

A Randomized Trial: Extraordinary Experiences and Performance on Psi Tasks Related to Meditation or Exercise Group. Grant #110/18



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Background: Compared wellbeing, mindfulness, and paranormal beliefs/experiences in meditators vs. exercisers.

Aims: To compare variables and psi task performance in both cohorts over time.

Method: Randomized subjects, online data collection, multivariate regression models, STATA 15 for statistics, Matlab for RNG analysis.

Results: Wellbeing increased in both groups, meditators showed higher acting with awareness/ mindfulness and more paranormal experiences, no psi task improvement in either.

Conclusions: Both cohorts improved in wellbeing, meditation group had significant increases in mindfulness and paranormal experiences, limitations include small sample size and imbalance in cohort sizes.

