

## BOOK REVIEWS

Shapiro, D.H., Jr., and Walsh, R.N. (Eds.) **Meditation: Classic and Contemporary Perspectives.**  
New York: Aldine Publishing Company, 1984. Pages: 722.

There are many popular books on meditation including several on Transcendental Meditation (TM), Benson's *The Relaxation Response*, and Carrington's *Freedom in Meditation*. However, a thorough, well-documented account of the science of meditation has been lacking. This book, edited by Shapiro & Walsh, fills the gap. It spans all scientific fields related to meditation and includes a collection of research studies from clinical psychology, psychiatry, psychophysiology, biochemistry, and neurology. The book also includes descriptions of classical meditation texts and phenomenological studies. Most of the chapters are reproductions of original articles that are classics in the field.

Among the highlights are: (1) EEG studies by Anand *et al.*, Kasamatsu & Hirai, and Glueck & Stroebel; (2) physiological correlations by Wallace & Benson, and Orme-Johnson as well as an excellent review by Woolfolk; (3) sleep and meditation by Pagano *et al.*; (4) TM and autokinetic perception by Pelletier; (5) meditation as psychotherapy by Smith; (6) meditation and stress by Goleman & Schwartz; (7) meditation and drug abuse by Benson & Wallace; (8) meditation and blood pressure control by Benson *et al.*, and Stone & DeLeo; (9) meditation and psychiatric illness by Glueck & Stroebel; (10) meditation compared to exercise in anxiety control by Schwartz *et al.*; (11) comparison of meditation and hypnosis by Walrath & Hamilton, and Morse & Furst; (12) meditation as an altered state of consciousness by Shapiro & Giber; and (13) personal experiences of meditation by Walsh.

The selection of previously published articles is well diversified and of excellent quality. The only problem is one that is related to many texts of this type. That is, some excellent studies of recent publication have been omitted. Most of the articles in the text are from the mid-to-late 1970's. Almost all articles published after 1979 have not been chosen. Undoubtedly, this is because of the time lag in publication. There is one notable example of which I am aware. Morse & Furst completed a four-year in-depth psychological, physiological and phenomenological study of 72 meditators. It was published in 1982 as a Special Issue of the *Journal of the American Society of Psychosomatic Dentistry*

and *Medicine*. It addressed several of the topics introduced in this volume.

In addition to the previously published articles, there are several articles expressly written for this text. Among the best are: (1) Adverse effects of TM by Otis; (2) self-control meditation and the treatment of chronic anger by Woolfolk; (3) the place of meditation in cognitive-behavior therapy and rational-emotive therapy by Ellis; (4) meditation and behavior therapy by Woolfolk & Franks; and (5) the problems of any unimodal technique by Lazarus.

The book is well organized into chapters that relate to, and logically follow, each other. The introduction encompasses four articles in a research overview that was written by the editors. It serves admirably in introducing the material that follows. The next section is the Psychology of Meditation that includes seven subdivisions. These are: (1) Therapeutic effects of meditation; (2) meditation and stress management; (3) addictions; (4) general psychotherapeutic applications; (5) normal subjects; (6) attentional/perceptual issues; and (7) experiences during meditation.

The third section is the Physiology of Meditation that includes four subdivisions. These are: (1) Physiology of meditation, review articles; (2) general metabolic and autonomic changes; (3) electroencephalographic changes; and (4) sleep. The fourth section is Additional Developments in Clinical and Research Aspects of Meditation. This also has four subdivisions: (1) Clinical improvements; (2) meditation for whom; (3) theoretical comparisons; and (4) research comparisons.

Then comes Views of the State of the Art which contains seven articles which highlight topics such as: (1) Meditation and the various psychotherapies; (2) meditation and neuroscience; and (3) the psychology of Zen. The last section is an epilogue well formulated and written by the editors. The text ends with an excellent bibliography on Meditation and Related Articles. This is more up-to-date than the articles in the text, but it too suffers from time lag. All in all, the book is an excellent compilation of the scientific aspects of meditation that separates the wheat from the chaff.

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February 22, 1985

Dr. Deane H. Shapiro, Jr., Director  
Executive Stress Management Program  
University of California, Irvine  
Medical Faculty Group  
19722 MacArthur Blvd.  
Irvine, California 92715

Dear Deane,

We have been notified that *Choice* magazine (the journal of the Association of College and Research Libraries) has selected your book as one of their 1984/85 Outstanding Academic Books. Congratulations!

Sincerely,

  
Kyle Wallace  
Editorial Director



CHOICE  
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Psychology

**MEDITATION: classic and contemporary perspectives.** ed. by Deane H. Shapiro and Roger N. Walsh. Aldine, a div. of Walter De Gruyter, 1984. 722p ill bibl index 84-300. \$9.95 ISBN 0-202-25136-5. CIP

A necessary addition to any library's collection of books on meditation. The articles in this volume are significant for both researchers and consumers of meditation programs. For researchers this book demonstrates that scientific methods can be used to study meditation. For the consumer who makes a financial investment in a meditation program, it offers a critical overview of the nature of meditation and its application. The content of the articles ranges from scientific descriptions of meditation to critical appraisals of its usefulness in treating drug abuse, stress, and other psychological problems. This book is essential as a resource book for students writing research papers on any aspect of meditation. It will surely become a classic in the field, because it presents models of critical thinking and the successful application of scientific methods to a phenomenon that many people regard as unscientific. *Meditation* organizes the research trends on meditation into a state-of-the-art perspective just as *Hypnosis-Research Developments and Perspectives*, edited by Erika Fromm and Ronald E. Shor (1972), did for hypnosis research.—F. Smolucha, *Moraine Valley Community College*

SHAPIRO, DEANE H. JR. & WALSH; ROGER N. *Meditation: Classic and contemporary perspectives*. New York: Aldine, 1984. \$59.95, 714 pp.

This long-awaited volume, in press for several years, has finally appeared as a substantial contribution to the clinical, research,

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and theoretical literature concerned with meditation. The book is not intended for a popular audience, but is ". . . a collection of theory, and empirical studies, from such diverse fields as clinical psychology and psychiatry, the neurosciences, psychophysiology, biochemistry, and also includes descriptions of classical meditation texts and phenomenological studies of advanced meditators."

*Miles A. Vich*

The editors are behavioral scientists and clinicians, as well as experienced meditators in at least two different traditions. Applying their informed and critical perspective to a voluminous literature, they have collected an impressive range of articles reflecting many paths and traditions in meditation. The collection encompasses nearly all Eastern (Asian) systems now practiced in the West; they reference dozens of techniques, practices and methods. Hence the inclusion of 60 chapters by half-again as many authors. Some of the material was prepared especially for the book; most chapters are photoreproduced from original publications.

The introduction to this collection, Part I, consists of four research overviews which provide various models, theoretical structures, and perspectives for conceptualizing meditation. Part II is concerned with the psychology of meditation and focuses on therapeutic effects, stress management, addictions, hypertension, therapeutic applications, normal subjects, attentional/perceptual issues, and experiences during meditation. Part III is also quite substantial and takes up the physiology of meditation. It begins with three review articles and continues with thirteen studies on sleep, metabolic, autonomic and electroencephalographic changes. Part IV is concerned with additional developments in clinical and research aspects. The last section of contributed articles, "Views of the State-of-the-Art," provides seven viewpoints on meditation, including Yoshiharu Akishige's excellent piece on "The Principles of Psychology of Zen." The editors' circumspect but encouraging epilogue (Part VI) recommends, among other things, that both scientists and meditators attempt to "see things as they are," which, in light of what has gone before, is a challenge indeed.

This book is an important tool for any serious investigator. Its 700+ pages include comparison summaries, numerous tables, graphs, and much statistical data. Its 600+ item bibliography could be combined with a larger meditation bibliography in *JTP* (15, 2, 1983) to identify most technical English language publications on meditation in the West. For the professional, academic, or anyone concerned with the techniques, effects, and psychological impact of meditation, this book constitutes the most informed, balanced, and therefore useful single source of information to be found to date in one volume.

To Dr. Shapiro

This is the evening edition of the Japanese newspaper "ASAHI SHINBUN - the most authoritative one"

I translated the part in which he referred to you as follows :

Transpersonal psychologists Dr. Dean Shapiro and Dr. Roger Walsh edited " Meditation: Classic and Contemporary Perspectives ". That researching book was awarded with the 1985 Federal Government Academic Prize. That fact tells to us these researches gradually is permeating among the world.

瞑想に関しては、今年、洋心理学の手法に加えて、瞑  
 想、瞑想、瞑想法などの東西の  
 権威ジョセフ・キヤ  
 宗教的修行の技法が数多く取り  
 込まれた。内なる空虚  
 入られている。もちろん、こ  
 と題したシンポジ  
 うした技法の導入はいまだ実験  
 的領域を出ないものである。だ  
 れたり、サンフラン  
 シスコやユング心  
 ン・ペリー氏が参加  
 シンポジウムが開  
 ジョー・ウォルシュ氏が編集し  
 座「瞑想—古典的、現代的視  
 座」に題した研究書が、一九八  
 五年度の連邦政府の学術賞を受  
 賞しており、その研究が徐々に  
 深まっていることを物語ってい  
 る。  
 シンポジウムが  
 学術出現か  
 もいづつかの瞑  
 シンポジウムが

徐々に日本に浸透  
 トランスパーソナル心理学に  
 はもう一つ見逃すことのできな  
 い側面がある。トランスパー  
 ナル心理学者の総意という形  
 で、核、汚染、差別、戦争など  
 に代表される現代社会の危機と  
 個人の内面的危機を基本的な  
 等質なものとして見ている点  
 である。そのため、トランスパー  
 ナル心理学者間には社会活動  
 への積極的な参加や発言が見ら  
 れる。

瞑想の二環として

Ir. Yoshifuku ( )  
 wrote this article.

百代の過客  
 日記にみる日本人  
 ドナルド・キ

Dr. Michael Del Monte. Distinguished Senior Psychologist St Patrick's Hospital, Dublin  
Michael

The Edited book Meditation Classic and Contemporary Perspectives is an outstanding effort, and stands  
upsuperseded as the major handbook in this area...in scholarship, editorial skill, and dedication.

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William Mikulas, Professor, University of West Florida

Meditation Classic and Contemporary Perspectives is recongized worldwide as a basic resource.

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Dr. N. S. VAHIA  
M. D. (Bom.) F. R. C. Psy.  
Hon. Psychiatrist  
NANAVATI HOSPITAL

I:4

BILQEES MANSION,  
TOP FLOOR,  
OPP. GRINDLAY'S BANK,  
261, D. NAOROJI ROAD,  
BOMBAY 400 001.

TELE. { CONSULTING ROOM 262596  
RESIDENCE 4224078

Date April 22 1986

Doctor Deane H. Shapiro, Jr., Ph.D.,  
University of California,  
U.S.A.

Dear Dr. Shapiro,

Thank you very much for the book-Meditation Volume II, which I received very recently.

Although the book was sent by you many months back, it did not reach me as I have retired from the K.E. M. Hospital. For the reasons that I could not really understand, the book remained somewhere and only a few days back it was handed over to me.

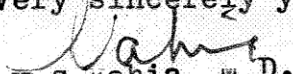
I am very grateful to you for the book and I am very very sorry for the delay in acknowledging its receipt.

From the time I received the book, I am doing nothing but reading this volume as it is very enlightening. I am particularly thankful to you for the critical comments of our work.

At present, we have established a project for the study of value of meditation in another hospital with a completely new team. We are trying to modify our methodology taking into consideration the comments regarding the difficulties in research in this field that had been clearly brought out in this volume. We will send you our findings as soon as they are ready.

Thanking you once again and with regards,

Very sincerely yours,

  
N.S. Vahia, M.D.