

## **Remote Meditation Support – A Multimodal Distant Intention Experiment**

### **ABSTRACT:**

#### **Background**

Distant intention research refers to an experimental paradigm in which a distant interaction between two persons is assessed that precludes conventional communication. In these experiments the intention of one person (agent) is varied systematically while the effect of this variation is assessed in the other person, who is in a remote location.

#### **Aim**

Our study aimed at improving effect sizes by participant selection, based on success in a screening test and by the use of experienced meditators.

#### **Method**

Participants with meditation experience participated in a forced choice test on psi abilities as a screening test. Participants with similar performance were invited as pairs for a distant intention experiment. The task of the receiver (helpee) was to focus her/his attention on a candle and to indicate lapses in attention by pressing a button. The task of the remote agent (helper) was either to assist the helpee in his/her effort or a distraction task. We recorded electrodermal activity and button presses from the helpee as dependent variables.

#### **Results and Conclusions**

The results of 66 participants in the screening was not significant. In the distant intention experiment with 30 sessions and 38 participants no distant intention effect could be found in the prespecified analyses. The results in the screening test were not correlated with performance in the distant intention experiment. However, we found a large negative correlation between a distant intention performance in EDA variables and the presence of prior lifetime exceptional experiences of the helper. This correlation can hardly be explained without the assumption of a distant interaction.

#### **Keywords**

Distant intention, Remote helping, Meditation, DMILS

#### **Published Work:**

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