

THE PSYCHOLOGY AND PHYSIOLOGY OF MEDITATION AND RELATED PHENOMENA: A BIBLIOGRAPHY¹

Beverly Timmons

Joe Kamiya

Langley Porter Neuropsychiatric Institute, San Francisco

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 Grundel, 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.

BIBLIOGRAPHY

- AARONSON, B. Mystic and schizophreniform states and the experience of depth. *Journal for the Scientific Study of Religion*, 1967, 6, 246-252.
- AARONSON, B. Hypnotic alterations of space and time. *International Journal of Parapsychology*, 1968, 10, 5-36.
- AKISIUGE, Y. (Ed.) Psychological studies on Zen. Kyushu Psychological Studies. *Bulletin of the Faculty of Literature of Kyushu University*, Fukuoka, Japan, 1968, No.5.
- ALEXANDER, F. Buddhistic training as an artificial catatonia. *Psychoanalytic Review*, 1931, 18, 129-145.
- ALLISON, JOEL. Adaptive regression and intense religious experiences. *Journal of Nervous and Mental Disease*, 1967, 145, 452-463.
- AL-TAFTAZANI, A. (Psychology of mysticism I.) *Egyptian Journal of Psychology*, 1949-50, 5, 291-295. (Arab.)
- AL-TAFTAZANI, A. (Psychology of mysticism II.) *Egyptian Journal of Psychology*, 1950, 5, 277-284. (Arab.)
- AMES, V. William James and Zen. *Psychologia*, 1959, 2, 114-119.
- ANAND, B., & CHI-UNA, G. Investigations on yogis claiming to stop their heart beats. *Indian Journal of Medical Research*, 1961, 49, 90-94.
- ANAND, B., CHHINA, G., & SINGH, B. Some aspects of electroencephalographic studies in yogis. *Electroencephalography and Clinical Neurophysiology*, 1961, 13, 452-456. (a)
- ANAND, B., CHHINA, G., & SINGH, B. Studies on Shri Ramananda Yogi during his stay in an airtight box. *Indian Journal of Medical Research*, 1961, 49, 82-89. (b)
- ARROYO, J. (Remarks on the third eye. A curiosity from the medical point of view.) *Medicina (Mexico)*, 1961, 41, Suppl., 153-156. (Sp.)
- ASRANI, U. A modern approach to mystical experience. *Main Currents in Modern Thought*, 1963, 20, 15-20.
- ASRANI, U. Psychology of mysticism. *Yoga-Mimamsa*, 1968, J1, 33-49.
- ASRANI, U. The psychology of mysticism. *Main Currents in Modern Thought*, 1969, 25, 68-73.

- ASSAGIOLI, R. *Psychosynthesis: a manual of principles and techniques*. New York: Hobbs, Dorman, 1965,
- ATREYA, B. (Points in common between modern parapsychological research of the Orient and the old Vidya Adyatma of India.) *Psyche (Paris)*, 1952, 7, 589-597. (Fr.)
- ATREYA, B. Parapsychological references in Yogavasistha. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 107-117.
- BAGCHI, B. Mental hygiene and the Hindu doctrine of relaxation. *Mental Hygiene*, 1936, 20, 424-440.
- BAGCHI, B., & WENGER, M. Electrophysiological correlates of some yogi exercises. *Electroencephalography and Clinical Neurophysiology*, 1957, Suppl. No.7, 132-149.
- BAGCHI, B., & WENGER, M. Simultaneous EEG and other recordings during some yogic practices, *Electroencephalography and Clinical Neurophysiology*, 1958, 10, 193. (Abst.)
- BANERJEE, K. The concept of consciousness in Advaita philosophy-not a study in the Advaita philosophy. *Philosophical Quarterly (Amalner)*, 1961, 34, 155-164.
- BANERJEE, H. ESP and yogic methods of concentration. *Parapsychology. The Indian Journal of Parapsychology*, 1963-64,5, 147-157.
- BANERJEE, H. The proposal for the study of psychical capacities of the persons practicing yoga. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 138-146.
- BANERJI, S. Observations on psychoanalysis and existentialism. *Samiksa. Journal of the Indian Psychoanalytic Society*, 1968, 22, 50-72.
- BAUMGARTNER, P. (Functional maintenance and retraining of the locomotor system). *Gazette Medicale de France*, 1964,71,1763-1776. (Fr.)
- BAUMGARTNER, P. (Characteristics and therapy of the aging of the locomotor apparatus). *Revue Francaise de Gerontologie*, 1965, 11, 131-132. (Fr.)
- BECKER, E. Psychotherapeutic observations on the Zen doctrine. *Psychologia*, 1960, 3, 100-112.
- BECKER, E. *Zen: a rational critique*. New York: W. W. Norton, 1961.
- BECKER, H. The central psychologic role of the trance in "Zen therapy" (with an appendant caution for therapeutic research). *American Journal of Psychotherapy*, 1961, 15, 645-657.
- BEHANAN, K. *Yoga, a scientific evaluation*. New York: Dover, 1937.
- BEN-AVI, A. Zen Buddhism. In S. Arieti (Ed.), *American*

- handbook of psychiatry* Vol. 2. New York: Basic Books, 1959. Pp. 1816-1820.
- BENOIT, H. *Let go!* London: Allen & Unwin, 1962.
- BENOIT, H. *The supreme doctrine: psychological studies in Zen thought.* New York: Pantheon, 1955.
- BENSON, H, Yoga for drug abuse. *The New England Journal of Medicine*, 1969, 281, 1133.
- BERNARDI, S. (Problems relative to emotional conditioning by parapsychological phenomena.) *Rassegna Italiana di Ricerca Psichica*, 1966, No.1, 41-52. (,Ital.)
- BHATTACHARYA, K. Modern psychology and Hindu thought. *Philosophical Quarterly (Amalner)*, 1960, 33, 1-12,
- BHATTACHARYA, K. The concept of self in Buddhism. *Philosophical Quarterly (Amalner)*, 1961, 34, 77-87.
- BHOLE, M., KARAMBELKAR, P., & VINEKAR, S. Underground burial or Bhoogarbhā Samadhi. *Yoga-Mimamsa*, 1967, 10, 12-16.
- BLOFIELD, I. A high yogic experience achieved with mescaline. *Psychedelic Review*, 1966, No.7, 27-32.
- Bors, J. General semantics and Zen. *Etc. A Review of General Semantics*, 1961, 18, 34-46.
- BROSSE, T. A psychophysiological study. *Main Currents in Modern Thought*, 1946,4, 77-84.
- BUCKE, R. *Cosmic consciousness: a study in the evolution of the human mind.* New Hyde Park, N. Y.: University Books, 1961.
- BURCHARD, E. Mystical and scientific aspects of the psychoanalytic theories of Freud, Adler and Jung. *American Journal of Psychotherapy*, 1960, 14, 289-307.
- BURNS, D, Buddhist meditation and depth psychology. San Carlos, Calif.: *Neo-Dhamma Publications*, Aug. 1964, No.5.
- CHARI, C. The mystical and the paranormal. *American Society for Psychical Research*, 1954, 48, 96-107.
- CHARI, C. Parapsychological studies and literature in India. *International Journal of Parapsychology*, 1960, 2, 24-36.
- CHATTERJI, V. Shakta and Shakti. *Studies in Comparative Religion*, 1968, 2, 211-233.
- CIUBA, T. On the proper consciousness—a mode of the unconscious. *Psychologia*, 1960, 3, 65-72.
- CHUNG, C. Differences of the ego, as demanded in psychotherapy, in the East and West. *Psychologia*, 1969, 12, 55-58.
- CLARK, W. Interpreting the East to the West. *International Journal of Parapsychology*, 1963, 5, 336-346.
- CLARK, W. Discussion of Prince and Savage. *Psychedelic Review*, 1966, No.8, 76-81.

- COHEN, S. *The beyond within. The LSD story*. New York: Atheneum, 1964.
- CoSTER, G. *Yoga and western psychology*. New York and London: Oxford Univ. Press, 1934.
- CRUMBAUGH, J. The potential contributions of yoga to parapsychology. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 75-77.
- DALAL, A., & BARBER, T. Yoga, "yogic feats," and hypnosis in the light of empirical research. *American Journal Of Clinical Hypnosis*, 1969, 11, 155-166.
- DALTON, E. Mysticism and general semantics. *Etc. A Review of General Semantics*, 1965, 22, 486-495.
- DAS, J. Yoga and hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 1963, 11, 31-37.
- DAS, N., & GASTAUT, H. (Variations in the electrical activity of the brain, heart and skeletal muscles during yogic meditation and trance.) *Electroencephalography and Clinical Neurophysiology*, 1955, Suppl. No.6, 211-219. (Fr., Eng. Abst.)
- DAS GUPTA, N. Human personality and parapsychology. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 51-56.
- DAS GUPTA, S. The Freudian and the yoga conceptions of repression. *Philosophical Quarterly (Amalner)*, 1937, 13, 148-154.
- DATEY, K., DESHMUKH, S., DALVI, G., & VINEKAR, S. "Shavasan": a yogic exercise in the management of hypertension. *Angiology*, 1969, 20, 325-333.
- DAVID-NEEL, A. (Psychic training among the Tibetans.) *Bulletin Institut General Psychologique*, 1927, No. 4-6, 179-204. (Fr.)
- DAVID-NEEL, A. (Psychic phenomena in Tibetan beliefs and practices.) *Revue de Paris*, 1929, 36, 566-594. (Fr.)
- DAVY, M. (Limitations of psychoanalysis in the approach to mysticism.) *Psyche (Paris)*, 1949, 4, 105-116. (Fr.)
- DEAN, S. Beyond the unconscious: the ultraconscious. *Psychologia*, 1965, 8, 145-150.
- DEIKMAN, A. Experimental meditation. *Journal of Nervous and Mental Disease*, 1963, 136, 329-343.
- DEIKMAN, A. De-automatization and the mystic experience. *Psychiatry*, 1966, 29, 324-338. (a)
- DEIKMAN, A. Implications of experimentally produced contemplative meditation. *Journal of Nervous and Mental Disease*, 1966, 142, 101-116. (b)
- DB RoPP, R. *The master game*. New York: Dell, 1968.
- DIETRICH, V. (On hysteria in mysticism and mysticism in hysteria.) *Confinia Psychiatrica (Basel)*, 1963, 6, 232-241. (Ger.)

- DOI, L. Morita therapy and psychoanalysis. *Psychologia*, 1962,5, 117-123.
- DUMOULIN, H. Methods and aims of Buddhist meditation -Satipatthana and Zen. *Psychologia*, 1962, 5, 175-180.
- DURCKHEIM, K. *Bara: the vital center of man*. London: George Allen & Unwin, 1962.
- EYSENCK, H. Psychotherapy or behavior therapy. *Indian Psychological Review*, 1964, 1, 33-41.
- FALK, M. The oldest psychology: terminus a quo and aspects. *Indian Journal of Psychology*, 1943, 18, 106-116.
- FARIA, O. (Auto-hypnosis and mysticism.) *Arquivos Brasileiros de Medicina Naval (Rio de Janeiro)*, 1958, 19, 6873-6882.
- FINGARETTE, H. The ego and mystic selflessness. *Psychoanalysis and the Psychoanalytic Review*, 1958, 45, 5-40.
- FORDHAM, M. The relevance of analytical theory to alchemy, mysticism, and theology. *Journal of Analytical Psychology*, 1960, 5, 113-128.
- FREY, B. (Mysticism or hysteria.) *Journal des sciences Medicales de Lille*, 1953, 71, 431-439. (Fr.)
- FRIEDEL, A. Automatic attentive breathing in angina pectoris. *Minnesota Medicine*, 1948, 31, 875-881.
- FROMM, E. Psychoanalysis and Zen *Buddhism*. *Psychologia*, 1959,2, 79-99.
- GAERTNER, R., GAERTNER, L., GOSZCZ, W., & PASEK, T. Influence of posture on blood composition and circulation. *Acta Physiologica Polonica*, 1965, 16, 44-52.
- GHOSH, B. The way of life-according to ancient and modern thought. *Indian Journal of Psychology*, 1941, 26, 79-83.
- GILBERT, A. From Buddha to Pavlov-the technique of mysticism. *Psychologia*, 1967, 10, 121-128.
- GIRINBRASEKHAR, B. The yoga sutras. *Samiksa. Journal of the Indian Psychoanalytical Society*, 1957, 11, 44-63. (a)
- GIRINDRASEKHAR, B. The yoga sutras. *Samiksa. Journal of the Indian Psychoanalytical Society*, 1957,11,73-137. (b)
- GIRINDRASEKHAR, B. The yoga sutras. *Samiksa. Journal of the Indian Psychoanalytical Society*, 1957, 11, 157-185. (c)
- GODAN, V. (Religious interference phenomena during autogenic training; their assessment and avoidance.) *Zeitschrift fuer Psychotherapie*, 1963, 13, 96-101. (Ger.)
- GOOD, I. Quantum mechanics and yoga. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 84-91.
- GREEN, E. Tibetan Buddhism. Paper presented at the Conference on Voluntary Control of Internal States, Council Grove, Kansas, April 7-11, 1969.
- GRIFFITH, H. LSD and the mystical experience. Unpublished MS, 1967.

- GRINBLAT, S. (Shavasana, autopsychorelaxation.) *Semana Medica (Buenos Aires)*, 1959, 115, 928-930. (Sp.)
- HALDAR, A. Buddhist conception of cognition or JNAAM. *Samiksa. Journal of the Indian Psychoanalytic Society*, 1959, 13, 85-94.
- HAMMETT, F. The conceptual psychology of the ancient Hindus. *Psychoanalytic Review*, 1929, 16, 291-311.
- HAVENS, T. The ordering of states of mind in early Buddhism. *Main Currents in Modern Thought*, 1966, 22, 97-101.
- HEIDER, J. The flexibility and rigidity of perceptual/cognitive constructs: a study of creative states of awareness. Unpub. doctoral dissertation, Duke University, 1968.
- HENROTTE, J. (Medicine and medical research in Southern India.) *Revue Medicale de Liege*, 1963, 18, 546-549. (Fr.)
- HERBERT, J. A study of EEG changes during Zen meditation. Unpublished master's thesis, San Francisco State CoUegc, 1970.
- HIRAI, T. (Electroencephalographic study on Zen meditation (Zazen): EEG changes during the concentrated relaxation.) *Psych/atria et Neurologia Japonica*, 1960, 62(1), 76-105. (Jap.) *English abstract*, Suppl., p. 5.
- HOENIG, J. Medical research on yoga. *Confinia Psychiatrica (Basel)*, 1968, 11, 69-89.
- HOLMES, S. Zen Buddhism and transactional psychology, *Etc. A Review of General Semantics*, 1957, 14, 243-249.
- HORA, T. Tao, Zen, and existential psychotherapy. *Psychologia*, 1959, 2, 236-242.
- HOSKOVEC, J. (Psychotherapeutic aspects of the Zen system.) *Ceskoslovenska Psychiatrie*, 1963, 59, 406-411. (Cz.)
- HUARD, P. (The Eurasian technics of physical culturc, kinesis, and psychosomatic control.) *Collcours Medical*, 1960, 82, 2995-3009. (Fr.)
- HUBER, J. *Through an Eastern window*. New York: Bantam, 1968.
- HUDDLESTON, O. Flexibility exercises for physical fitness. *Archives of Physical Medicine and Rehabilitation*, 1964, 45, 581-584.
- HUMMEL, S. (Explanation of Kundalini yoga. *Psyche (Heidelberg, Stuttgart)*, 1951,5, 210-218. (Ger.) (a)
- HUMMEL, S. (The paradox in the theory of Kundalini yoga.) *Psyche (Heidelberg; Stultgart)*, 1951,5, 399-400. (Ger.) (b)
- HUMMEL, S. (The Buddhist pagoda as psychological diagram.) *Psyche (Heidelberg, Stuttgart)*, 1952, 5, 628-635. (Ger.)

- HUXLEY, F. Substance and method of Zen practice. *International Journal of Parapsychology* 1960, 11, 80-90.
- JACOBS, H. *Western psychotherapy and Hindu Sadhana, a contribution to comparative studies in psychology and metaphysics*. London: Allen & Unwin, 1961.
- JACOBSON, A., & BERENBERG, A. Japanese psychiatry and psychotherapy. *American Journal of Psychiatry*, 1952, 109, 321-329.
- JAHAGIRDAR, K. Metapsychics and Shivatantra Yoga. *Parapsychology: The Indian Journal of Parapsychological Research*, 1965-66, 7, 83-99.
- JAMES, W. *The varieties of religious experience*. New York: The New American Library of World Literature, 1958.
- JORDAN, G. Reflections on LSD, Zen meditation and satori. *Psychologia*, 1961, 5, 124-130.
- Journal for the Scientific Study of Religion*. Pub. by The Society for the Scientific Study of Religion, 3812 Walnut St., Philadelphia, Pa.
- Journal for the Study of Consciousness*. Philadelphia, Pa.: Foundation for the Study of Consciousness. Editorial offices, 844 San Ysidro Lane, Montecito, Santa Barbara, Calif. 93103. Charles Muses, Ed.
- JUNG, C. *Psychology and religion: West and East*. (Vol. 11 of the Collected Works.) New York: Bollingen Foundation, 1958.
- Kaivalyadhama Shreeman Madhava Yoga Mandira Samiti, Lonavla (Poona), India. Recent publications:
- Experiments on Pranayama: Bhastrika Pranayama. Effect on urinary acid excretion and pH. *Yoga-Mimamsa*, 1956,6, 9-18.
 - Studies in alveolar air, I: carbon dioxide concentration in different parts of the alveolar air samples. *Yoga-Mimamsa*, 1956, 6, 99-105.
 - Studies in alveolar air, II: variation in composition of different parts of resting alveolar air. *Yoga-Mimamsa*, 1957,7,9-17.
 - Studies in alveolar air, III: carbon dioxide concentration in resting alveolar air. *Yoga-Mimamsa*, 1957, 7, 79-86.
 - Studies in alveolar air in Kapalabhati, I: alveolar air at the end of two minutes Kapalabhati. *Yoga-Mimamsa*, 1957, 7, 18-25.
 - Studies in alveolar air in Kapalabhati, II: alveolar air at the end of five minutes Kapalabhati. *Yoga-Mimamsa*, 1957, 7, 87-94.
- KALGHATGI, T. A new look at paranormal phenomena. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 92-98.

- KAMIYA, J. Conscious control of brain waves. *Psychology Today*, 1968, 1, 57-60.
- KARAMBELKAR, P., BHOLE, M., & GHAROTTE, M. Effect of yogic asanas on uropepsin excretion. *Indian Journal of Medical Research*, 1969, 57, 944-947. (a)
- KARAMBELKAR, P., BHOLE, M., & GHAROTTE, M. Muscle activity in some asanas. *Yoga-Mimamsa*, 1969, 12, 1-13. (b)
- KARAMBELKAR, P., VINEKAR, S., & BHOLE, M. Studies on human subjects staying in an air-tight pit. *Indian Journal of Medical Research*, 1968, 56, 1282-1287.
- KASAMATSU, A., & HIRAI, T. Science of Zazen. *Psychologia*, 1963, 6, 89-91. (From the soundtrack of a 16-mm film of the same title.)
- KASAMATSU, A., & HIRAI, T. An electroencephalographic study on the Zen meditation (Zazen). *Folia Psychiatrica Neurologica Japonica*, 1966, 20, 315-336.
- KASAMATSU, A., OKUMA, T., TAKENAKA, S., KOGA, E., IKEDA, K., & SUGIYAMA, H. The EEG of Zen and yoga practitioners. *Electroencephalography and Clinical Neurophysiology*, 1957, Suppl. No.9, 51-52.
- KAWAI, H. Discussions on Morita therapy-a psychotherapy in the line of Zen. *Psychologia*, 1960, 3, 92-99.
- KELMAN, H. Communing and relating. Part I. Past and current perspectives. *American Journal Of Psychoanalysis*, 1958, 18, 77-98.
- KELMAN, H. Eastern influences on psychoanalytic thinking. *Psychologia*, 1959, 2, 73-75.
- KIRSCH, J. Affinities between Zen and analytical psychology. *Psychologia*, 1960, 3, 85-91.
- KISHIMOTO, K. A preliminary theory about psychotherapy based on Oriental thought. *Acta Psychotherapeutica et Psychosomatica (Basel)*, 1962, 10, 428-438.
- KITAMURA, S. (Some problems concerning ego as experience.) *Tohoku Psychologica Folia*, 1942, 9, 139-146. (Ger.)
- KJELLBERG, S., MARSHALL, R., MALMSTROM, G., & RUDHE, U. (Case of acquired ability to suck liquid into the rectum and colon.) *Nordisk Medicin*, 1950, 44, 1102-1103. (Sw., Eng. nbst.)
- KLEIN, S. Zen Buddhism and general semantics. *Etc. A Review of General Semantics*, 1957, 14, 88-97.
- KOESTLER, A. *The lotus and the robot*. New York: Harper, 1960.
- KOHYAMA, I. Existential philosophy and psychology in the West and in the East. *Psychologia*, 1966, 9, 2-6.
- KONDO, A. Intuition in Zen Buddhism. *American Journal of Psychoanalysis*, 1952, 12, 10-14.

- KONDO, A. Morita therapy. A Japanese therapy for neurosis. *American Journal of Psychoanalysis*, 1953,13, 31-37.
- KONDO, A. (Morita therapy.) *Psyche (Heidelberg; Stuttgart)*, 1958,12, 309-318. (Ger.) (a)
- KONDO, A. Zen in psychotherapy: the virtue of sitting. *Chicago Review*, 1958, 12, 57-64. (b)
- KORA, T., & SATO, K. Morita therapy: A psychotherapy in the way of Zen. *Psychologia*, 1958, 1, 219-225.
- KRANEFELDT, W. (Report on the yoga-seminar of Professor J. W. Hauer.) *Zentralblatt fuer Psychotherapie*, 1932, 5, 707-713. (Ger.)
- KRETSCHMER, W. Meditative techniques in psychotherapy. *Psychologia*, 1962, 5, 76-83.
- KRIPPNER, S. Investigations of "extrasensory" phenomena in dreams and other altered states of consciousness. Paper read at the Human Dimensions Institute, Buffalo, N. Y., May, 1969.
- KRISHNAMURTHY, N. Counselling as we find in the Gita. *Transactions of the All-India Institute of Mental Health (Bangalore)*, 1964, No.4, 42-49.
- KUPPUSWAMY, B. The psychological aspects of Kathopanishad. *Philosophical Quarterly (Amalner)*, 1962,34,247-251.
- KUPPUSWAMY, B. Introversion and Antarmukhi. *Philosophical Quarterly (Amalner)*, 1963, 35, 265-271.
- KURODA, R. On Vijnati-matrata. I. Introduction and the eight phases of the mind. *Acta Psychologica (Keijo)*, 1932, 1, 133-145.
- KURODA, R. On Vijnati-matrata. II. The first two classes of Caitasikadharmas. *Acta Psychologica (Keijo)*, 1934, 2, 84-90. (a)
- KURODA, R. Takuan's psychology revealed in his work, "Rigaku Shokei." *Acta Psychologica (Keijo)*, 1934, 2, 71-75. (b)
- KURTZ, P. Similarities and differences between religious mysticism and drug induced experiences. *Journal of Humanistic Psychology*, 1963, 3, 146-153.
- KUVALAYANANDA, SWAMI & VINEKAR, S. *Yogic therapy: its basic principles and methods*. New Delhi: Central Health Education Bureau, Directorate General of Health Services, Ministry of Health, Gov. of India, 1963.
- LAVERY, C., & BROSE, T. (Data gathered in India on a yogi with simultaneous registration of the pulse, respiration, and electrocardiogram.) *Presse Medicale*, 1936, 44, 1601-1604. (Fr.)
- LEACH, E. Pulleyar and the Lmd Buddha: an aspect of

- religious syncretism in Ceylon. *Psychoanalysis and the Psychoanalytic Review*, 1962, 49, 80-102.
- LEARY, T. The religious experience: its production and interpretation. *Psychedelic Review*, 1964, No.3, 324-346.
- LEARY, T., METZNER, R., & ALPERT, R. *The psychedelic experience. A manual based on the Tibetan Book of the Dead*. New Hyde Park, N. Y.: University, 1964.
- LEDERER, W. Primitive psychotherapy. *Psychiatry*, 1959, 22, 255-265.
- LEGGETT, T. *Tiger's cave*. London: Rider & Co., 1964.
- LHERMITTE, J. (Mystical experiences.) *L'encephale*, 1952, 41, 356-360. (Fr.)
- LHERMITTE, J. (Mysticism and psychiatry.) *Annales Medico-psychologique (Paris)*, 1953, 111, 289-308. (Fr.)
- LOOMBA, R. Doctrine and expression in mysticism. *Philosophical Quarterly (Amalner)*, 1937, 13, 58-66.
- LOZINSKI, C. (Yoga and conditional reflexes.) *Rassegna Italiana di Ricerca Psicica*, 1965, No.3, 43-53. (Ital.)
- MAGER, A. (The psychological foundation of passive purification.) *Etudes Carmelitaines*, 1938, 23, Part 2, 235-239. (Fr.)
- MAGNINO, L. (Zen and spontaneity.) *Rassegna Italiana di Ricerca Psicica*, 1966, No. 2-3, 37-46. (Ital.)
- MALHOTRA, J. Yoga and mental hygiene. *American Journal of Psychotherapy*, 1963, 17, 436-442. (a)
- MALHOTRA, J. Yoga and psychiatry: a review. *Journal of Neuropsychiatry*, 1963, 4, 375-385. (b)
- MASLOW, A. Lessons from the peak experiences. *Journal of Humanistic Psychology*, 1962, 2, 9-18.
- MASLOW, A. *Religions, values and peak experiences*. Columbus: Ohio State University, 1964.
- MASLOW, A. *Toward a psychology of being*. (2nd ed.) Princeton: Van Nostrand, 1968.
- MASSON-OURSÉL, P. (Oriental techniques of concentration.) *Journal de Psychologie*, 1927, 24, 87-92. (Fr.)
- MASTERS, R., & HOUSTON, J. *The varieties of psychedelic experience*. New York: Dell, 1966.
- MAUPIN, E. Zen Buddhism: a psychological review. *Journal of Consulting Psychology*, 1962, 26, 362-378.
- MAUPIN, E. Individual differences in response to a Zen meditation exercise. *Journal of Consulting Psychology*, 1965, 29, 139-145.
- MAUPIN, E. Meditation. In H. Otto & J. Mann (Eds.), *Ways of growth*. New York: Grossman, 1968.
- MCCLURE, C. Cardiac arrest through volition. *California Medicine*, 1959, 90, 440-441.
- MENG, H. (Was Buddha a schizophrenic?) *Psyche (Heidelberg; Stuttgart)*, 1962, 16, 374-377. (Ger.)

- MILES, W. Oxygen consumption during three yoga-type breathing patterns. *Journal of Applied Physiology*, 1964, 19, 75-82.
- MIYAMOTO, M. Zen in play therapy. *Psychologia*, 1960, 3, 197-207.
- MOLLER, H. Affective mysticism in Western civilization. *Psychoanalytic Review*, 1965, 52, 115-130.
- MOOR, A. Ways of using the mind. *Main Currents in Modern Thought*, 1965, 22, 21.
- MORRIS, C. Comments on mysticism and its language. *Etc. A Review of General Semantics*, 1951, 9, 3-8.
- MUKHERJEE, D. Yoga-yogic brain wash. Psychology and neurology. *Indian Medical Journal*, 1961, 55, 106-113.
- MUKHERJEE, D. Yoga. *Indian Medical Journal*, 1967, 61, 74-83.
- MURPHY, G. The natural, the mystical and the paranormal. *Journal of the American Society for Psychological Research*, 1952, 46, 125-142.
- NARAIN, R. Sensory phenomena in mystic life. *Philosophical Quarterly (Amalner)*, 1936, 12, 46-51.
- NARAIN, R. Photic phenomena in mystic life. *Indian Journal of Psychology*, 1937, 12, 232-237.
- NARANJO, C. The unfolding of man. Menlo Park, Calif.: Stanford Research Institute. Research Memorandum EPRC-6747-3.
- NEKI, J. Yoga and psychoanalysis. *Comprehensive Psychiatry*, 1967, 8, 160-167.
- Neo Dhamma Publications, 2648 Graceland Ave., San Carlos, Calif. 94070. Rex Sweet, M. D., Ed.
- NEUHAEUSSER, P. (Hatha yoga and medicine: impressions of a trip to India.) *Zahnaerztliche Mitteilungen*, 1968, 58, 60-65. (Ger.)
- NIKAIDO, J. Putting the mind to the plantar core. An application of Zen practice to hygiene. *Psychologia*, 1963, 6, 81-85.
- NOYES, H. Meditation: the doorway to wholeness. *Main Currents in Modern Thought*, 1965, 22, 35-40.
- ODA, S. (Religiopsychiatric studies on mental disorders as seen in believers in one Buddhist sect.) *Ochanomizu Medical Journal*, 1963, 11, 33-57. (Jap.)
- OKUMOTO, S. (Buddhist love-pain theory and analytic sexual theory.) *Tokio Zeitschrift fuer Psychoanalyse*, 1939, 7, No. 7-8.
- ONDA, A. Zen and creativity. *Psychologia*, 1962, 5, 13-20.
- ONDA, A. Autogenic training and Zen. In W. Luthe (Ed.), *Autogenic Training*. Int. ed. New York: Grune & Stratton, 1965.

- ONDA, A. Zen, Autogenic Training, and hypnotism. *Psychologia*, 1967, 10, 133-136.
- ORGEL, S. Comment on Dr. Sinha's paper. *International Journal of Psychoanalysis*, 1968, 49, 417-418.
- ORNSTEIN, R., & TIMMONS, B. Auto-regulation of states of consciousness for astronauts. (Electric Zen in outer space.) Unpublished MS, 1969.
- OWENS, C. The mystical experience: facts and values. *Main Currents in Modern Thought*, 1967, 23, 93-99.
- PAHNKE, W. Drugs and mysticism: an analysis of the relationship between psychedelic drugs and the mystical consciousness. Unpublished doctoral dissertation, Harvard University, 1963.
- PAHNKE, W. Drugs and mysticism. *International Journal of Parapsychology*, 1966, 8, 295-314.
- PAHNKE, W. LSD and religious experience. In R. De Bold (Ed.), *LSD, man and society*. Middleton, Conn.: Wesleyan University Press, 1967.
- PAHNKE, W., & RICHARDS, W. Implications of LSD and experimental mysticism. *Journal of Religion and Health*, 1966, 5, 175-208.
- PANDEYA, R. ESP and Yoga. *Research Journal of Philosophy and Social Science*, 1964, 1, 99-106.
- PEERBOLTE, M. Meditation for school children. *Main Currents in Modern Thought*, 1967, 24, 19-21.
- PFEIFFER, W. (Concentrative self-relaxation by exercises derived from Buddhistic respiration-meditation and from respiration therapy.) *Zeitschrift fuer Psychotherapie*, 1966, 16, 172-181. (Ger., Eng. abst.) (a)
- PFEIFFER, W. (States of meditation and trance in Indonesian tribes.) *Nervenarzt*, 1966, 37, 7-8. (Ger.)
- PFISTER, O. (From the analysis of a Buddhist.) *Psychoanalytische Bewegung*, 1931, 3, 307-328. (Ger.)
- POUMAILLOUX, M. (What is there of value in the traditional medicine of India?) *Concours Medical*, 1964, 86, 7375-7382. (Fr.)
- PRATAP, V. An experimental study of emotional reactivity as related to some yogic and non-yogic conditions. Unpublished doctoral dissertation, Bombay Univ., 1967.
- PREREZ BOCANEGRA, R. (Yoga and physiotherapy.) *Medicine Tropicale (Madrid)*, 1962, 38, 273-282. (Sp.)
- PRINCE, R., & SAVAGE, C. Mystical states and the concept of regression. *Psychedelic Review*, 1966, No.8, 59-75.
- PRINGUET, G. (Relaxation.) *Medicine Infantile*, 1966, 73, 13-18. (Fr.)
- Proceedings of the Seminar on Yoga and Parapsychology*. Lucknow, India: Lucknow Univ., 1962.
- Psychics International; an international quarterly of psychic*

- and yogic research.* Ed. board, Moradabad, India; US office, Hobbs, Donnan & Co., Inc., 441 Lexington Ave., New York, N. Y. 10017.
- RAM, P. Time perception and thing perception: an interpretation of a Patanjali Yoga Sutra. *Indian Journal of Psychology*, 1944, 19, 139-145.
- RAMAMURTHI, B. Yoga-an explanation and probable neurophysiology. *Journal of the Indian Medical Association*, 1967, 48, 167-170.
- RAO, H., KRISHNASWAMY, N., NARASIMHAIYA, R., HOENIG, J., & GOVINDASWAMY, M. Some experiments on a "yogi" in controlled states. *Journal of the All-India Institute of Mental Health*, 1958,1, 99-106.
- RAO, K. Vedanta and the modus operandi of paranormal cognition. *Philosophical Quarterly (Amalner)*, 1956, 29, 35-38.
- RAO, K. A note on Jung's conception of psyche. *Philosophical Quarterly (Amalner)*, 1957,29,259-263.
- RAO, S. Metabolic cost of head-stand posture. *Journal of Applied Physiology*, 1962, 17, 117-118.
- RAO, S. Cardiovascular responses to headstand posture. *Journal of Applied Physiology*, 1963, 18, 987-990.
- RAG, S. Yoga and autohypnotism. *British Journal of Medical Hypnotism*, 1965, 17, 38-40.
- RAG, S. Oxygen consumption during yoga-type breathing at altitudes of 520 m. and 3800 m. *Indian Journal of Medical Research*, 1968,56, 701-705.
- REINHAREZ, D. (Value of yoga in phlebology). *Phlebologie*, 1968,21, 147-151. (Fr.)
- REIN'L, R. Naturalism and supernaturalism in East and West. *International Journal of Parapsychology*, 1965, 7, 5-31.
- Report of the work done in Samiti's Scientific and Philosophico-Literary Research Departments during the year 1968-69. Lonavla (Dist. Poona), India: Kaivalyadhama Shree-man Madhava Yoga Mandira Samiti, 1969.
- RIECKERT, H. (Plethysmographic studies in concentration and meditation exercises.) *Aerztliche Forschung*, 1967, 21, 61-65 (Ger.)
- RIEPE, D. Discussion: Zen and the scientific outlook. *Philosophy of Science*, 1964,31, 71-74.
- ROGERS, A. Zen and LSD: an enlightened experience. *Psychologia*, 1964, 7, 150-151.
- RUSH, J. Methods for inducing a detached state. *Parapsychological Monographs*, 1964, No.4, 37-39.
- SAKAMAKI, S. Zen and intuited knowledge. *Etc. A Review of General Semantics*, 1959, 16, 203-207.

- SARGANT, W. The physiology of Faith. *British Journal of Psychiatry*, 1969, 115, 505-518.
- SARNA, R. The Buddhistic theory of perception. *Philosophical Quarterly (Amalner)*, 1929, 5, 214-243.
- SASAMOTO, K. Samadhi and hypnotism. *Psychologia*, 1962, 5, 73-74.
- SATO, K. Psychotherapeutic implications of Zen. *Psychologia*, 1958, 1, 213-218.
- SATO, K. D. T. Suzuki, Zen and LSD-25. *Psychologia*, 1967, 10, 129-132.
- SATO, K. Zen from a personological standpoint. *Psychologia*, 1968, 11, 3-24.
- SATO, T. The theory of feeling in Buddhism. *Tohoku Psychologia Folia*, 1940,8,31-46.
- SATYANARAYANAMURTHI, G., & SASTRY, P. A preliminary scientific investigation into some of the unusual physiological manifestations acquired as a result of yogic practices in India. *Wiener Zeitschrift fuer Nervenheilkunde*, 1958, 15, 239-249.
- SCHNIER, J. The Tibetan Lamaist ritual: Chod. *International Journal of Psychoanalysis*, 1957, 38, 402-407.
- SCHOEN, S. The ego in need: the mystic way and the consulting room. *Insight: Quarterly Review of Religion and Mental Health*, 1966, 5, 1-10.
- SCHULTZ, J. (Superior degree of autogenic training and Raya-Yoga.) *Zeitschrift fuer die gesamte neurologie und psychiatrie*, 1932, 139, 1-34, (Ger.)
- SCHULTZ, J. (Yoga and the German soul.) *Zentralblatt fuer Psychiatrie*, 1934, 7, 61-69. (Ger.)
- SEN, I. The integration of the personality. *Indian Journal of Psychology*, 1943, 18, 31-34.
- SEN, I. The urge for wholeness. *Indian Journal of Psychology*, 1946,21,1-32.
- SEN, I. Personality and integral yoga. *Journal of Education and Psychology (Baroda)*, 1951,9,88-93. (a)
- SEN, I. The nature of mind according to Sri Aurobindo. *Indian Journal of Psychology*, 1951,26, 29-35. (b)
- SEN, I. The standpoint of Indian psychology. *Indian Journal of Psychology*, 1951,27, 79-95. (c)
- SEN, I. The psychological system of Sri Aurobindo. *Indian Journal of Psychology*, 1952,27, 79-89.
- SEN, I. The integral yoga of Sri Aurobindo as a contemporary contribution to Indian psychology. *Journal of Education and Psychology (Baroda)*, 1958,16,435-436.
- SENGUPTA, N. A psychophysical interpretation of the sound experiences associated with the "unrecited mystic syllables." *Indian Journal of Psychology*, 1943,18,47-49.
- SERVADIO, E. A psychodynamic approach to yoga experience.

- International Journal of Parapsychology*, 1966, 8, 181-191.
- SHARMA, R. Parapsychology and integral Yoga. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 164-178.
- SHASTRI, D. The unconscious in Indian philosophy. *Samiksa. Journal of the Indian Psychoanalytic Society*, 1968, 22, 33-40.
- SHINFUKU, N. (Japanese psychotherapy and Zen Buddhism -two types of identification). *Yonago Acta Medica*, 1965, 9, 216-223. (Ger.)
- SHIOMI, K. Respiratory and BEG changes by cotention of Trigant Burrow. *Psychologia*, 1969, J2, 24-48.
- SINGH, R. Parapsychological references in Yoga Sutras. *Research Journal of Philosophy and Social Sciences*, 1964, J, 118-131.
- SINHA, D. Integration of modern psychology with Indian thought. *Journal of Humanistic Psychology*, 1965, 5, 6-16.
- SINHA, T. Observations on the concept of ego. *International Journal of Psychoanalysis*, 1968, 49, 413-416.
- SrvANANDA, S. M. Swami. (The Goddess Shakti.) *Psyche (Paris)*, 1952, 7, 614-620. (Fr.)
- SMITH, H. Parapsychology in the Indian tradition. *International Journal of Parapsychology*, 1966, 8, 248-263.
- SOGANI, K. The Avadhi and Manahpariyaya types of supersensuous cognition. *Parapsychology: The Indian Journal of Parapsychological Research*, 1963-64, 5, 147-157.
- SONI, R. The Buddhist psychology. *The Maha-Bodhi*, 1942, 50, 95-98.
- SOROKIN, p, (Ed.) *Forms and techniques of altruistic growth. A symposium*. Boston: Beacon Press, 1954.
- SPENCER, G. Eastern thought in Japanese psychiatry. (Morita therapy.) *Medical Journal of Australia*, 1964, 2, 844-849.
- STARBVCK, E. An empirical study of mysticism. *Proceedings of the 6th International Congress of Philosophy*, 1926, New York; Longmans, Green, 1927, pp. 87-94.
- STUNKARD, A. Some interpersonal aspects of an Oriental religion. *Psychiatry*, 1951, 14, 419-431.
- SUN, J. Psychology of primitive Buddhism. *Psychoanalytic Review*, 1924, J1, 39-47.
- SUZUKI, D., FROMM, E., & DE MARTINO, R. *Zen Buddhism and psychoanalysis*. New York: Evergreen, 1963.
- TAKEDA, K. Morita Therapy. *Journal of Religion and Health*, 1964, 3, 335-344.
- TART, C. (Ed.) *Altered states of consciousness: A book of readings*. New York: John Wiley, 1969.

- TENABE, H. On the psychological studies of Zen. *Psychologia*, 1960, 3, 83-84.
- TENNISONS, K., & LUSTIG, F. Paranormal phenomena in classical Buddhist tradition. *International Journal of Parapsychology*, 1962, 4, 88-102.
- TERRILL, J., SAVAGE, C., & JACKSON, D. LSD, transcendence, and the new beginning. *Journal of Nervous and Mental Disease*, 1962, 135, 425-439.
- THORNER, I. Prophetic and mystic experience. Comparison and consequences. *Journal for the Scientific Study of Religion*, 1965, 5, 82-96.
- THOULESS, R. The control of psi phenomena. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 71-74.
- VAHIA, N., VINEKAR, S., & DOONGAJI, D. Some ancient Indian concepts in the treatment of psychiatric disorders. *British Journal of Psychiatry*, 1966, 112, 1089-1096.
- VAKIL, R. Remarkable feat of endurance by a Yogi priest. *Lancet*, 1950, 259 (2), 871.
- VAN DUSEN, W. Zen and Western psychotherapy. *Psychologia*, 1958, 1, 229-230.
- VAN DUSEN, W. LSD and the enlightenment of Zen. *Psychologia*, 1961, 4, 11-16.
- VANSELOW, K. (Meditative exercises to eliminate the effects of stress.) *Hippokrates*, 1968, 39, 462-465. (Ger.)
- VINEKAR, S. Electronasography as a new approach in neurophysiology research. Paper read at the 15th Conference of the All-India Neurological Society, Vellore, December, 1965.
- WALKER, K. *The conscious mind: a commentary on the mystics*. London: Rider, 1962.
- WALKER, K. *A study of Gurdjieff's teachings*. New York: Award, 1969.
- WATANABE, H. (Psychiatric model of Koan Zen Buddhism.) *National Defense Medical Journal*, 1963, 10, 517-523. (Jap.)
- WATTS, A. *Psychotherapy East and West*. New York: Mentor, 1961.
- WEISS, P. The contribution of Georg Wilhelm Groddck on Zen Buddhism and psychiatry. *Psychologia*, 1960, 3, 50-57.
- WENDT, V. (An attempt on methodological comprehension of the Japanese practice of Zen.) *Zeitschrift für Psychotherapie*, 1960, 10, 1-15. (Ger.)
- WENGER, M., & BACCHI, B. Studies of autonomic functions in practitioners of Yoga in India. *Behavioral Science*, 1961, 6, 312-323.
- WENGER, M., BACCHI, B., & ANAND, B. Experiments in In-

- dia on "voluntary" control of the heart and pulse. *Circulation*, 1961, 24, 1319-1325.
- WENGER, M., BAGCHI, B., & ANAND, B. "Voluntary" heart and pulse control by yoga methods. *International Journal of Parapsychology*, 1963, 5, 25-41.
- WILKERSON, M. "Mystical" states as a subject for psychical research. *Journal of The American Society for Psychical Research*, 1956, 50, 79-82.
- WITTKOWER, E., & DHAWAN, K. (Treatment of chronic functional constipation with the methods of yoga practice.) *Deutsche Medizinische Wochenschrift*, 1933, 59, 284-285. (Ger.)
- WOLF, W. Reflections on Zen Buddhism, psychology and psychotherapy. *American Journal of Psychotherapy*, 1957, 11, 866-869.
- Yoga, hypnosis and parapsychology. *Newsletter of the Parapsychology Foundation*. 1967, 14, No.4., p. 9.
- Yoga-Mimamsa*. Lonavla, Maharashtra, India.
- Yogic hospital in Maharashtra. *Journal of the Indian Medical Association*, 1961, 36, 594.
- ZOLLA, E. The art of breathing in the West. *Studies in Comparative Religion*, 1968, 2, 147-153.
- ZORAB, G. Yoga and parapsychology. *Research Journal of Philosophy and Social Sciences*, 1964, 1, 78-83.

APPENDIX: IN PRESS OR IN PREPARATION

- ALLISON, John. Respiratory changes during transcendental meditation. Submitted for publication.
- BHOLE, M., KARAMBELKAR, P., & GHAROTTE, M. Effect of yogic practices on vital capacity. Submitted for publication.
- CRISWELL, E. *To build a better brain*. In preparation.
- GALIN, D., CRISWELL, E., HALL, D., & TIMMONS, B. Experimental studies of Hatha Yoga: A review. In preparation.
- GREEN, E., GREEN, A., & WALTERS, E. Self-regulation of internal states. *Proceedings of The International Congress on Cybernetics*. London, 1969. In Press.
- HART, J. *Psychological studies of dreaming*. In preparation.
- KARAMBELKAR, P., & BHOLE, M. Water suction in internal cavities during yoga practices: Uddiyana and Nauli. Submitted for publication.
- KARAMBELKAR, P., BHOLE, M., & GHAROTTE, M. Negative pressures in internal cavities during yoga practices: Uddiyana and Nauli. Submitted for publication.
- KIEFER, D. Meditation and bio-feedback. Submitted for publication.

- LESE, T. Zen and psychotherapy. A partially annotated bibliography. *Journal of Humanistic Psychology*, in press.
- LESE, T. Zen meditation and the development of empathy in counselors. *Journal of Humanistic Psychology*, in press.
- NOWLIS, D., KAMIYA, J., ORNSTEIN, R., & CRISWELL, E. Implications of bio-feedback training. In preparation.
- ORNSTEIN, R., & NARANJO, C. *On the psychology of meditation*. In preparation.
- TART, C. *On being stoned: a psychological study of marijuana intoxication*. In preparation.
- TIMMONS, B., HERBERT, J., KAMIYA, J., & YEAGER, C. EEG during Zen meditation (Zazen). In preparation.
- TIMMONS, B., KAMIYA, J., & YEAGER, C. EEG and heart rate during the practice of transcendental meditation. In preparation.
- WALLACE, K. The physiological effects of transcendental meditation. *Science*, in press.