

Exceptional Human Experience

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accompanying episodes of peak performance in soldiers and athletes were identified through two major sources. Information was obtained from literature reviews of data bases dealing with peak performance in the military, sports, psychology/medicine, and biological sciences as well as from interviews conducted with athletes and members of the military.

Findings: The examination of episodes of peak performance indicates that three cognitive components enable these episodes: psychological readiness, information processing, and endurance management. There is also evidence indicating that endorphins underlie these processes. Accordingly, performance can be enhanced through two strategies; one approach for future development is teaching self-regulation of endorphin levels. The other more immediately available solution is to use contemporary sports psychology training techniques to optimize the psychological processes underlying superior performance. With either strategy, superior performance will result from an enhanced cognitive ability to cope that is specifically and continuously tailored to meet the conditions and demands of particular activities.

Utilization of Findings: This report identifies the scientific basis for several training strategies that can be developed for enhanced Army performance. These training approaches will help to meet the ARMY 21 goal to accomplish more with less manpower. - DA

PERSONAL GROWTH use SELF
PERSONALITY use SELF
POLTERGEISTS / HAUNTINGS

CASES

04419. Amorim, Michel-Ange. The Guarulhos poltergeist: A reassessment of Andrade's (1984) monograph. *Journal of the Society for Psychical Research*, 1990 (Jul), 56(820), 193-207. 42 refs

A presentation is made of an RSPK investigation conducted over several years in the suburbs of São Paulo, Brazil. A monograph describing the case and interpretations of the phenomena was published in Portuguese by H. G. Andrade and his collaborators at the IBPP, in 1984. Based on the phenomena reported during the interviews of family members and other witnesses, Andrade interprets the case in terms of discarnate agents and black magic rites. The purpose of the present article is to describe the Guarulhos poltergeist in some detail and to explore an alternative interpretation of the phenomena, one based upon the living agent hypothesis, and related factors, such as religious context, expectancies, and possible personality disorders. - DA

04420. Bender, Hans. A poltergeist case in Alsatia. *Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie*, 1984, 26(1-4), 65-80. 2 illus; 8 refs

A physicist of the Institut Universitaire de Technologie in Mulhouse (France), Dr. Serge Jacquy, in 1980 reported unusual phenomena that had been a constant source of disturbance and

alarm to Carmen S., to her husband, Jean, and to their little son Michel. Dr. Jacquy hoped that collaboration with the Freiburg Institute might be of help to those concerned. Obviously, this was a rare case of poltergeist disturbances which subsequently were investigated by the author in several interviews, lengthy tape recordings, filmed reconstructions, and the provocation of RSPK phenomena under hypnosis. The focus person was the Spanish-born wife of a technical designer; even in her youth, she seemed to have triggered RSPK phenomena. She produced drawings automatically, and apparently she was the leading force in automatic spelling with the ouija-board method. The poltergeist manifested itself over the years in well-known uniform patterns: beds were moved about, pillows and covers were pulled off, locked doors were inexplicably opened, the contents of cupboards were found to be in disorder, objects disappeared and reappeared, sounds were mimicked, penetration phenomena occurred, and so on. Conspicuously, many of the incidents were aggressively aimed at the focus person. The psychological motivation for this could only be speculated about. Thorough psycho-diagnostic and depth-psychological examinations were planned but could not be carried out because the family was about to leave for Guadeloupe in order to escape the poltergeist. In their new surroundings they found peace, although even there they experienced strange phenomena such as rosaries falling from the sky. The latter events will be reported in detail elsewhere. - DA/G.H.

04421. Gerding, J.L.F., Krom-Marks, J.C., and Zorab, G. The Soerabaja poltergeist. *Tijdschrift voor Parapsychologie*, 1989 (Dec), 57(4), 2-27. 3 illus; 4 ref notes

The paper deals with a poltergeist case in Soerabaja (Java) in 1950, which was earlier described by Zorab in one of his books about paranormal phenomena. One of the authors of the present article (Krom-Marks) was a direct witness of the phenomena in Soerabaja. The article provides Zorab's earlier description of the case. Thereafter Krom-Marks compares Zorab's conclusions to her own ideas about the causes of the phenomena. She also adds new data and slight corrections to Zorab's earlier accounts. - J.A.G.M.

04422. Irwin, Harvey. The Guyra ghost. *A.I.P.R. Bulletin*, 1989 (Jan), No. 13, 8-13. 3 illus; 12 refs

The Guyra Ghost is a famous Australian poltergeist case that took place in 1921. This article describes the disturbance, including a chronology of events, its social context, and the attempts to explain it. The events were centred on a young girl, and mainly involved rappings and stone throwing. They occurred at a time when interest in spiritualism was high, soon after a visit by Sir Arthur Conan Doyle to Australia. Many Australians today believe the Guyra Ghost to be one of our great unsolved mysteries. Certainly the story now has become part of our folklore. - DA

04423. Lignon, Yves. A recent case of R.S.P.K. *Revue Française de Psychotronicque*, 1988 (Apr-Jun), 1(1), 11.

This is the third poltergeist study (since 1924) made at the Parapsychology Laboratory of