

Shapiro, D.H, *Meditation: Self-Regulation Strategy and Altered State of Consciousness: A Scientific/Personal Exploration*; New York, Aldine , 1980

I am quite pleased that my publication *Altered States of Consciousness*, is now outmoded by Deane Shapiro's *Meditation, Self Regulation Strategy and Altered State of Consciousness*. Before I had finished reading the first chapter, it was clear that Deane Shapiro's *Meditation* will be the classic psychological work on meditation for years to come. As a scientific book, *Meditation* is first class. His comprehensive knowledge of both the psychological and mystical tradition, combined with his personal insights and sensitivity as both a practitioner of mediation and a therapist using it to help others, makes this book must reading for all scientists, health professionals, and layman interested in the field.

The book is always fair to both scientific meditative traditions, and maintains an exquisite balance. The combination of personal/scientific has a lot of integrity. The discussions are clear and lucid, the personal disclosures absorbing and moving. There is so much creativity in this book, from the analyses of the meditative process to the explication of the omnideterministic model. Shapiro is not only a scientist, but a practicing clinician, and the numerous sections on the current practical and potential uses of meditation will be invaluable to other practicing clinicians. ...Given our common prejudices, one would not think that behavior therapy ad meditation could be fruitfully combined, but Shapiro has done it. Meditation has a balance and sophistication that can serve as a model for all future writings dealing with vital psychological phenomena. This book is a major accomplishment.

*Newsletter of the Behavioral Science Book Club,*

*Charles Tart, Ph.D. Professor of Psychology, University of California, Davis*

I was very impressed by your book. The format is creative and exciting that combination of personal/scientific has a lot of integrity, I think. I was struck again by just how much you know, what a lot of synthesizing and mastery of material went into that book. You really branched out and handled yourself very creditably. In addition to synthesizing, so much creativity went into that book, starting with your early analyses of the meditative process (which I still find useful) to your explication of the omnideterministic model. The

book is always fair to both traditions and maintains an exquisite balance. Your discussions are clear and lucid your personal disclosures absorbing and moving (esp. in Epilogue). The book is a major accomplishment, and I think you can be proud of it. Not least of all, it comes across as the product of a very intelligent mind. So good for you!

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Anyone involved with meditation will be interested and impressed by the intelligent, highly readable and useful manner in which Shapiro presents an integration of literally masses of subjective and objective data. ...an exhaustive bibliography of the literature as well as varied strategies and discussions about the use, misuse, and ill-advised use of meditation in clinical settings. Those of us who are familiar with techniques and phenomena labeled “hypnotic” will find the material of special interest and highly thought provoking. It is an exciting book and it will be of interest to clinicians and researchers.

*Newsletter of the American Academy of Behavioral Medicine, Jerry Weiss, Ph.D., Editor*

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This book contains both rigorous examination of the phenomena, process, and components of meditation and personal observations based on the author’s experience, clinical use, and interest in meditation. Several aspects of this book make it interesting. First, Shapiro has avoided the wide eyed wonder that is sometimes associated with true believers in meditation. Indeed, Shapiro is willing to put his hypotheses to the test...he carefully documents the physiological and behavioral effects of meditation. ...the authors suggestions for research are many and useful.

Behaviorally oriented clinicians will be pleasantly surprised by the book. The author’s approach to clinical activity is grounded in social learning theory, and he shows how meditation can be used as a self-control strategy. He is also scrupulous in noting that the effects of mediation may not differ significantly from other self-control strategies used by behavior therapists. He points out that in behavior change programs, the practitioner needs data to help him or her decide on the proper “match” between person and clinical procedure, and the scientist needs the practitioner to help define areas needing further research. Shapiro’s “middle way” between the scientific and the personal/experiential is a refreshingly different approach, free of cant and orthodoxy from both sides.

*Contemporary Psychology, Allen G. Glaros, Ph.D. Professor of Psychology, Wayne State University.*

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The publication of this volume marks the consolidation of meditation research as an established and significant research field. This book is an excellent review, overview and assessment of the history and state of the art. It is comprehensive, critical, cautious and

nicely balanced, being free from the hallelujahs of the fanatics and the nay-sayings of the critics. Further, this volume makes a critical distinction between meditation as a self-regulation strategy and meditation as an altered state of consciousness (as a tool for exploring the depths of mind and heights of psychological development) By providing the most comprehensive scientific review of the literature available and by maintaining a sensitive perspective based on his own personal experience, Shapiro makes a valuable contribution to a recently established and rapidly developing field. It is the best original book currently available on meditation research.

*Review, Journal of Transpersonal Psychology, Roger Walsh, Professor of Psychiatry, School of Medicine, University of California, Irvine*

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This book will be of value both to clinicians who want to learn about a potentially useful technique and to researchers who want an overview of the research literature. In an interesting chapter of research on meditation as an altered state of consciousness, Shapiro points up some philosophical and technical difficulties encountered in the scientific study of subjective experience during meditation. The research cited convincingly supports the claim that meditation does indeed produce an altered state characterized by a) the feeling of incommunicability; b) transcendence of the sense modalities; c) absence of specific content, such as ideas and images; and d) feelings of unity with the ultimate.” There are very clear practical instructions on how to teach and practice Zen meditation, a fine grained analysis of the components of meditation. He describes an experiment with himself as both the single subject and experimenter which serves as model and makes a good case for a return to some introspective research in psychology.

*Behavior Therapist, Philip J. Silverman*

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I think this is an exceptionally good book and is truly both scientific and personal. It is one of the very best books on meditation...unusually fine job of looking at both sides of mediation, scientific and unscientific, and giving a well-balanced account of both. Masterful job of reviewing the literature. Congratulations.

*Albert Ellis, Institute of Rational Living,*

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An excellent introduction to the psychology, biology, and philosophy of meditation. The book successfully integrates scientific theory and research, clinical case material and the personal experiences of the author's own meditation. This book is essential reading for researchers and clinicians interested in both the science and art of meditation. I can recommend this book enthusiastically to my students and colleagues.

*Gary Schwartz, Professor of Psychology and Psychiatry, Yale University.*

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During the past decade, meditation has become an accepted part of Western culture, and research on the topic has proliferated markedly. An urgent need has developed for a sophisticated researcher and meditator to integrate the objective and subjective data that have accumulated and to inform professionals as to the usefulness and limitations of mediation as a self-regulation strategy and altered state of consciousness. Deane Shapiro's book, which beautifully fulfills this need, can be highly recommended to all who are interested in this important topic.

*Theodore X. Barber, Ph.D. Director of Special Projects, Framingham, Mass*

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A very fascinating effort. As a matter of fact, I'm thinking now of reinvigorating our meditation phase in our Recurrent Coronary Prevention Program.

*Meyer Friedman, M.D. Type A Behavior and Your Heart. Director, Recurrent Coronary Prevention Program. Harold Brunn Institute, Mt Zion Hospital and Medical Center*

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A nice blend of theory, research, literature evaluation and clinical/personal data. It makes a fine contribution to the field.

*Cyril Franks, Professor, Rutgers University, New Jersey.*

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A beautiful Book.

*Elizabeth Kubler-Ross, M.D.*

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I found the book *Meditation* especially useful for providing research summaries that I will want my students to know about. Keep up the good work!

*David C. McQuelland, Professor of Psychology, Harvard University*

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The book *Meditation* was excellent. Especially your sensitivity to the tension between studying meditation and practicing it.

*Joseph Pearl, Ph.D. Professor, Applied Behavioral Studies, Oklahoma State University.*

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I found the book *Meditation* as useful reference work. This is the kind of book that will keep meditation alive and challenging as a serious topic among researchers and professionals.

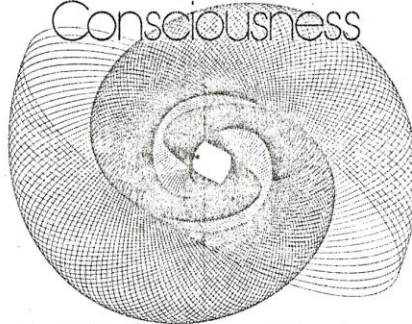
*Miles Vich, Editor, Journal of Transpersonal Psychology*

I find the work you are doing to be both exciting and very important.

*Richard L. Kohr, Research Associate, Division of Educational Quality Assessment, Bureau of School Improvement, Harrisburg, Pennsylvania*

# MEDITATION

## Self-Regulation Strategy and Altered State of Consciousness



### A Scientific/Personal Exploration

By Deane H. Shapiro, Jr., author of *Psychology of Self-Control*

a review by CHARLES T. TART, Ph.D.  
Professor of Psychology  
University of California, Davis  
author of "Altered States of  
Consciousness"

It was hardly a decade ago that "meditation" was practically a taboo topic in psychology and psychiatry. The connotations of the word called up images of people sitting in bizarrely contorted postures on the ground. Many thought of meditation as some form of psychopathology and a refusal to face reality; others dismissed it as some form of "self-hypnosis."

These kinds of attitudes generally reflected cultural biases. However, a few of us realized that important knowledge, applicable to therapy and personal growth, was being lost. I made a small contribution toward correcting the situation by reprinting four useful scientific articles on meditation in my *Altered States of Consciousness* collection in 1969.

I am quite pleased that my publication is now outmoded by Deane Shapiro's *MEDITATION: SELF-REGULATION STRATEGY AND ALTERED STATE OF CONSCIOUSNESS*. Before I had finished reading the first chapter, it was clear that it would be the classic and indispensable psychological reference work on meditation for years to come. Meditation has arrived as a fit subject for psychological research on consciousness and for potential clinical application.

As a scientific book, *MEDITATION* is first class. Dozens of experimental studies of meditation are reviewed under appropriate categories, with a fine sensitivity to methodological issues, particularly experimenter effect problems. Numerous tables and charts, plus extensive cross-referencing in the text make it easy to retrieve and organize information. Meditation can be a powerful psy-

chological experience and behavior changer, so research on it will yield high dividends. This book is a mine of ideas on important variables that have not been adequately studied yet.

Shapiro is not only a scientist but a practicing clinician, and the numerous sections on the currently practical and potential uses of meditation in conjunction with therapy will be

invaluable to other practicing clinicians. He includes detailed instructions on meditation techniques as well as reviews of clinical findings. Given our common prejudices, one would not think that behavior therapy and meditation could be fruitfully combined, but Shapiro has done it.

Perhaps the greatest strength of the book, however, is that it is not a one-sided look at people who meditate by an "outside" observer, but a sophisticated and balanced consideration of meditation from both "inside" and "outside." Shapiro is an experienced meditator, having learned Zen meditation in Japan before his training as a psychotherapist. The personal experiences of others, as well as his own, illuminate his understanding of traditional analytical research approaches. This is especially apparent in the section in which he discusses meditation as a producer of altered states of consciousness rather than as simply a self-regulation strategy.

It is not easy to look at meditation from both sides. Scientists still tend to feel that someone who meditates will lose his ability to be rational, and the meditative traditions usually teach that analytical activity will destroy the effects of meditation. But *MEDITATION* has a balance and sophistication that can serve as a model for all future writings dealing with vital psychological phenomena.

This important personal statement on meditation by a well-known scientist provides the most current information on a bodily discipline whose spiritual and psychological effects are still being examined and debated by the scientific community. Shapiro provides an objective survey of this literature while personally addressing questions of today, presenting questions for tomorrow and suggesting the type of research that will supply the answers. Clinicians concerned with their patients' wellbeing, must choose from a plethora of techniques, as well as decide when meditation is useful, who can use it, for what

problems, and how it compares with other self-regulation techniques. This controversial volume illuminates the potential health-care, medical, and therapeutic uses of meditation.

**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

## Comments:

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>>>>Hi Deane,Sorry to disturb you unbeknowst. I'm a clinical  
>>>> psychologist from Hungary interested in Buddhist approaches. I do  
>>>> individual psychotherapies at a public health care center. As a state  
>>>> employee I earn cc. 300 USD a month and provide for a two years old boy  
>>>> (an excellent little chap, by the way), hence, alas, I cannot afford  
>>>> buying your book, Meditation: Self- Regulation. (Even the cheapest item  
>>>> on Amazon is simply to much for me.) So, if you should happen to have a  
>>>> copy dispensible of either one in any condition...Yes, I know how this  
>>>> letter might sound. Believe me, I have chewed upon writing it for a  
>>>> long time. But approaching fifty, my veneer is not that important any  
>>>> more.Kind warm wishes Attila Mislai  
>>>> 9/1.Hungary 3530

10/13/2015

Re: [Fwd: Jó reggelt! Re: request]

From: "mislai attila" [REDACTED]  
Subject: Re: [Fwd: Jó reggelt! Re: request]  
Date: Mon, October 12, 2015 3:47 am  
To: dhshapir@uci.edu

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Dear Deane,Many thanks for the papers and also for taking trouble over replying.  
That means really a lot for me.Hope the cave will be gracious to the  
seeker.BestAttila

[dhshapir@uci.edu](mailto:dhshapir@uci.edu) írta:

>----- Original Message -----

>Subject: Jó reggelt! Re: request  
>From: [dhshapir@uci.edu](mailto:dhshapir@uci.edu)  
>Date: Sat, October 10, 2015 7:41 am  
>To: "mislai attila" [REDACTED]

>  
> Jó reggelt!  
>tHANKS for your kind note. I don't have a full copy of the book on pdf,  
>but i do have a couple of chapters. Also i'm enclosing several articles  
>which may be helpful. For instructions on meditation (which i'm sure you  
>already know, go to [controlresearch.net](http://controlresearch.net) then click what is control  
>therapy; then click control therapy training manual, and then go to  
>Appendix 3, client handouts; pp. 21, 22.  
> Also, there may be other articles there (as well as the book Control  
>Therapy) and the control therapy training manual, all of which you can  
>download for free  
> I very much admire your commitment to service and healing in Hungary,  
>and raising your chap! I've now retired to a contemplative cave, though  
>i do have three children, four grandchildren that provide great joy.  
> Hope this helps, namaste....Dr S  
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This important personal statement on meditation by a well-known scientist provides the most current information on a bodily discipline whose spiritual and psychological effects are still being examined and debated by the scientific community. Shapiro provides an objective survey of this literature while personally addressing questions of today, presenting questions for tomorrow and suggesting the type of research that will supply the answers. Clinicians concerned with their patients' wellbeing, must choose from a plethora of techniques, as well as decide when meditation is useful, who can use it, for what problems, and how it compares with other self-regulation techniques. This controversial volume illuminates the potential health-care, medical, and therapeutic uses of meditation.