

# Exploring Aphantasia and Exceptional Experiences (179/2022)

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## Aphantasia

A total lack of visual mental imagery (1-3% of the population, Zeman, 2021)

## Hyperphantasia

Very vivid, photographic-like imagery (3-11% of the population, Zeman, 2021)

*How does vividness of mental Imagery relate to types of exceptional experiences (ExE) and their phenomenology?*

Exceptional experiences are reported among aphantasic individuals (often precognitive and external experiences)

Imagery vividness correlates positively with internal ( $r_{ho} = .36$ ), external ( $r_{ho} = .35$ ), dissociative ( $r_{ho} = .27$ ) and coincidence ( $r_{ho} = .33$ ) ExE

No association between vividness of imagery and ESP as hallucinations

A survey investigation explored scores on PExE-II (a revision of the PAGE-R), Fach, 2024) Marks' VIVIQ, L.E Rhine's Types of ESP experience and synaesthesia (Come see our poster for details!)

An Interpretative Phenomenological Analysis (IPA) explored lived experience of aphantasia and ExE in 10 individuals:

- A. *Understanding aphantasia in relation to self and others*
- B. *Organized "higher order" cognitive system*
- C. *Emotions as memory tags*
- D. *Role of the physical world*
- E. *Exceptional experiences*

