

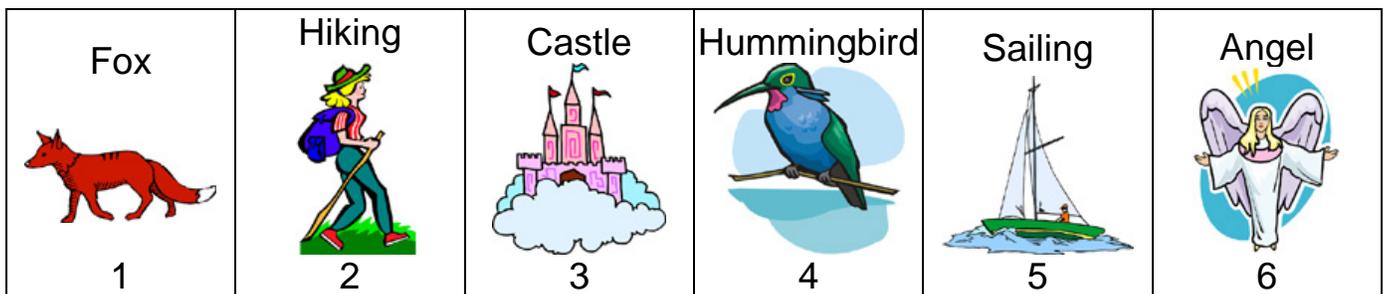
# ESP Mind Power!

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**An ESP board game for 2 or more people of all ages**

## *Introduction*

In this game, the sender mentally focuses on one of the six items on a "card strip" and the receiver tries to guess what it is. There are 50 card strips in the deck. Here is a sample:



## **Competitive or Cooperative**

This game can be a competitive game with two or more teams playing against each other or a cooperative game with everyone on one team playing just for fun.

## **Fun! Paradigm Shift!**

ESP means Extra Sensory Perception or something beyond the five physical senses such as telepathic or mind-to-mind contact.

We all know the five physical senses: seeing, hearing, touching, tasting and smelling. But is the physical world the "totality of reality" or is it just "part of the picture"? Are we all connected? Let's see if we can find out!

## *Rules of Play*

### **Game Pieces and Players:**

Board, with the path from start to finish, and one die

Team markers - coins or small objects of your choice

A stopwatch, timer, watch or clock

The sender - the person mentally focusing on the selected item

The receiver - the person who tries to guess the item

The sender and the receiver are on the same team. If there are more than two people on a team, one person is the receiver and the rest all act together as senders.

### **How play unfolds**

The card strips are shuffled and stacked face down. The first team starts their turn by picking the top card strip and turning it over so that everyone can see the 6 items on it. The sender rolls the die without the receiver seeing it. This determines which item the sender focuses on.

The sender focuses on the item while the receiver makes one or two choices within the allotted time. The team's marker is moved a certain number of squares if the first choice is correct and less if the second choice is correct. If neither choice is a match, the marker is still moved one square for trying.

The next team takes their turn and play continues until all teams reach the finish.

If the card strip stack is finished, it is reshuffled and used again.

## How Teams Can Be Set Up

The teams can be set up in three different ways:

### *One Cooperative Team*

The game can be played with everyone on one “cooperative” team. One person per turn is the receiver and all the others act as senders. Everyone takes turns being the receiver.

Only one team marker is used and it is advanced after every turn.

A cooperative team can have 2 or more people on it.

### *Two or More Competitive Teams*

In this case, all the players are divided into two or more teams. Some possible examples are:

- 4 people: Two teams of two people
- 5 people: Two teams: one with two people and one with three people
- 6 people: Two teams of three people or three teams of two people
- 7 people: Two teams: 3 and 4 people or three teams of 2, 2 and 3 people
- 8 people: Two teams of four people or four teams of two people
- 9 people: Three teams of three people
- 10 people: Five teams of two people or two teams of five people

And so forth for more than 10 people.

These are just suggestions. You can come up with your own combinations such as 8 people playing as three teams of 2, 3 and 3 people.

Again, one person per turn is the receiver and all the others on his or her team act as senders. Everyone on the team takes turns being the receiver.

Each team takes a turn, one after the other and the team marker is advanced after the team’s turn is over. One round is completed when every team has had one turn.

To play with competitive teams, you must have 4 or more people.

## *Individual Competition*

You can also set up a competition of individual receivers. Everyone takes turns being the receiver and all the other players act as senders.

Each person uses his or her own marker, which is moved when he or she finishes acting as a receiver.

Individual competition can be played with 2 or more people.

### **You Choose the Level of Play**

The game offers 5 levels of play, which are as follows.

Each card strip shows 6 items but it is not necessary to use all 6 items. The first level is when only the first 2 items are used and the other 4 items on the card strip are ignored. The next level uses 3 items and so forth. This means that there are 5 levels, which are simply referred to as level 2, 3, 4, 5 and 6. Each level is just the number of items that are being used. Note: there is no level 1.

At the start, the teams agree on how to handle the level of play. Usually, the level of play is the same for the whole game but if you want to, you can change it at the end of any round.

Alternatively, the receiver may choose the level every turn.

## Picking the Item to Focus On: The ESP Target

Since each card strip has six items numbered from 1 to 6, the roll of the die can select one item to be focused on by the sender.

The receiver should close his or her eyes while the die is rolled. The other teams must be able to see the die if they want. Here is how it works for all levels of play:

<i>Level of Play</i>	<i>Roll of the die</i>	<i>Focus On</i>	
2 items:	a one, two or three	item 1	
	a four, five or six	item 2	
3 items:	a one or a two	item 1	
	a three or a four	item 2	
	a five or a six	item 3	
4 items:	a one	item 1	If a five or a six is rolled, it is ignored and you roll again.
	a two	item 2	
	a three	item 3	
	a four	item 4	
5 items:	a one	item 1	If a six is rolled, it is ignored and you roll again.
	a two	item 2	
	a three	item 3	
	a four	item 4	
	a five	item 5	
6 items:	a one	item 1	
	a two	item 2	
	a three	item 3	
	a four	item 4	
	a five	item 5	
	a six	item 6	

### Time to Choose

At level 2, you get one minute to make your only choice. At the other levels, you get a total of 90 seconds. If your first choice is not a match, you can use the remaining time to make a second choice. The item focused on remains the same.

The time starts as soon as the die is rolled.

## How Far You Move Your Marker

This depends on both the level of play and whether your first or second choice is correct. If a match is not made after the last choice, the team still gets to move one square for trying. The moves are:

<i>Level</i>	<i>Moves</i>
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2	1, 2
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3	1, 2, 3
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4	1, 3, 4
---	---------

5	1, 4, 5
---	---------

6	1, 5, 6
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Note: Level two only has two possible moves

For example, at level 5, the moves are 1, 4 or 5. You move 5 for a match on the first choice, 4 for a match on the second choice or 1 for trying.

To learn more about the results that are predicted by pure chance, please see the Math Section below.

## Bend the Rules

Feel free to bend the rules to have more fun the way you want.

### *For Example:*

Perhaps you want 1 or 2 minutes rather than 90 seconds for the allotted time.

You could, once in awhile, use actual objects such as a TV remote control, a pen, a pair of scissors and a spoon.

You could also use the same card strip or group of actual objects for one round, not just one turn. Each sender would still roll the die to select the item.

If the sender has a strong dislike of the card strip, he or she can take the next one on the stack. This should not happen too often but the idea is that ESP will work better if people are having fun doing something that they can really get into.

You could even play at level 6 with 5 choices instead of 2 choices and make moves of 1, 2, 3, 4, 5 or 6. You move 6 for a match on the first choice, 5 for a match on the second choice, 4 for a match on the third choice and so forth. You could have an allotted time of 2 and a half minutes.

Or you could play at level 5 and have 4 choices with moves of 1, 2, 3, 4 or 5. Or play at level 4 and have 3 choices, with moves of 1, 2, 3 or 4, Here the allotted time could be 2 minutes.

You could move the finish by playing half or twice the normal path.

If you do not have the card strips handy and still want to play, just use a die and focus on the number that is rolled. If you don't have a die, just have the sender pick a number between one and six and focus on it. With this approach, you can play ESP Mind Power! with only two people and nothing else. Children might do this in the car while on a long trip, for example.

Use your imagination and see if you can improve your ESP skills while having fun with your family and friends. Shift that paradigm!

## **Tips**

### *Tips for the Sender*

Become the item in every way that you can imagine. Feel the wind on your face as you fly if you are focusing on a bird. For a river, feel the flow of the water through the mountains and over the rocks. For a horn, hear the sound of horns in a song you like and also the sound of a car horn beeping a friendly hello or an urgent warning. Pick a few features that you want to focus on and work with each one for ten seconds or so. Then go through them all again.

### *Tips for the Receiver*

Try to blank out your mind and your feelings but only at the very beginning. Then let the thoughts, feeling, sights, sounds, smells, etc come to you freely. Remain relaxed, comfortable and confident. This is a natural thing. Everyone can do it. Some are better than others but that is also normal. No one can get a match every time. Just be yourself, practice by playing and see how you improve.

## **My Comments on Competition**

I think our society puts too much emphasis on winning while overlooking those that do not finish first. In life, we will all finish in our own time! We all have something important to give to our world!

Be yourself and celebrate others being themselves. We are all a unique expression of the eternal divine essence. Savor the preciousness of all people and, indeed, everything.

You are encouraged to try this game with one cooperative team. This will help build a sense of unity, which is rare in games and sports.

Try to add a cooperative spirit to other popular games such as Yahtzee! (TM). Have the whole group cheering and pulling for each player as they make his or her roll. See if the scores jump up to a higher level.

## **Notes About Chance and ESP**

As a curiosity, after a team reaches the finish, they could calculate the average number of squares moved per turn and see how it compares to the numbers in the math section. There is no number that a statistician will accept as absolute proof of ESP so we will just have to have fun with the game.

Yes, even if you play a whole game moving 6 squares per turn, the statistician will only acknowledge it as statistically extreme, not proof of ESP. Even if you do this game after game! In other words, to the statistician, there is no mysterious reason you got them all right, you simply had a very rare experience. But we can at least ask questions: Does ESP exist? And, if so, is it the reason we did better than chance? Are we all connected?

If you want to count the number of turns your team takes to reach the finish, you can count the card strips that you use. Before any reshuffling of the strips, you can just make a note of how many you have.

## **ESP Research**

Some ESP research was carried out at the Stanford Research Institute in Palo Alto California. You can get more information at:

Russell Targ's website: [espresearch.com](http://espresearch.com)

You can also do a google search on "ESP research" or "history of ESP research".

## **Notes about the game pieces**

In this game, you provide your own die, timer and team markers, which can be coins or small objects of your choice. The playing board, card strips and rules are provided to you via the website. Print these out on your printer.

The card strips need to be cut into strips. Do not cut the items into separate items. Leave each strip with all 6 items intact. You can make your own strips with your own items, if you want.

Currently, the playing board is very simple and on two sheets of paper, which can be taped together. A more colorful and artistic playing board may be created in the future.

## **Other Notes**

The other team only needs to know the item if there is a concern about cheating. Will a team just say, "Right, that's it!" on the first choice even though it is incorrect?

(Hey, what kind of people are playing this game, anyway?!)

If people are concerned about this, then at least one person on another team needs to know the item.

But this raises an interesting point. Will their knowledge add to the focus from the sender? If so, this might increase the likelihood that the receiver will get a match. So perhaps the other teams will only want to have one person know what the selected item is and even then he or she should not really focus on the item.

On a different topic, if you are using less than 6 items, you may want to use a small, blank piece of paper to cover the unused items to help the receiver tune in to the correct item.

If you are using only 2 or 3 items, you can use the same strip again for the next turn and just cover the items that were already used or not in play.

## *Math Section*

The following math assumes that there is no ESP effect and that everything unfolds by pure chance. If you have questions or comments about the math, please read a book on basic probability. I will not respond to any comments or questions about the math since the outcome of the game and the amount of fun you have do not depend on the math.

### **The Probabilities That You Will Get a Match**

Some calculations will be covered later. Right now, let's just look at some information.

The probabilities that you will get a match on either the first or second choice for all levels are as follows:

Level	Chance of a match on either the first or second choice
2	50 percent (Only one choice)
3	67 percent
4	50 percent
5	40 percent
6	33 percent

If you play on level 3, you should get a match due to chance 2 out of every 3 turns. This may be fun but it is harder for the ESP effect to be noticed.

On the other hand, if you play on level 6, you should get a match due to chance only once out of every 3 turns. This may not seem as exciting but it is easier for the ESP effect to be noticed.

### **Average Number of Squares Moved per Turn**

Surprisingly, the average number of squares moved per turn goes up as you go up in level. This is because:

- a) you move more squares for a match at the higher levels
- b) you get two choices per turn
- c) on your second choice, you have fewer items to choose from

The fact that you get to move one square even if you do not get a match also adds to the average. The amount added is, by level: 0.50, 0.33, 0.50, 0.60 and 0.67.

Here is the Average Number of Squares Moved per Turn and the Maximum:

Level	Average Move	Max Move	Difference
2	1.50	2	0.50
3	2.00	3	1.00
4	2.25	4	1.75
5	2.40	5	2.60
6	2.50	6	3.50

This means that if you want to finish as fast as possible, you should use the highest level.

Notice that the difference between the maximum and the average also goes up as the level goes up. This means that the effects of ESP will become more noticeable at the higher levels.

### Example Calculations

#### *Example 1: Level 6 with moves of 1, 5 or 6*

Here we will imagine taking 6 turns and we will add up the number of squares moved for all 6 turns. Then we will divide that by 6 to get the average number of squares moved per turn.

Let's consider our first choice. There are 6 equally likely items so we should get a match one sixth of the time. So if we take 6 turns, we should get a match one time and move 6 squares. On one out of the 6 turns, we will stop after making our first choice and not proceed to make a second choice since we already have our match.

This leaves 5 turns where we do proceed to make a second choice. At this point, we have 5 equally likely items since our first choice was not a match and can be ignored. This means each item has a one in 5 chance at being a match (not one in 6 as they had for the first choice). Out of our 5 remaining turns, we should get a match one time and move 5 squares.

So out of the 6 turns, there are 2 that result in a match on either the first or second choice.

This leaves 4 turns where we do not make a match on our first or second turn. On these 4 turns, we move one square each turn for a total of 4 squares.

Summarizing for all 6 turns:

First choice match: one match for 6 squares  
Second choice match: one match for 5 squares  
No match: 4 squares

The total squares moved for the six turns are:  $6 + 5 + 4 = 15$ .

To get the average number of squares per turn, divide 15 by 6. You get 2.5 squares per turn.

### *Example 2: Level 3 with moves of 1, 2 or 3*

These calculations are fundamentally the same as those in example 1 but are presented in a different fashion to help more people understand.

For your first choice, you have three equally likely items and, therefore, one third of the time you will make a match on the first choice. Here you get to move 3 squares. So one third of the time you will be done after the first choice.

This means that two thirds ( $2 / 3$ ) of the time you will continue by making a second choice. That choice is between two equally likely ( $1 / 2$ ) items since your first choice was not a match and can be ignored. So for this choice, we have  $2 / 3$  times  $1 / 2 = 1 / 3$ . This means that you will make a match on the second choice one third of the time and get to move 2 squares.

This leaves the times that you do not make a match on the first or second choice. This occurs once out of three ( $1 / 3$ ) turns and you will get to move 1 square.

Summarizing:

First choice match:  $1 / 3$  times 3 squares =  $3 / 3$  squares  
Second choice match:  $1 / 3$  times 2 squares =  $2 / 3$  squares  
No match:  $1 / 3$  times 1 square =  $1 / 3$  squares

Which adds up to:  $6 / 3$  or 2.0 squares per turn, on average.

Now that you have seen these two examples, you can do your own calculations to confirm the average number of squares moved per turn for the other levels.