



DEPARTMENT OF PSYCHIATRY AND HUMAN BEHAVIOR
Deane H. Shapiro Jr., PhD

Please Reply to:

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Dear Charles:

I am interested in the research on meditation and control, and was interested to see that the perceived control TM group was less than in mindfulness. It appears that you used only Rotter's i.e., as measurement. Is that correct?

My sense is that meditation may involve a type of "perceived control" not measured by Rotter--a yielding mode of control, a surrender, letting go mode (copy of inventory we've developed to help measure that). You may want to consider it in your future meditation research.

In any case, could you please send me a copy of the revised Rotter scale that you used, and your thoughts on why the outcome was as you reported regarding perceived control.

The Grossmans (Barbara and Michael) of California send their best wishes. Give my regards to David.

Sincerely,

Deane Shapiro, Jr., Ph.D.
Associate Professor in Residence

DHS/

enc.

PS. 3 weeks. Follow up? Check control? Adh...

med. 99a

denomination.

Prayer was done daily outside hospital. Only first name, diagnosis of IP group given to those who prayed.

Questions: Data: needed reliability score re: good, intermediate, bad.

whether patients prayed, or held religious beliefs was not determined.

Whimsical: what if someone in control group with same name? View of God--need people to prayer for you in group. Individual not enough?

Role of death anyway?

Author: "829) how God acted in this situation is unknown: i.e., were the groups treated by God as a whole or were individual prayers answered.

"in Acknowledgements: I thank God for responding to the many prayers made on behalf of the patients.

S1: TM MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

Societal incoherence can be reduced by 1% of population practicing TM. With TM Siddhi program, square root of 1% is enough to have measurable effect on standard indices of quality of life (crime rate, motor vehicle fatality rate, unemployment rate, and infant mortality rate.

And Quantum Fields.: using superstring theory of Green, 1985, 1986: Nature, Scientific America; Waldrop, 1985 Science; Schwartzchild, Physics Today), there is a place where fundamental forces and matter fields are said to be fully unified. Then, "if...the unified field is the source of all phenomena, it should be the source of subjective as well as objective existence.

IV: Number of TM er's Meditating. (654 to 241). Divided into four quatriles.

Theory: Need 65 for Jerusalem, 230 for Israel, and 281 for Lebanon (square root of one % of the respective populations.)

DV: from crime, stock market to war deaths (Lebanon).

RESULTS:

Inverse correlation between MTUF group size and Lebanaon war intensity scale; and positive correlation with Composite index score: negative variables: auto accidents, fires, crime in Jerusalem and Israel, war deaths, decreased). and positive variables: stock market, national mood, increased.

Deaths in Lebanaon during the largest group size dropped 75% from mean of 40.1 (when lowest number meditating) to 9.7 when highest number meditating.

The effect reached significance by second quartile for Jersualem and Israel, but not until fourth quartile when gorup reached 180-241 for Lebanon.

Issues: High Holy Days. Yom Kippur war?

Time lag sometimes, not in others (i.e., takes a few days for effect to hit policy makers who then make a change. (805).

Causal: soldier leaves TM practice for war (didn't occur they said)./

Maharishi Post hoc explanation: policy changes occurred more than individual behavioral change in the population because policy members more sensitive to this collective consciousness. (1986) study done in 1983). p. 798)

This past few weeks: Berlin wall, Czechoslovakia?

p. 779: meta analysis of 104 studies found the effect size of TM on trait anxiety was approximately twice as large as that associated with other forms of relaxation or meditation.