THE PSYCHOLOGY AND PHYSIOLOGY
OF MEDITATION AND RELATED
PHENOMENA: A BIBLIOGRAPHY

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This bibliography grew out of a search for background information for studies in the psychophysiology of meditation now in progress at the Langley Porter Institute. Interest in meditation research is apparently increasing, both in the East and West. It is hoped that this survey of the scientific literature will be of value to researchers and students.

The bibliography should also be of interest to researchers in the rapidly growing field of altered states of consciousness, such as hypnotic and drug-induced states (see Tart, 1969), and states associated with physiological auto-regulation, as learned with bio-feedback techniques (see Nowlis, et al., in preparation).

The studies available at this time are predominantly concerned with Eastern disciplines, such as Buddhism and yoga. They represent the attempts of psychologists, physiologists and physicians to investigate a great variety of phenomena such as body-oriented practices (hatha yoga), concentration practices, contemplative and meditative states, and mystical experiences. Some of the papers explore the relationship between meditation and kindred areas such as parapsychology, bio-feedback, psychotherapy, etc.

The period surveyed ranges from about 1925 through 1969. Most of the references are journal articles. A few books containing relevant material are included, as well as several periodicals in which articles of interest are likely to be found. A number of publications now in preparation are listed in

1This study was supported by the Mary Reynolds Babcock Foundation and by a Public Health Service Research Scientist Development Award (No. MH 38897) from the National Institute of Mental Health. The authors gratefully acknowledge the assistance of Mrs. Vera GrundeI, Mrs. Carol Parker and Mrs. Dorothy Reese.
an appendix and call attention to the increasing activity in meditation research.

Titles of foreign articles are translated into English, and are indicated by enclosure in parentheses. The original language is indicated at the end of the reference. The presence of an English abstract is indicated, if known. Not all articles were available for inspection.

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