

Degree of Meditation Attainment and Comparison of Type of Meditation in Relation to Awareness of Precognitive Targets

Results:

The oldest Tibetan psychic traditions are those of oracles and *Mo* divination, a term covering a range of divinatory practices. More recent beliefs include attainment of psychic abilities through meditation; and high lamas called *tulkus* who consciously choose reincarnation.

A re-analysis of ashram data found that, with participants who completed at least 3 sessions, the advanced practitioners scored significantly better than the other two groups ($p = 0.05$ and $p = 0.04$). Psi score was significantly correlated with yogic attainment (Pearson $r = 0.57$, $p < 0.05$, 2-tail).

With Tibetan Buddhist meditators years of practice correlated significantly with psi ($r = 0.52$, $p < 0.05$, 2-tail). This was due to the monk group: years of meditation, $r = 0.75$, $p < 0.01$, 2-tail). This result was confounded by significant psi-missing ($t = -2.09$, $p < 0.05$, 2-tail) from the *tulkus*. The 3 participants who scored most strongly in the psi-missing direction all reported childhood memories of previous lives as monks in Tibet during the Chinese invasion, with the subsequent imprisonment and torture.

In the final study, the 2 most experienced meditators gave independently significant psi-hitting ($t = 2.25$, $p = 0.04$, 2-tail). 4 of the 12 meditation variables were significantly correlated with the psi scores, and an additional 3 variables were marginally significant, all in the predicted direction. The strongest correlation with psi was visualisation meditation, ($r = 0.734$, $p < 0.01$, 1-tail); followed by time spent in retreat, ($r = 0.572$, $p < 0.05$); practicing breath techniques ($r = 0.569$, $p < 0.05$); and yoga asanas ($r = 0.559$, $p < 0.05$).

This research suggests that psychic awareness begins to manifest more reliably with years of meditation practice.

Published Work:

Roney-Dougal, S.M. & Solfvin, J. (2011). Exploring the relationship between Tibetan meditation attainment and precognition, *J. of Scientific Exploration*, 25 (1), 29 - 46.

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Roney-Dougal, S.M. & Solfvin, J. (2006). Yogic attainment in relation to awareness of precognitive targets, *Journal of Parapsychology*, 70(1), 91-120.

Book chapter:

Roney-Dougal, S. M. (2012). The effect of meditation attainment on psychic awareness: Research with Yogis and Tibetan Buddhists. In J. Hunter (Ed.), *Paranthropology: Anthropological approaches to the paranormal* (pp. 141-154). Bristol, UK: Paranthropology.

Researchers' Contacts:

Psi Research Centre,
14 Selwood Rd., Glastonbury,
Somerset, BA6 8HN, Britain.
+44 (0) 1458-833062
Email: serena@psi-researchcentre.co.uk