Enhancing psychokiness task performance through the practice of imagery strategies: New psychophysiological approach (Stage 2)

ABSTRACT:

Background
Two studies were done exploring the effectiveness of two PK imagery strategies derived from a survey of popular writings on how to develop psychic skills. Goal-oriented imagery involves visualizing only the final outcome or desired goal; process-oriented imagery involves visualizing some sort of process gradually leading up to the desired final outcome.

Method
The sample included 62 participants, females (72%) and males (28%). In a first study, 62 subjects were asked to bias the behavior of a visual display controlled by a random number generator (Psyleron v.2011), using each imagery strategy half the time (8 runs of 16 trials for each strategy). In a second study, we investigate (with 62 subjects) the effects of two psychologically distinct techniques of attempting to influence Psyleron´s visual display.

Results
There was significant positive overall evidence for PK ($p < .02$) and for PK during goal-oriented imagery ($p < .01$). An ANOVA revealed that goal-oriented imagery scores were significantly greater than process-oriented scores, that prior training was not itself a significant factor, but that imagery strategy and prior training interacted significantly ($p < .02$).

Conclusions
The difference between the two groups was also significant ($p < .02$). Thus the goal-oriented imagery strategy appears to be more effective than the process-oriented strategy, at least for those with no prior exposure to mental development training.

Keywords
Psychokinesis, Imagery, Random Number Generator, PK-training

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