

**MECHANISMS OF PSI PERFORMANCE: AN INVESTIGATION OF
THE PHENOMENOLOGY AND PSYCHOPHYSIOLOGY OF
POTENTIALLY PSI-CONDUCTIVE STATES OF CONSCIOUSNESS**

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Abstract

A multidisciplinary review of the general literature on the physiology and phenomenology of altered states of consciousness has been conducted, placing special emphasis on states that have been associated with enhanced performance in psi tasks, either anecdotally or through experimental research. After identifying some of the similarities and differences among potentially psi-conductive states, an experimental protocol has been designed to further investigate their characteristics.

Pairs of participants will be recruited who report having a strong empathic bond with each other, previous experience of reportedly psi events, and experience in the practice of some mental discipline (e.g. meditation). Both participants of each pair (*A* & *B*) will be presented with a progressive relaxation procedure designed to induce a hypnagogic-like state, and while the EEG of participant *A* is recorded, participant *B* will be presented with repetitive photic and audio stimulation. This is expected to alter participant *B*'s subjective state of consciousness and observable EEG trace. As it is the EEG of participant *A* that is recorded, we will be looking for a possible 'state transfer' effect, i.e. whether an alteration in the mind/brain state of one participant will be correlated with an alteration in the mind/brain state of the other, while they are physically separated.

Measures of the EEG and participant's reports will be further analysed to investigate the physiological and phenomenological aspects of the induced state alterations.

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