

**17/08 - "Enhancing psychokinesis task performance: volition another attempt to study PK performance through the practice of imagery strategies"**

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**Objectives:** 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:** In the first study, 62 subjects were asked to bias the behavior of a visual display controlled by a random number generator, using each imagery strategy half the time (8 runs of 16 trials for each strategy). In the second study, we investigate the effects of two psychologically distinct techniques of attempting to influence falling dice. In the first technique ("conscious concentration"), the subject was requested to attempt, by consciously focusing his willpower and inducing a tension in his muscles, to force the dice to fall with the target face upward. In the second technique ("visualization"), the subject was asked merely to visualize the desired face while in a state of relaxation.

**Results:** There was significantly positive overall evidence for PK ( $p < .02$ ) and for PK during goal-oriented imagery ( $p < .01$ ). If one considers the subject as the unit of analysis, subjects' overall scores differed significantly from chance ( $p < .05$ ); neither imagery strategy produced scores that differed significantly from chance, and goal-oriented scores did not differ significantly from process-oriented scores. In a second study, 20 subjects attempted the same PK task, using each imagery strategy half the time. An analysis of variance 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 ( $p < .02$ ).

**Conclusion:** Before considering possible interpretations of the results, some alternative hypotheses for the observed PK effects should be considered. It is possible, for instance, to advance the hypothesis that the effects were due solely to chance, excluding a parapsychological influence. The negative deviation obtained in Condition 1 and the differential scoring between the conditions indicate that the various effects are unlikely to be due to chance alone.

**Publications:** No submitted until now.

**Keywords:** Imagery – Goal-oriented – PK scoring – RNG – Zener diode