Meditation: Classic and Contemporary Perspectives
Edited by Deane H. Shapiro, Jr. and Roger N. Walsh

This collection of contemporary articles on meditation is the most comprehensive ever assembled on the subject. The editors have selected works that are classics in the field, methodologically interesting, and clinically relevant. Topics include the clinical use of meditation in drug abuse, hypertension, stress and tension management, as well as physiological findings and phenomenological studies dealing with meditation as an altered state of consciousness. Original contributions by leading clinicians, health scientists, and researchers analyze the current state of the art of meditation research, as well as profitable future research directions. A major bibliography of meditation-related work is included.

Deane H. Shapiro, Jr. is currently a faculty member in the Department of Psychiatry and Human Behavior, University of California Irvine Medical Center, California College of Medicine. He is author of the critically acclaimed Meditation: Self-Regulation Strategy and Altered State of Consciousness, as well as Precision Nirvana, and co-editor (with Roger Walsh) of Beyond Health and Normality: Explorations of Exceptional Psychological Well Being.

Roger N. Walsh is a psychiatrist on the Faculty of the School of Medicine at the University of California at Irvine. He is the author of Toward an Ecology of Brain and Beyond Ego: Readings in Transpersonal Psychology.

0-202-25136-5. $59.95 cloth

CONTENTS

I  INTRODUCTION
   Research Overviews: Classic and Contemporary Perspectives
  1 Deane H. Shapiro, Jr.: Overview: Clinical and Physiological Comparison of Meditation with Other Self-Control Strategies
  2 Deane H. Shapiro, Jr.: Classic Perspectives of Meditation: Toward an Empirical Understanding of Meditation as an Altered State of Consciousness
  3 Roger Walsh: An Evolutionary Model of Meditation Research
  4 Deane H. Shapiro, Jr.: A System's Approach to Meditation Research: Guidelines and Suggestions

II  THE PSYCHOLOGY OF MEDITATION
   An Introduction to Part II: Psychology of Meditation
   A. On Therapeutic Effects of Meditation

5 Jonathan C. Smith: Meditation as Psychotherapy: A Review of the Literature
6 Deane H. Shapiro, Jr. and David Giber: Meditation and Psychotherapeutic Effects: Self-Regulation Strategy and Altered State of Consciousness
B. Meditation as a Clinical Self-Regulation Strategy
B1. Meditation and Stress Management
7 Daniel J. Goleman and Gary E. Schwartz: Meditation as an Intervention in Stress Reactivity
8 William Linden: Practicing of Meditation of School Children and Their Levels of Field Dependence-Independence, Test Anxiety, and Reading Achievement
B2. Addictions
9 Herbert Benson and R. Keith Wallace, with the Technical Assistance of Eric C. Dahl and Donald F. Cooke: Decreased Drug Abuse with Transcendental Meditation—A Study of 1,862 Subjects
10  C. Alan Marlatt, Robert R. Pagano, Richard M. Rose, and Janice K. Marques: Effects of Meditation and Relaxation Upon Alcohol Use in Male Social Drinkers

B3. HYPERTENSION

11  Herbert Benson, Bernard A. Rosner, Barbara R. Marzetta, and Helen M. Klemchuk: Decreased Blood Pressure in Pharmacologically Treated Hypertensive Patients Who Regularly Elicited the Relaxation Response

12  Richard A. Stone and James De Leo: Psychotherapeutic Control of Hypertension

B4. GENERAL PSYCHOTHERAPEUTIC APPLICATIONS FOR THE CLIENT AND THE THERAPIST


14  Bernard C. Glueck and Charles F. Stroebel: Meditation in the Treatment of Psychiatric Illness

15  Terry V. Lesh: Zen Meditation and the Development of Empathy in Counselors

16  Paul Leung: Comparative Effects of Training in External and Internal Concentration on Two Counseling Behaviors

B5. ADDITIONAL FINDINGS:

17  Leon S. Otis: Adverse Effects of Transcendental Meditation

18  Joseph Bono, Jr.: Psychological Assessment of Transcendental Meditation

C. MEDITATION AS ALTERED STATES OF CONSCIOUSNESS

C1. ATTENTIONAL/PERCEPTUAL ISSUES

19  Kenneth R. Pelletier: Influence of Transcendental Meditation Upon Autokinesis Perception

20  Richard J. Davidson, Daniel J. Goleman, and Gary E. Schwartz: Attentional and Affective Concomitants of Meditation: A Cross-Sectional Study

21  Daniel P. Brown and Jack Engler: A Rorschach Study of the Stages of Mindfulness Meditation
C2. EXPERIENCES DURING MEDITATION

22 Roger Walsh: Initial Meditative Experiences

23 Richard L. Kohr: Dimensionality in Meditative Experience: A Replication

24 Daniel P. Brown: A Model for the Levels of Concentrative Meditation

25 Daniel J. Goleman: The Buddha on Meditation and States of Consciousness

III PHYSIOLOGY OF MEDITATION

An Introduction to Part III: Physiology of Meditation

A. PHYSIOLOGY OF MEDITATION:

REVIEW ARTICLES

26 Robert L. Woolfolk: Psychophysiological Correlates of Meditation: A Review

27 Julian M. Davidson: The Physiology of Meditation and Mystical States of Consciousness

28Jonathan B. B. Earle: Cerebral Laterality and Meditation: A Review of the Literature

B. GENERAL METABOLIC AND AUTONOMIC CHANGES

29 Robert Keith Wallace, Herbert Benson, and Archie F. Wilson: A Wakeful Hypometabolic Physiologic State

30 David W. Orme-Johnson: Autonomic Stability and Transcendental Meditation

31 James C. Corby, Walton T. Roth, Vincent P. Zarcone, Jr., and Bert S. Kopell: Psychophysiological Correlates of the Practice of Tantric Yoga Meditation

32 P.B.C. Fenwick, S. Donaldson, L. Gillis, J. Bushman, G. W. Fenton, I. Perry, C. Tilsley, and H. Serafinowicz: Metabolic and EEG Changes During Transcendental Meditation: An Explanation

33 Ronald A. Jenning and James P. O’Halloran: Metabolic Effects of Transcendental Meditation: Toward a New Paradigm of Neurobiology

C. ELECTROENCEPHALOGRAPHIC CHANGES

34 B.K. Anand, G.S. Chhina, and Baldev Singh: Some Aspects of Electroencephalographic Studies in Yogi

35 Akira Kasamatsu and Tomio Hirai: An Electroencephalographic Study of the Zen Meditation (Zazen)

36 J.P. Banquet: Spectral Analysis of the EEG in Meditation
37 Paul Williams and Michael West: EEG Responses to Pictorial Stimulation in Persons Experienced at Meditation

38 James E. Bennett and John Trinder: Hemispheric Laterality and Cognitive Style Associated with Transcendental Meditation

39 Robert R. Pagano and Lynn R. Frumkin: The Effect of Transcendental Meditation on Right Hemispheric Functioning

40 Bernard C. Glueck and Charles F. Stroobel: Psychophysiological Correlates of Meditation: EEG Changes During Meditation

D. SLEEP


IV ADDITIONAL DEVELOPMENTS IN CLINICAL AND RESEARCH ASPECTS OF MEDITATION

An Introduction to Part IV: Additional Developments in Clinical and Research Aspects of Meditation

A. REFINING THE INDEPENDENT VARIABLE: CLINICAL IMPROVEMENTS

42 Jonathan C. Smith: Psychotherapeutic Effects of Transcendental Meditation with Controls for Expectation of Relief and Daily Sitting

43 James Malec and Carl N. Sippelle: Physiological and Subjective Effects of Zen Meditation and Demand Characteristics

44 Robert L. Woolfolk: Self-Control Meditation and the Treatment of Chronic Anger

B. MEDITATION: FOR WHOM? WHICH SUBJECT POPULATION, AND FOR WHICH CLINICAL PROBLEM?

45 Jonathan C. Smith: Personality Correlates of Continuation and Outcome in Meditation and Erect Sitting Control Treatments

Meditation: Self-Regulation and Altered State of Consciousness
Deane H. Shapiro, Jr.

Research has shown meditation to be as effective as any clinical self-regulation strategy available. Meditation is the most comprehensive survey in print establishing the credentials of this ancient discipline in modern scientific terms through data-based studies of its cognitive and curative effects.

0-202-25132-1. $24.95 cloth