

**A Scientific/
Personal
Exploration**

Meditation

Self-regulation
strategy and altered
state of consciousness

**Deane
H.
Shapiro Jr.**

MEDITATION: What is the altered state, Meditation? Which physiological mechanisms mediate its effects? Why do they alter both physical and mental variables? How can its components be measured in terms of bodily functions?

Meditation: modern method for controlling stress and regulating blood pressure, or, with other altered states of consciousness, an important resource for studying the conscious mind and the unconscious?

ANSWERS: Shapiro reexamined every significant article published in English to ground this comprehensive study of meditation in a scientific context. The result: a book personal in perspective, scientific by persuasion, providing the most exhaustive bibliography of the literature available.

APPLICATIONS: Shapiro prescribes the indications (and contraindications) of possible medical, health-care and other therapeutic uses; diagnoses biases—"the meditation backlash"—and strategies for overcoming them in the future. This coalescence of clinical findings with research methodology creates an invaluable tool for practitioner and experimenter alike.

CONTENT ANALYSIS of meditation: a case study in Chapter Three explores the phenomenology of meditation—thoughts images sensations non-thoughts—by bringing Western scientific method to bear on Eastern thought to explore the regimen/religion dichotomy.

Meditation: Self-Regulation Strategy and Altered State of Consciousness: at once personal and scientific, this book provides the most encompassing survey—nearly 40 tables and figures; sample questionnaires, evaluations and programs; a detailed **OVERVIEW**—of a controversial field, separating self-regulation from self-delusion, to address today's questions, while outlining tomorrow's answers.

Critical Praise

"An excellent introduction to the psychology biology, and philosophy of meditation."

Gary E. Schwartz, Ph.D.
Professor of Psychology
and Psychiatry
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