

From: "NEHA SHARMA 1134211" <[REDACTED]>
Subject: Re: request for an article
Date: Tue, October 25, 2011 3:19 am
To: dhshapir@uci.edu

Thank you so much sir for your kind gesture. I really admire your great work in this field,

regards,
Neha

On Sun, Oct 23, 2011 at 8:24 PM, <dhshapir@uci.edu> wrote:

> Dear Neha,
>
> Namaste! Enclosed is the article you requested plus a couple of
> others that may be of interest. Good luck with your research.
> Warm regards,
> Dr S.

Hello Dr. Shapiro,

>
> I am Neha sharma, a student of Psychology pursuing
> M.Phil from Christ University, Bangalore, India. I am doing my
> dissertation
> on the effects of meditation on long term meditators and in this context
> would be highly grateful if you can forward me a copy of the following
> article,
> A preliminary study of long-term meditators: Goals, effects, religious
> orientation, cognitions.
> Shapiro, Deane H.
> Journal of Transpersonal Psychology, Vol 24(1), 1992, 23-39.

thank you very much,
> regards,
> Neha
>

Hi Dr. Shapiro,

>
> I am a graduate student at Emory University and I am working with
> Charles Raison on a meditation study in which we are hoping to assess
> participants' goals prior to a meditation course. We are motivated in
> large part by your 1992 paper in The Journal of Transpersonal
> Psychology, and were hoping to ask your opinion on an idea we have to
> use a modified version of what you did.

>
> Basically, we would like to be able to quantify the extent to which
> participants endorse the goals that you used (self-regulation,
> self-exploration, and self-liberation/compassionate service), so I
> thought that I could ask subjects to free-respond to the question
> "What specifically do you hope to gain from the course you are about
> to take", and ask them to rate on a likert scale from 1-6 how

> passionate they are about this goal. Given your experiences, does this
> sound like a good way to approach this? Do you have any other
> suggestions?

>
> I have attached a draft of our questionnaire. Thanks in advance for
> your help in this.

>
> Warm regards,
> Jenny Mascaro

-----Original Message-----
Subject: Re: assessing goals in meditators--reply
From: dhshapir@uci.edu
Date: Fri, June 26, 2009 10:08 am
To: "jmascar" [REDACTED]

Dear Jenny, Thanks for you kind note. Your study looks quite interesting, and your questionnaire looks fine! Just a couple of questions: a) when you are asking about "passionate" are you trying to assess initial motivation? That makes sense. Do you think that will be reflected in "commitment": e.g., how much they adhere and practice during the course? It might be interesting to check that on follow up.

b) another interesting thing to assess besides "passion" might be bandura's self-efficacy; ie., how likely (6 pt scale) do you think you might be to achieve these goals;

c) finally, it would of course be interesting to do a follow up at the end of the course to see what happened!

Although it's beyond the scope and perhaps interest of this study, we have looked at how sense of control (and assertive and yielding modes of control) have changed in meditators. So, I did want to you to be aware of a website that offers free use of the SCI control inventory questionnaire
www.controlresearch.net

In any case, hope this helps, and a) good luck with your study; and b) good luck with whatever meditative goals (or non goals) you're passionate about. Namaste, Dr. S

-----Original Message-----

From: dhshapir@uci.edu [<mailto:dhshapir@uci.edu>]
Sent: Friday, June 26, 2009 10:09 AM
To: Shapiro, Johanna
Subject: [Fwd: Re: assessing goals in meditators--reply]

fyi only;how cute am i!! love love

You are very cute indeed - love your last line! Plus you raise some really thoughtful questions for her to consider. Nice work mentoring. Love, J