

Extra Sensory Perception

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States of Consciousness

If mind can operate independent of body, then it should be able to perceive independently. Here I look at states of consciousness associated with extra sensory perception. These include –

1. Dreams
2. Hypnagogic states
3. Deep relaxation
4. Ganzfeld
5. Meditation
6. Hypnosis

Personality and subject variables affecting extra sensory perception

Here I look at variables that have found to increase or decrease performance of extra sensory perception –

1. Artistic, creative, imagery ability, absorption
2. Belief vs Scepticism (sheep/goat effect)
3. Decline effect
4. Beginner's luck effect

Amplification with State of Consciousness

When combined with a conducive state of consciousness, the effect of these personality and subject variables is amplified. For example, the sheep/goat effect increases in Ganzfeld, dreams or relaxation states.

Ganzfeld: (Honorton, Radin)

- | | |
|-------------------------|-----------------|
| • Creative + Belief | 40-45% hit rate |
| • Non-Creative + Belief | 30-35% hit rate |
| • Sceptic | 25% hit rate |

Card Guessing: (Rhine, Schmeidler)

Schmeidler carried out 14 studies, and found that the top 10% of scorers were from creative backgrounds. Schmeidler's 14 studies also showed a reliable correlation between sheep/goat and ESP performance.

Dreams: (Maimonides)

Creative people had more accurate dreams

Schmeidler Studies of Sheep/Goat Effect

The **14 follow-up studies by Gertrude Schmeidler** are among the classic early investigations of the **sheep-goat effect** in ESP research. Here is a more detailed breakdown of what those studies involved and what they found.

1. Background: The first experiment (1942–1943)

Schmeidler initially tested psychologists and students using a **clairvoyance card-guessing task with Zener cards**. Before the ESP test she asked participants a key question:

Do you think ESP could occur under these experimental conditions?

Participants were then classified:

- **Sheep** – believed ESP might occur in the experiment
- **Goats** – believed it could not occur

In the first experiment:

- **46 sheep** averaged **5.31 correct guesses**
- Chance expectation = **5.00** (per run)
- Statistical significance: **$p \approx 0.001$**

Interestingly, **goats scored below chance**, which Schmeidler interpreted as possible “**psi-missing**” (unconsciously avoiding the correct target). ([Psi Encyclopedia](#))

2. The 14 studies (1945–1951)

After the initial finding, Schmeidler conducted **14 additional experiments** over several years to test whether the effect was reliable.

Participants

- Mostly **university students** in psychology courses
- Total participants across series: **over 1,100 subjects** in classroom experiments ([Parapsych.org](#))

Method

Typical procedure:

1. Participants answered belief questions about ESP.
2. They were categorized as **sheep or goats**.
3. They performed **forced-choice ESP tasks** (usually card guessing).
4. Scores were compared with **mean chance expectation (MCE)**.

3. Main statistical result

Across the **14 experiments**, the same pattern repeatedly appeared:

Group Mean performance

Sheep **Above chance**

Goats **At or below chance**

When the results were combined, the probability of the sheep–goat difference occurring by chance was estimated at roughly:

$$p \approx 10^{-8}$$

This means the odds against chance were about **100 million to 1** in the combined dataset. ([Psi Open Data](#))

4. Size of the difference (typical example)

In one large series:

- Sheep: **5.10 hits per 25 trials**
- Goats: **4.93 hits per 25 trials**

The difference seems small but becomes statistically meaningful with large numbers of trials. ([Scribd](#))

5. Psychological variables Schmeidler explored

Schmeidler did not think **belief itself caused ESP**. She suspected belief was a marker for deeper psychological factors.

She examined correlations with:

1. Social adjustment

Using Rorschach and other personality measures, she found:

- **Well-adjusted sheep scored highest**
- **Well-adjusted goats scored lowest**

The interaction between **belief and adjustment** was highly significant ($p < .001$). ([Imago Mundi](#))

2. Attitude toward the experiment

She concluded that performance might depend on:

- openness vs resistance to the task
- motivation to confirm or disconfirm the hypothesis

- interaction with the experimenter

3. Personality factors

Later research found sheep tend to be more:

- extraverted
- open to unusual experiences

than goats. ([ScienceDirect](#))

6. Replications and later reviews

Later reviews of sheep–goat experiments found:

- **13 of 17 studies** up to 1970 showed sheep outperforming goats (76%). ([Scribd](#))
- A later **meta-analysis of 73 studies** still found a small but statistically significant effect (overall $r \approx 0.03$). ([Psi Encyclopedia](#))

So the effect appears **small but persistent** in many experiments.

7. Theoretical interpretations

Parapsychologists proposed several explanations:

1. Psi-missing

Skeptics may unconsciously **avoid correct targets**.

2. Expectation effect

Belief may influence **information processing or attention**.

3. Experimenter–participant interaction

The **psychology of the experimental situation** might influence results.

Schmeidler herself favored this **situational psychological explanation** rather than belief alone. ([Parapsych.org](#))

Summary

Schmeidler's **14 studies (1945–1951)**:

- Used **card-guessing ESP tests**
- Classified subjects as **sheep (believers)** or **goats (disbelievers)**
- Consistently found:
 - sheep **above chance**
 - goats **at or below chance**

- Combined probability of the difference: $\approx 10^{-8}$
- Suggested **attitude toward the experiment** strongly moderates ESP performance.

Other Studies of Sheep Goat Effect

Several experiments after Gertrude Schmeidler's original work attempted to test the **sheep-goat effect** with larger samples or improved controls. Three studies are often cited as among the **strongest demonstrations**.

1. Schmeidler & McConnell classroom experiments (1950s)

Schmeidler later worked with Robert McConnell to extend the classroom card-guessing experiments.

Design

- Participants: psychology students
- Task: guess the order of **Zener cards** (5 symbols)
- Belief questionnaire classified participants as **sheep or goats**.

Results

Typical pattern:

Group Average score

Sheep Above chance

Goats At or below chance

Across several thousand trials:

- Sheep mean $\approx$ **5.1 hits per 25**
- Goats mean $\approx$ **4.9 hits per 25**
- Difference statistically significant.

Even though the effect size was small, the **large number of trials** made the difference reliable.

2. The Lawrence sheep-goat experiments (1970s)

David H. Lawrence conducted one of the **largest sheep-goat studies**.

Participants

- ~200 university students

Procedure

1. Measure belief in ESP.
2. Participants perform **clairvoyance card-guessing tests**.
3. Compare sheep vs goats.

Results

- Sheep scored **significantly above chance**.
- Goats scored **below chance (psi-missing)**.

Lawrence reported:

- Sheep–goat correlation $r \approx 0.20$, larger than many earlier studies.

This experiment is often cited because the **effect size was relatively large** for parapsychology experiments.

3. Palmer forced-choice ESP experiments (1971–1972)

John Palmer conducted carefully controlled ESP experiments at the **Rhine Research Center** (originally founded by J. B. Rhine).

Method

- Forced-choice ESP tests with automated target selection
- Belief questionnaires before testing
- Participants grouped into strong believers, neutral, and strong skeptics.

Results

- Strong believers scored **significantly above chance**
- Strong skeptics scored **below chance**

Palmer concluded that **belief was one of the most consistent psychological predictors of ESP scores**.

Overall pattern from reviews

Later meta-analyses of sheep–goat studies found:

- Around **70–75% of experiments** show sheep outperforming goats.
- Overall effect size is **small but statistically reliable**.

For example, the review summarized in the Society for Psychical Research databases found:

- ~73 experiments
- overall correlation $r \approx 0.03–0.05$.

This is small but similar in magnitude to many **accepted psychological effects**.

Why researchers found this result interesting

If ESP exists, the sheep–goat effect suggests:

1. **Attitude matters** – belief may facilitate performance.

2. **Resistance may suppress psi** (psi-missing).
3. Psychological state may function like a **“noise filter”** for anomalous information.

This idea fits with earlier thinking by William James that ordinary consciousness might **restrict rather than produce** mental phenomena.

✅ **One interesting thing:**

Some parapsychologists think the sheep–goat effect is actually **stronger in dream-ESP and ganzfeld experiments** than in card guessing.

The **largest statistical analysis of the sheep–goat effect** was conducted by David H. Lawrence in the early 1990s. It is the most frequently cited quantitative review of this phenomenon in parapsychology.

Here are the key details.

The Lawrence Meta-Analysis (1993)

Scope of the review

Lawrence collected **73 forced-choice ESP experiments** conducted between **1947 and 1993**. ([Psi Encyclopedia](#))

Total data analyzed:

- **4,500 participants**
- **685,000 ESP guesses**
- **37 different investigators**

So this was not a single lab — it combined results from **dozens of researchers**.

Main statistical result

Lawrence calculated an overall effect size of about:

$r \approx 0.03$

Statistical significance:

$Z = 8.17$

Probability of chance:

$p \approx 1.3 \times 10^{-16}$ ([Psi Encyclopedia](#))

In other words:

- The **sheep–goat difference across all studies was extremely unlikely to be due to chance**.
- However the **effect size itself is small**.

How the effect appears in the data

Across the database:

- **Sheep (believers)** → slightly **above chance**
- **Goats (disbelievers)** → at or **below chance**

The important point is **the difference between the two groups**, not necessarily that sheep show strong ESP.

How many studies were significant?

Out of the 73 studies:

- **18 studies (24%)** individually showed a **statistically significant sheep–goat effect**. ([Psi Encyclopedia](#))

This is about **five times more than expected by chance alone**.

File-drawer analysis

Lawrence estimated how many **unpublished null experiments** would be required to eliminate the effect.

Result:

1,726 missing studies

That means roughly **23 unpublished failures would be required for every successful study** to erase the effect. ([Psi Open Data](#))

This is called the **file-drawer problem analysis**.

Important criticisms

Even researchers sympathetic to psi raised some methodological questions.

For example, critic Anita Steinkamp pointed out that the analysis does **not clearly show whether**:

- sheep score **above chance**, or
- goats score **below chance**, or
- both effects occur. ([Psi Open Data](#))

So the mechanism behind the difference remains unclear.

Interpretation by parapsychologists

Lawrence concluded that the pattern suggests a:

“belief-moderated communications anomaly.”

Meaning:

Belief or attitude might influence whether psi information is **expressed or suppressed**.

This fits earlier ideas from researchers like:

- Gertrude Schmeidler
- J. B. Rhine
- John Palmer

that **psychological state** may be crucial for psi performance.

How strong is the sheep–goat effect compared with other psychology effects?

Typical effect sizes:

Field	Effect size
Sheep–goat effect	~0.03
Many social psychology effects	0.05–0.20
Ganzfeld ESP experiments	~0.14

So the sheep–goat effect is **small but statistically robust**.

In summary

The largest statistical review found:

- **73 studies**
- **685,000 trials**
- **effect size ≈ 0.03**
- **$p \approx 10^{-16}$**

Meaning:

The sheep–goat difference **appears reliably across decades of experiments**, but the magnitude of the effect is **quite small**.

Stronger sheep/goat effect in altered states

In some **ESP paradigms that try to quiet ordinary cognition**, the sheep–goat difference appears **larger than in simple card-guessing tasks**. Two of the most discussed are **ganzfeld experiments** and **dream-telepathy experiments**.

1. Ganzfeld ESP experiments

The **ganzfeld procedure** was developed in the 1970s to place the receiver in a **sensory-reduced, relaxed state** thought to facilitate psi.

Researchers strongly associated with these studies include Charles Honorton and Daryl Bem.

Method

Typical procedure:

1. A **sender** views a randomly selected picture or video clip.
2. The **receiver** lies in a relaxed state with:
 - halved ping-pong balls over the eyes
 - red light illumination
 - white noise in headphones.
3. The receiver describes mental imagery.
4. Afterwards they choose the correct target from **four possibilities**.

Chance probability = **25%**.

Sheep–goat findings in ganzfeld

Many ganzfeld studies measured **belief in ESP before the experiment**.

Typical results:

Group Hit rate

Sheep ~32–35%

Goats ~22–25%

So believers often scored **well above chance**, while skeptics scored **around chance or slightly below**.

A meta-analysis of early ganzfeld studies found:

- overall hit rate $\approx$ **34%**
- chance **25%**

These results were summarized in a major analysis by Daryl Bem and Charles Honorton in 1994.

2. Dream telepathy experiments

The famous dream-ESP studies were conducted at the **Maimonides Medical Center Dream Laboratory** by researchers such as:

- Montague Ullman
- Stanley Krippner

Procedure

1. A participant sleeps in the laboratory.
 2. During REM sleep a sender concentrates on a target image.
 3. The dreamer is awakened and reports the dream.
 4. Independent judges match dream reports to targets.
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Results

Across the main series of experiments:

- About **63% of trials produced correct matches**.
- Chance expectation $\approx$ **25%**.

Later analysis suggested that **participants interested in psi** (sheep) tended to produce the strongest results.

3. Why belief might matter more in these paradigms

Researchers think sheep–goat effects may be **larger in ganzfeld and dream studies** because these conditions reduce ordinary mental noise.

Possible mechanisms:

1. Reduced mental filtering

This idea goes back to William James and later to Aldous Huxley.

They suggested the brain may function as a “**reducing valve**” that normally blocks non-ordinary information.

2. Relaxation and ego-reduction

Ganzfeld and dreaming both involve:

- reduced sensory input
- less analytic thinking

- more imagery

These conditions are often associated with **higher ESP scores**.

3. Psychological openness

Believers may simply:

- attend more to subtle impressions
- report imagery more freely
- be less likely to suppress unusual perceptions.

4. Something interesting researchers noticed

Some studies found that **strong skeptics sometimes scored significantly below chance**.

This phenomenon is called:

psi-missing

The idea is that participants may unconsciously **avoid the correct target**.

This was originally proposed by [\[entity\] \["people", "J. B. Rhine"\]](#).

✅ Overall pattern

Across several ESP paradigms:

Paradigm	Sheep–goat strength
Card guessing	small effect
Ganzfeld	moderate effect
Dream telepathy	sometimes large

So the **state of consciousness** appears to matter.

Creativity and ESP performance

Several studies suggest that **creativity, openness, and imaginative engagement** may predict ESP performance as much or more than belief alone. This ties back to the sheep–goat effect but adds a **personality dimension**. Here’s the breakdown.

1. Early observations

- Schmeidler herself noticed that sheep (believers) tended to score higher if they were **well-adjusted, imaginative, or open to experience**.
- Goats often scored lower, especially if they were rigid, skeptical, or highly analytical.

The idea: **openness to novel experiences may “loosen” mental filters** that normally block anomalous information.

2. Ganzfeld studies and creativity

Research by Charles Honorton, Daryl Bem, and colleagues found:

- Participants who scored **high on the “Creative Imagination Scale” or “Openness to Experience”** consistently performed better in ganzfeld tasks.
- Sheep vs goats mattered less once **creativity was accounted for**, suggesting **personality may mediate the sheep–goat effect**.

For example:

Variable	Correlation with ESP hits
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Belief in ESP	$r \approx 0.10$
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Creativity / Openness	$r \approx 0.15\text{--}0.20$
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So creativity sometimes outperforms belief as a predictor.

3. Dream-telepathy experiments

- In the Maimonides laboratory studies (Ullman & Krippner), participants who were **artistically inclined or had vivid dream recall** produced the highest hit rates.
 - Sheep–goat classification was less predictive than **dreaming ability and imaginative engagement**.
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4. Ganzfeld meta-analysis observation

Bem & Honorton (1994):

- **Sheep–goat effect is stronger in participants who are both believers AND imaginative.**
- Skeptics with high imagination sometimes approached chance performance.
- Low-imagination believers performed worse than high-imagination believers.

This suggests a **synergistic interaction**: belief may open attention, while imagination provides the “channel” for psi perception.

5. Personality profile of “high-ESP performers”

Across multiple studies:

- **High openness to experience**
- **High imaginative ability**
- **Vivid dream recall / daydreaming tendency**
- **Positive attitude toward psi**

→ These traits collectively increase ESP success.

This aligns with the idea that **ESP performance may require both receptive mindset and cognitive flexibility**.

6. Summary

- Sheep–goat effect shows that **belief matters**.
- Creativity and imaginative engagement appear **as important, if not more so**.
- The strongest ESP performers are usually **sheep who are creative, open, and psychologically flexible**.
- Low imagination can limit ESP expression even in strong believers.

Summary of predictors of ESP performance

Here's a **concise ranking of known predictors of ESP performance** across paradigms like card guessing, ganzfeld, and dream telepathy, based on historical and meta-analytic data.

ESP Performance Predictors

Predictor	Typical effect / correlation	Notes
Creative / Imaginative personality	$r \approx 0.15\text{--}0.20$	Includes daydreaming, fantasy proneness, vivid imagery. Strongest in ganzfeld and dream ESP.
Belief in ESP (Sheep–Goat effect)	$r \approx 0.10\text{--}0.12$	Sheep tend to outperform goats; strongest when combined with openness/imagination.
Relaxation / sensory reduction	↑ small-to-moderate effect	Techniques like ganzfeld or meditation reduce “mental noise” and improve psi expression.
Vivid dream recall	$r \approx 0.10\text{--}0.18$	Predicts performance in dream-telepathy studies.
Creative problem-solving / artistic ability	$r \approx 0.08\text{--}0.15$	Correlates with ESP in both ganzfeld and card-guessing tasks.
Motivation / interest in task	small effect	Participants engaged or curious tend to report more hits; interacts with belief and creativity.
Skepticism / disbelief (Goat tendency)	$r \approx -0.05$	Sometimes leads to psi-missing (below chance performance).
Sleep / REM timing	$r \approx 0.05$	Relevant only in dream telepathy; well-timed awakenings improve hit rates.
Experimental control / automation	moderate effect	Reduces errors or biases, ensuring small effects are not masked by noise.

Key Takeaways

1. **Personality + belief synergy**
 - The **largest ESP effects** are seen in participants who are **both imaginative and believers**.
 - Belief alone is often **insufficient** without cognitive openness.
2. **Altered or quieted states help**
 - Ganzfeld, meditation, or dreaming conditions amplify performance by **reducing ordinary mental filters**.

3. **Sheep–goat is real but small**

- Statistically reliable across decades of research.
- Effect size is **modest ($r \approx 0.1$)** but **enhanced by creativity and relaxed states**.

4. **Disbelievers may inhibit ESP**

- Strong skeptics sometimes score below chance (psi-missing), suggesting **attitudinal barriers**.

Summary Insight

If you want the **maximum ESP performance**, the ideal “profile” is:

- Sheep (believer in ESP)
- Creative / imaginative / artistically inclined
- Comfortable in relaxed or sensory-reduced states
- High dream recall (for dream-ESP tasks)
- Motivated but not anxious

Well adjusted personality and ESP

In Schmeidler's studies, "**well-adjusted**" was a psychological term she used to describe participants who showed **emotional stability, social competence, and realistic self-perception**. It came from standard personality and projective tests of her era. Here's a more precise breakdown:

1. How Schmeidler measured adjustment

Schmeidler used tools such as:

- **Rorschach Inkblot Test** – to evaluate thought patterns, emotional responsiveness, and coping style
- **Personal history / interviews** – to assess social functioning
- **Behavioral observation in class** – cooperation, attention, reliability

From these, she categorized participants along an **adjustment spectrum**:

Category	Traits
Well-adjusted	Emotionally stable, socially competent, resilient, flexible in thinking
Poorly-adjusted	Anxious, rigid, emotionally reactive, socially awkward or withdrawn

2. How adjustment related to ESP performance

Schmeidler found that **ESP performance correlated not only with belief but also with adjustment**:

- **Sheep who were well-adjusted** → highest ESP scores
- **Sheep who were poorly adjusted** → moderate scores
- **Goats (disbelievers) who were well-adjusted** → sometimes performed slightly below chance
- **Goats who were poorly adjusted** → lowest scores

She interpreted this to mean:

"Attitude toward the experiment and the ability to engage with the task without anxiety or defensiveness may facilitate psi performance."

So "well-adjusted" was essentially **psychological stability plus openness to the task**.

3. Why this matters

- It suggests the **sheep-goat effect is not purely belief**.
- **Personality traits** such as stability, resilience, and social-emotional flexibility interact with belief to determine ESP performance.

- It also explains why some believers (sheep) did **not show high ESP** — they might have been anxious, distracted, or rigid.

In short, in Schmeidler’s terminology:

“Well-adjusted” = emotionally and socially balanced, psychologically flexible, and able to engage with the ESP task without defensive or avoidant tendencies.

Here’s a **clear table showing how belief (sheep/goat) and adjustment (well/poorly) interacted in Schmeidler’s studies** and their typical ESP performance:

Belief / Sheep– Goat	Psychological Adjustment	Typical ESP Performance	Notes
Sheep (believer)	Well-adjusted	Highest	Confident, open, emotionally stable → best hits above chance.
Sheep (believer)	Poorly-adjusted	Moderate	Belief helps, but anxiety, defensiveness, or rigidity reduces expression of ESP.
Goat (disbeliever)	Well-adjusted	Slightly below chance	Skeptical but stable → may show psi-missing (avoid correct target unconsciously).
Goat (disbeliever)	Poorly-adjusted	Lowest	Skeptical and anxious/rigid → worst ESP performance, often well below chance.

Key points

1. **Belief alone is not enough** – a sheep must also be **well-adjusted** for strongest performance.
2. **Goats can suppress ESP** – even well-adjusted disbelievers sometimes perform below chance (psi-missing).
3. **Interaction effect** – the combination of **belief + emotional/social stability** was the **strongest predictor** of ESP hits in Schmeidler’s 14 studies.

Additional psychological variables

Psychological variables beyond **belief (sheep–goat)** and **adjustment** have been studied in relation to ESP, especially in experiments like card guessing, ganzfeld, and dream telepathy. Some consistently appear as **enhancers** of ESP performance. Here's a detailed summary:

1. Openness / Creativity

- **What it is:** Imagination, daydreaming, artistic ability, willingness to entertain unusual ideas.
 - **Effect on ESP:** Strong predictor across paradigms; often larger than belief alone.
 - **Evidence:** Ganzfeld studies and Schmeidler's observations show that highly imaginative participants perform better than low-imagination participants.
 - **Mechanism:** May reduce mental filtering and increase sensitivity to subtle impressions.
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2. Relaxation / Reduced mental noise

- **What it is:** Calm, focused, or sensory-reduced states (meditation, ganzfeld, REM sleep).
 - **Effect on ESP:** Improves hit rates by 5–15% in many studies.
 - **Evidence:** Ganzfeld and dream telepathy experiments show that relaxed participants are more likely to detect target information.
 - **Mechanism:** Quieting ordinary cognition may allow psi signals to enter awareness (William James's "reducing valve" idea).
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3. Absorption / Fantasy Proneness

- **What it is:** Tendency to become fully immersed in imagination, mental imagery, or sensory experiences.
 - **Effect on ESP:** Positive correlation with ESP performance ($r \approx 0.15$).
 - **Evidence:** Ganzfeld and creative participants studies.
 - **Mechanism:** Facilitates "receiving" subtle impressions and integrating them into conscious thought.
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4. Dream Recall / Lucidity

- **What it is:** Ability to remember dreams in detail or maintain awareness in dreams.
- **Effect on ESP:** Strong predictor in dream telepathy.
- **Evidence:** Maimonides studies show high dream recall participants produce more correct matches.

- **Mechanism:** Vivid dreams may allow psi impressions to be encoded during REM sleep.
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5. Motivation / Task Engagement

- **What it is:** Interest, curiosity, or intrinsic motivation to perform well.
 - **Effect on ESP:** Enhances performance slightly; interacts with belief and imagination.
 - **Evidence:** Observed in both card-guessing and ganzfeld studies; participants who are highly engaged often outperform passive participants.
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6. Emotional Stability / Low Anxiety

- **What it is:** Calm, well-adjusted emotional state during testing.
 - **Effect on ESP:** Facilitates better performance; reduces likelihood of psi-missing.
 - **Evidence:** Schmeidler's studies: well-adjusted sheep had highest ESP scores.
 - **Mechanism:** Anxiety may block subtle perceptions or focus attention away from intuitive impressions.
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7. Sensory Sensitivity / Attention to Subtle Cues

- **What it is:** Ability to notice small environmental, mental, or internal cues.
 - **Effect on ESP:** Modest positive correlation.
 - **Evidence:** Ganzfeld participants with heightened sensory imagery or perceptual awareness tend to do better.
 - **Mechanism:** May allow unconscious "psi impressions" to be recognized.
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8. Transliminality

- **What it is:** Tendency for psychological material to cross thresholds into consciousness (dreams, intuitions, fantasies).
 - **Effect on ESP:** Moderately positive correlation ($r \approx 0.10-0.15$).
 - **Evidence:** Studies by Lange, Thalbourne, and others.
 - **Mechanism:** High transliminality facilitates reception of subtle mental impressions.
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Summary

Strongest enhancing variables:

1. Belief in ESP (sheep)

2. Creativity / imagination / absorption
3. Relaxation / sensory-reduced states
4. Dream recall / vivid dreaming
5. Emotional stability / well-adjusted personality

Secondary enhancers:

- Motivation / task engagement
- Sensory sensitivity / attention
- Transliminality

Pattern: The variables generally **reduce mental filtering, increase openness, or enhance immersion** — all of which may allow subtle psi information to enter awareness.
