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Article

Investigating Bodily Sensations as Predictors for Future Personal Events

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Abstract - This study explores the existence of precognitive abilities through the analysis of specific bodily sensations (SBS), which can be viewed as a new dimension within the spectrum of precognitive phenomena. Unlike traditional precognitive approaches, such as intuition or dreams, SBS provide a measurable and objective basis for predicting personal events (PE). Using two statistical tests – the binomial test and Cohen's h – a significant deviation of the success rate from random probability was demonstrated, substantiating the predictive capacity of SBS. Qualitative analyses provided additional insights, including the categorization of SBS into three emotional dimensions, their independence from physical distance, and their potential to predict dangerous events up to 72 hours in advance. The findings suggest that SBS could serve as a robust foundation for the development of precognitive early warning systems. However, they also raise critical questions regarding the ethical, societal, and psychological implications of such applications. Furthermore, these results expand the understanding of precognitive mechanisms, which should be further investigated in future studies with larger sample sizes.

Keywords - Precognition; Predictive bodily sensations; Predictive phenomena; Anomalous anticipatory activity; Personal event prediction; Early warning systems; Subjective perception analysis; Human precognitive abilities; SBS categorization.

1 Introduction

The ability of animals to sense impending natural disasters is well-documented. For instance, the European Patent EP 2 847 622 B1 [1] describes several cases where animal behavior predicted earthquakes or tsunamis. These retrospective studies (post-hoc analyses) are supported by recent research findings. Within the Icarus project, the Max Planck Institute for Behavioral Biology collected animal movement data in real time, demonstrating how such information can be utilized for disaster prediction [2].

There is evidence suggesting that humans, too, may perceive subtle, non-causal stimuli without consciously registering them [3]. However, the conscious perception of such stimuli could enable their targeted use, for example, in early warning systems or decision-making support in critical situations.

The present study investigates the phenomenon of prediction based on the conscious perception of subtle stimuli, focusing in the following sections on its analysis and practical applications.

2 Literature Review

The European Patent EP 2 847 622 B1 identifies the integration of sensory perceptions – such as hearing, smell, and vibration detection – as a potential explanation for animals' heightened sensitivity to impending disasters [1]. In humans, however, other non-sensory predictive reactions have been discovered, which point to subtle physiological changes. A meta-analysis conducted by Dr. Julia Mossbridge and colleagues [4] identified a phenomenon known as "anomalous anticipatory activity" (AAA). This describes physiological changes – such as alterations in heart rate, skin conductivity, and nervous system responses – that occur 2 to 10 seconds before seemingly unpredictable events. Mossbridge argues that these reactions, although typically unconscious, could become perceptible through heightened attention [5, 6].

Previous studies indicate that humans often unconsciously disregard subtle stimuli, as cognitive filters and prioritization processes tend to suppress such information [7, 8].
Some scientists hypothesize that precognition phenomena could be explained by as-yet-unknown biological or quantum-biological mechanisms [6].

3 Study and Methods

The aim of the present study was to experimentally investigate the existence of precognitive abilities. As part of the investigation, two key terms were introduced:

- Specific Bodily Sensations (SBS): Subtle perceptions that resemble tactile sensations but possess additional characteristics and cannot be fully categorized as such. (The definition of SBS in this study may later be redefined as 'Predictive Bodily Sensations' (PBS) based on the findings presented.)
- Personal Events (PE): Events that directly affect the test subject, occur unexpectedly, and elicit clearly identifiable emotions.

Previous, unpublished investigations have shown that SBS contain information about future PE. The recording of specific bodily sensations and personal events initially relied on manual documentation. More recently, this process has been supplemented by specially developed smartphone and local web applications.

The duration of the study was approximately 11 months. The investigation began with the deployment of the latest versions of the specially developed smartphone and web applications for recording specific bodily sensations and concluded once a sufficient number of statistically significant datasets had been collected.

4 Study Procedure

Two test subjects, one of whom had a scientific background, recorded specific bodily sensations and personal events during their daily professional and private lives. The study was designed to minimally disrupt the participants' daily routines.
The collected data were regularly analysed using qualitative and statistical methods to:

a) identify possible correlations between specific bodily sensations and subsequent events, and
b) continuously refine the methodology and the task definition. The results of the analyses

were made available on an ongoing basis to both participants to enhance the accuracy and relevance of the collected data.

5 Evaluation of Collected Data and Results

Datasets in the web application database, where a recorded specific bodily sensation was associated with a corresponding personal event, were considered successful. Incomplete datasets were treated as measurement errors in the statistical analysis. These reflect instances where either the corresponding personal events were not perceived by the test subject or the SBS were incorrectly identified.

5.1 Quantitative Results

Statistical analysis of the collected data was conducted using two key methods: the Binomial Test and Cohen's h calculation. At the end of the study, the MySQL database of the local web application contained 66 datasets (n), of which 51 were successfully completed (x). The conducted binomial test examines whether the observed success rate ($p_{observed} = x/n = 51/66 = 0.7727$) significantly deviates from the expected random success rate (p_0). The test assumptions are as follows:

- Null hypothesis (H_0): $p = p_0$, i.e., the success rate corresponds to the random success rate ($p_0 = 0.5$).
- Alternative hypothesis (H_A): $p \neq p_0$, i.e., the success rate deviates from p_0 (two-tailed test). The z-value (z-transformation) is calculated as follows: $z = (x - \mu)/\sigma$. Where:
- Expected value (μ) of the binomial distribution: $\mu = n \cdot p_0 = 33$.
- Standard deviation (σ): $\sigma = \sqrt{n \cdot p_0 \cdot (1 - p_0)} \approx 4.062$.

Thus: $z = (51 - 33)/4.062 \approx 4.43$. Using standard normal distribution tables or statistical software, we find: $P(Z \leq 4.43) \approx 0.9999953$. Therefore: $P(Z \geq 4.43) = 1 - 0.9999953 \approx 0.0000047$. The two-sided p-value is calculated as: $p = 2 \cdot 0.0000047 \approx 0.00000937$. Additionally, Cohen's h, a measure of effect size, quantifies the magnitude of the difference between two proportions ($p_{observed}$ and p_0): $h = 2 \cdot arcsin\left(\sqrt{p_{observed}}\right) - 2 \cdot arcsin\left(\sqrt{p_0}\right) \approx 0.577$ Effect sizes are evaluated using common thresholds: small effect (h = 0.2), medium effect (h = 0.5), large effect (h = 0.8). The statistical analyses were partially conducted using online tools [9, 10], supported by an AI-based assistant (OpenAI ChatGPT). The results are summarized in the following table. The first four parameters in the table represent the results of the binomial test, including $p_{observed}$, p_0, the p-value, and the z-score. The remaining rows present the effect size metrics, including Cohen's h and a calculated effect size:

The results of the binomial test indicate that the p-value (< 0.001) demonstrates a highly significant deviation of the observed success rate ($p_{observed}$) from the random success rate (p_0 = 0.5). Therefore, the null hypothesis (H_0) can be rejected.
The Cohen's h value (h = 0.577) suggests a medium to large practical effect, indicating that the ability to predict personal events using SBS is substantial, aligning with conventional thresholds for effect sizes.

These findings demonstrate that the deviation between $p_{observed}$ and p_0 is not only statistically significant but also practically meaningful. The consistency between the results of the binomial test and the effect size calculation reinforces the reliability of the central finding from the previous study: specific bodily sensations contain meaningful information about future personal events.

Parameter	Value	Notes
Observed Probability ($p_{observed}$)	0.7727	
Hypothesized Probability (p_0)	0.5	
Z-Score (z)	4.33	
P-Value (p)	< 0.001	
Effect Size (Cohen's h)	0.577	Medium effect, approaching large
Threshold for Medium Effect (h)	0.5	Benchmark
Threshold for Large Effect (h)	0.8	Benchmark

Table 1: Results of the statistical analyses.

5.2 Qualitative Results

In addition to the statistically substantiated findings, the analysis also provides important qualitative insights that clarify the information content of specific bodily sensations and their predictive power. The following qualitative results were identified:

- Categorization of SBS: Specific bodily sensations can be classified into three categories, distinguished by their own characteristics and the emotions associated with the corresponding future events.
- SBS of the third type: These are associated with extremely negative, often life-threatening events, frequently related to road traffic. (SBS of the first and second types contain information about future personal events that are particularly relevant for discussions among people with an interest in precognition.)
- Unpredictability of Occurrence: The timing of specific bodily sensations is neither predictable nor clearly definable.
- Prediction Period: Dangerous personal events can be predicted up to 72 hours in advance.
- Timing Calculation: The approximate timing of a future event can be calculated using a developed algorithm that evaluates the properties of specific bodily sensations.
- Physical Distance: The spatial distance between the person perceiving the specific bodily sensations and the corresponding event has no significance.
- Individual Variation: It is likely that all humans possess some degree of precognition, as described, although the extent varies. There is evidence that the individual degree of this ability can be effectively and quickly assessed.

Additionally, smartphone and web applications were developed that not only serve data collection and analysis but also interpret specific bodily sensations, estimate the approximate timing of future events, and issue warning signals. Some of the points mentioned above are examined in greater detail later to highlight their importance and implications.
The results underscore that specific bodily sensations provide a promising foundation for predicting personal events. Their potential applications and societal implications are discussed in the following section.

6 Discussion

The concept of "anomalous anticipatory activity" (AAA), as defined by Dr. Julia Mossbridge, refers to physiological changes – such as alterations in heart rate, skin conductivity, and nervous system responses. Specific bodily sensations can be viewed as subjective manifestations of these nervous system responses, fitting within the broader definition of AAA and enabling a meaningful comparison. The statistical data for SBS and AAA are not directly comparable: While SBS is based on success rates, AAA measures the effect size of mean differences. Additionally, the temporal limits of both phenomena differ significantly: AAA reactions are confined to a maximum of 10 seconds, whereas SBS predictions can extend up to three days.

Another key distinction lies in their measurement: AAA is objectively assessed using specialized equipment, while SBS relies on subjective perceptions manually recorded by test subjects. Although Dr. Mossbridge does not directly link AAA and SBS in her publications, her recommendation to "tune into your body" [5, 6] is notably accurate. It highlights the importance of physiological signals, which also play a central role in SBS. The current study demonstrates that SBS could serve as a potential foundation for predicting personal events. Unlike animals, where sensory perceptions such as hearing, smell, or vibration detection are proposed as explanations for disaster predictions [1], humans appear to rely on a specific form of subjective sensations.

Aspect	Specific Bodily Sensations (SBS)	Anomalous Anticipatory Activity (AAA)
Nature of Phenomenon	Subjective perception; requires manual recording and analysis by participants	Physiological reactions measured with specialized equipment
Timeframe	Up to 72 hours before an event	Maximum of 10 seconds before an event
Basis of Measurement	Correlation between SBS and personal events	Changes in physiological parameters (e.g., heart rate, skin conductivity)
Practical Utility	Potentially applicable for predicting significant personal events	No established practical applications yet
Scientific Recognition	Emerging phenomenon; requires further validation	Acknowledged in scientific literature

Table 2: Comparison between SBS and AAA.

The lack of significance of physical distance between the perceiving individual and the corresponding event could suggest that information about future personal events is stored within the human body. This might indicate that SBS functions as a mechanism through which such information becomes accessible ahead of time. A noteworthy aspect of this study is the observation that both test participants perceived similar SBS related to the same event, but with varying temporal proximity to the actual event. This suggests that precognitive abilities vary individually. Factors such as emotional sensitivity or neurophysiological differences might contribute to this variability and should be examined in future studies.

The development of an algorithm to estimate the approximate timing of future events represents a significant advancement. It demonstrates that the relationship between specific bodily sensations and personal events can not only be identified but also systematically quantified and digitized. This could be regarded as an important step toward the practical

application of SBS in predictive systems, enabling significant advances in the prevention of dangerous events or mitigating their consequences.

Despite the validity of the current findings, there are limitations that must be considered. The study included only two participants, limiting the generalizability of the results. Furthermore, specific bodily sensations were not described in detail, which affects the reproducibility of the findings. The unpredictability of the timing of perceptions also presents a methodological challenge, making it difficult to establish a fixed experimental time-frame. The findings of this study raise socially relevant questions, particularly regarding the potential use of SBS in early warning systems. Such a development would require societal acceptance of the existence of precognitive phenomena – an assumption that remains controversial in classical science. This acceptance could trigger psychological, philosophical, and social tensions, as it challenges fundamental human concepts such as free will, destiny, and personal responsibility.

Another critical issue is the reliance of such systems on individuals with pronounced precognitive abilities. This could lead to polarization, where people with these abilities are either privileged or stigmatized. The psychological burden on these individuals, who may face significant emotional pressure, must also be considered.

These considerations demonstrate that the implementation of precognitive early warning systems requires not only technological advancements but also careful societal, ethical, and psychological evaluation.
The observed correlations between specific bodily sensations and future personal events add an objective dimension to the spectrum of known precognitive phenomena. They open promising perspectives for the study of precognitive abilities. The combination of subjective perceptions and modern technology provides a solid foundation for future investigations with larger sample sizes and more precise methodologies.

In summary, the study results raise profound questions about the evolutionary purpose of SBS and the nature of reality itself. If future studies provide further evidence for the existence of SBS and their ability to anticipate personal events, one might ask why evolution endowed humans with this ability. Was it meant to enhance survival, or is it a residual trait of an ancient capability? Additionally, the existence of SBS could imply that the universe operates under deterministic principles, where information about the future is already encoded in the present. Alternatively, it might suggest an nondeterministic framework, where these sensations rely on probabilities rather than certainties.

From an evolutionary standpoint, the development of precognitive abilities may have provided early humans with a critical survival advantage. In a world dominated by unpredictable natural threats, such as predators and environmental hazards, this capacity could have been vital for individual survival. In modern contexts, however, the role of precognition appears to have shifted. While individual survival is no longer as directly reliant on such abilities due to technological and societal advancements, their relevance may have evolved to address collective challenges. Today, personal dangerous events are increasingly intertwined with larger-scale crises – many of which are anthropogenic, such as climate change, overpopulation, and environmental degradation.
This shift suggests that precognitive abilities might now serve a broader purpose: not only aiding individuals but also contributing to humanity's capacity to anticipate and mitigate global catastrophes. In this sense, precognitive mechanisms like predictive bodily sensations could represent an adaptive response that has transitioned from personal survival to the preservation of the species in the face of shared existential threats.

7 Conclusion

The results of this study confirm that specific bodily sensations (SBS) represent a distinct precognitive phenomenon characterized by objective verifiability and practical applicability. Compared to traditional forms of precognition, such as visions or intuition, and the "anomalous anticipatory activity", SBS provide a tangible basis for predicting personal events.

The observed correlation between SBS and PE in this study opens promising avenues for advancing precognitive research. The findings suggest that SBS could serve as a foundation for early warning systems, although this raises societal, ethical, and psychological questions. To further substantiate the validity, applicability, and generalizability of SBS, future studies should include more detailed analyses of the individual variability in precognitive abilities and a significantly larger sample size, both in terms of test participants and recorded specific bodily sensations.

Since there is evidence that the degree of precognitive abilities can be assessed, it seems reasonable to divide test participants into two groups with differing levels of this ability in future SBS studies. This would enable a meaningful comparison of both the number of SBS and their correlations with future personal events.

Given the statistically significant findings of this study, it is appropriate to redefine "specific bodily sensations" (SBS) as "predictive bodily sensations" (PBS), emphasizing their demonstrated potential. to forecast future personal events. This refined definition is proposed for use in future studies to further investigate and validate the predictive nature of these sensations.

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