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## A Study of the Features of Out-of-Body Experiences in Relation to Sylvan Muldoon's Claims

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**Abstract:** In this paper we will put to test some ideas expressed by "astral projector" Sylvan Muldoon in his 1929 book, *The Projection of the Astral Body* (with H. Carrington). Based on his numerous OBEs Muldoon wrote about OBE patterns he assumed to be universal. These patterns consisted of lack of thought-clarity and motor co-ordination while Muldoon was close to the body (under 8 feet), and the experience of shock to the body on rapid and sudden returns. We collected 88 OBE questionnaires from appeals in newspapers and magazines. Based on Muldoon's experiences and claims it was predicted that we would find a positive and significant correlation between distance from the physical body during the OBE and a measure of thinking and mental clarity, and a similar positive relationship between the distance measure and a measure of control of movements. In addition, we also expected higher levels of thinking and mental clarity and control of movements at specific distances from the body (below and over eight feet from the body). Finally, we predicted a higher frequency of reports of shocks to the body at the end of the experience if the return to the body was sudden and rapid than when returns were slow and gradual. The hypothesis of a positive correlation between rate of control of movements during the OBE and distance from the physical body was confirmed. Similarly, the prediction of a positive relation between clear thinking / mental clarity (one variable) and distance was also confirmed. If the distances were limited to those less than five feet from the body and those over 15 feet from the body, which clearly include those below and above the eight feet range from the body emphasised by Muldoon for control, the difference was significant. The results for thinking and mental clarity and for shocks to the body were not significant. Work such as this has the potential of dispelling myths, and of testing the experiences of individuals who have been very influential in the occult and popular literature against the experience of others. This line of work allows researchers to be responsible to the social needs of people who are interested in these issues by producing research that is relevant to their concerns, and which speaks to the materials they read and believe.

In a recent paper one of us (C.S.A.) justified a research program designed to

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study out-of-body experiences (OBEs) in depth (Alvarado, 1997). This research program pays attention to the features of the experience. These features, consisting of floating sensations, seeing lights, travelling to distant places, seeing the physical body, perceiving oneself in a body similar to the physical or with no body at all, and having feelings of elation, among others, have been documented over the years in surveys and case collections (e.g., Alvarado, 1984; Crookall, 1961, 1964; Giovetti, 1983; Green, 1968; Muldoon,

1936; Muldoon & Carrington, 1951; Osis, 1979; Poynton, 1975; Twemlow, Gabbard, & Jones, 1982). This program of research is based on the assumption that there is much to learn by studying OBE features beyond their incidence. One approach is to see if the frequency of some features of the OBE is affected in some way by their interaction with such variables as the mode of OBE induction, whether the circumstances surrounding the experience were near-death, other OBE features, or demographic circumstances (Alvarado, 1984, 1997; Alvarado & Zingrone, 1997; Gabbard, Twemlow & Jones, 1981; Irwin, 1985).

One way to explore issues of this sort further is by studying the OBE patterns of frequent OBEers, and to test if the experience characteristics of frequent OBEers can be found in other individuals as well. The literature on this subject is rich, as seen in the writings of Fox (1939), Harary (1978), Monroe (1971), Muldoon (Muldoon & Carrington, 1929), Turvey (1911), Vieira (1986), and many others. Some of these writings are very influential in that they shape beliefs about OBEs in the popular culture. As we have argued elsewhere (Alvarado & Zingrone, 1996a, 1996b) we have a responsibility as researchers to explore this popular and occult literature to determine whether the prescriptions and rules promoted in this type of literature can be generalized to other individuals. It is our belief that scientific research into experiences like OBEs is necessary because of the tendency for the general public to initiate practices and form beliefs on the basis of these books, steps which may or may not be warranted, and which may or may not be psychologically adaptive. In this paper we will focus on the writings of "astral projector" Sylvan Muldoon.

Muldoon was a well-known gifted individual who had thousands of OBEs throughout his life (for biographical information see Blackmore, 1982; and Rogo, 1978). His writings are among the most influential in OBE history as they speak to the experience of those who have had many OBEs. Muldoon is best known

for his book, *The Projection of the Astral Body* (Muldoon & Carrington, 1929), co-authored with psychical researcher Hereward Carrington, in which Muldoon described his own OBEs in detail. Even to this day, the book is frequently cited as an exemplar of OBE autobiographical accounts (e.g., Alvarado & Zingrone, 1997; Blackmore, 1982; Irwin, 1985; Mishlove, 1993). In later books Muldoon (1936; Muldoon & Carrington, 1951) compiled other individuals' OBEs and commented on the significance of them.

In *The Projection of the Astral Body* Muldoon derived some "principles" from his many experiences (Muldoon & Carrington, 1929). For example, for Muldoon there was mental confusion and difficulty in controlling the movements of the OBE body when he felt himself to be close (within 8 feet or so) to his physical body. In addition, he claimed that feelings of shock to the physical body on return were more frequent when the return occurred suddenly than when it occurred gradually. (This particular relationship was found in a previous study by the present authors [Alvarado & Zingrone, 1997]).

Because Muldoon described his experiences and derived "principles" from them in a more precise and consistent way than other individuals who have written autobiographical accounts of their OBEs (e.g., Fox, 1939; Harary, 1978; Monroe, 1971; Turvey, 1911; see also the reviews of autobiographical accounts of Blackmore, 1982; Irwin, 1985; and Rogo, 1978), we used some of his descriptions and ideas to generate hypotheses to see if his experiences may be generalised to the experiences of other individuals. Consequently, in the present study we predicted more mental clarity and motor control in experiences in which the reported separation from the physical body was greater than the range specified by Muldoon, as compared to those experiences that occurred close to the body. In addition, we expected a positive and significant correlation between distance from the physical body during the OBE and

a measure of thinking and mental clarity, and a similar positive relationship between the distance measure and a measure of control of movements (two predictions). We also hypothesised a higher frequency of reports of shocks to the body at the end of the experience if the return to the body was sudden and rapid than when returns were slow and gradual.

## Method

### *Participants*

The participants selected themselves on the basis of responses to queries for OBEs published in a variety of sources. Usable replies for the OBE questionnaire were received from 88 individuals. Because not everyone answered all the questions the demographics and other questions are not always based on the whole sample. Of the 87 who provided information about their sex, 62% percent were female and 38% were male. Their ages ranged from 20 to 80 with a mean of 51.76 ( $N = 86$ ,  $SD = 14.67$ ). The mean age at the time of the OBE was 33.12 ( $N = 81$ , Range: 5-78,  $SD = 14.98$ ). Out of 87 respondents to the question about nationality, 88% described themselves as from Great Britain. The rest claimed they were Americans (8%), Italians (2%), Sri Lankans (1%), and New Zealanders (1%). Out of 71 participants who indicated where in Great Britain they were born, 61% said Scotland and 39% said England. Other demographic details will be described in a different article now in preparation.

A second questionnaire was mailed at a later date asking about parapsychological experiences and including some psychological scales, but this part of the study is not relevant for the present analyses and will be reported elsewhere.

### *Procedure*

Several letters were sent to newspapers in Scotland which asked people who have had OBEs, and who were willing to participate in a study involving answering questionnaires, to get in contact with the

researcher. Letters were also published in spiritualist and psychical research periodicals from Great Britain and posted to two on-line discussion groups of parapsychological topics on the Internet. Detailed information about these publications is available from the authors.

All the call for cases included the following question: "Have you ever had an experience in which you felt that 'you' were located 'outside of' or 'away from' your physical body; that is, the feeling that your consciousness, mind, or centre of awareness was at a different place than your physical body?" Potential respondents, if they could answer yes to the question and were willing to complete questionnaires, were instructed to write to C.S.A. at the Department of Psychology of the University of Edinburgh. They were assured that all communications would be kept confidential.

### *Questionnaire*

The OBE questionnaire had 16 pages (a copy may be obtained from the first author). It started with demographic questions (11 items), and with a question about where or how the participant heard about or came in contact with, the project. After this there were two questions about frequency and level of control of OBEs. The participant was asked to describe his or her most recent OBE, or the only one they had experienced. A whole page was provided for this but they were told that additional paper could be used if necessary. After the description, respondents were told that the questions should be answered in terms of the experience described. The rest of the questionnaire consisted of questions about the circumstances surrounding the experience, about visual experiences, auditory experiences, kinaesthetic sensations, cognitive and emotional aspects, and other aspects. Many of the questions had several sections that asked for details about the particular claims.

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### *Analyses*

Data was entered into the StatPac Gold 4.5 statistical software program. Frequency-based analyses were assessed using the chi-square test. Analyses based on

scores were analysed with Spearman-Rank Order correlations, and Mann-Whitney *U* Tests. Effect sizes (*r*) for *z* values generated by the Mann-Whitney *U* test were calculated using the equation presented by Rosenthal (1991, p. 19):  $z / \sqrt{N}$ .

Table 1  
*Frequency of OBE variables used in the analyses*

Variable	N	Percent
<b>Distance from the physical body</b>	<b>80</b>	
Less than 1-6 inches	6	7.5
6 inches - 1 foot	1	1.3
1-3 feet	11	13.8
3-5 feet	15	18.8
5-15 feet	23	28.8
15-25 feet	9	11.3
25 feet - several miles	7	8.8
Miles - other countries, or far away	5	6.3
Distance varied	3	3.8
<b>Thinking and mental clarity compared with how you felt before the experience</b>	<b>82</b>	
Worse	6	7.3
Same	50	61.0
Improved	26	31.7
<b>Control of OBE movements</b>	<b>68</b>	
Not at all	38	55.9
Sometimes	5	7.4
Most of the time	11	16.2
Always	14	20.6
<b>Rate of return to the body</b>	<b>69</b>	
Slowly, gradually	4	5.8
Somewhat slowly	14	20.3
Somewhat rapidly	10	14.5
Rapidly, suddenly	41	59.4
<b>Shock felt on return</b>	<b>77</b>	
No	60	77.9
Yes	17	22.1

Table 2

Ranges, means, medians, and standard deviations of OBE variables

Variables	N	Range*	Mean	Median	SD
Distance from the physical body	77	1-8	4.66	5.00	1.91
Thinking and mental clarity compared with how you felt before the experience	82	1-3	2.24	2.00	.58
Control of OBE movements	68	0-3	1.01	0	1.24
Rate of return to the body	69	1-4	3.28	4.00	.98

\*The ranges for each variables were as follows: Distance from the physical body (1 [less than 1 to 6 inches away] — 8 [other countries/far away]), thinking and mental clarity (1 [worse] — 3 [improved]), control of OBE movements (0 [not at all] - 3 [always] ), rate of return (1 [slowly, gradually] — 4 [rapidly, suddenly]).

## Results

Tables 1 and 2 present the descriptive statistics relevant to the OBE variables under study.

Previous findings based on Muldoon's experiences (Alvarado & Zingrone, 1997) regarding a higher frequency of shocks to the body on rapid and sudden returns to the body, as compared to slow and gradual returns, were not replicated. Out of four cases with slow and gradual returns, 50% had shocks, as compared to 24% of the 38 cases of rapid and sudden return ( $N = 42$ ,  $\chi^2[1] = .29$ ,  $p = .30$ , one-tailed,  $\phi = .08$ ). Unfortunately, the low number of slow and gradual returns suggests this may not have been a proper test of the hypothesis.

Another of the hypotheses based on Muldoon's experiences was a positive correlation between rate of control of movements during the OBE and distance from the physical body. This was confirmed ( $r_{[65]} = .36$ ,  $p = .002$ , one-tailed). Similarly, the prediction of a positive relation between clear thinking/mental clarity (one variable) and distance was also confirmed ( $r_{[74]} = .21$ ,  $p = .04$ , one-tailed). If the distances were limited to those less than five feet from the body ( $N = 29$ , Mean = .52, Mean Rank = 20.79) and those over 15 feet from the body ( $N = 18$ , Mean =

1.44, mean Rank = 29.17), which clearly include those below and above the eight feet range from the body emphasized by Muldoon for control, the difference was significant,  $z = 1.83$ ,  $p = .03$ , one-tailed,  $r = .27$ . The results for thinking and mental clarity were not significant. They were as follows: Below 5 feet from body ( $N = 17$ , Mean = 2.12, Mean Rank = 13.38), over 15 feet from the body ( $N = 11$ , Mean = 2.36, Mean Rank = 16.23),  $z = .89$ ,  $p = .19$ , one-tailed,  $r = .17$ .

## Discussion

The analyses related to Muldoon's experiences supported his views of the general characteristics of OBEs to some extent. There were significant positive correlations between measures of thinking and mental clarity during the experience, and control of movement as these two variables were related to distance from the physical body. This supports Muldoon's personal experiences in which he experienced better levels of mental clarity and control of movements farther from rather than closer to the body. The contrasts that took the extremes above the 8 feet range postulated by Muldoon to be critical (that is below 5 feet and 15 feet and above) were significant only for control of

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movements, however.

The prediction regarding shocks was not confirmed. Nonetheless we combined the significance levels of the present study ( $p = .30$ , one-tailed) with that of the previous study (Alvarado & Zingrone, 1997,  $p = .005$ , one-tailed). This yielded a Stouffer  $z$  of 2.21 ( $p = .01$ , one-tailed). Further work needs to be conducted on this point, because no conclusion can be drawn from only two studies. A problem with this type of analysis is how to explain the findings. This research has not been guided by any particular theoretical model. However, we may speculate that when an individual is aware he or she is close to the body this may affect their mental state and their ability to co-ordinate their movements while having an OBE. Maybe closeness to the body reminds the experiencer of the state they are in and consequently leads to a reaction that interferes in some way with the utilisation of the psychological resources assumed to be behind the manifestation of the OBE. This is only a vague speculation.

Although our study does not contribute to the testing of OBE theoretical models it is important to realise that the type of comparisons conducted here are important in that they allows us to explore the ideographic and nomothetic dimensions of OBE phenomenology. The OBE patterns of a single individual (Muldoon) may not generalise to other persons. After all, individuals like Muldoon seem to be rare. But the challenge of the research is to find out if there are aspects that can be generalised. Consequently, work such as this has the potential of dispelling myths, of testing the experiences of individuals who have been very influential in the astral projection lore for many years. This line of work allows researchers to be responsible to the social needs of people who are interested in these issues by producing research that is relevant to their concerns, and which speaks to the materials they read and believe. As such, we hope that future work will examine further the features experienced by Muldoon, as well as those experienced by other individuals

who have written autobiographical accounts (e.g., Fox, 1939; Harary, 1978; Monroe, 1971; Turvey, 1911).

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#### Onderzoek naar Kenmerken van Uittredingservaringen in Samenhang met Claims van Sylvan Muldoon

**Samenvatting:** In dit artikel testen we enkele ideeën die "astral projector" Sylvan Muldoon beschreef in zijn boek *The Projection of the Astral Body* (met H. Carrington) uit 1929. Puttend uit zijn talrijke OBE's behandelde Muldoon een aantal volgens hem universele OBE-patronen. Die patronen bestonden uit het niet helder kunnen denken en het gebrek gecoördineerde motoriek als Muldoon minder dan 2.5 meter vanaf zijn lichaam was en uit een schok als hij plotseling en snel in zijn lichaam terugkeerde. Na oproepen in kranten en tijdschriften ontvingen we 88 ingevulde OBE-vragenlijsten. Op grond van Muldoons ervaringen en claims voorspelden we een significant positieve correlatie tussen de afstand tot het fysieke lichaam tijdens de OBE en een maat voor denkvermogen en geestelijk helder zijn. We voorspelden een zelfde positief verband tussen die afstand en het vermogen tot gecontroleerde bewegingen. We verwachtten ook een beter denkvermogen en betere helderheid en meer gecontroleerde bewegingen op bepaalde afstanden (onder en boven 2.5 meter) vanaf het fysieke lichaam. Ten slotte voorspelden we een groter aantal meldingen over schokken als aan het einde van de uittredingservaring de terugkeer naar het fysieke lichaam snel en plotseling was, dan wanneer die trager en geleidelijker verliep. De hypothese over een positieve correlatie tussen controle over bewegingen tijdens de OBE en de afstand tot het fysieke lichaam werd bevestigd. Hetzelfde geldt voor het positieve verband tussen goed denken / geestelijke helderheid (één variabele) en die afstand. Bij afstandscategorieën van minder dan 1.5 meter en meer dan 4.5 meter van het fysieke lichaam, die ruim buiten het door Muldoon genoemde omslagpunt van 2.5 meter voor gecontroleerde bewegingen liggen, trad een significant verschil op. De scores voor denken en geestelijk helder zijn en voor schokken waren niet significant. Dit soort onderzoek biedt de mogelijkheid mythen te ontzenuwen en ervaringen van personen met grote invloed in de occulte en sensationele literatuur te vergelijken met de ervaringen van anderen. Deze experimenten stellen onderzoekers in staat verantwoordelijk om te gaan met de sociale behoeften

van mensen die interesse in deze onderwerpen hebben, door onderzoek op te zetten dat met hun behoeften rekening houdt en dat ingaat op de onderwerpen waar zij over lezen en in geloven.

### Undersökning av Kännetecken för Utanföör Kroppen-Upplevelser (OBE) i Förhållande med Sylvan Muldoons Uppgifter

**Sammanfattning:** In denna förhandling vill vi testa ett antal idéer uttryckt av "astral projector" Sylvan Muldoon i sin bok, *The Projection of the Astral Body* (tillsammans med H. Carrington) från 1929. Baserade på sina många OBEs har Muldoon skrivit om OBE-mönster vilka han tyckte var universella. Dessa mönster bestod av inte kunna tänka klart och inte ha motorisk koordination medan Muldoon var nära kroppen (mindre än 2.5 meter) och upplevelsen av chocker i kroppen när han återkom snabbt och plötsligt till sin kropp. Vi har fått in 88 frågeformulär om OBE efter vårt vädjan i tidningar och tidskrifter. Baserade på Muldoons erfarenheter och uppgifter spådde vi ett positivt och signifikant förhållande mellan distans från den fysiska kroppen under OBE och ett mått för tankeförmågan och mental klarhet. Dessutom spådde vi ett liknande positivt förhållande mellan distansen och mängden kontrollerade rörelser. Vi förväntade även större tankeförmåga och rörelsekontroll på vissa distanser från kroppen (under och över 2.5 meter från kroppen). Till slut har vi spått flera chocker i kroppen vid upplevelsens slut när återvändandet till kroppen skedde plötsligt och snabbt än när det skedde långsamt och gradvis. Antagandet av ett positivt förhållande mellan rörelsekontroll under OBE och avståndet från kroppen har blivit bekräftat. På liknande sätt har antagandet om ett positivt förhållande mellan en god tankeförmåga/mental klarhet (en variabel) och distansen också blivit bekräftad. Om avstånden begränsades till de under 1.5 meter och de över 4.5 meter från kroppen, vilket definitivt inbegriper de avstånd på under och över 2.5 meter från kroppen som Muldoon betonade för kontrollens skull, var skillnaden signifikant. Resultaten för tankeförmåga och mental klarhet och för chocker i kroppen var inte signifikanta. En sådan undersökning kan avfärda myterna, och kan jämföra erfarenheter av individer som har haft stort inflytande på den ockulta litteraturen och populärlitteraturen med andra personers upplevelser. Med en sådan här undersökning kan forskare vara ansvarsfulla gentemot de sociala behoven hos människor som är intresserade i sådana ämnen genom att producera forskning som är relevant för deras bekymmer och som har att göra med ämnena de läser och tror på.

### Untersuchung der Merkmale Außerkörperlicher Erfahrungen in Zusammenhang mit Sylvan Muldoons Behauptungen

**Zusammenfassung:** In diesem Artikel sollen einige der Gedanken überprüft werden, die der "Astralreisende" Sylvan Muldoon in seinem 1929 erschienenen Buch "The Projection of the Astral Body" (verfaßt mit H. Carrington) zum Ausdruck gebracht hat. Auf der Grundlage seiner zahlreichen außerkörperlichen Erfahrungen (AKEs/OBEs) schrieb Muldoon über Ablaufmuster von AKEs, die er für univärdal hielt. Diese Muster bestanden in einen Mangel an gedanklicher Klarheit und motorischer Koordination, während Muldoon sich in der Nähe seiner Körpers (unter 2.5 Meter Abstand) befand und aus einer körperlichen Schockerfahrung beim raschen und plötzlichen Wiedereintritt in den Körper. Mittels Aufrufen in Zeitungen und Zeitschriften erhielten wir 88 ausgefüllte AKE-Fragebogen. Aus Muldoons Erfahrungen und Behauptungen wurde die Voraussage einer positiven und signifikanten Beziehung zwischen dem räumlichen Körperabstand während der AKE und dem Maß der gedanklichen und geistigen Klarheit gewonnen, dazu die einer ähnlich positiven Beziehung zwischen dem räumlichen Körperabstand und dem Maß für die Fähigkeit zu motorischer Kontrolle. Zudem erwarteten wir ein höheres Niveau gedanklicher und geistiger Klarheit und motorischer Kontrolle bei bestimmten Abständen (über resp. unter 2.5 Meter) Abstand vom Körper. Schließlich sagten wir häufigere Meldungen körperlicher Schocks am Ende der Erfahrung voraus, sofern die Rückkehr in den Körper rasch und plötzlich statt langsam und allmählich vonstatten ginge. Die Hypothese einer positiven Korrelation zwischen dem Maß der motorischen Kontrolle während der AKE und dem Körperabstand wurde bestätigt. In ähnlicher Weise fand unsere Vorhersage einer positiven Beziehung zwischen klarem Denken / geistiger



Klarheit (eine Variable) und dem Körperabstand Bestätigung. Bei Abständen zum Körper von weniger als 1.5 und von mehr als 4.5 Metern — die auch die von Muldoon betonte Abstandsweite zum Körper von etwa 2.5 Metern unzweideutig einschließt — war der Unterschied signifikant. Keine signifikanten Resultate zeigten sich für gedankliche und geistige Klarheit sowie für Empfindungen des Körperschocks. Arbeiten wie die vorliegende sind dazu angetan, Mythen zu zerschlagen und die Erfahrungen von Individuen, die die okkulte und populäre Literatur nachhaltig beeinflusst haben, mit den Erfahrungen anderer zu vergleichen. Arbeiten dieser Art erlauben es dem Forscher, den sozialen Bedürfnissen jener Menschen gerecht zu werden, die an diesen Dingen interessiert sind, indem sie Untersuchungen durchführen, die sich mit den Belangen der Menschen befassen und die auf die von ihnen gelesenen und für wahr gehaltenen Dinge eingehen.

**Studio delle Caratteristiche delle Esperienze Fuori dal Corpo  
in Relazione alle Affermazioni di Sylvan Muldoon**

Sommario: In questo lavoro vengono valutate analiticamente alcune idee espresse dal "viaggiatore astrale" Sylvan Muldoon nel volume da lui scritto con H. Carrington nel 1929 *The Projection of the Astral Body* (La proiezione del corpo astrale). Basandosi sulle sue numerose OBE, Muldoon discusse alcune modalità dell'esperienza che riteneva universali. Tali modalità consistevano nella mancanza di lucidità di pensiero e di coordinazione motoria mentre Muldoon era vicino al corpo (meno di 2.5 m) e nella sensazione di un contraccolpo nel corpo in caso di ritorno rapido e improvviso. Rivolgendo appelli e inviti pubblici in giornali e riviste, noi abbiamo raccolto 88 questionari sulle OBE e, in base alle esperienze e affermazioni di Muldoon, ci aspettavamo di trovare una correlazione positiva e significativa tra distanza dal corpo fisico durante l'OBE e chiarezza mentale e di pensiero, nonché una relazione altrettanto positiva tra le misure di distanza e di padronanza dei movimenti. Ci aspettavamo inoltre livelli superiori di controllo del movimento e di lucidità mentale e di pensiero a particolari distanze dal corpo (entro o oltre il limite dei 2.5 m). Inoltre pensavamo di trovare una maggior frequenza di segnalazioni di contraccolpi fisici al termine dell'esperienza quando il ritorno al corpo era improvviso e rapido, rispetto a quando era lento e graduale. L'ipotesi di una correlazione positiva tra tasso di controllo dei movimenti durante l'esperienza e distanza dal corpo fisico è stata confermata. Altrettanto è accaduto con l'attesa di una correlazione positiva tra lucidità mentale/di pensiero (1 variabile) e distanza. Circoscrivendo le distanze a valori inferiori a 1.75 m e superiori a 4.5 dal corpo, che chiaramente comprendono quelle inferiori e superiori al limite dei 2.5 m indicato da Muldoon, la differenza era significativa. I risultati relativi alla chiarezza mentale e di pensiero e ai contraccolpi non erano significativi. Lavori come questo, basati sul confronto tra le esperienze di singoli individui che hanno influenzato la letteratura occultistica popolare e quelle di altre persone, possono potenzialmente dissipare le leggende. Una tale linea di lavoro consente ai ricercatori di sensibilizzarsi ai bisogni sociali di chi è interessato a simili questioni, operando studi di rilievo per quelle preoccupazioni e producendo dati che possono confluire in ciò che viene letto e creduto.

**Une Étude de Certaines Facettes des Expériences Hors Du Corps Dérivées  
D'écrits du Sylvan Muldoon**

Résumé: Dans ce papier nous mettrons à l'épreuve certaines idées exprimées par le "voyageur astral" Sylvan Muldoon dans son livre de 1929, *La Projection du Corps Astral* (avec H. Carrington). Se basant sur ses nombreuses expériences, Muldoon décrivait des caractéristiques des OBEs qu'il supposait universelles. Ces caractéristiques concernaient le manque de clarté de la pensée et de coordination motrice lorsqu'il était proche de son corps physique (à moins de 2,5 m), et la sensation de choc sur le corps lors des retours soudains et rapides. Nous avons recueilli 88 questionnaires liés aux OBE provenant d'appels dans des journaux et magazines. Selon les expériences et propos de Muldoon, il était prédit que nous trouverions une corrélation significative et positive entre la distance du corps physique pendant l'OBE et une mesure de la clarté mentale et de pensée, ainsi qu'une corrélation positive similaire entre la mesure de la distance et une mesure du contrôle de

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mouvements. De plus, nous attendions également des niveaux de clarté de pensée et de contrôle des mouvements supérieurs à certaines distances du corps (en dessous et au-dessus de 2,5 m du corps). Enfin, nous prédisions que la fréquence des rapports relatant un choc au corps serait plus importante en fin d'expérience si le retour était soudain et rapide par opposition aux retours lents et graduels. L'hypothèse d'une corrélation positive entre le taux de contrôle des mouvements pendant l'OBE et la distance au corps physique a été confirmée. Parallèlement, la prédiction d'une corrélation positive entre pensée claire / clarté mentale (une variable) et la distance a également été confirmée. La différence était significative lorsque les distances étaient limitées à moins de 1,5 m du corps et à plus de 4,5 m du corps, ce qui inclut clairement les cas en dessous et au-dessus de 2,5 m du corps soulignés par Muldoon. Les résultats concernant la clarté mentale et les chocs au corps n'étaient pas significatifs. De tels travaux ont la capacité de dissiper les mythes et de distinguer des autres les expériences d'individus influencés par la littérature populaire de l'occultisme. Cette ligne de recherche permet aux chercheurs de répondre aux besoins sociaux des gens intéressés à ces problèmes, en produisant des recherches pertinentes à leurs préoccupations, et parlant des références qu'ils lisent et croient.

### Un Estudio de las Características de las Experiencias Fuera del Cuerpo en Relación a los Alegatos de Sylvan Muldoon

**Resumen:** En este trabajo ponemos a prueba algunas ideas expresadas por el "proyector astral" Sylvan Muldoon en su libro de 1929, *The Projection of the Astral Body* (con H. Carrington). Basado en sus numerosas experiencias fuera del cuerpo (EFC) Muldoon escribió sobre patrones en las EFC que el asumió eran universales. Estos patrones consisten en una falta de claridad mental y de coordinación motora mientras Muldoon se encontraba cerca de su cuerpo (menos de 8 pies de distancia), y la experiencia de un choque al cuerpo al regresar rápidamente y súbitamente. Recopilamos 88 cuestionarios de EFC de pedidos en diarios y revistas. Basado en las experiencias y alegatos de Muldoon esperamos encontrar una correlación positiva y significativa entre la distancia del cuerpo físico durante la EFC y una medida de claridad de pensamiento y contenido mental, y una relación positiva similar entre la distancia y el control de los movimientos. Por añadidura, también esperamos encontrar mayores niveles de claridad de pensamiento y contenido mental y control de movimientos ha distancias específicas del cuerpo (menos y más de 8 pies del cuerpo). Finalmente, esperábamos una mayor frecuencia de informes de choques al cuerpo al final de la experiencia si el regreso al cuerpo era súbito y rápido en contraste con regresos lentos y graduales. La hipótesis de una correlación positiva entre la tasa de control de movimientos durante la EFC y la distancia del cuerpo físico fue confirmada. De forma similar, la predicción de una relación positiva entre claridad mental y de pensamiento (una variable) y la distancia también fue confirmada. Si las distancias se limitan a menos de 5 pies del cuerpo y a sobre 15 pies del cuerpo, las cuales claramente incluyen a aquellas menores y mayores de los 8 pies enfatizados por Muldoon, la diferencia es significativa. Los resultados para pensamiento y claridad mental y para los choques no fueran significativos. Trabajos como este tienen el potencial de disipar mitos, de poner a prueba las experiencias de individuos que han sido muy influyentes en la literatura oculta y popular en relación a las experiencias de otras personas. Este tipo de investigación le permite a los/as investigadores/as ser responsables en términos de las necesidades sociales de las personas que se interesan en estas materias produciendo investigaciones que son relevantes a sus preocupaciones y que están relacionadas a los materiales que ellas leen y creen.

### Um Estudo das Características das Experiências Fora-Do-Corpo em Relação às Alegações de Sylvan Muldoon

**Resumo:** Neste trabalho, colocaremos em teste algumas idéias expressas pelo "projetor astral" Sylvan Muldoon em seu livro de 1929, *"A Projeção do Corpo Astral"* (*The Projection of the Astral Body*, escrito com H. Carrington). Com base em suas numerosas OBEs (sigla do inglês *out-of-the-body experiences*), Muldoon escreveu sobre padrões de OBE, que ele presumia serem universais. Esses padrões consistiam em falta de clareza de idéias e de coordenação motora enquanto Muldoon

estava próximo de seu corpo (há menos de 2.5 metros), e a experiência do choque para o corpo em retornos rápidos e repentinos. Coletamos 88 questionários sobre OBEs através de apelos em jornais e revistas. Com base nas experiências e alegações de Muldoon, previmos que poderíamos encontrar uma correlação positiva e significativa entre a distância do corpo físico durante a OBE e a medida de clareza mental e de raciocínio, e uma correlação positiva semelhante entre a medida da distância e a medida de controle de movimentos. Além disso, esperávamos níveis mais elevados de clareza mental e de raciocínio e controle de movimentos a distâncias específicas do corpo (abaixo e acima de 2.5 metros do corpo). Finalmente, previmos uma frequência mais alta de relatos de choques para o corpo no final da experiência se o retorno para o corpo fosse repentino e rápido do que quando os retornos eram lentos e graduais. A hipótese de uma correlação positiva entre a taxa de controle dos movimentos durante a OBE e a distância do corpo físico foi confirmada. De modo semelhante, a previsão de uma relação positiva entre clareza de raciocínio/clareza mental (uma variável) e a distância foi também confirmada. Se as distâncias eram limitadas para aqueles a menos de 1 metro e meio do corpo e para aqueles acima de 4.5 metros do corpo, em que, claramente incluiu aquelas abaixo e acima da faixa de 2.5 metros do corpo enfatizada por Muldoon para controle, a diferença era significativa. Os resultados para clareza mental e de raciocínio e para os choques no corpo não foram significativos. Um trabalho como este tem o potencial de esclarecer mitos, testar experiências de indivíduos que têm sido muito influentes na literatura ocultista e popular contra as experiências dos outros. Esta linha de trabalho permite aos pesquisadores serem responsáveis pelas necessidades sociais das pessoas que estão interessadas neste tópico através da produção de pesquisas relevantes às suas preocupações e sobre os temas tratados nos material que tais pessoas lêem e acreditam.