

Jeff Tarrant

Jeff Tarrant is an American psychologist and neurofeedback specialist who has carried out experiments with psychics, mediums and energy healers.

Career

Jeff Tarrant is a licensed psychologist and board-certified neurofeedback specialist. He directs the [NeuroMeditation Institute](#) and [Psychic Mind Science](#) in Eugene, Oregon. Beginning with martial arts and meditation practice in the late 1990s, Tarrant transitioned from traditional psychotherapy to neurofeedback applications for depression, anxiety and ADHD. His research expanded to encompass electroencephalographic analysis during meditation, breathwork and psychedelic-assisted therapy protocols. Following a decade-long investigation of dozens of psychics, mediums and energy healers, Tarrant identified consistent neurological patterns associated with psi abilities. He now develops technology-based interventions to enhance these capacities, combining ketamine-assisted therapy with neuromodulation techniques to facilitate psychological flexibility and putative psi expression.

Bigelow Survival Essay

In a 2024 publication for the [BICS Challenge Research Report](#) from the [The Bigelow Institute of Consciousness Science \(BICS\)](#), Tarrant describes a repeated-measures investigation employing nine validated mediums across three standardized sessions to interrogate discarnate intelligences regarding human spiritual evolution. Utilizing natural language processing for qualitative analysis, the methodology examined within-subject consistency and cross-medium thematic convergence. Primary findings demonstrated consensual agreement that non-corporeal entities actively facilitate human spiritual advancement through subtle guidance mechanisms while respecting free-will parameters.

Eight of nine subjects confirmed benevolent discarnate intervention, citing increasing cultural acceptance of post-mortem consciousness concepts as empirical evidence. Regarding oppositional forces, mediums presented divergent perspectives —some identifying fear-based entities hindering development, others characterizing perceived negativity as neutral energetic phenomena or human psychological constructs. Seven subjects indicated positive forces predominating in the light-dark dialectic.

The investigation challenges the Bigelow Institute's proposition that the 'Other Side' failed to advance human spirituality over 166 years. Mediums identified fear as the primary impediment to spiritual development, while predicting partial rather than complete human extinction. This novel methodological approach demonstrates promising applications for systematic examination of mediumistic communications.^{[1](#)}

Enhancing Mind-Matter Influence

[In this webinar](#), Tarrant describes his examinations of mind-matter interactions through micro-psychokinetic paradigms, extending Princeton's PEAR Laboratory's random event generator research that demonstrated mental influence on electronic systems. The methodology explores neuroanatomical correlates of PK performance, specifically frontal cortex modulation mechanisms.

Tarrant's pilot investigation employed [low-power pulsed electromagnetic field \(PEMF\)](#) stimulation targeting frontal regions to examine PK enhancement protocols. The theoretical framework posits left frontal cortex functioning as inhibitory filter for psi phenomena, with temporary activity reduction potentially facilitating micro-PK expression.

Preliminary findings suggest PEMF-induced frontal suppression correlates with improved psychokinetic outcomes, though individual differences in hemispheric stimulation responses, strategic approaches, and psychological variables demonstrate significant moderating effects. The research, presented at the 32nd Annual International Society for Neurofeedback Research Conference, advances understanding of consciousness-brain interfaces in anomalous mind-matter interaction paradigms, offering novel neurological enhancement methodologies for micro-psychokinetic research applications.

Telepathy Research

Tarrant has been involved with informal research for the *Telepathy Tapes* podcast, collecting and analyzing EEG data during demonstrations of telepathy by non-verbal individuals with autism. In a 2025 article in *Psychology Today*, he describes having personally observed five nonspeaking [autistic](#) individuals consistently achieve near-perfect accuracy on telepathy-based tasks involving randomly selected words and numbers. In each case, he writes, 'responses were spelled out using letter boards—with no physical contact from facilitators—and, in many instances, under testing conditions specifically designed to significantly minimize the possibility of conscious or [unconscious](#) cueing.' He points out that in the tests that he carried out the individual spelled independently, without support, mitigating sceptic objections of sensory leakage.

When assistance was needed to hold the letterboard, it was either done by a blind tester—someone who had no knowledge of the target stimulus—or in a manner to seriously limit the opportunity for any kind of cueing. In one case, a participant correctly spelled a series of randomly generated three-syllable words, including “manager,” immediately after a separate sender received the target word. The child focused entirely on the task and did not look at the sender or the person holding the board, making inadvertent cueing highly unlikely.²

Non-Parapsychological Work

Tarrant is active in neurofeedback research. In a 2022 paper published in *Frontiers in Virtual Reality*, Tarrant and coauthors describe an alternating-assignment investigation examining virtual reality plus neurofeedback (VR+NF) versus audio-only meditation efficacy among one hundred healthcare workers during COVID-19 pandemic conditions. The methodology employed five-minute progressive body-scan meditations with pre/post Brunel Mood Scale assessments in hospital settings.

Both experimental conditions demonstrated comparable reductions in anger, tension, and depression ratings. However, the VR+NF cohort exhibited superior outcomes across positive mood dimensions, demonstrating significant increases in happiness and calmness scales—effects absent in audio-only controls. Additionally, the VR+NF group showed decreased fatigue and confusion while audio-only participants showed no significant change or slight increases.

The VR system integrated EEG neurofeedback via consumer-grade headband monitoring high-beta frequencies (18-29.75 Hz), with visual feedback represented through animated elements within beach scenery. The investigation utilized Healium platform technology with Oculus Go headsets for immersive delivery.

Results suggested technological augmentation of standard meditation protocols enhances positive mood states beyond conventional audio-guided practices, supporting VR+neurofeedback applications for stress management interventions within clinical healthcare environments during high-demand periods.[3](#)

Future Directions

Tarrant's planned research encompasses several interconnected areas within developmental parapsychology. His investigations will focus on telepathic abilities in non-verbal autistic populations, building on emerging evidence of enhanced psi capacities in neurodivergent individuals. Additionally, Tarrant intends to explore mindsight and related psi phenomena in pediatric populations. A significant component involves examining technology-enhanced interventions, specifically EEG neurofeedback protocols, audio-visual entrainment systems, and low-intensity pulsed electromagnetic field (PEMF) applications, to determine their potential for augmenting or facilitating psi expression in controlled experimental settings.

Becoming Psychic

In *Becoming Psychic: Lessons from the Minds of Mediums, Healers and Psychics* (2023), Tarrant describes his trajectory from childhood paranormal fascination to neuropsychological scepticism exemplifying the tension between empirical methodology and anomalous phenomena. His rigorous laboratory-based worldview gradually shifted through repeated encounters with psychokinetic, clairvoyant, and mediumistic manifestations that challenged conventional scientific paradigms. *Becoming Psychic* documents Tarrant's systematic investigation of gifted practitioners through electroencephalographic analysis, structured interviews, and controlled assessments. The volume integrates case study methodology with practical applications, concluding each chapter with experiential exercises for readers. Tarrant explores technological interventions including neurofeedback,

audiovisual entrainment, and pulsed electromagnetic field applications to enhance latent psi capacities. This comprehensive approach bridges empirical research, phenomenological analysis, and practical development protocols within contemporary parapsychological literature.[4](#)

Websites

[Jeff Tarrant.](#)

[NeuroMeditation Institute](#) | [Eugene Oregon Meditation Classes & Training](#)

[Psychic Mind Science](#)

Michael Duggan

Literature

Tarrant, J., Jackson, R. & Viczko, J. (2022). [A Feasibility Test of a Brief Mobile Virtual Reality Meditation for Frontline Healthcare Workers in a Hospital Setting.](#) *Front.* Virtual Real. 3:764745. doi: 10.3389/frvir.2022.764745

Tarrant, J. (2023). *Becoming Psychic: Lessons from the Minds of Mediums, Healers and Psychic.* Health Communications.

Tarrant, J. (2024). [Repeated Measures Wisdom Acquisition From Discarnate Consciousness with Gifted Mediums.](#) BICS Challenge Research Report

Tarrant, J. (2025). [Science, Skepticism, and "The Telepathy Tapes".](#) *Psychology Today.* March 27. [Web page]

Endnotes

Footnotes

- [1.](#) Tarrant (2024).
- [2.](#) Tarrant (2025).
- [3.](#) Tarrant (2022).
- [4.](#) Tarrant (2023).

© Psi Encyclopedia