

Recent Publications of Note 3(2)¹

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Anomalous Experience

Alcaraz-Sanchez, A. (2021) Awareness in the void: a micro-phenomenological exploration of conscious dreamless sleep. *Phenomenology and the Cognitive Sciences*. <https://doi.org/10.1007/s11097-021-09743-0>. A micro-phenomenological interview of conscious dreamless sleep revealed a state characterized by perception of absence, self-perception, perception of emotions, and perception of awareness.

Lameira, A.R., Perlman, M. Great apes reach momentary altered mental states by spinning. *Primates*, 64, 319–323 (2023). <https://doi.org/10.1007/s10329-023-01056-x>. The authors seem to (incorrectly) imply that seeking to experience altered states has been thought to be idiosyncratically human (other species choose to consume mind-altering nutriment) and present data from Youtube clips showing that great apes like to spin until they reach a probable experience of dizziness.

Maraldi, E. O., Costa, A., Cunha, A., Hamazaki, E., Flores, D., Pereira de Queiroz, G., ... Farias M. (2023). Social support, help-seeking behaviors, and positive/negative affect among individuals reporting mediumship experiences. *International Journal of Latin American Religions*, 7, 1–16. <https://doi.org/10.1007/s41603-023-00197-7>. In a study with 236 practitioners of mediumship/possession in Brazil, more positive than negative affect surrounded the experience, and lower fear was related with the experiences starting after adolescence and occurring within a religious context.

¹This regular feature summarizes recent papers of interest. If you want to recommend a paper, please send me a note with bibliographic information to etzel.cardena@psy.lu.se

Scheinin, A., Kantonen, O., Alkire, M., Långsjö, J., Kallionpää, R. E., Kaisti, K., ... Scheinin, H. (2021). Foundations of human consciousness: Imagining the twilight zone. *The Journal of Neuroscience*, 41(8), 1769-1778. <https://doi.org/10.1523/JNEUROSCI.0775-20.2020>. Measures during anesthesia, non-REM sleep, and wakefulness showed that "unresponsiveness rarely denoted unconsciousness" as participants could report subjective experiences disconnected from the environment shortly after being aroused. The thalamus, cingulate cortices and angular gyri showed different activation in responsive and connected as compared with unresponsive and disconnected states.

Shaw, J., Gandy, S., & Stumbrys, T. (2023). Transformative effects of spontaneous out of body experiences in healthy individuals: An interpretative phenomenological analysis. *Psychology of Consciousness: Theory, Research, and Practice*. <https://doi.org/10.1037/cns0000324>. An interpretive phenomenological analysis with eight OBE participants found various transformative effects, probably mediated by decreased fear of death.

Stumbrys, T. (2023). Dispelling the shadows of the lucid night: An exploration of potential adverse effects of lucid dreaming. *Psychology of Consciousness: Theory, Research, and Practice*, 10(2), 152-163. <https://doi.org/10.1037/cns0000288>. In an online sample of (mostly) lucid dreamers, lucid dream frequency related to mental well-being, but not to bad sleep quality or dissociation. The low percentage (10%) of negatively toned lucid dreams compares favorably with that of ordinary dreams (see Valli et al., 2008).

Anomalous Cognition

Bentson, W., & Nies, M. (2023), A double blind, placebo controlled clinical trial on hospitalized Covid patients using informed water. *Journal of Scientific Exploration*, 37(1), 36-41. <https://doi.org/10.31275/20222837>. Eight days after baseline, Covid patients

treated with water with healing intention did significantly better in various (not all) indexes than the comparison group.

Bergquist, J., & Lundmark, S. (2023). De okända. In U. Andersson, P. Öhberg, A. Carlander, J. Martinsson, & N- Theorin (Eds.). *Ovisshehtens tid (A time of uncertainty)* (pp. 283-298). SOM-institutet. A national survey in Sweden conducted by the SOM Institute found that 33% endorsed a "sixth sense" and 21 % believe that some people can talk with the dead (more than twice women as men in both cases).

Silva, J., & Moreira-Almeida, A. (2022). Controlled experiments involving anomalous information reception with mediums: An analysis of the methods applied in recent studies. *Journal of Scientific Exploration*, 36(4), 749-759. <https://doi.org/10.31275/20222575>. A comparison of the eight recent extant studies on potential anomalous cognition by mediums reports impressionistically variables associated with significant results, including strong sitter motivation and supplying some information to the medium about the deceased.

Wortman, C. B. (2023). Psychic mediums for the bereaved: Exploring their procedures and contemplating the use of their services. In L. A. Burke & E. Rynearson (Eds.), *The restorative nature of ongoing connections with the deceased* (pp. 176-189). Routledge. <https://doi.org/10.4324/9781003105077>. An international authority on grief refers to potential important benefits from consulting with psychic mediums, quoting serious psi literature and referring to a very accurate reading without condescension or caveats.