. Many individuals noted how a shift in priorities altered their behavior. Implications for the use of self-development courses within a counseling context are discussed.

Keywords: altered states of consciousness, transcendent states of consciousness, Finders Course, self-development, fundamental well-being

The Finders Course (FC) was an 18-week online self-development course created by Jeffery Martin that was designed to help participants shift into an altered state of consciousness that

was characterized by high levels of well-being and inner peace through the use of different techniques, methods of meditation, and positive psychology (Finders Course, n.d.). This online

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Kelsey Thomas is now at Yorkville University.

Findings based on preliminary analyses were presented as a poster at the Interdisciplinary Conference in Psychology at the University of Ottawa in May 2018, as a poster at the King's Undergraduate Conference at King's University College in April 2019, and as a paper presentation at the Society for Consciousness Studies Conference at the California Institute of Integral Studies in June 2018. In addition, a paragraph summarizing some of the preliminary findings can be found on pages 187–188 of *Alterations of Consciousness: An Empirical Approach for Social*

Scientists, Second Edition (Barušs, 2020) and a six paragraph summary can be found on pages 134–136 in *Radical Transformation: The Unexpected Interplay of Consciousness and Reality* (Barušs, 2021). Data will not be made publicly available as the authors do not have approval from their ethics review committee to do so.

The authors have no conflicts of interest to disclose.

This paper is based on two undergraduate research projects carried out by the first author and supervised by the second.

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Transcendenti apziņas stāvokļi

- Es esmu raksturojis transcendenci kā stāvokli kas augstāks par parastu pastāvēšanu.
 - Barušs, I. (2003). *Alterations of consciousness: An empirical analysis for social scientists*. Washington, DC: American Psychological Association. p. 187.
- Also called: enlightenment, awakening, cosmic consciousness, mystical experiences, exceptional psychological well-being, and so on.
- Atšķirībā no patoloģiskiem stāvokļiem, piemēram, mānijas, derealizācijas, psihozes utt.
- var arī dēvēt par mistiku stāvokli

Mistiskās pieredzes pazīmes

characteristics

- Vienotības izjūta
- Noētiskā kvalitāte
- Laika un telpas izjūtas zudums
- Svētuma izjūta
- Dziļi izjustas pozitīvas emocijas
- Paradoksa izjūta
- Vārdos neaprakstāmība
- Īslaicīgums
- Pozitīvas pārmaiņas attieksmē un uzvedībā

Pahnke, W. N., & Richards, W. A. (1972). Implications of LSD and experimental mysticism. In C. T. Tart (Ed.) *Altered states of consciousness*, (pp. 409–439). Garden City, NY: Anchor.

Mistiski stāvokļi

- Izjusts sajūtas savienojums ar visu
- Pozitīva noskaņa, kas aprakstīta kā prieks, mīlestība, miers utt.
- gadījumu biežums ir apmēram 1%
- Jāpiezīmē, ka šie stāvokļi tiek uzskatīti par pārejošiem
- Dažos gadījumos literatūrā ir aprakstīti pastāvīgi mistiski stāvokļi, piemēram, Džons Rens-Lūiss, Bernadete Roberts, Deivids Kārs u.c.

Džefrija Mārtaņa pētījumi

- Atrada apmēram 60 cilvēkus visā pasaulē, kuri atradās "Pastāvīgā Nesimboliskā Apziņas Stāvoklī" (PNSE)
- izmantojot intervijas un psiholoģiskās testu baterijas
- jautāja, ko tie domā, ko ir darījuši, lai nonāktu šajā stāvoklī
- atklāja, ka bija aptuveni sešas tehniku klases, kuras viņi bija izmantojuši

Atradēju kursi

- Mārtiņš izveidoja 18 nedēļu tiešsaistes pašattīstības kursu, lai palīdzētu dalībniekiem pāriet uz PNSE stāvokli.
- Tas ir noticis vairākas reizes kopš 2014. gada februāra, un katru reizi tam ir piedalījušies aptuveni 50 dalībnieki.
- Panākumi šķiet norādīti ar subjektīva pamata labklājības sajūtu par realitāti.
- Martiņš ir apgalvojis, ka panākumu līmenis ir 73% līdz 74%.
- PNSE līmeņi ir identificēti kā “novietnes” no 1 līdz 4 un "pāri 4".

Description of Locations : Novietnes

ar katru
dziļāko
novietni,
pašapziņa
samazinās,
emocijas kļūst
pozitīvākas un
tad pazūd

Location 1

- Lessened or lacking sense of self; fewer self-related thoughts
- Both positive and negative emotions
- Deep sense of inner peace and fundamental well-being that can be disrupted by external triggers

Location 2

- Similar to location 1 but experiences are felt to a deeper extent
- Smaller emotional range; more positive and less negative emotions
- Greater sense of well-being and deeper sense of inner peace

Location 3

- Decreased or no self-related thoughts
- Feeling of connectedness to something greater
- Experience mostly one emotion; combination of joy, love and compassion
- Greater sense of well-being and deeper sense of inner peace

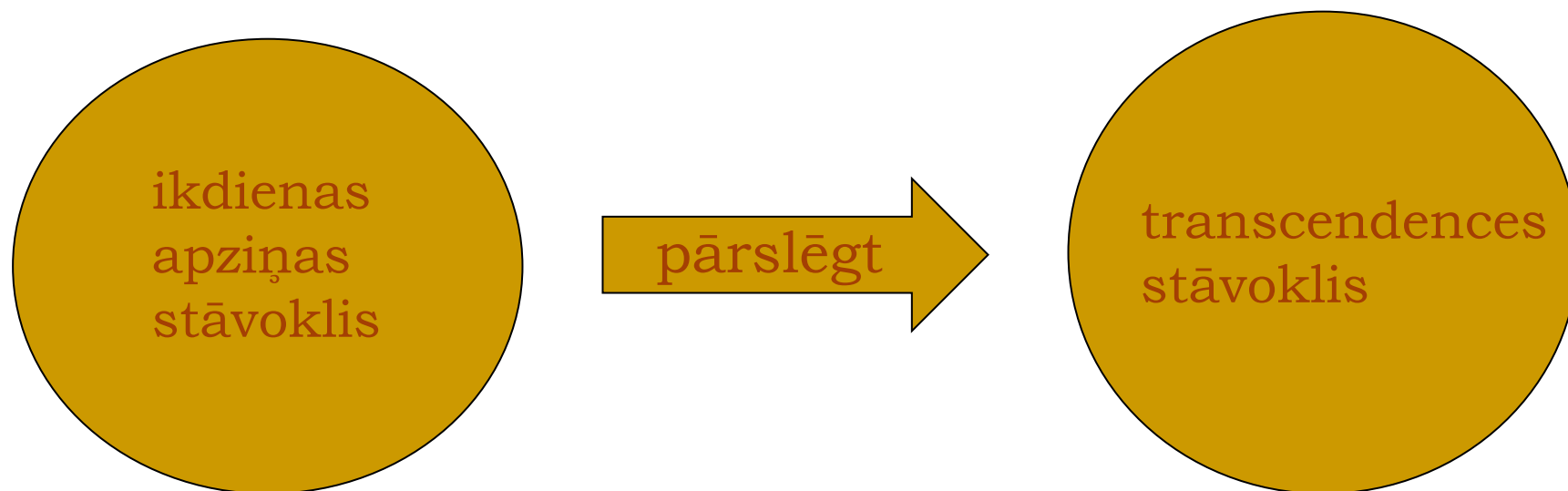
Location 4

- Self-related thoughts, emotions, and any sense of connectedness are removed
- Feel a lack of agency over own actions
- Greater sense of well-being and deeper sense of inner peace
- Experience minor memory problems

Beyond Location 4

- More dangerous than previous locations; life support functions can become affected
- Splits into multiple paths; may feel more human depending on path taken
- Greater sense of well-being and deeper sense of inner peace

Pārslēgšanās starp dīvainajiem piesaistītājiem (no haosa teorijas)



Iespaidi uz psihoterapiju

- Vai, ja pastāv tehnoloģijas, kas vēl nav izmantotas, lai palīdzētu cilvēkiem pārvērsties psiholoģiskā labklājības stāvoklī, tās varētu tikt izmantotas psihoterapijas kontekstā?
- Tātad, mums ir jāzina, vai Mārtiņa atradumi ir patiesi? Vai šīs lietas tiešām notiek?

Finders Course Alumni Survey I

- Pastāv organizācija kurā toreiz bija 500 Atradēju kursa absolventi
- Kelsija Tomasa un es nolēmām veikt aptauju Atradēja kursa absolventiem

Nolūks

- Mērķis bija noskaidrot psiholoģiskās īpašības cilvēkiem, kuri bija pabeiguši Atradēja kursu.

Metodoloģija

- Tomas un Barušs izveidoja tiešsaistes aptauju, izmantojot Qualtrics, Western Universtātes serverī.
- Informētas piekrišanas vēstule:

Finders Course Alumni Survey I

Letter of Consent

I am a fourth year honours student in the psychology program at King's University College at Western University. I am conducting a survey of Finders Course Alumni under the supervision of Professor Imants Barulis and would like to invite you to participate in it.

The reason for this informed consent is to ensure that you understand the purpose of this research, the nature of your involvement, and the conditions of your participation. It provides the information necessary for you to make a decision whether or not to participate in this research. This study is an exploratory study in which we wish to learn more about the experiences of people who completed Dr. Jeffery Martin's Finders Course. Participation in this study would involve completing three psychological measures and one questionnaire online, which would take approximately 20 to 30 minutes.

Potential Risk/Discomfort: There are no known physical or psychological risks associated with participation in this study.

Potential Benefits: The anticipated benefit of this study is to deepen society's understanding of participation in the Finders Course and the states of consciousness that individuals experience upon completing the course, as well as providing some statistical summaries of psychological information to the people who have completed this course. We are also interested in understanding the value of such self-development programs for possible implementation on a broader scale in counselling settings.

Anonymity/Confidentiality: The data collected in this study are confidential. The coded data are made available only to the researchers associated with this project. The information provided will be used for research purposes only. Participants will not be identified in any publications.

Right to Withdraw: You can skip over any questions that you choose to omit. You have the right to withdraw from this study at any time. Your participation is completely voluntary.

Further Questions: If you have any questions regarding the survey, you may email myself, at ktthoma62@uwo.ca, or Professor Imants Barulis, at baruss@uwo.ca. If there are any issues with this study please contact Dr. Joseph Michalski, Associate Academic Dean of King's University College at Western University, 519-433-3491 Ext. 4439, or jmichal2@uwo.ca. At the end of the survey you will have the option of providing your email address if you wish to receive a copy of the results of the study. Additionally, you will be given the option of providing your name and email address if you wish to be given the opportunity to participate in future studies.

Kelsey Thomas

Professor Imants Barulis (Supervisor)

Statement of Informed Consent

I have read the letter of consent for the Finders Course Alumni Survey I and have had any questions answered to my satisfaction. I agree to be involved in the research project described by clicking on the appropriate button below.

- ☒ Yes, I consent to participating in this survey
☐ No, I do not consent to participating in this survey



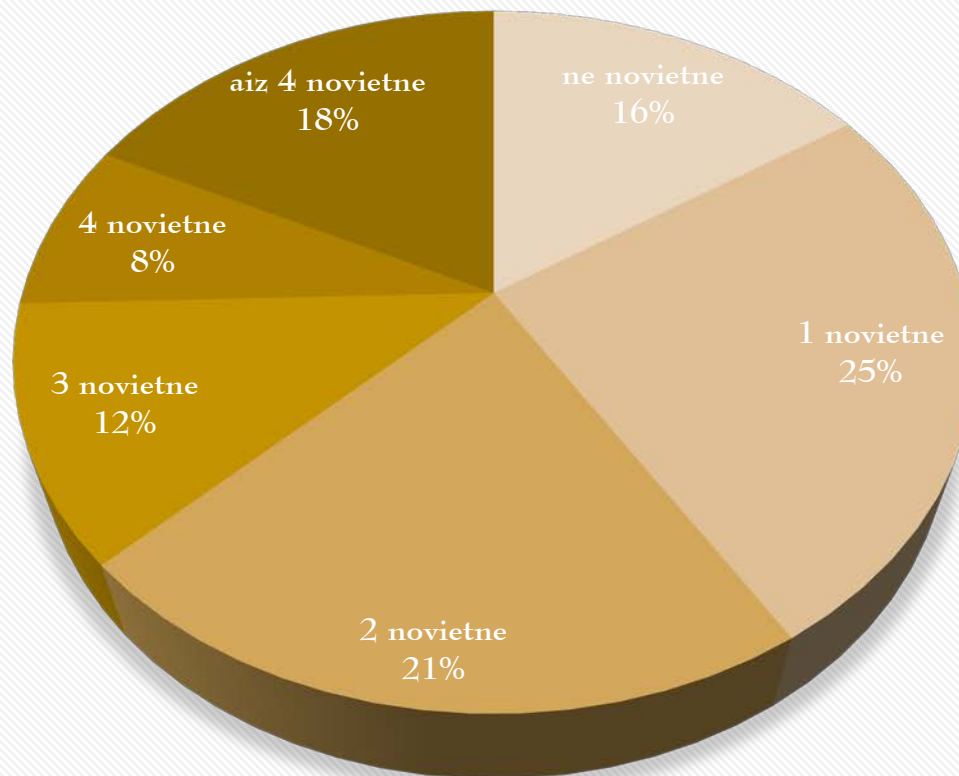
Skalas

- Phenomenology of Consciousness Inventory
 - Apziņas fenomenoloģijas izmērs
- Scales of Psychological Well-Being
- Global Motivation Scale
- Survey with branching made up of a total of 34 Likert-type items and 7 open response items about frequency of thoughts, presence of the self, nonduality, knowledge about reality, and feelings of okayness, joy, and satisfaction
- Demographic information

Dalībnieki

- 55 participants from Finders Course Alumni
- Women: 23; Men: 29
- Age: average = 55, SD = 13, range: 27 to 78
- Education: Postgraduate degree: 31; other: 20
- Location: None: 8; one: 13; two: 11; three: 6; four: 6; beyond four: 9

Dalībnieku skaits atkarībā no novietnes



ne novietne 1 novietne 2 novietne 3 novietne 4 novietne aiz 4 novietne

Finders Course Alumni Survey II

- Survey I was followed by Survey II
- Mērķis: Noskaidrot, cik labi Atradēju kursa absolventi ir integrējušies attiecībā uz attiecībām, darbu, atpūtu u.c.
- Participants:
 - 16 Finders Course Alumni
 - 6 companions of Finders Course Alumni
- Measures for FC Alumni:
 - Phenomenology of Consciousness Inventory
 - Apziņas fenomenoloģijas izmērs
 - Finders Questionnaire
 - Demographics Questions
- Measure for Companions:
 - Companion Questionnaire

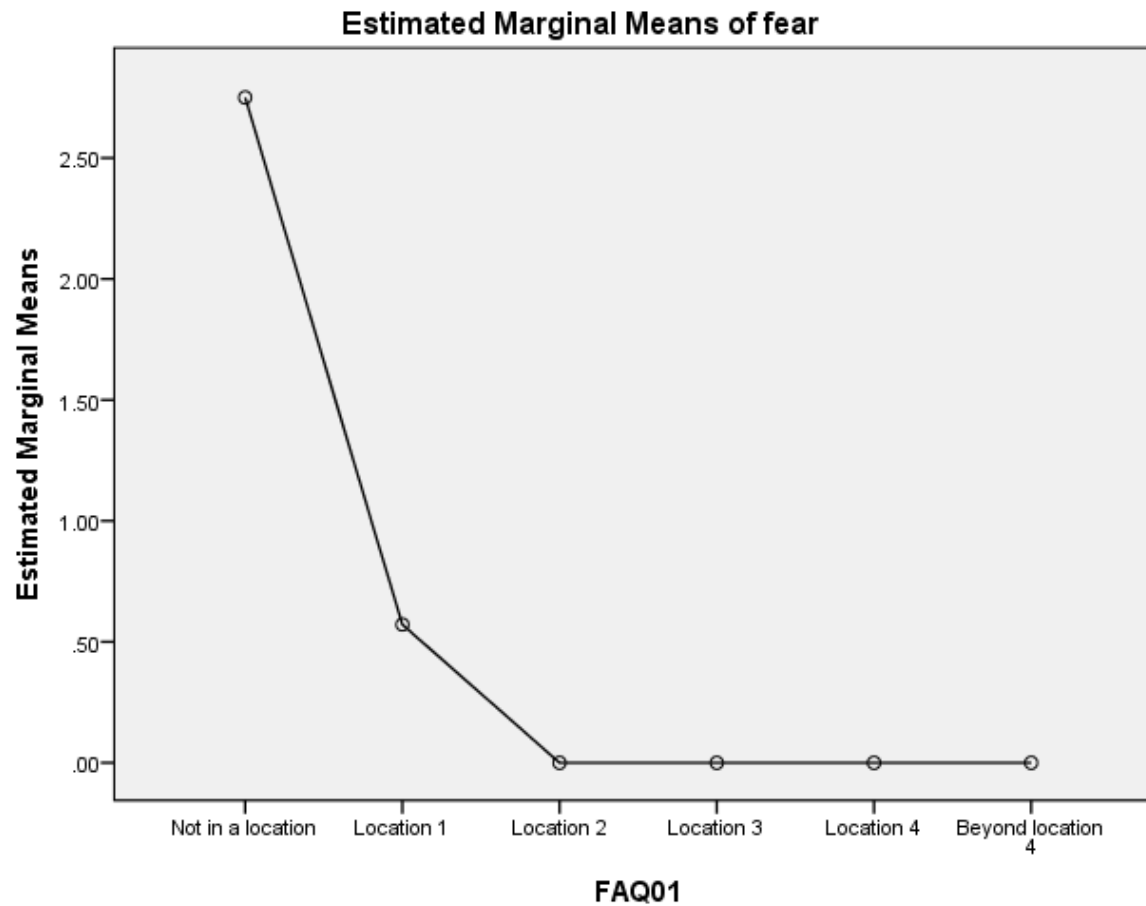
Apziņas stāvoklis

- Pirmais dalībnieku uzdevums: "Lūdzu, uz vienu minūti vienkārši sēdieties klusi. Aptuveni pēc vienas minūtes parādīsies bultiņas poga. Pēc tam, lūdzu, noklikšķiniet uz bultiņas pogas, lai turpinātu."
- Pēc tam seko Apziņas Fenomenoloģijas izmērs, kas sastāv no 53 jautājumiem, kas mēra 14 apziņas dimensijas.

REZULTĀTI: NEPATĪKAMAS EMOCIJAS

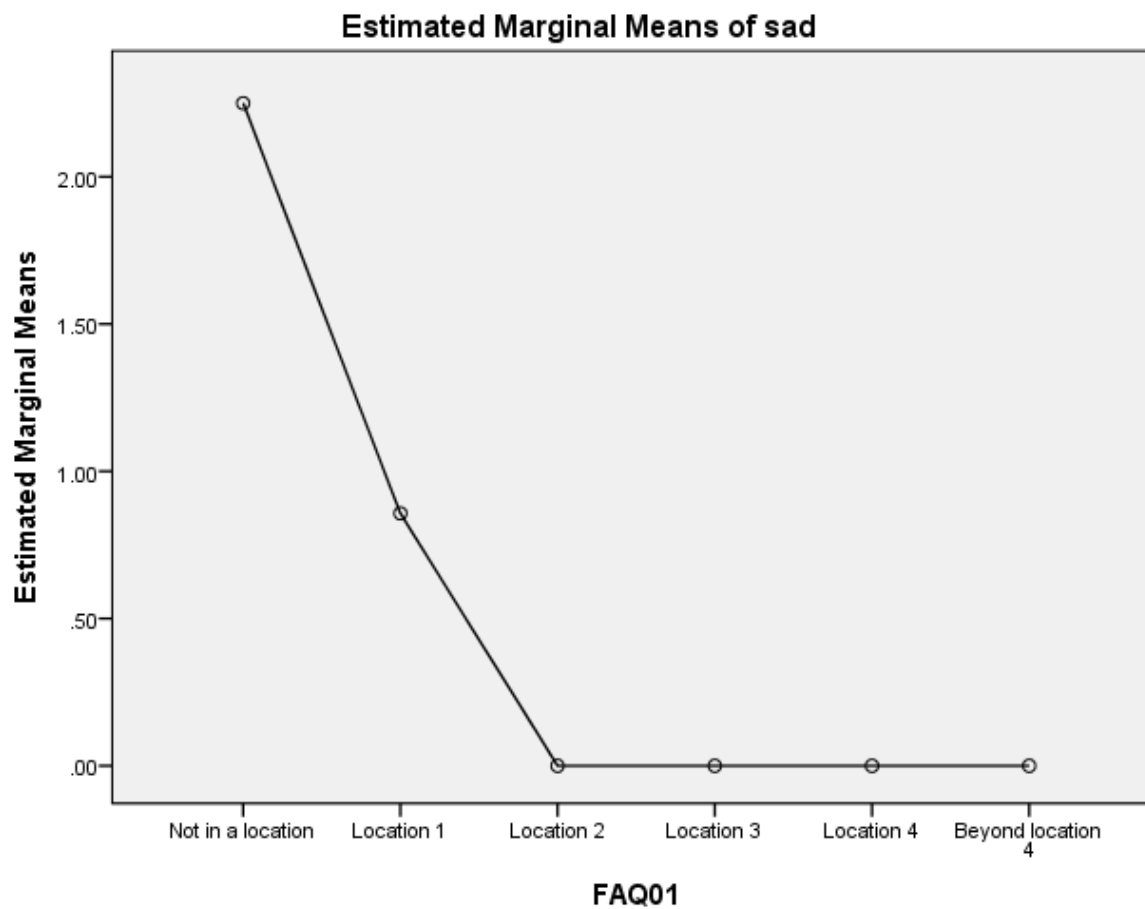
Baiļu sajūtas atkarībā no novietnes

Survey I, n=55, total scores not standardized



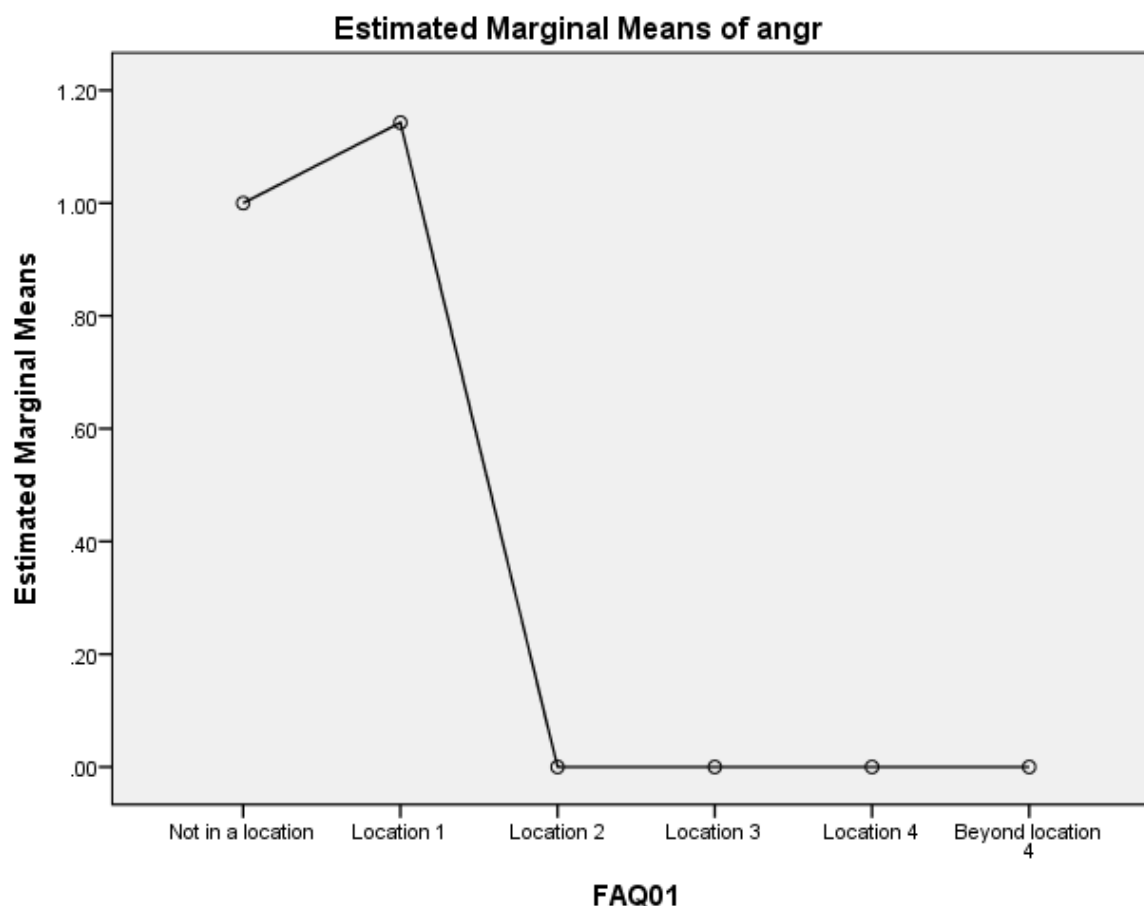
Bēdīguma sajūtas atkarībā no novietnes

Survey I, n=55, total scores not standardized



Dusmas sajūtas atkarībā no novietnes

Survey I, n=55, total scores not standardized

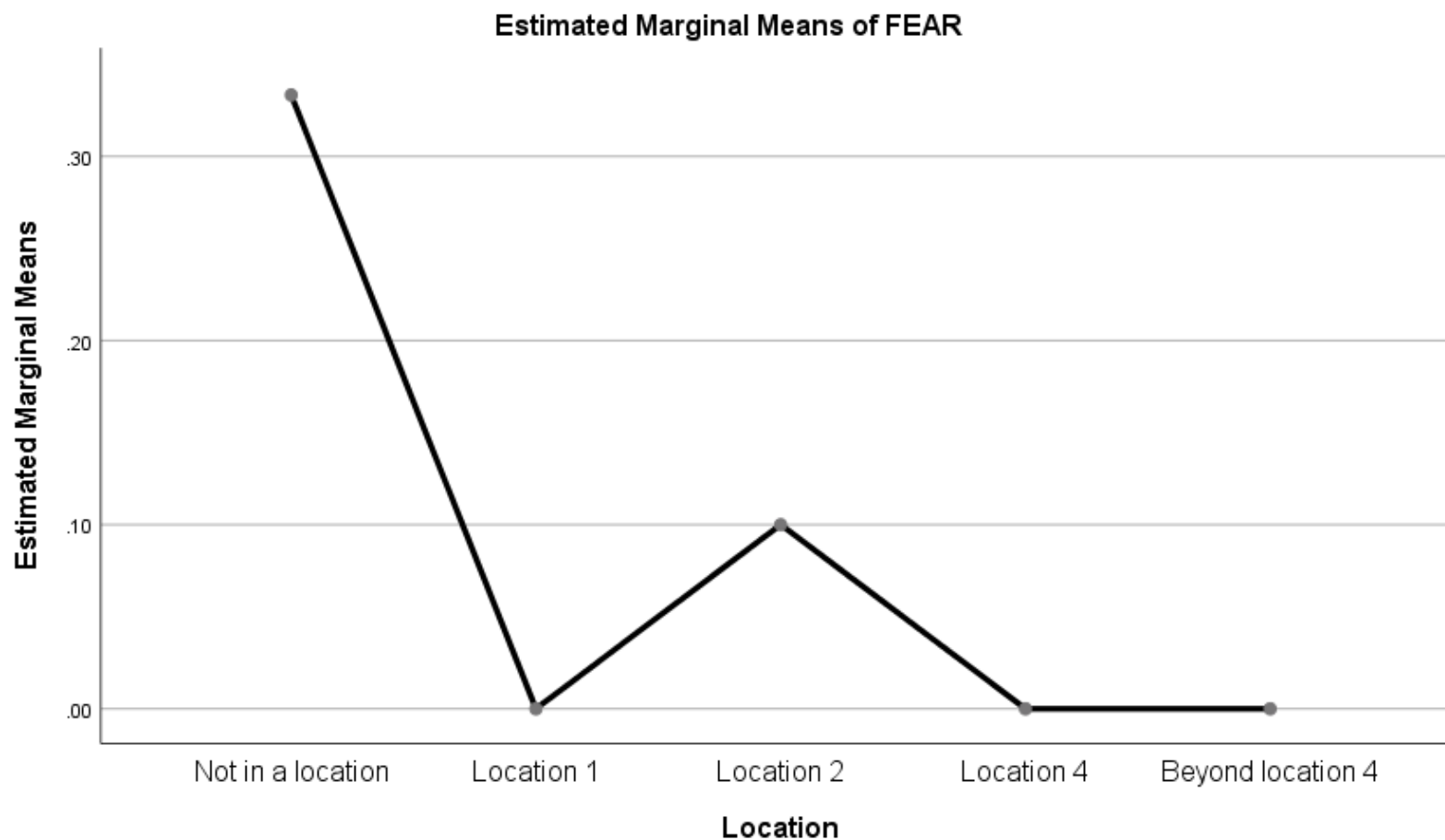


Pārspriedumi

- Mēs ar Kelsiju bijām pārsteigti, ka nepatīkamās emocijas pazūd uz nulli.
- Rezultāti atkārtojās otrā pētījumā

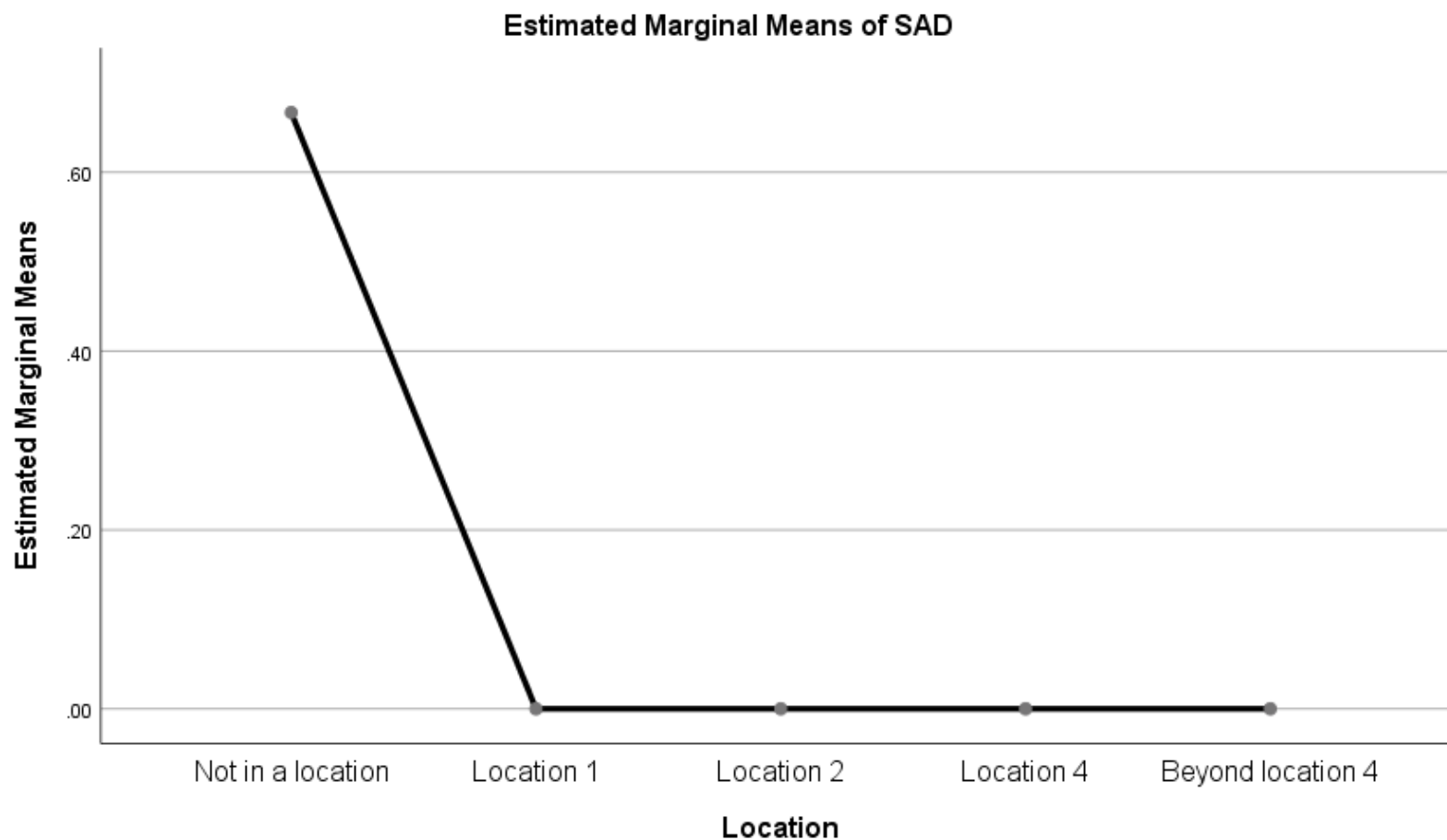
Baiļu sajūtas atkarībā no novietnes

Survey II, n=16, standardized scores



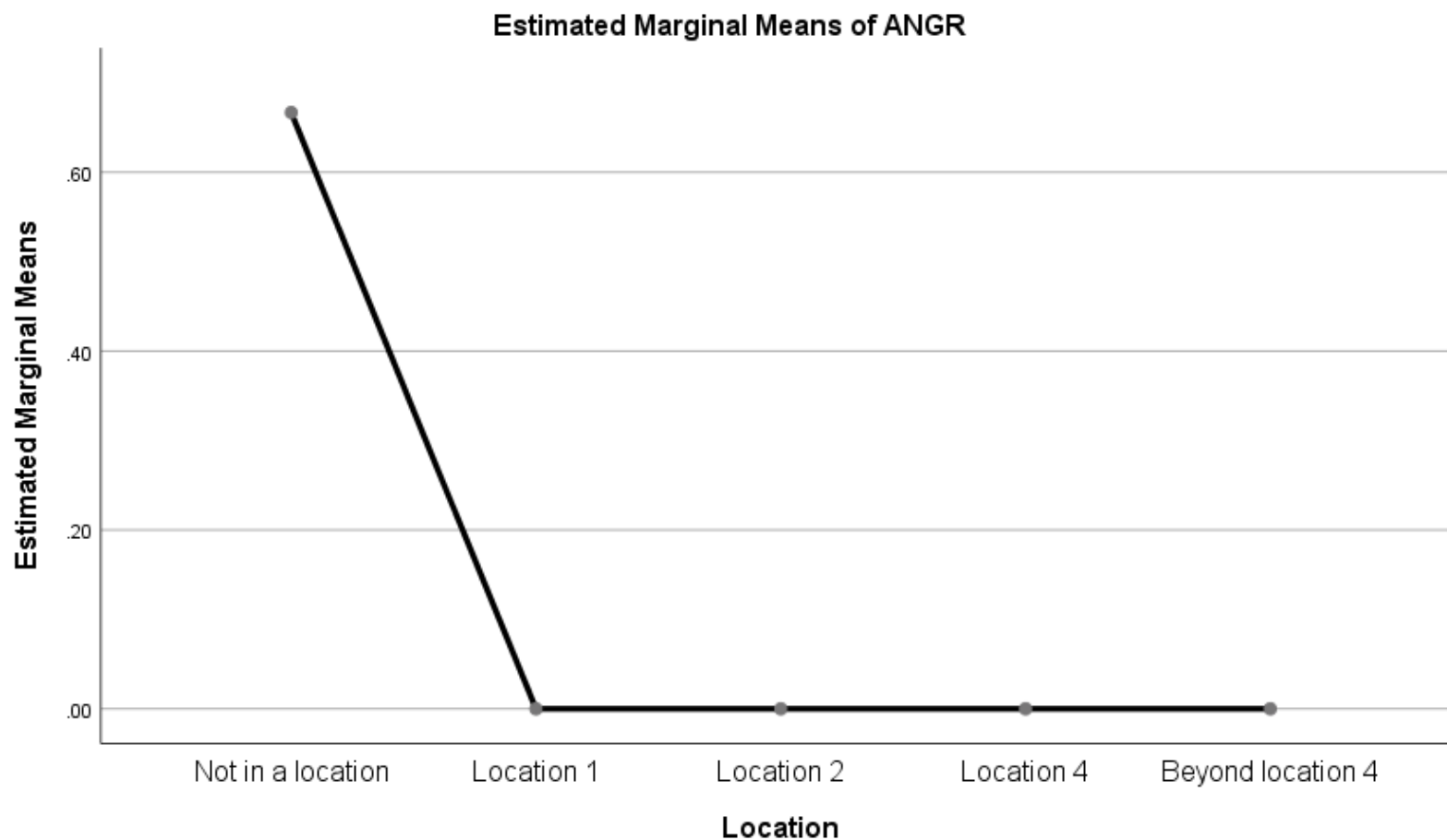
Bēdīguma sajūtas atkarībā no novietnes

Survey II, n=16, standardized scores



Dusmas sajūtas atkarībā no novietnes

Survey II, n=16, standardized scores



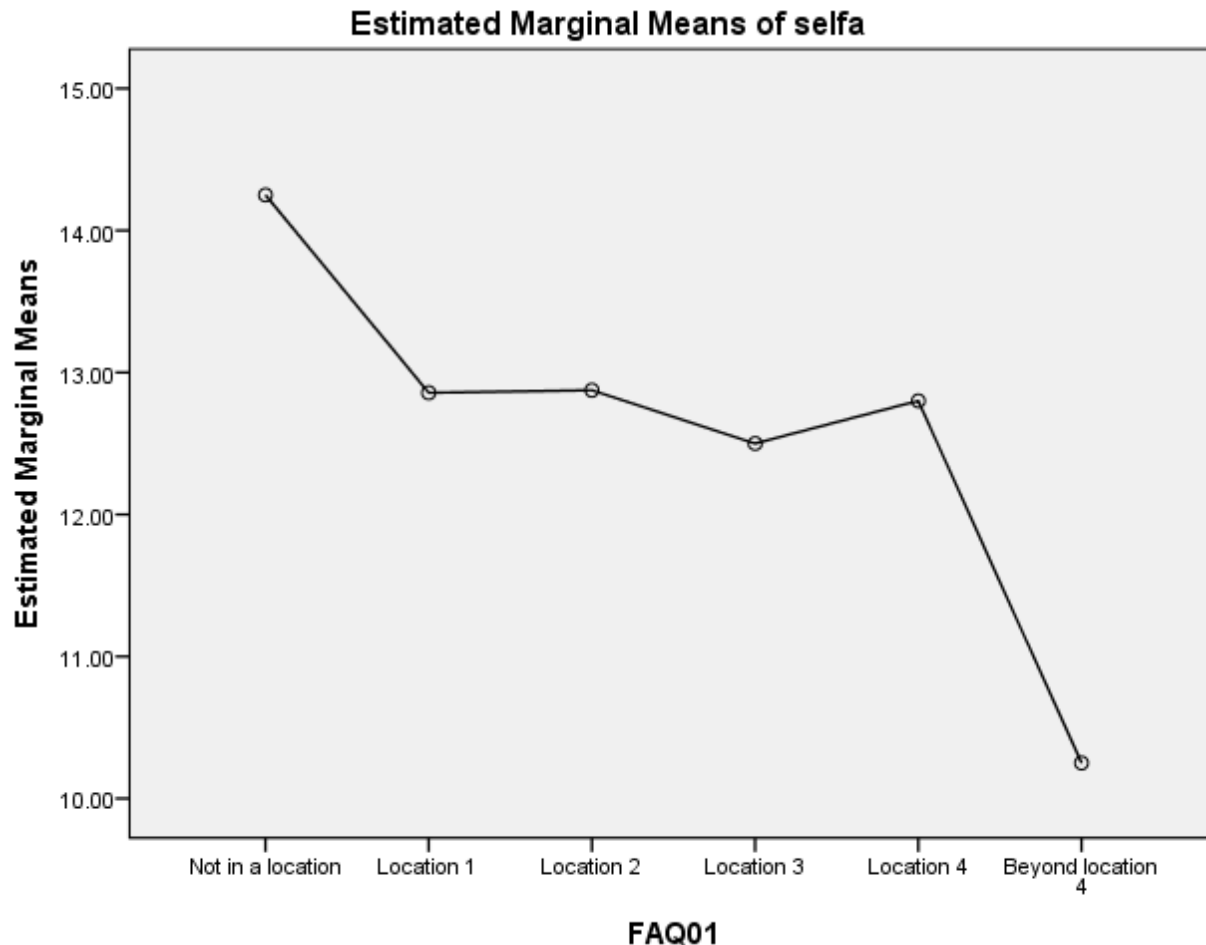
Self-Awareness : Pašapziņa

- Items 27 and 50 are reverse coded. I.e., a positive score indicates an awareness of self.

13. I was not aware of being aware of myself at all; I had no self-awareness.	0 1 2 3 4 5 6	I was very aware of being aware of myself; my self-awareness was intense.
27. I was continually conscious and well aware of myself.	0 1 2 3 4 5 6	I lost consciousness of myself.
50. I maintained a very strong sense of self-awareness the whole time.	0 1 2 3 4 5 6	I did not maintain a very strong sense of self-awareness at all.

Correlation of Self and this Self-awareness scale is $r(45) = .31, p < .01$ (two-tailed)

Pašapziņa atkarībā no novietnes



Internal Dialogue : Iekšēja saruna

- Item 6 is reverse coded; i.e., a high score indicates greater internal dialogue.

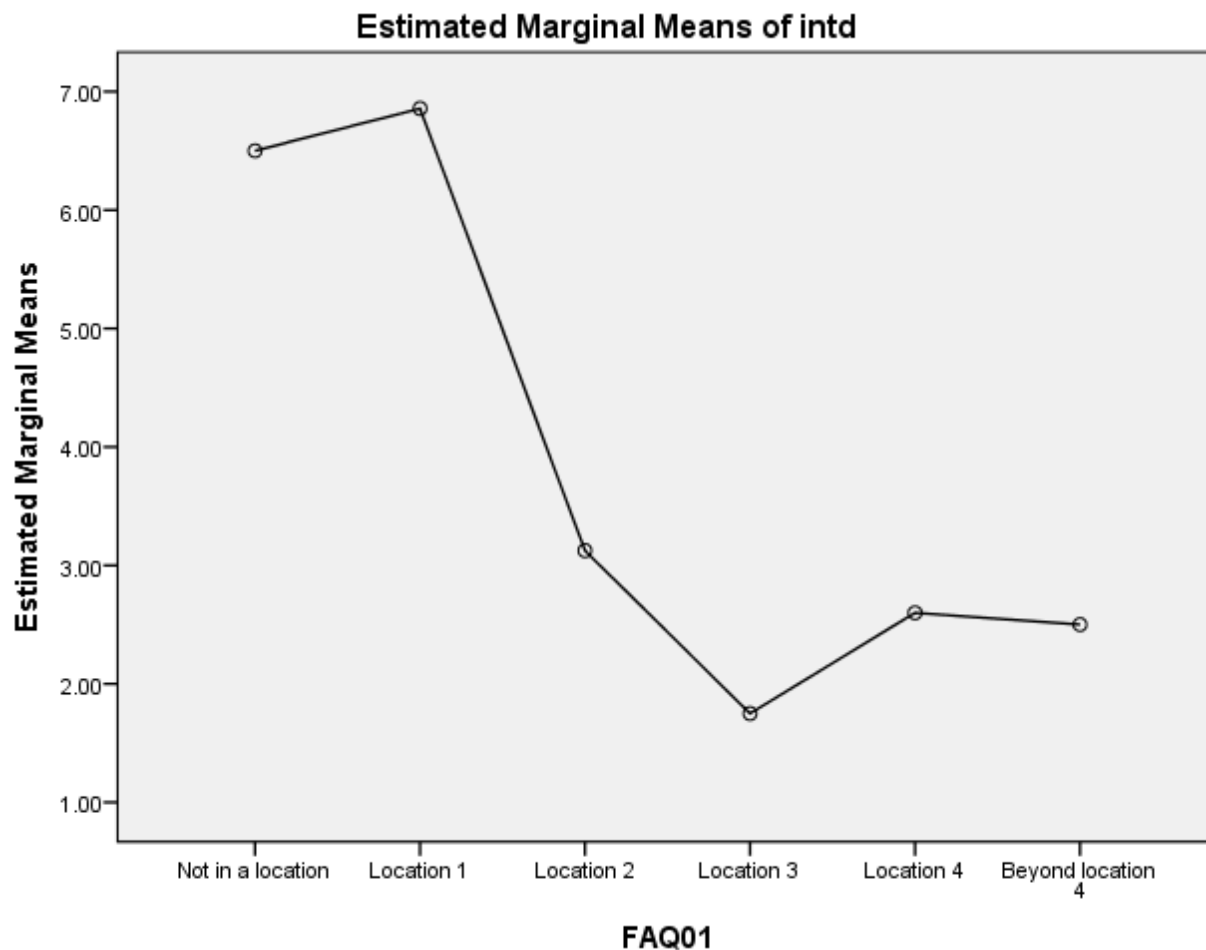
6. I was silently talking to myself a great deal.	0 1 2 3 4 5 6	I did not engage in any silent talking to myself.
45. I did not engage in any silent talking to myself.	0 1 2 3 4 5 6	I was silently talking to myself a great deal.

Correlation of Internal Dialogue with Less Thinking Scale:

$r(41) = -.48, p = .001$, 2-tailed

PCI scale provides evidence for participants' claims that there is less thinking taking place for those who have transitioned

Iekšēja saruna atkarībā no novietnes

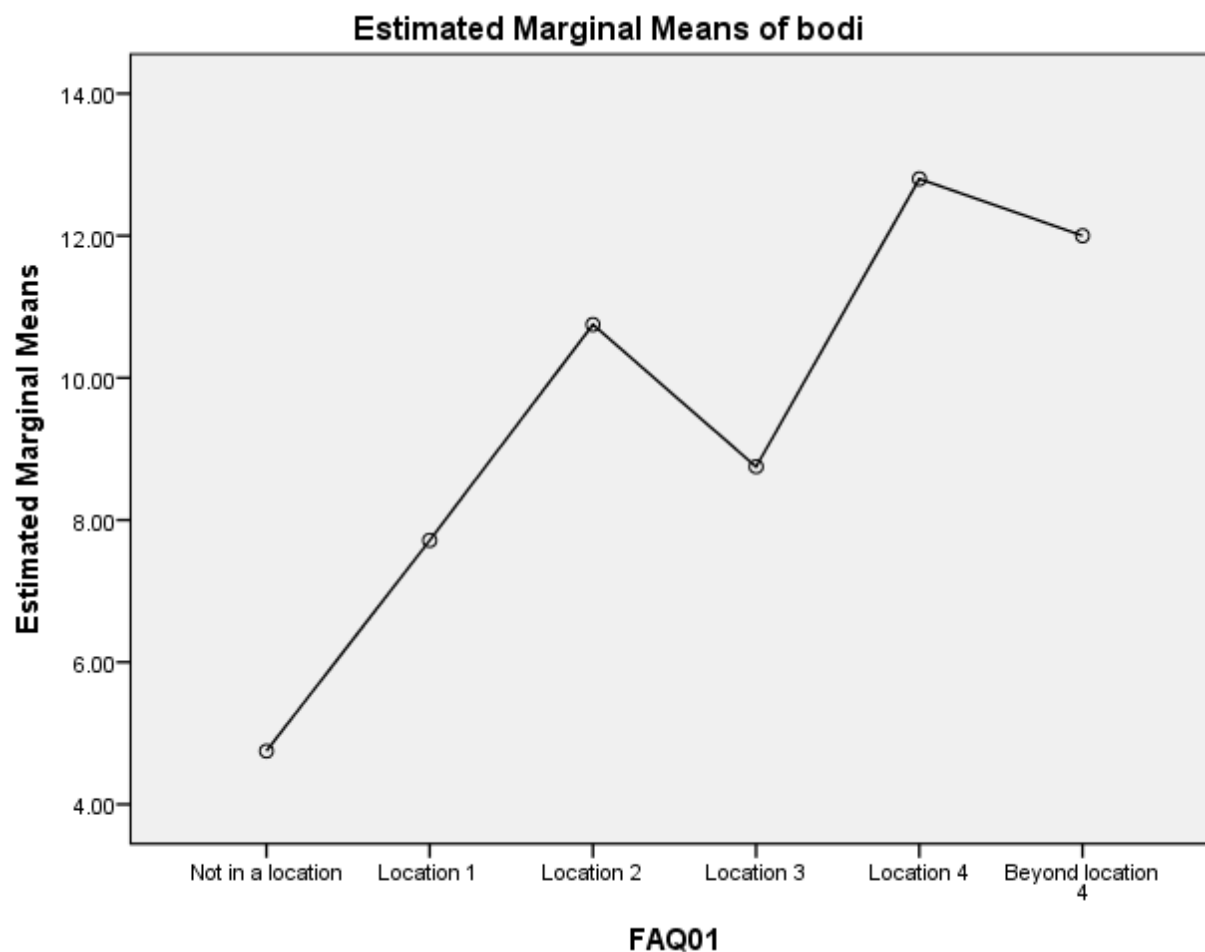


Body Image : **Ķermeņa attēls**

- Item 26 is reverse coded; i.e., high scores indicate sense of expanded body. : **ķermenis izplūst telpā**

11. My body ended at the boundary between my skin and the world.	0 1 2 3 4 5 6	I felt my body greatly expanded beyond the boundaries of my skin.
26. My bodily feelings seemed to expand into the world around me.	0 1 2 3 4 5 6	My bodily feelings were confined to the area within my skin.
51. I continually maintained a very strong sense of separation between myself and the environment.	0 1 2 3 4 5 6	I experienced intense unity with the world; the boundaries between me and the environment dissolved away.

Ķermeņa izplūšana telpā atkarībā no novietnes



RAKSTISKĀS PIEZĪMES

Saistība ar PNSE

- FAQ16: Lūdzu, aprakstiet, kādas darbības jūs veiktu, ja zaudētu savu esošo stāvokli:
- "Nekādas. Mana rīcība nav nosacīta ar vajadzību būt noteiktā novietnē."
(Dalībnieks 40; 1 Novietne)
- "Nezinu, šis stāvoklis vienmēr šķiet klātesošs zem jebkādas virsmas traucējuma." (Dalībnieks 35; 3 Novietne)

Noslēgumi

- Stāsts šķiet būtu tāds, ka atsakoties no "virspusējiem" prāta slāņiem un atpūšoties "dziļākajos" un mierīgākajos psihijas rajonos, cilvēks virzās uz priekšu ar pašattīstību.

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Tayzia Collesso

Kasha Herba

Maria Forrester

Grace Kadler

Akshya Vasudev

Emily Ionson

Imants Barušs

TIEŠA PSIHOLOĢISKA IETEKME

Pirmsākums

- Princptonas inženieru anomaliju pētījumu laboratorija (PEAR lab)
- inženieru fakultātes dekāna Robert Jahn vadībā
- nolūks pētīt tiešu psiholoģisku ietekmi
- es uzzināju no fizisistu Uģi Ziemeli
- mēs ar studentiem apciemojām 1993 gadā un iesaistījāmies pētījumos

PEAR LAB

PEAR Proposition

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(a)



(b)

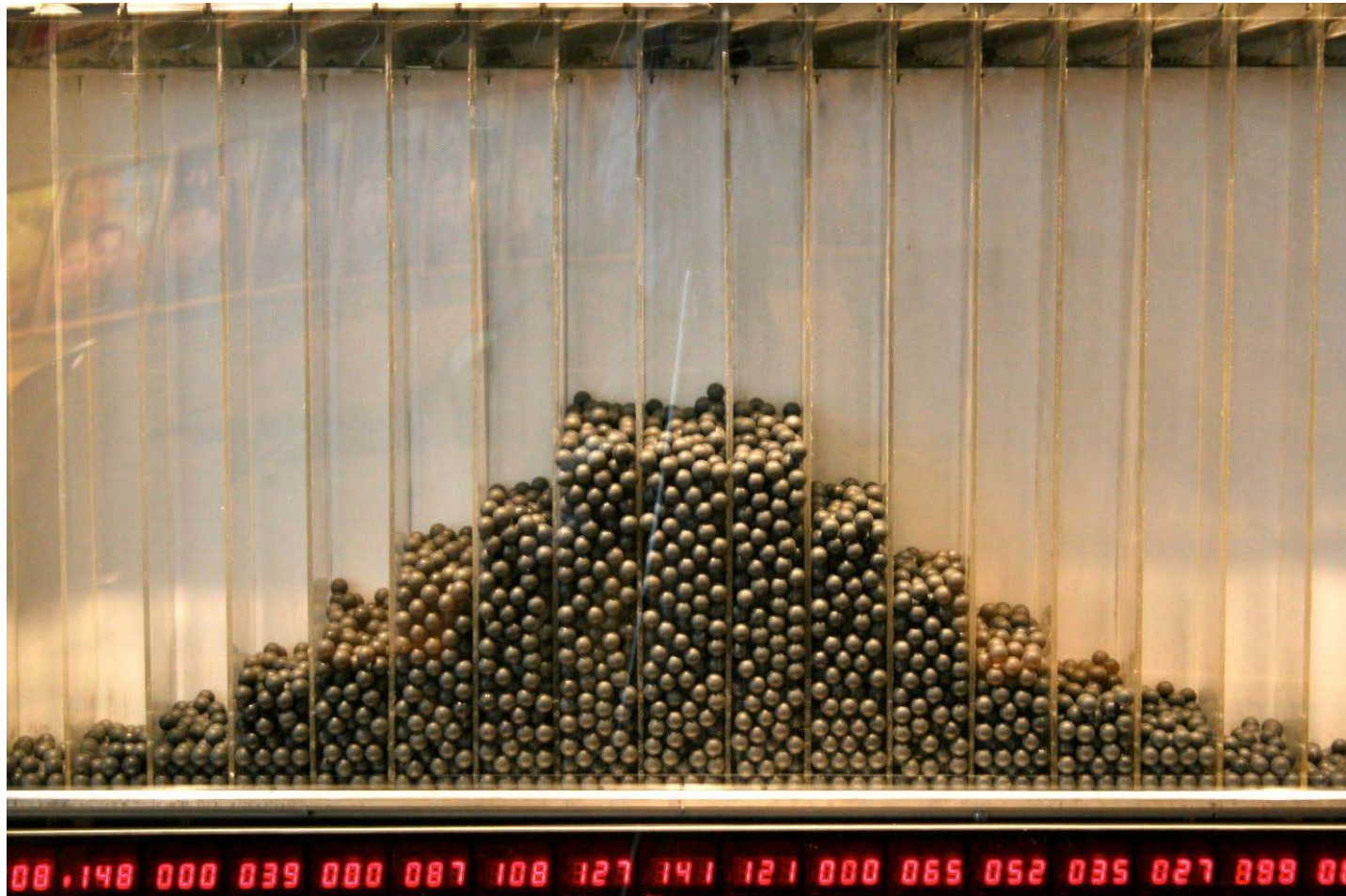


Fig. 14. Various segments of the PEAR laboratory: a) Entry and conference area; b) Central nexus and Random Mechanical Cascade apparatus.

Murphy



Murphy's Readout



Murfijs

- 9,000 bumbiņas krīt un tās mēģina novadīt ar prātu pa labi vai pa kreisi
- bumbiņas izskaita un atvelk pa kreisi vērsto nodomu no labi vērsto nodomu
- man izdevās izkustināt paredzētā virzienā
- visumā pēc 87iem gājumiem $z = 3.89$, $p < .00005$
- cilvēks spēj ar prātu iesaistīt mehānisku ierīci

ELEKTRONISKS NEJAUŠU NOTIKUMU VEIDOTĀJS

PEAR protokols

- elektronisks nejaušu notikumu veidotājs
- lieto apgriezto strāvi pāri diodei kas rada patiesi nejaušus gadījumus
- kuŗus var uzskatīt kā pluss un mīnuss straumi
- dalībnieks mēģina ar prātu radīt vai nu vairāk plussus vai mīnusus
- kritiskais mainīgais: plussus mīnus mīnusus --- nosaucām HILO
- to straumes radību var skatīt kā nejaušu pastaigu grafiku





PEAR CLASSIC

PSYBERON

SELECT YOUR INTENTION

Run #1 of 20
Last Intent: N/A
Balanced: ON

HIGH

LOW



PEAR CLASSIC

PSYIOPON







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Tayzia Collesso
Kasha Herba
Imants Barušs

REG EXPERIMENT 1

RESEARCH ARTICLE

The Effects of Meditation and Visualization on the Direct Mental Influence of Random Event Generators

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*Tayzia Colleso is now at Faculty of Law, Western University; Maria Forrester is now at Mariposa Wellness Canada.

Abstract—Meditation and visualization exercises have been found to alter an individual's mood and perception, and it is hypothesized that these techniques will enhance one's ability to anomalously influence the function of a random event generator (REG) with the mind. This study comprises a control experiment and a second experiment with the administration of meditation and visualization exercises. There was no support for a significant deviation of the REG in the direction of the participants' volition in Experiment 1 ($t(29) = -1.26$, $p = .22$, two-tailed), but results revealed a significant deviation in the intended direction in Experiment 2 ($t(29) = 2.66$, $p = .01$, two-tailed). Moreover, comparisons between cumulative deviations across both samples were found to be statistically significant, suggesting that the use of meditation and visualization exercises might promote significant deviations ($t(58) = -2.69$, $p = .009$, two-tailed). These analyses suggest that the use of meditation and visualization techniques in experiments that study direct mental influence may be beneficial for finding anomalous effects.

Keywords: meditation, visualization, random event generator, direct mental influence

REG Experiment 1

- Mērķis: Replicēt nodoma ietekmi uz nejauša gadījuma notikumu ģeneratoru.
- Metode: Izmantoja Psyleron1 REG ar Psyleron FieldREG un Psyleron PEAR Classic programmatūru.
- Mērījumi: Apzināšanās fenomenoloģijas inventārs (PCI) tika aizpildīts pēc citu anketu aizpildīšanas un iesaistīšanos ar REG.
- Dalībnieki: 30 brīvprātīgie un bakalaura līmeņa psiholoģijas studenti no psiholoģijas pētniecības dalībnieku pulka.

REG Experiment 1: Results

- Mean difference for high intention runs and low intentions runs was -0.83 ($SD = 0.36$), with $t(29) = -1.26$, $p = .22$ (two-tailed).
- Not statistically significant and in the wrong direction.
- Ar vārdu sakot: Nekas nenotika.

Pārskats

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- Saziņa pēc nāves ar mobilo tālruni

Maria Forrester

Kasha Herba

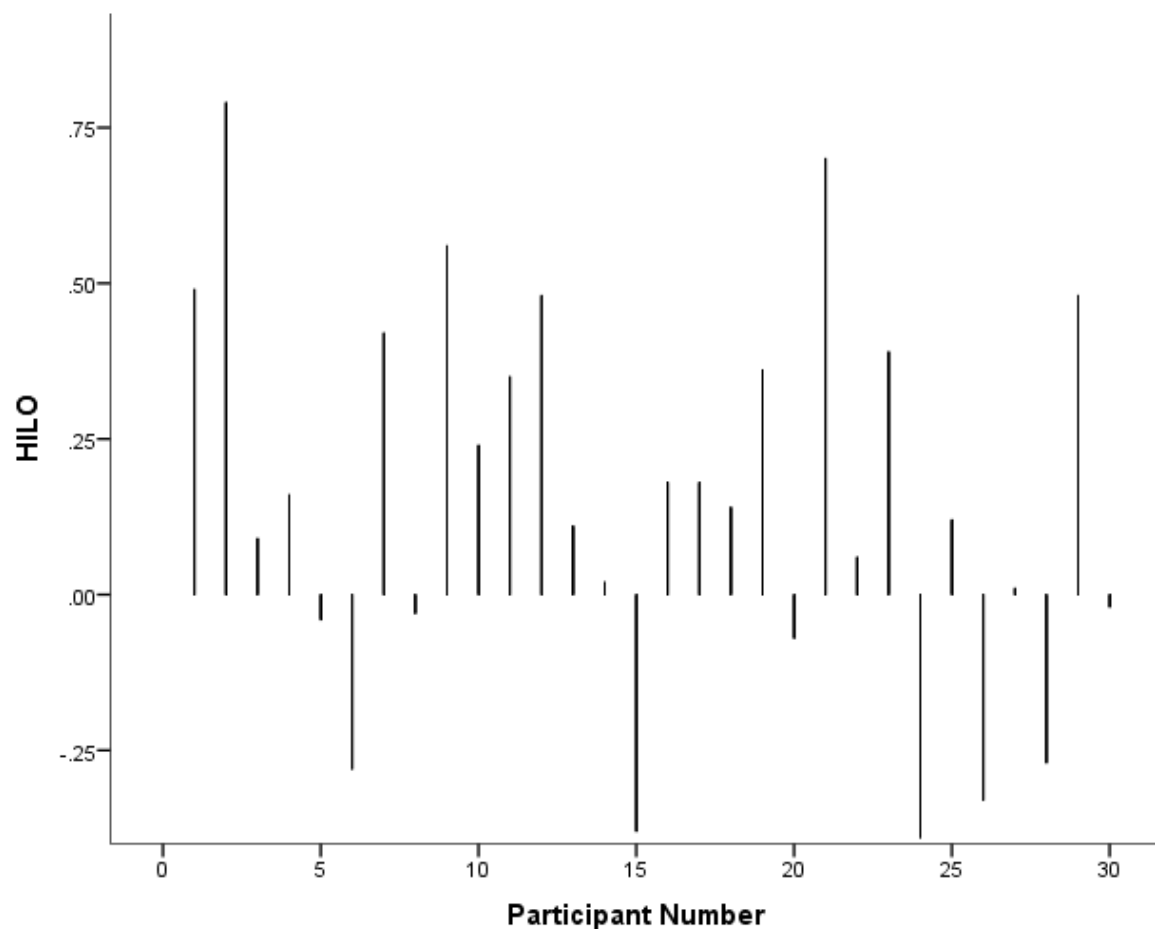
Imants Barušs

REG EXPERIMENT 2

REG Experiment 2

- Mērķis: Manipulēt potenciāli svarīgās mainīgās, lai radītu efektu.
- Nodoms:
 - 1. Padarīt laboratorijas vidi pievilcīgāku.
 - 2. Piesaistīt vairāk "dziedniekus" un līdzīgus cilvēkus.
 - 3. Ieviest manipulāciju pirms mijiedarbības ar REG, ieskaitot mīlestības vizualizāciju.
- Dalībnieki: 30 brīvprātīgie un bakalaura līmeņa psiholoģijas studenti no psiholoģijas pētniecības dalībnieku pulka.

Atšķirība start pluss un mīnuss nodomiem katram dalībniekam



REG Experiment 2

- Average difference between high intention and low intention runs was $M = .15$, $SD = .31$, Cohen's $d = 0.70$, $t(29) = 2.656$, $p = .013$.
- Comparison with Experiment 1 gives $z(58) = 2.69$, $p = .0036$ (one-tailed).
- Increased love experienced during Experiment 2 compared to Experiment 1 with $F(1, 57) = 3.82$, $p = .028$.
- Šoreiz izdevās. Vai mīlestības dēļ?
- Vai negatīvas emocijas rastu pretvirzienu?

Pārskats

- Atradēju kursu dalībnieka īpašības
 - tas ir, pastāvīgo mistisko stāvokļu īpašības
- Tieša psiholoģiska ietekme
- Trīs pētījumi ar elektronisku nejaušu notikumu veidotāju:
 - bez eksperimentālas iejaukšanās
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 - ar negatīvu emocionālu noskaņojumu
- Saziņa pēc nāves ar mobilo tālruni

Grace Kadler
Akshya Vasudev
Emily Ionson
Imants Barušs

REG EXPERIMENT 4



Unintended Deviations of a Random Event Generator by Patients With Late Life Depression and Anxiety During a Direct Mental Influence Task

Grace Kadler, *HrBSc*,* Akshya Vasudev, *MD,†‡* Emily Ionson, *HrBSc,†‡* and Imants Barušs, *PhD§*

Abstract: The primary objective was to determine whether depression and anxiety influence the outcome of random microevents in a nonrandom manner in the absence of any physical intervention by using a random event generator (REG). The secondary objective was to correlate other dimensions of consciousness with the REG's output. The experimental group ($n = 30$) included individuals with depression, the control group ($n = 15$) included individuals without depression, and the comparison group ($n = 10$) included individuals with or without depression. It was hypothesized that those with depression or anxiety would significantly deviate the REG in the unintended direction but the whole sample did [$t(49) = -2.37$, $p = 0.022$, two tailed]. There was no significant difference between the group means [$F(2, 50) = 0.12$, $p = 0.84$] and no robust correlations between dimensions of consciousness and REG activity. Further analysis is needed to understand negative emotions in mind-matter interactions.

Key Words: Direct mental influence, random event generator, consciousness, psi, anomalous phenomena

(*J Nerv Ment Dis* 2022;210: 282–289)

Consciousness allows humans to experience reality in a meaningful manner. However, much remains unknown about the extent to which consciousness itself could influence physical reality. Engineers and scientists at the Princeton Engineering Anomalies Research (PEAR) laboratory designed multiple versions of random event generators (REGs) to investigate direct mental influence (DMI). Direct mental influence is the phenomenon whereby an individual uses his or her mental processes to alter physical events (Barušs, 2021). The REG used in the present study was an electronic device that produces truly stochastic binary events, based on the reverse current across a diode caused by quantum mechanical tunneling (Pyleron, 2007). In the present study, experimenters generated empirical data regarding the potential relationship between DMI, aspects of perceived consciousness, and the direction in which a REG deviates in relation to those factors. In particular, the experimenters focused on whether depression and anxiety correlate with deviations of the REG opposite to deliberate intention, sometimes called “psi-missing.”

Currently, the mechanism behind DMI is unknown, but its existence has been repeatedly demonstrated. Although significant results are repeatedly reported in REG studies, the mean difference between random events and intentional, nonrandom events tends to remain small. This in part could be due to the inability to control for the plethora of

anomalous confounding variables, such as nonlocality and the experimenter effect. Therefore, seeing any effect at all is impressive. Moreover, when considered meta-analytically, the probability of repeatedly getting a small effect size by chance is extremely low (Radin and Nelson, 2003). One particular study that involved 33 participants and 250,000 trials concluded that participants had significantly deviated a REG from the expected value of zero ($z = 3.61$, $p = 0.0002$, two tailed; Dunne and Jahn, 1992). In addition, a meta-analysis of 515 experiments found an effect size greater than 16 standard errors away from chance, which implies that consciousness influences physical matter (Radin and Nelson, 2003). Although meta-analyses are one method of obtaining a substantial amount of data to support the existence of DMI, there is a potential bias toward including published articles that are favorable to the researcher's goal (Maier et al., 2018). However, it should be noted that this bias was statistically accounted for in Dean Radin and Roger Nelson's 2003 meta-analysis.

Some researchers have suggested that the small effect sizes are due to the evasive nature of anomalous phenomena (Radin, 2019). For instance, there seems to be a decline effect in some large databases, so that repetition of trials results in the loss of an effect (Kennedy, 2003), possibly because of a corresponding loss of novelty for participants or experimenters (Maier et al., 2018). In some studies, even without overall effects, secondary patterns have been detected in the data (Jahn et al., 2000; Kennedy, 2003; Maier et al., 2018; Radin, 2019). It is not clear how to interpret these.

Two other factors that further complicate the interpretation of DMI studies are nonlocality and the experimenter effect. For example, there was a study in which therapy practitioners had a vial of water in the same room as they were in during a 5-, 10-, or 15-minute healing session for another individual. A therapy practitioner was described as anyone who used means outside of medicine to assist in the healing process of a participant's ailments (Schwartz et al., 2015). Using infrared spectrophotometry, they found changes in the molecular structure of the experimental water in comparison to the controlled vials of water. However, the length of exposure to healing made no difference (Schwartz et al., 2015). This suggests that having the overall intention of influencing matter is more important than any specific thought process used over time to carry out that intention. Furthermore, the strength of DMI may not be time dependent, which supports the argument that DMI is nonlocal (Schwartz et al., 2015). The PEAR laboratory also did an experiment where participants did not need to be in the presence of the REG when mentally intending to interact with it. They found a strong correlation between a participant's intention to deviate REG activity and the participant's actual ability to deviate a REG. This suggests that the mechanism used in DMI is nonlocal and that the phenomenon will never be fully explained using biological and physical processes (Jahn et al., 1997). The nonlocal aspect of DMI is a confounding variable because it suggests that anyone anywhere and at any time who is consciously or unconsciously focused on a study investigating DMI has the potential to affect the output of the REG. However, the nonlocal nature of DMI provides insight into its mechanism.

The experimenter effect is the idea that the experimenter's mindset can inadvertently skew the results of the experiment (Barušs, 2021). The

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The present study was approved by Western University's Research Ethics Board, Lawson Health Research Institute, and King's University College at Western University's Research Ethics Review Committee. All participants gave informed consent and the experiment was conducted in accordance to acceptable research standards.

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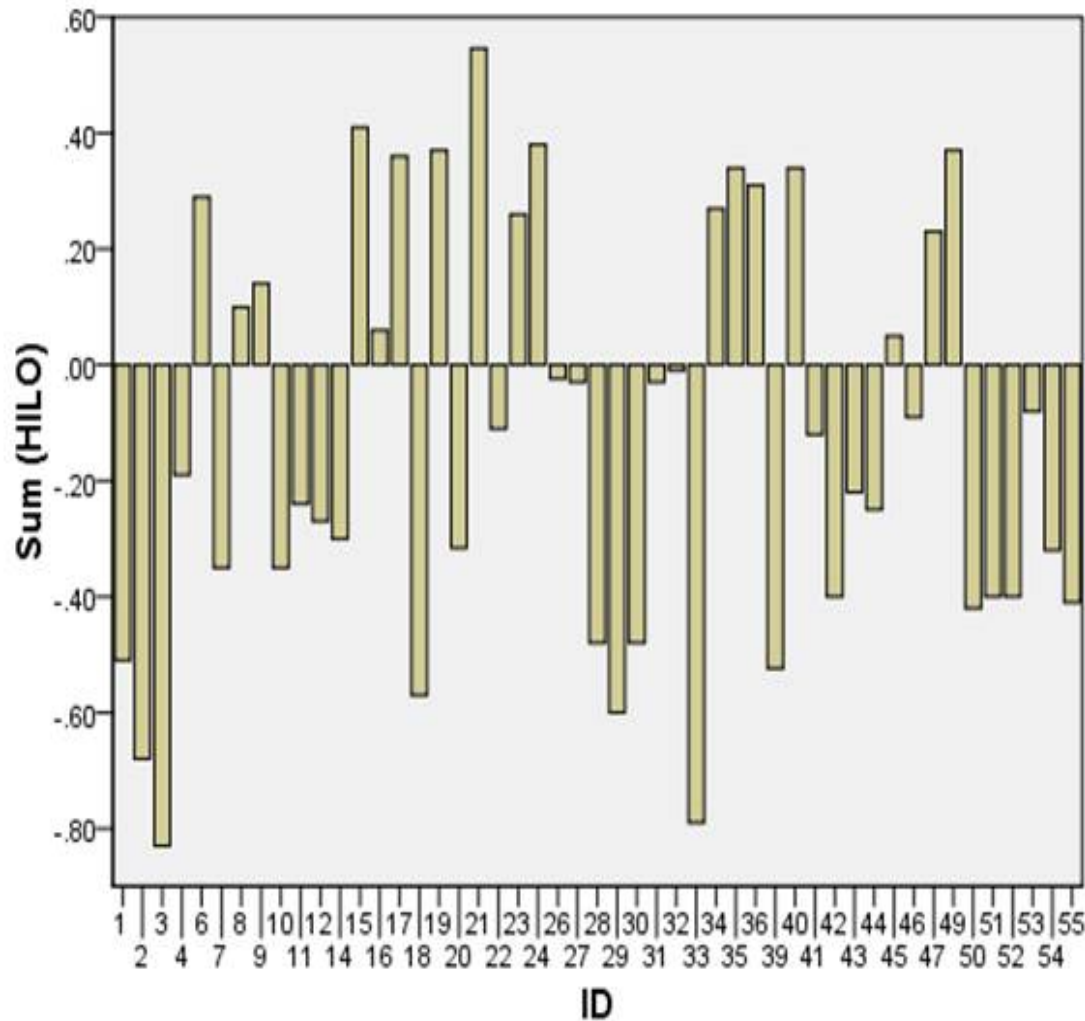
DOI: 10.1097/NMD.0000000000001443

- Pamatmērķis: Uzzināt, vai dalībnieki ar depresiju vai trauksmi vecumā var psiholoģiski iespaidot elektronisku nejauša gadījuma ierīci.
- Hipotēze: Jā, var, bet nepareizā virzienā.

Dalībnieki

- Eksperimentālā grupa: 30 dalībnieki, kuri ieguva vairāk par trīs punktiem PHQ-9 testā un oficiāli tika diagnosticēti ar depresiju.
- Kontroles grupa: 15 dalībnieki, kuri ieguva trīs vai mazāk punktus PHQ-9 testā, un kuri neoficiāli netika diagnosticēti ar depresiju vai bija remisijā no depresijas.
- Salīdzināmā grupa: 10 dalībnieki ar dažādiem PHQ-9 rādītājiem, kuri piedalījās tajā pašā protokolā Karaļa koledžas laboratorijā.

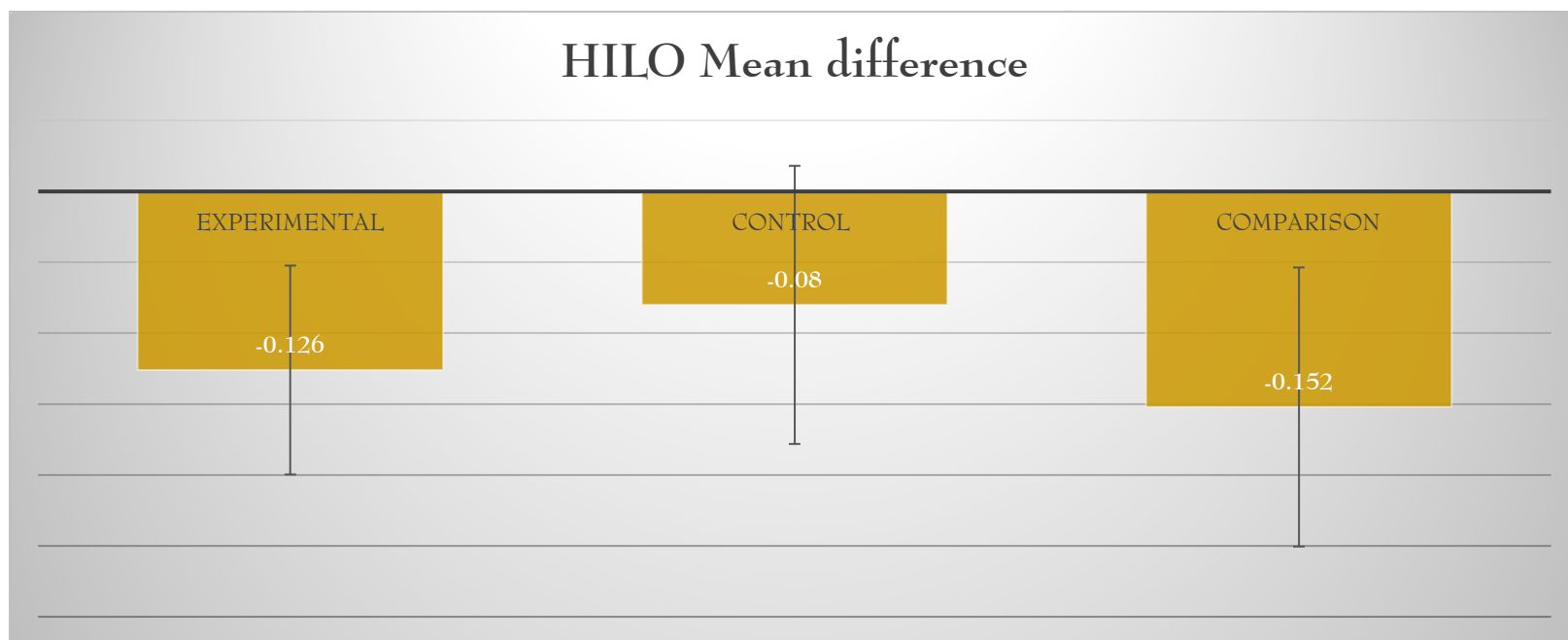
Additional Analyses



Additional analyses

- ANOVA was used to compare the HILO means between the experimental group ($M = -.126$, $SD = .382$, $N = 27$), control group ($M = -.080$, $SD = .354$, $N = 13$), and comparison group ($M = -.152$, $SD = .311$, $N = 10$). Results revealed non-significant difference between groups $F(2, 50) = .124$, $p = .844$ (one-tailed).
- Viens interesants novērojums ir tas, ka visas grupu vidējās vērtības bija negatīvā virzienā. Tika prognozēts, ka tikai eksperimentālā grupa būs negatīvā virzienā. Salīdzināmā grupa bija ar zemāko HILO rādījumu, tad sekoja eksperimentālā grupa, un visbeidzot - kontroles grupa.
- Cumulative deviations of HILO scores were found to be significantly different from the expected value of zero using a two-tailed single sample t -test $t(49) = -2.371$, $p = .022$.

Grupu vidējās vērtības



Pārdomas

- Pozitīvās emocijas, piemēram, entuziasms, spēlē lomu, ļaujot tiešai psiholoģiskai ietekmei virzīties paredzētā virzienā.
- Negatīvas emocijas var rīkoties pašsabotējoši un ietekmēt REG pretējā virzienā, nekā bija paredzēts.
- Ja neadaptīvie emocionālie procesi negatīvi ietekmē fiziskos notikumus, psihoemocionālā labsajūta var smagi atspoguļoties cilvēka fizioloģiskajā stāvoklī, kā arī atspoguļojas vides fiziskās mijiedarbības iespējās aiziet greizi.

Pārskats

- Atradēju kursu dalībnieka īpašības
 - tas ir, pastāvīgo mistisko stāvokļu īpašības
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- Saziņa pēc nāves ar mobilo tālruni

Durra Kadiragha
Imants Barušs

SAZIŅA PĒC NĀVES ARE MOBILO TĀĻRUNI



Death as an Altered State of Consciousness

A Scientific Approach

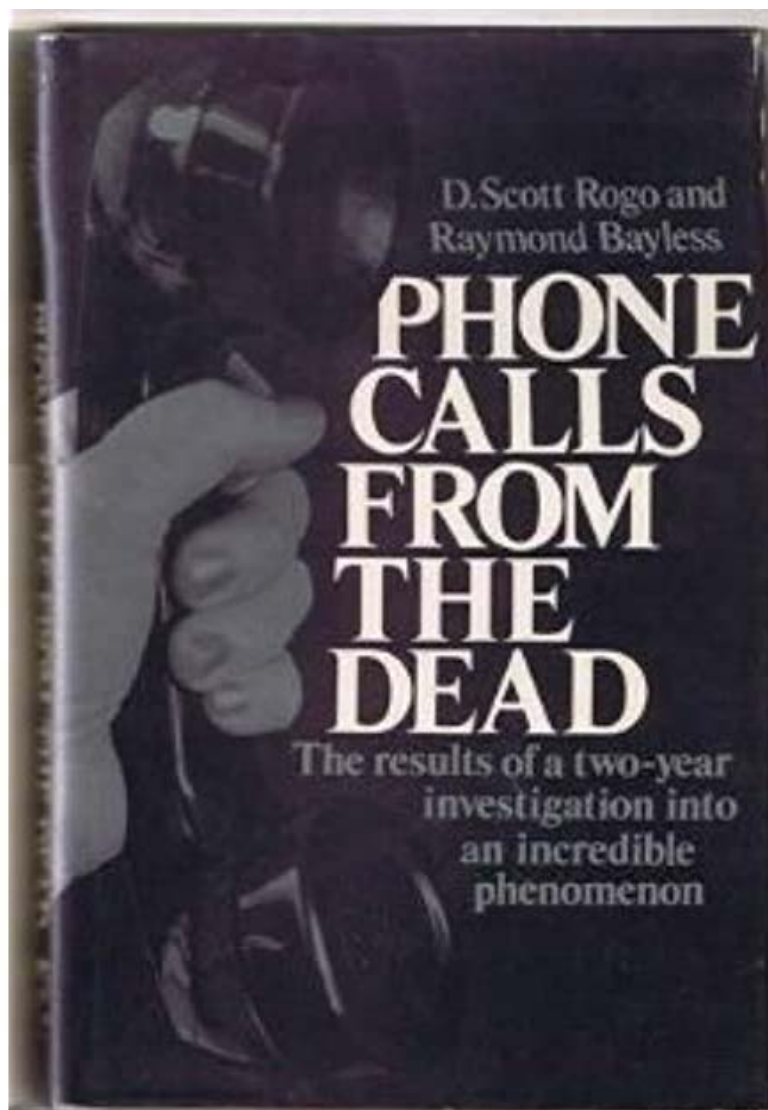
Imants Barušs



aprakstīts piektā
nodaļā

Pilota pētījums

- Gribējām atrast psiholoģiskos parametrus kas attiecās uz sazināšanos ar mirušajiem lietojot mobilos tālrunus.
- Ilgtermiņa mērķis ir redzēt vai var atīstīt normalizētu sazināšas ar mirušiem lietojot mobīlos tālrunus.
- Lai izvestu pētījumu, mēs attīstījām aptauju uz interneta izmantojot Qualtrics programmatūru.



vēsturiski svarīga grāmata par
sarunām ar mirušiem lietojot
tālrunus



pētījums par sakaru uzturēšanu ar
mirušajiem

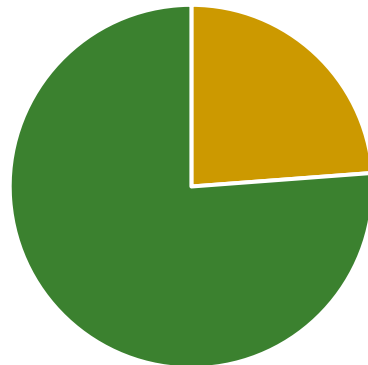
Izteicieni

- *sakaru uzturēšanu ar mirušajiem*: novērojama saziņa ar mirušajiem
- *instrumentālā transkomunikācija (ITC)*: saziņa ar mirušajiem lietojot elektroniskās ierīces

Dalībnieki

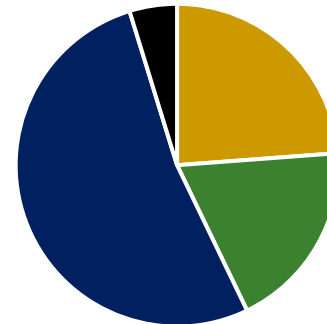
- Recruited from ITC Collective Facebook group and through the researchers' connections.
- 16 women, 5 men (N= 21)

Gender



■ Men ■ Women

Education Level



■ High school graduates

■ Post graduate

■ College/ University graduates

■ Not specified



Durra Kadiragha shared a link.

July 10, 2020 · 🌐



Greetings members of the ITC collective group,

As the means of after-death communication have been developing, one particular method of communication with the dead involves cell phones. This method is being investigated by Dr. Imants Barušs and his research assistant from King's University College at Western University. If you or someone you know have experienced this type of after-life communication and would like to contribute to our research survey, it would be greatly appreciated. If you are interested in partaking in or learning about our survey, please click on the link below which will take you to the opening page. Either a cell phone or a computer can be used to complete the survey.

https://uwo.eu.qualtrics.com/jfe/form/SV_0VTbPooGMrjotql

Thank you for your time and consideration,

Durra Kadiragha

Professor Imants Barušs

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Like



Comment



Write a comment...



Metode

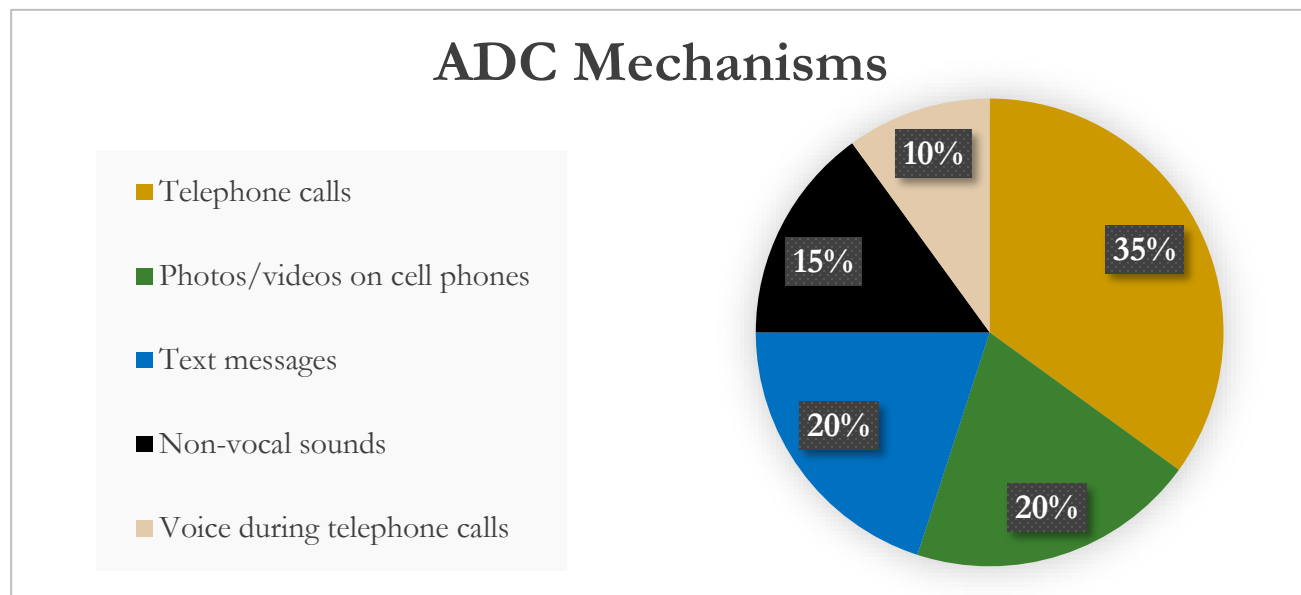
- Lai veiktu pētījumu, mēs izveidojām interneta aptauju programmā Qualtrics.
- Izveidojām 41 Likerta tipa jautājumus.
- Lietojām Ryffas psiholoģiskās labsajūtas skalas.

Atradumi: Psiholoģiskā labsajūta

- Dalībnieki ieguva augstākus rezultātus personīgās izaugsmes skalā, izmantojot Ryff inventāru, nekā norma.
 - ($df = 8504$, $t = 2.969$, $p = 0.0015$)
 - Statistically significant finding
 - Tas liecina, ka mūsu dalībniekiem ir lielāka interese par pašattīstību un atvērtību jaunām pieredzēm.
- Participants did not deviate from the norm for other scales

Atradumi: Mehānismi

- Biežākie ADC mehānismi: Telefona zvani, attēli vai video kas parādās uz mobilajiem telefoniem, teksta ziņojumi, trokšņi sarunas laikā vai balss pastkastītē, un balss parādība par sarunas laiku.



Atradumi: Hierarhiskā klasteranalīze

- 9 clusters were produced
- **5 most significant clusters:**
 - ❑ Comprehensive Communication (CC)
 - ❑ Active Sender (AS)
 - ❑ Meaningful Communication (MC)
 - ❑ Spiritual Impact (SI) : **Garīgā ietekme**
 - ❑ Other Devices (OD)

Scale 6: Garīgā ietekme (SI)

- Cronbach's Alpha: .63 Average Score: .71, SD: .12

#	Item
Q45	These interactions have changed my life.
Q49	These experiences have increased my spirituality.
Q40	The messages from the deceased have been reoccurring.
Q43	There are times when I have been aware of the presence of a deceased person.
Qr47	I knew of these types of experiences before they started occurring to me.
Qr48	I had had other paranormal experiences before these particular experiences began to occur.

Šie piedzīvojumi ir patapinājuši garīgas izmaiņas.

Rezultāti: Dalībnieku citāti

- 9. jautājums: Savos vārdos, lūdzu, aprakstiet spilgtāko piedzīvoto gadījumu, kad sazinājāties ar mirušajiem, kas ietvēra mobilā telefona izmantošanu.
- “My daughter Angela passed, I was working, phone rang, it was Angela she said mom it’s me, don’t hang up!”
- “Mana meita Angela bija mirusi, es strādāju, telefons zvanīja, un tā bija Angela, kas teica: 'Mamma, tas ir es, nepakari telefonu!’”

Secinājumi

- Saskarsmei bija spēcīga garīga ietekme uz saņēmēju.
- Dalībnieki kā rezultātā savām ADC pieredzēm kļuva vēl atvērtāki pašattīstībai.
- Nākamie soļi ADC pētniecībā ar mobilajiem telefoniem:

Saziņa ar mirušajiem lietojot mobīlos tālrunus

- 1. Aptauja par mirušo saziņas pieredzi ar mobīlajiem telefoniem.
- 2. Veikt intervijas ar dažiem dalībniekiem, lai izzinātu papildu detaļas.
- 3. Pārbaudīt ITC mobīlās lietotnes, lai izprastu, ko tās dara.

F U N D A Ç Ã O
Bial

Institution of public utility

- Funded by Bial Foundation
 - €26,500.00

Paldies par uzmanību!

- Paldies Daigai Bitēns par palīdzību ar tulkošanu!
- slaidi/prezentācija pieejami šeit:
- <https://publish.uwo.ca/~baruss/talk05.pdf>
- <https://baruss.ca/talk05.pdf>
- Personīgā mājaslapa: <http://baruss.ca>
- Skolas ēpasts: baruss@uwo.ca
- Jaunā grāmata šeit (lieto APA25 lai saņemtu atlaidi):
- <https://www.apa.org/pubs/books/death-altered-state-consciousness?tab=1>