

INSTITUT FÜR HUMANBIOLOGIE
Fachbereich Biologie
Formal- und Naturwissenschaftliche Fakultät
der Universität Wien
Althanstraße 14
1091 Wien, Postfach 187
Telefon 31 45 10 – 254, 380
Vorstand: o. Univ.Prof. Dr. Horst Seidler

Wien, am 30.Okt.1987

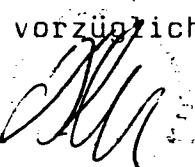
An das
BMfWF

Minoritenplatz 5
1010 Wien

Betr.: Endbericht von Herrn Dr. M. Bujatti-Narbeshuber

Als Projektleiter (Projekt 49.403/1-24/84) erlaube ich mir nunmehr, den Endbericht von Herrn Kollegen Bujatti dem Ministerium vorzulegen.

Mit dem Ausdruck vorzüglicher Hochachtung


Univ. Prof. Dr. H. Seidler

A Unified Theory of Life

Bujatti, M.

A UNIFIED THEORY OF LIFE

CONSCIOUSNESS,
CREATIVITY AND INTELLIGENCE
IN BIOGENETIC, MORPHOGENETIC AND CULTURAL-EPIGENETIC
EVOLUTION

VOL. I AND VOL. II

A QUANTUM-MECHANICAL TRANSITION THEORY OF EVOLUTION

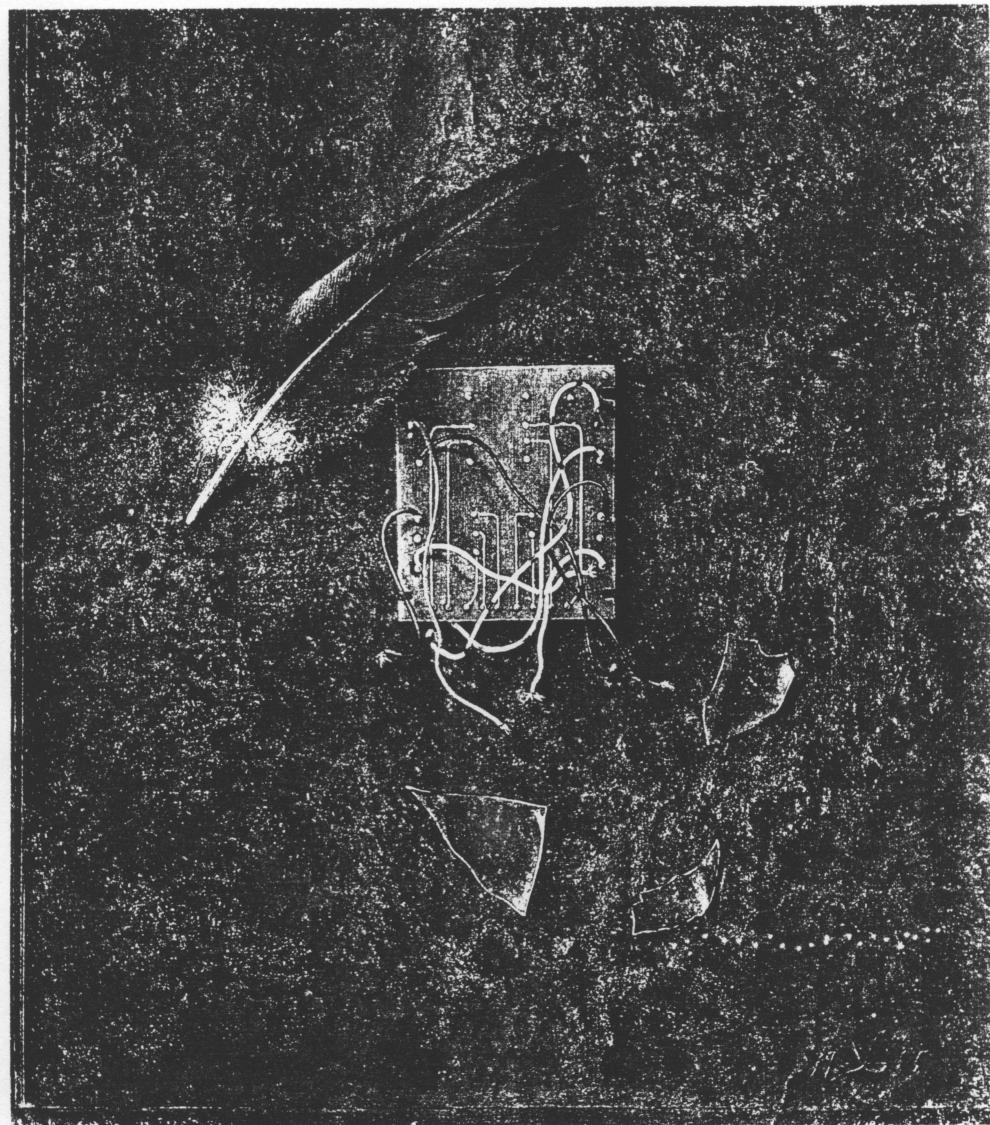
M. BUJATTI-N. REESHEBER

C 1987 BY INTRA-PUBLICATIONS, VIENNA-STOCKHOLM
ISBN 3-900614-007

1st EDITION 1987

TITLE: ANSATZ ZUR PHYLOGENETISCHEN UND ONTOGENETISCHEN
KREATIVITATS-EVOLUTION AUS CHEMISCH-PHYSIKALISCH
UND HUMANBIOLOGISCHER SICHT

2nd REVISED AND EXTENDED EDITION 1988
TITLE: A UNIFIED THEORY OF LIFE



A UNIFIED THEORY OF LIFE: VOL. I

MOTTO:	7
Das Gehirn als Vorbild	
BEGLEITSCHREIBEN/LETTERS OF ADVICE:	9
Dr.med. Bujatti-Narbeshuber, Vienna, Austria; Univ. Prof. G. Pandit, New Delhi, India; Univ.Prof. C.P. Enz, Geneva, Switzerland.	
DETAILLIERTE STELLUNGNAHME/EXPERTISE:	17
Univ.Prof.W.Birkmayer	
VORWORT/PREFACE	22
DANKSAGUNGEN/ACKNOWLEDGEMENTS	24
ABSTRAKT-PUBLIKATIONEN/ABSTRACT-PUBLICATIONS	27
EINFÜHRUNG UND ZUSAMMENFASSUNG/INTRODUCTION AND SYNOPSIS	40
Eine quantenmechanische Lösungsmittel-eigenschaft des Wassers als Ausgangspunkt für die Vereinheitlichte Theorie des Lebens (UTL)	
LITERATUR/REFERENCES	53
A UNIFIED THEORY OF LIFE I:	56
Schrödinger's Preparations for: The Unified Theory of Life (UTL). The fundamental Onto-Epistemology Paradigm (OEP)	
TABELLE/TABLE 1:	70
Philosophy as Science I	
LITERATUR/REFERENCES	71
A UNIFIED THEORY OF LIFE II:	74
A Quantum-Mechanical Solvent Principle in the Evolution of Life	
TABELLE/TABLE 2:	89
Philosophy as Science II	
LITERATUR/REFERENCES	90
A UNIFIED THEORY OF LIFE III:	95
Genesis and Development of: The Unified Theory of Life	
LITERATUR/REFERENCES	105
ANHANG/APPENDIX	107
POSTER PUBLICATIONS: Part I	112

A UNIFIED THEORY OF LIFE: VOL. II

TRANSITION THEORY OF EVOLUTION:	118
Schlüsselbegriffe und Zusammenfassung/Keywords and Synopsis	
KURZFASSUNG/SUMMARY	124
A UNIFIED THEORY OF LIFE IV:	127
Human Morphology, General Eco-Transition Theory and Creative Intelligence. An Integrated Approach to Evolution Theory. Part I.	
DIAGRAMME/FIGURES 3 (1-3)	140
LITERATUR/REFERENCES	145
A UNIFIED THEORY OF LIFE V:	151
Isokinetic Relation in Molecular Chemical Tunneling for Teleonomy in Bio-System Compensation-Constraint Co-Evolution. An Integrated Approach to Evolution Theory. Part II.	
DIAGRAMME/FIGURES 4 (1-2)	162
LITERATUR/REFERENCES	165
A UNIFIED THEORY OF LIFE VI:	170
Maxwell's Demon in Compensation-Constraint Co-Evolution: From Early Soda-Salt-Ocean to Conscious Creative Intelligence. An Integrated Approach to Evolution Theory. Part III.	
LITERATUR/REFERENCES	180
A UNIFIED THEORY OF LIFE VII:	184
System Unfoldment in the Transition Theory of Evolution. An Integrated Approach to Evolution Theory. Part IV.	
DIAGRAMM/FIGURE 5 (1)	203
LITERATUR/REFERENCES	204
A UNIFIED THEORY OF LIFE VIII:	211
The Interdisciplinary Position of the Unified Theory of Life	
LITERATUR/REFERENCES	217
NACHWORT/CONCLUDING REMARKS	218
ANHANG/APPENDIX:	220
Design for a Systemtheory of Man. An Incentive for Further Research	
POSTER PUBLICATIONS: Part II	241

MOTTO

Die tanzenden Wu Li Meister

"M O T T O "

Der Sinn des Anfängers

Die Bedeutung des Unsinn kann kaum überschätzt werden. Je deutlicher wir etwas als «Unsinn» erfahren, desto deutlicher erfahren wir die Grenzen der unserer Erkenntnis zugrundeliegenden Strukturen, die wir uns selbst auferlegt haben. «Unsinn» ist das, was nicht zu den Strukturen paßt, die wir der Realität aufgezwungen haben. So etwas wie «Unsinn» gibt es überhaupt nur für einen urteilenden Intellekt, der dieses Etwas so nennt.

Wahre Künstler und wahre Physiker wissen, daß nur das Unsinn ist, was, von unserem gegenwärtigen Gesichtspunkt aus betrachtet, unverständlich ist. Unsinn ist nur dann Unsinn, wenn wir noch nicht jenen Gesichtspunkt gefunden haben, von dem aus betrachtet er einen Sinn ergibt.

Im allgemeinen lassen sich Physiker nicht auf Unsinn ein. Die meisten von ihnen verbringen ihr Berufsleben damit, etablierten Denkweisen zu folgen. Aber die Wissenschaftler, die die etablierten Denkweisen etablieren, sind dieselben, die sich nicht fürchten, kühn in den Unsinn vorzudringen, in jenen Bereich, von dem jeder Tröttel ihnen gleich hätte sagen können, daß er nichts als Unstimmigkeiten – eben Unsinn – enthält. Solche Vorstöße sind das Kennzeichen des kreativen Verstandes; sie stellen ein wirklich kreatives Vorgehen dar. Es ist durch eine feste Zuversicht charakterisiert, daß es irgendeinen Gesichtspunkt gibt, von dem aus betrachtet der «Unsinn» durchaus kein Unsinn ist – von dem aus er in Wirklichkeit ganz schlüssig und einleuchtend erscheint.

Wie in allen Bereichen sind auch in der Physik die Menschen, die die freudige Erregung des kreativen Arbeitens am deutlichsten gespürt haben, zugleich diejenigen, die die Fesseln des Bekannten abgestreift haben, um weit in das unerforschte Gebiet vorzudringen, das jenseits der Grenzen des Offensichtlichen und des Bekannten liegt. Diese Menschen besitzen zwei typische Charaktereigenschaften. Die erste ist die kindliche Fähigkeit, die Welt so zu sehen, wie sie ist, und nicht, wie sie auf Grund dessen, was wir von ihr wissen, zu sein scheint. Das ist die Moral des (Kinder?-)Märchens von des Kaisers neuen Kleidern. Als der Kaiser nackt durch die Straßen ritt, sagte nur ein Kind, er sei unbeklei-

Das Gehirn als Vorbild

Um die Grundfrage, wie das Gehirn seine bis heute durch künstliche Systeme nicht erreichte Leistung vollbringt, geht es in einem neuen Forschungszentrum der Ruhr-Universität Bochum. Es wurde unter der Bezeichnung „Kognition und neuronale Netze (KOGNET)“ gegründet, mit der zentralen Aufgabe, die sogenannten Kognitionsleistungen des Menschen und höherer Organismen zu klären, die durch das Zusammenwirken netzartig verschalteter Nervenzellen im Gehirn (Neuronen-Netze) zustande kommen. Kognitionsleistungen sind unter anderem Wahrnehmen, gezieltes Bewegen und Handeln, Sprechen, Hören und Verstehen, Vorstellen und Denken. In dem neuen Zentrum arbeiten nach Mitteilung der Universität Wissenschaftler aus den Disziplinen Neurobiologie, Neurophysiologie, Neuroinformatik, Softwaretechnik, Psychologie und Linguistik zusammen. Von ihren Forschungsergebnissen werden Impulse für neuartige parallel-organisierte Informationsverarbeitungssysteme erwartet, die sich in ihrer Funktionsweise an Neuronen-Netze anlehnen und viel leistungsfähiger sind als Expertensysteme und Computer.

KOGNET dient zunächst der Grundlagenforschung. Es wird aber damit gerechnet, daß sich auch Anwendungsmöglichkeiten ergeben, zum Beispiel für die Entwicklung hochleistungsfähiger Sensoren, bei der Roboterbewegung und -steuerung, bei Sprecherkennungssystemen oder bei neuen Expertensystemen.

dpa/fwt

BEGLEITSCHREIBEN/LETTERS OF ADVICE

An den
Bundesminister für
Wissenschaft und Forschung
Univ. Prof. Dr. Hans Tuppy

Freyung 1
1010 Wien

Betreff: Aktenzahl 49.403/1-24/84

Endberichtsabgabe für Forschungsprojekt: "Ansatz zur phylogenetischen und ontogenetischen Kreativitäts-Evolution aus chemisch-physikalisch und humanbiologischer Sicht".

Auftragnehmer: Univ.Prof.Dr.Horst Seidler, Univ. Wien
Projektleiter: Dr. med. M. Bujatti-Narbeshuber, Wien.

Sehr geehrter Herr Minister!

Zum Anlass der persönlichen Vorsprache bei Ihnen am 30.7.1987 im Ministerium für Wissenschaft und Forschung und in Erfüllung des Offerts vom 15.6.1984 laut Forschungsantrag vom 31.10.1983 erlaubt sich der Unterfertigte, Projektleiter Dr.M.Bujatti-Narbeshuber, den Endbericht mit dem Ersuchen um Ihre geschätzte Kenntnisnahme beizubringen.

Dieser Bericht wird als versachlicher Beitrag zum derzeit weltweit in Ost und West stattfindenden transkulturellen Gespräch über das zu Überdenkende Selbstverständnis des Menschen, seine Sonderstellung in der Natur, u.s.w., gesehen.

Die Arbeiten sind als Denkanstoß und Ausgangspunkt für eine weiterführende naturwissenschaftliche Diskussion der biologisch orientierten Grundlagenforschung gedacht, bemüht um ein besseres Verständnis der evolutionären Grundlagen lebender Systeme, der Evolution des menschlichen Cortex, der Ethologie der Kreativität, sowie des bewußtseinsmäßigen Potentials des Menschen.

Dies erscheint geboten gerade auch im Hinblick auf eine psycho-sozio-ökonomische Komplexitäts-Krise in der Gegenwart, die auch eine Krise der Wissenschaft und insbesondere eine der Wissenschaften vom Menschen ist. Als das Thema des Honda Symposiums "Discoveries 1987" wurde diese Komplexitätskrise, erst kürzlich wieder von internationalen Fachleuten, wie schon vom Club of Rome, festgestellt und diverse Ansätze zur Lösung diskutiert. Sie erscheint jedoch bedingt durch eine mit Apellen an Moral und Ethik nicht restlos steuerbare Eigendynamik, wie dies auch aus der Geschichte anderer psycho-sozio-ökonomischer Krisen der jüngsten politischen Vergangenheit evident ist. Dies macht eine Beseitigung unseres bisherigen grundsätzlichen Wissensdefizits betreffend der Humanethologie der Kreativität, als der Problemlösungs Kapazität, ihrer Antriebe und ihrer teleonomen Steuerung, gerade wegen des gegenwärtig wieder benötigten weltweiten und erfolgreichen Einsatzes von Beruhigungsmitteln von Meditation bis Medikation reichend, wünschenswert.

Zum Anlaß des zehnjährigen Jubiläums der durch Hans Selye als Stressforscher ermöglichten Erstpublikation über die Ruhe- und Erfüllungsreaktion, konnte daraus eine integrierte Evolutionstheorie, auch unser bisheriges Wissensdefizit vom Menschen aufzeigend, entwickelt werden.

Daher könnte als Alternative zum bisherigen, eher unfreiwilligen Wissensverzicht der Menschheit sich selbst betreffend, die Fortsetzung dieses Forschungsprojektes über Innovation, vielleicht im Rahmen bestehender Schwerpunktprogramme, interessant erscheinen.

Jedenfalls wurde in acht internationalen Kongressbeiträgen dieser Ansatz zur Diskussion gestellt, in sechs Abstracts publiziert und zur Besprechung für die Publikation in englischsprachigen Fachjournals eingereicht. Dieses durch biologische Ausrichtung und Praxisnähe charakterisierte Projekt betrifft ein Gebiet der kulturellen Bildung mit dem höchstem "return on investment" und erscheint von dieser Seite als ökonomisch und gesellschaftspolitisch vertretbar.

Es wird auf Grund eines weithin bestehenden Interesses insbesondere an der computerisierten isokinetischen EEG-Analyse, vorst von den Prof. Aida, Prof. Pribram, Prof.Tourenne, Prof. Seidler, Prof. Hofmann, Prof. Reichardt, Prof. Schleidt bekundet, als wirtschaftlich entwicklungsähig erachtet. Dieses Anliegen wäre nur in der Form einer EEG-experimentellen Einrichtung durch die Kooperation von Prof. Tourenne, USA, auch mit universitärer Verankerung auf der Hochschule für Welthandel, Institut für Wirtschafts und Verwaltungsführung, Prof.M.Hofmann, oder Universität Wien, Institut für Humanbiologie, Prof.H.Seidler, vorstellbar.

Mit vorzüglicher Hochachtung der Projektleiter

Dr.med.M.Bujatti-Narbeshuber

Wien, 28. 7. 1987.



FACULTY OF ARTS & SOCIAL SCIENCES
DEPARTMENT OF PHILOSOPHY
UNIVERSITY OF DELHI
DELHI-110007
India

Tel.: 2511266 } Ext.
2521521 } 238
609777

Professor GIRDHARI L. PANDIT
Professor of Philosophy

September 18, 1988

Herrn

Dr. M. Bujatti-Narbeshuber
Institut für Humanbiologie
Universität Wien
Stadiongasse 2

A-1010 WIEN

Dear Dr. Bujatti-Narbeshuber,

Let me, first of all, express my gratitude to you for giving me an opportunity to converse with you and glance through some of your more recent work: A Unified Theory of Life(1987) and "Schrödinger's Preparations for the Unified Theory of Life" (1988) and so forth; as also your scientific correspondence with scientist-philosophers working on interdisciplinary problems arising from or related to the EPR-type correlations and the special measurement problem in the field of quantum mechanics.

From this together with our intense, free and long philosophical discussions first in Kirchberg am Wechsel(20. August) and then in Wien (5.-10. September) I am already in fundamental agreement with you on a number of points. First, the deepest of all the questions we are faced with today is: How far can our understanding of consciousness help us solve the problems of the mind-like and the body-like systems - the observer-observed relationship - on the one hand and those of life/living systems, of their development into creative intelligence, on the other? If certain kinds of frameworks already known to us are inadequate, then what kind of alternative or synthesis should we aim at? Second, the central problems in your scientific research programme(SRP) are very deep dynamical problems cutting across different disciplines. There is much here which seems to be of common interest to us. I have here especially in mind your SRP of constructing a general measurement theory(GMT) as a unified approach to life and creative intelligence. As I understand it, GMT aims at unifying the observer, the observed and the procedures of observation in a unified consciousness, say as a general symmetry-basis of all (physical) measurement on the one hand and of the much sought after "ultimate" unified field theory(UFT) on the other. Third, although, personally, I am a little sceptical as to how ultimate can UFT itself be when actually discovered, this already hints at the possibility that the ultimate solution, if any, to all our theoretical/scientific problems of man and universe may have to be found in what the classical Indian philosophers called "pure consciousness" as the ground principle. E. Schrödinger, whose work you so admirably refer to as your take-off point, as it were, where your own assumptions are concerned, was apparently inspired by their work. He may have been, therefore, quite right and full of insight when he said: 'Consciousness cannot be explained - in principle



FACULTY OF ARTS & SOCIAL SCIENCES
DEPARTMENT OF PHILOSOPHY
UNIVERSITY OF DELHI
DELHI-110007
India

Tel. : 2511266 } Ext.
 2521521 } 238
 609777

Professor GIRDHARI L. PANDIT

September 18, 1988

by present day science'. But what did he imply? I believe that your work could throw much light on this important question. Was he suggesting, one might ask, that consciousness itself could not be reduced to a problem, and so forth, because there is a need for a new science(or synthesis) so carefully conceived that (pure) consciousness appears as a unified basis for explaining all problems of life and creative intelligence and of observer-observed interactions? If you say yes, then it will follow that (pure) consciousness must enter as an irreducible and holistic principle of the kind of GMT you have been aiming at. But this will imply, I think, that there is no non-trivially important sense left in which (pure) consciousness itself could be explained within the unifying framework of such a GMT.

I have no doubt at all that interesting correlations seem to exist already between your SRP as a search for GMT and my own programmatic work on a general interaction theory(GIT - please see Pandit, G. L. 1983, The Structure and Growth of Scientific Knowledge, Dordrecht: D. Reidel Publishing Company, particularly chapter 3 and 5). In case you find my book of some use to you, I shall ask my publisher in the Netherlands to send a copy to you. Since your SRP on the unified theory of life(creative intelligence, measurement, evolution of language and origin of culture and so forth) is of topical importance to philosopher-scientific communities all over the world, I would be glad to do professional correspondence with you on those specific problems which may be of common interest between us. I am sure that you have the best opportunity in Austria, particularly in Wien, to avail all good institutional support and facilities to keep you at work on these important problems in close professional contact with other colleagues there who may have similar research interests.

I shall be sending you some of my papers under a separate cover. With kind regards and my best wishes for your work, I remain

Yours sincerely

Giridhari L. Pandit



Département de Physique Théorique

CH - 1211 GENÈVE 4

UNIVERSITÉ DE GENÈVE

SECTION DE PHYSIQUE

24, quai Ernest-Ansermet
Téléphone (022) 21 93 55

Dr. M. Bujatti-Narbeshuber
Institut für Humanbiologie
Universität Wien
Stadiongasse 2
A-1010 WIEN

September 2, 1988

Lieber Herr Bujatti-Narbeshuber,

Haben Sie vielen Dank für Ihre Karte vom 23. August. Beiliegend sende ich Ihnen die gewünschten zwei Artikel von Primas und von Giudice et al. und füge noch eine Note von mir bei. Inzwischen habe ich Ihre drei Artikel nochmals durchstudiert, um Ihnen darüber einiges sagen zu können.

Offenbar spielt Quantum Tunneling (=QT, aber auch Nullpunktsenergie) in der organischen Chemie, insbesondere aber in der Evolutionstheorie, eine weit wichtigere Rolle als ich realisieren konnte. Dass Schrödinger in seinem Buch gar nicht davon spricht, ist mir rätselhaft. Dass andererseits Wasser sowohl physikalisch wie chemisch "ein ganz besonderer Saft" ist, hatte ich zwar schon lange vermutet, aber erst seit der Arbeit von Giudice et al. klar erkannt.

Was mir das Verständnis Ihrer Arbeiten erschwert, ist das folgende (Zitat Part II): "The criterion of a linear relationship between the chemical activation parameters of transition enthalpy and transition entropy in a series of similar chemical reactions is known in correlation chemistry as the 'isokinetic relationship' or 'compensation effect' of energy-entropy compensated transition (EECT)". Dies ist mir neu, obschon ich mich mit Nicht-Gleichgewichts-Phänomenen und Reaktions-Modellen selber befasst habe. Es wäre interessant, EECT im Rahmen der statistischen Physik herzuleiten, insbesondere die Relation $dH/dS = T_{iso}$. Ist dies schon gemacht?

Für Ihre Evolutionstheorie ist natürlich der Fall $T_{iso} = 0$, oder realistischer, $T_{iso} \ll T$, besonders interessant, weil dies dem Fall von QT entspricht. QT ist aber, wie ich verstehe, der erste Eckpfeiler in Ihrer Theorie (Part III):

transition → consciousness
mutation → creativity

selection → intelligence

Dies ist interessant und leuchtet mir, wenigstens als Analogie, ein. In der Tat hat Pauli sehr viel nachgedacht über das psycho-physische Problem und die erstaunlichen Analogien

Quanten-Willkür → Opfer und Wahl

Quanten-Beobachtung → Beobachtung des Unbewussten
etc.

Hier stösst mir nun aber die prinzipielle Frage auf, die Delbrück als Titel seiner Vorlesungen über "evolutionary epistemology" gewählt hatte:

"Mind from Matter ?"

(Blackwell Scientific Publ., Palo Alto, 1986). Delbrück's Antwort auf diese Frage am Ende der Vorlesungen ist: NEIN.

Doch ist es natürlich trotzdem möglich und sogar wünschenswert, diese Frage weiter zu analysieren. Deshalb glaube ich, ist Ihre Arbeit gerechtfertigt und interessant. Dass dabei dem Wasser als biologisches Lösungsmittel eine zentrale Rolle zukommt, welche die Einseitigkeit der (Zitat Part III) "necessary but not sufficient conditions of the genetic exclusively solute-based MENDELIAN and DARWINIAN principles" kompensiert, ist mir auch sehr sympathisch. Pauli hatte übrigens sehr gegen den Darwinismus gewettert. Darüber gab es eine Kontroverse zwischen ihm und Delbrück, deren Sinn ich noch nicht ganz verstehe. In der Beilage sende ich Ihnen, was ich darüber geschrieben habe, in der Hoffnung, dass sich vielleicht in der Diskussion mit Ihnen einiges darüber klären würde.

In dieser Hoffnung verbleibe ich mit den besten Erfolgswünschen für Ihre Arbeit und mit freundlichen Grüßen,

Ihr


Charles P. Enz

3 Artikel mit Separatpost

Univ. Prof. Walther Birkmayer

Detaillierte Stellungnahme
zum Endbericht des Herrn Dr. Bujatti-Narbeshuber
Projekt 49.403/1-24/84

Titel: A Unified Theory of Life
"Ansatz zur phylogenetischen und ontogenetischen Kreativitäts-Evolution aus chemisch-physikalisch und humanbiologischer Sicht".

Untertitel: Transition Theory of Evolution

Inhalt: Der Autor intendiert mit dem vorliegenden Endbericht das noch offene und auch stagnierende wissenschaftliche Problem der Kreativität und Intelligenz des menschlichen Bewußtseins einem grundsätzlich neuen Lösungsansatz zuzuführen. Damit unternimmt er das Unterfangen, nicht nur das menschliche Nervensystem in seinen Leistungen besser zu erfassen, sondern auch das menschliche Bewußtsein von seiner anthropozentrischen Sonderstellung zu einem allgemeinen physikalisch parametrisierbaren Grundphänomen des Universums zu generalisieren.

Teil I: Dies ist das Anliegen des ersten Beitrages. Er ist erkenntnistheoretischer Natur und geht von den diesbezüglich identen Argumentationen der Bücher Erwin Schrödingers "Geist und Materie" und "Was ist Leben?". aus, um das Bewußtseinsphänomen erkenntnistheoretisch-paradigmatisch zu definieren. Es wird als das Thema der vereinheitlichten Quantenfeldtheorien als symmetriebrechendes Elementarereignis lokalisiert. Diese Onto-Epistemologie folgt den Arbeiten von Zeiger und Hagelin, sowie Stapp.

Dieses Unterfangen ist ein Weiteres auf der Linie von wissenschaftlichen Unternehmungen, zu denen Siegmund Freud schon bemerkte: "Im Laufe der Zeit hat die Wissenschaft dem naiven Ehrgeiz der Menschheit zwei grobe Beleidigungen zugefügt.", u.zw. der Verlust des Geozentrismus u.der Verlust der Sonderstellung des menschlichen Körpers durch Darwin. Hier dreht es sich um den Verlust einer Sonderstellung des Menschen bezüglich des Bewußtseinsphänomens.

Teil II

und III: Der Autor stellt hier die Ergebnisse der weltweit erstmaligen Untersuchung der Indolamin-Neurotransmitter Dynamik bei Meditationstechniken, die am Boltzmann-Institut für Neurochemie mit Prof. P. Riederer durchgeführt wurden, in einen erweiterten Rahmen.

Zu deren Charakterisierung wurde damals die Ruhe- und Erfüllungsreaktion homöostatischer, lebender Systeme definiert. Als Ruhe-, (Schlaf-) und Erfüllungs-, (Antidepressions-) Transmitter wurde dieses Konzept in der medizinischen Praxis durch den Einsatz der Vorstufe Tryptophan für Serotonin glänzend bestätigt. Nunmehr wird hier, ausgehend von der grundlegenden Bedeutung des Wassers für lebende Systeme, die im Werke Prof. K. Trinchers -Die Gesetze der biologischen Thermodynamik- treffend zum Ausdruck kommt, dessen isokinetische Energie-Entropie-Kompensation als selektierender Evolutions-Mechanismus eingeführt. Er wird für die Ruhe- und Erfüllungsreaktion als mikroskopische Anfangsbedingung verantwortlich erkannt, und als das kritische Detail für den homöostatischen, teleonomen Evolutionsvorgang in die wissenschaftliche Diskussion eingebracht.

Damit würde die von Eigen und Schuster mathematisierte Mendel-Darwin'sche Theorie um einen prae- und epigenetischen Mikroorganisationsvorgang erweitert. Dies erscheint nun umso mehr angebracht, als auch Prof. F. Dyson aus Princeton kürzlich, aufgrund einer mathematischen Neuformulierung von Oparins Theorie, einen solchen als begründet fordert, und er dazu die Frage nach dem metabolischen Ursprung des Homöostase-Prinzips aufwirft. Dafür wird nun die isokinetische Beziehung als quantenchemischer Vorgang in einem energetisch fluktuierenden Milieu vorgeschlagen und zugleich auch in den Rahmen der Quantenfeldtheorie einbezogen. (Wasser als Dipol-Laser, nach E. Del Giudice et al. 1988, in der epistem. Helixstruktur).

Als die andere Seite der Evolution wurde dieser Verhaltensmechanismus schon von Huxley, Schrödinger, Hardy, Popper, Wyles, Wilson und Cairns und von Emma Darwin selbst in einem Brief an ihren Mann gefordert.

Transition Theory of Evolution:

Teil IV: Hier wird die vorhandene Literatur seit der unverständlichen Weise unbeachtet gebliebenen Arbeit von Lumry und Rajendra über die Fülle von linearen Energie-Entropie-Beziehungen im metabolischen Geschehen und ihre Rolle dargestellt. Sie reicht von der Proteinkonfiguration und Membranfunktion bis zum zentralen Nervensystem des Menschen und wurde nunmehr in einen evolutionären Rahmen gebracht, um eine Wiederaufnahme dieses Themas zu begründen.

Teil V: In diesem Teil wird die isokinetische Beziehung auf das quantenchemische Tunnelphänomen erweitert und dieser Spezialfall zur Erklärung der Zielgerichtetetheit (Teleonomie) in der Selbstorganisation lebender Systeme herangezogen. Ein Hinweis für die Richtigkeit dieser Vorstellungen soll sich aus der experimentellen Ermittlung des Parameters der isokinetischen Temperatursenkung aus der statistisch-physikalischen Analyse des EEG nach Prof. Tourenne, weiter entwickelt zur kinetischen EEG-Analyse, gewinnen lassen. Leben wird definiert als die Stabilisierung von einer isokinetischen Temperatur um 0 Kelvin bei Umgebungstemperatur 300 Kelvin. Ähnliche Vorstellungen von Popp wurden aus der Ultraschwachen Zellstrahlung in der Bio-Photonen Forschung gewonnen.

Teil VI: Die Bedeutung von Maxwell'schen Dämonen ist das Charakteristikum der Biophysik im Gegensatz zur Physik. Aus der isokinetischen Beziehung wird die Bewußtheit, Kreativität und Intelligenz quantenchemisch begründet und als Invarianzmechanismus einer generellen Theorie der Kreativen Intelligenz im Begriff der Transition zusätzlich zu Mutation und Selektion verankert.

Teil VII: Aus der Sicht dieser integrierten Evolutionstheorie erarbeitet der Autor abschließend ein Szenarium der praegenetischen, isokinetischen und genetischen Evolution des Lebens bis zur speziellen Theorie der Kreativität des Menschen, die auf der Tauchreflex-Transition im Rahmen einer Erweiterung der Westenhöfer, Hardy, Morgan, Lumiere Vorstellungen aufgebaut wird und die Hirnvergrößerung begründet.

Resumée: Diese interdisziplinäre, durch Isomorphismen aus vielen Systemebenen begründete theoretische Untersuchung liefert eine methodisch zugängliche Aussage über Bewußtsein, Kreativität und Intelligenz. Auf vielen Ebenen experimentell falsifizierbar, handelt es sich um einen interessanten, naturwissenschaftlich im Prinzip begründbaren Ansatz, der dieses Gebiet aus der psychologischen Beschreibungsebene in den Kausalnexus der Grundwissenschaften bringt.

Ich empfehle dem Bundesministerium für Wissenschaft und Forschung sowohl die Annahme des Endberichtes, als auch die weitere Förderung dieses innovativen und heuristisch interessanten Projektes.

Univ. Prof. W. Birkmayer

UNIV. PROF.
Dr. Dr.h.c.mult. W. BIRKMAYER
RUDOLFINERHAUS - AMBULANZ
1180 WIEN, BILLROTHSTRASSE 78
TEL 36 12 50

VORWORT/PREFACE

Dieses interdisziplinäre Forschungsprojekt ist sich seiner bescheidenen Mittel und seines vielleicht auch widerlegbaren, auf jeden Fall aber kritisierbaren Zustands in jeder Hinsicht bewußt, verläßt es doch Fachgrenzen methodischer Art und sucht neue Blickwinkel und Erkenntnismöglichkeiten auf, die in dem Maße, wie sie vermehrte Einsichten ermöglichen, notwendigerweise auch vermehrte Angriffsflächen bieten. Dies ist jedoch wegen der größeren Falsifizierbarkeit durchaus wünschenswert und das Zeichen einer reichen Hypothese und Theorie.

Diese Gegebenheit und die Vielzahl von möglichen experimentellen Positionen und der bereits bestehende Reichtum an Daten lassen jedoch schon jetzt diese um theoretische Grundlagen und Integration erfolgreich bemühte Projektstudie nutzbringend erscheinen.

Durch einen ersten Ansatz für eine am Informations- und Entropiebegriff und an Ludwig Boltzmann orientierte Sicht, einschließlich der Vorwegnahme der Evolutionären Erkenntnistheorie in seinem Schrifttum, wurden viele Zusammenhänge überschaubar und systemhaft deutbar.

Mit vorzüglicher Hochachtung der Projektleiter

Dr. M. Bujatti-Narbeshuber

DANKSAGUNGEN/ACKNOWLEDGEMENTS

Meine Dankbarkeit gilt in erster Linie meinen spirituellen Förderern, den Vertretern der östlichen und der westlichen Fassung der uralten Weisheitstradition der Menschheit, seiner Heiligkeit, Maharishi Mahesh Yogi und Monsignore Prof.Dr.Alois Beck, Päpstlicher Geheimkämmerer.

Der Erstere brachte die Rolle des Bewußtsein in der Wissenschaft der Kreativen Intelligenz dem westlichen Verständnis praktisch und theoretisch näher und jener führte seinen Schülern von Jugend an die Vereinbarkeit des logischen, naturwissenschaftlichen Denkens mit spirituellen und metaphysischen Aussagen vor Augen.

So wurde dank der erstmals bestehenden experimentellen Überprüfbarkeit und des Anreizes für die diesbezügliche wissenschaftliche Arbeit beides in einem transkulturell interdisziplinären und naturwissenschaftlichen Projekt für Kreativitäts- und Innovationsforschung optimal nützbar.

Weiters gilt meine besonderer Dank den wissenschaftlichen Befürwortern dieses Projektes, den Univ. Professoren und Forschern der medizinischen, soziologischen und ökonomischen Fakultät, den Begutachtern, insbesondere aber Herrn Univ. Prof. Dr. Horst Seidler, dessen Unterstützung und dessen Betreuungs-Übernahme für das Wissenschafts- und Forschungsministerium, sowie dessen beständige Ermutigung die ökonomische, organisatorische und unabhängige Realisierung dieses Projektes ermöglichte. Frau Mag. Kolde, die in sehr entgegenkommender Weise dieses Projekt betreute, sei an dieser Stelle ausdrücklich gedankt.

Ganz besonders gilt aber der Dank meiner Frau und den Kindern, die die finanziellen, sozialen und familiären Freuden und Bürden in diesen intensiven Jahren mit mir zu teilen die Kraft hatten. Letztendlich sei besonders meinen Meditations-Schülern gedankt sowie den vielen Millionen von Ausübenden der Transzendentalen Meditation und der Sidhi-Technologie des Umgangs mit dem Vereinheitlichten Feld der Quantenfeld-Theorien, die uralte vedische Tradition des Shankara und Maharishi Patanjali erhaltend, welche die Möglichkeit zu irdischem Glück und Frieden im Einklang mit ihrer naturwissenschaftlichen Kultur nicht nur begriffen sondern auch schweigend ergriffen und die gesellschaftliche Trendwende zugelassen haben deren Ausdruck diese Arbeit ist.

Für die Erlaubnis Ihre die Thematik vertiefenden Ölbilder zur Illustration der einzelnen Kapitel zu verwenden, danke ich insbesondere Frau Ute Rakob.

Prof. Rudolf Hausner schreibt über sie: "Ich wurde unter zehn Bildern verschiedener magischer Realisten das Bild der Ute Rakob sofort und zweifelsfrei erkennen - es ist so sehr anders in seiner leisen, behutsamen Sprache, in seiner edler Trauer der dunklen Skepsis gegen alle Aufdringlichkeiten der Macher, seiner Aussöhnung mit dem Tode und dem daraus hervorgehenden tiefen Frieden, dem die Malerin den entrückten Standpunkt Ihrer Beobachtung verdankt. Die wenigen, aber sehr charakteristischen Gegenstände der Rakobschen Bilder, liegen nur scheinbar unmittelbar vor dem Beschauer, in Wirklichkeit sind sie Zeichen, die uns von einem weit entfernten Vorposten aus der Dämmerung erreichen."

Für die Unterstützung bei den Schreibarbeiten danke ich insbesondere Frau Mag. Brigitte Strobl, Sieglinde Lesniewsky und Margaretha Handl. Ohne ihre Hilfe waren die vielen Umarbeitungen nicht durchführbar gewesen.

ABSTRAKT-PUBLIKATIONEN/ABSTRACT-PUBLICATIONS

Zur 78. Jahresversammlung der Deutschen Zoologischen Gesellschaft
in Wien (27.Mai - 2.Juni)

INSTITUT FÜR HUMANBIOLOGIE (Prof. H. Seidler) UNIVERSITÄT WIEN
Fachbereich Biologie, Formal- und Naturwissenschaftliche Fakultät

Ingen. J. Neuroscience, 1987, Vol. 17, p 315

Forschungsprojekt des Bundesministeriums für Wissenschaft und
Forschung

Leitung: M. Bujatti

"Ansatz zur phylogenetischen und ontogenetischen
Kreativitäts-Evolution aus chemisch-physikalisch
und humanbiologischer Sicht"

M. Bujatti

MERU-Vienna, Institut für Humanbiologie (H. Seidler), University of Vienna
Austria

Das Eyring-Transitionstate-Prinzip des Wassers als Elementarmechanismus der Evolution zusätzlich zu den interkalären Prinzipien der Populationsgenetik wie Mutation, Selektion, Rekombination etc. zur Integration der mikro- und makroevolutionären Aspekte der Kreativität, in der Gen-Verhalten Coevolution.

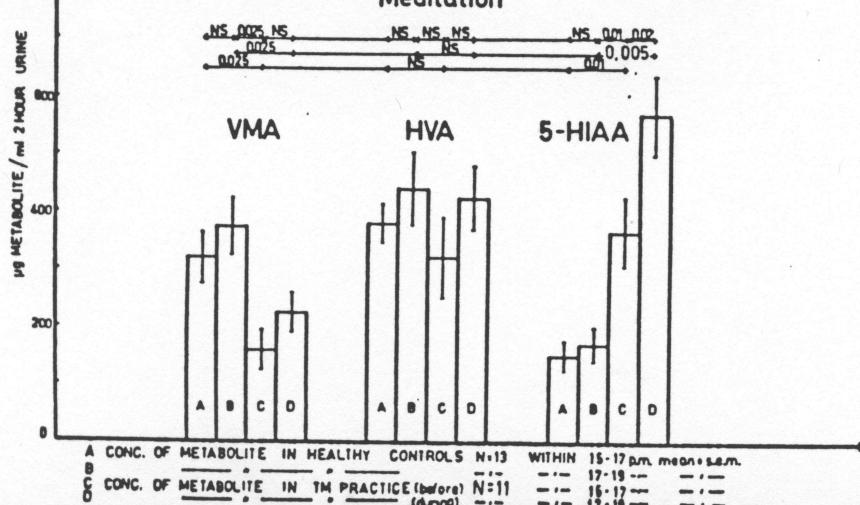
..... Biochemie, Anatomie, Physiologie des Verhalten steuernden Indolamin-Katecholamin Transmitter-Systems unter besonderer Berücksichtigung der stammesgeschichtlichen Humanevolution für Kreativität aus der Sicht der Voraussetzungen im Hominoid-hominid Übergangsfeld.

..... "Ruhe- und Erfüllung" als genereller Instinkt-End-Befriedigungsmechanismus antagonistisch zu "Kampf oder Flucht"-Physiologie.

..... Erweiterung der bisherigen Aggressionsforschung auf Fragen der menschlichen Spiritualität: Definition, Physiologie, Ethologie, Technologie, gesellschaftlicher Stellenwert, evolutionäre Bedeutung.

Project - Posterpresentation 27. Mai 1985

Biogenic Amines Metabolites in Transcendental Meditation



**ABSTRACTS OF THE FOURTH WORLD CONGRESS OF BIOLOGICAL PSYCHIATRY,
PHILADELPHIA, PENNSYLVANIA, USA, SEPTEMBER 8-13, 1985.**

**5-HT, DA, NA Metabolism and a General Instinct Behavior Rest and
Fulfillment-RF-Mechanism for Terminal Reward.**

M. BUJATTI

*MERU-Vienna, Institut für Human-biologie (H. Seidler), University of Vienna,
Austria*

The macroevolutionary psychophysiology underlying appetitive behavior for religious experience is characterized in TM-technology by an increase in 5-HT metab. ($p = .0005$). The RF-response (1). Immediate onset, drop in metabolic rate, O_2 25% below calc.b.rate CO_2 receptor sensitivity reduction, rapid decline of respiratory activity and natural periods of resp. arrest, bradycardia with circulatory centralisation, reprod. reliable instant elicitation are taken as the O_2 conserving DR in aerobic, non aquatic, self-induction (SIEAAM). EEG-coherence, consec. catecholamines incr. with paradox EASE activation Energy Amplification (ACh) by Synchronized (5-HT) Excitation (NA/DA) of Kippschwingung synactivation (by DR-nucl.tr.sol.) of raphe, coeruleus etc. considered genetic physiological basis of creativity in man. Typical for hominids (2) seems the D-Drive addition for (day) instinct handling and incoherent or suppressed mode (stressor) Reduction by integration (EASE). Equally typical is the adaptive insufficiency of sleep on principle for this as well as for the waking state evol. syntactics of creativity (relig. rites) for semantics of language-, pragmatics of tool prod. support. cumul. D-Drive EASE-DEFICIT PATHOLOGY.

REFERENCES

- (1) Bujatti M., *J. Neural Transm.*, 1976, 39, 257-267.
(2) Hardy, A., *New Scientist*, 17.3. 1960, 642-645. Min. Sc. Grant 83.

TYPE ABSTRACT IN THIS SPACE

INSTRUCTIONS

5-HT, DA, NA METABOLISM AND A GENERAL INSTINCT BEHAVIOR REST AND FULFILMENT-RF-MECHANISM FOR TERMINAL REWARD; BASIC FOR A. THE GENETIC HYPOMETABOLIC DIVING RESPONSE-DR-OF VERTEBRATES B. ITS APPETITIVE EPIGENETIC C. SYMBOL INDUCTION AS PHYSIOLOGICAL FOUNDATION OF CREATIVE INTELLIGENCE. EVIDENCE FROM TM-PHYSIOLOGY 1. FOR HARDY'S THEORY 2. HOMINOID HOMINID TERRAQUATIC ECO-TRANSITION THEORY OF CREATIVITY 3. ETIOLOG. DIVING DRIVE EASE-DEFICIT THEORY OF HUMAN PSYCHIATRIC DISEASE

M. Bujatti, MERU-Vienna, Institut für Humanbiologie(H.Seidler), Univ. of Vienna, Austria

The macroevolutionary psychophysiology underlying appetitive behavior for religious experience is characterized in TM-technology by an increase in 5-HT metab. (p < 0.005), the RF-response (1). Immediate onset, drop in metabolic rate, O₂ 25% below calc.b.rate CO₂ receptor sensitivity reduction, rapid decline of respiratory activity and natural periods of resp. arrest, bradycardia with circulatory centralisation, reprod.+ reliable instant elicitation are taken as the O₂ con. serving DR in aerobic, non aquatic, self-induction (SIEAAM). EEG-coherence, consec. catecholamines incr. with paradox EASE activation Energy Amplification (ACh) by Synchronized (5-HT) Excitation (NA/DA) of Kipp-schwingung synactivation (by DR-nucl.tr.sol.) of raphe, coeruleus etc. considered genetic physiological basis of creativity in man. Typical for hominids (2) seems the D-Drive addition for (day) instinct handling and incoherent or suppressed mode (stressor) Reduction by integration (EASE). Equally typical is the adaptive insufficiency of sleep on principle for this as well as for the wakingstate evol. syntactics of creativity (relig. rites) for semantics of language-, pragmatics of toolprod. support cumul D-Drive EASE-DEFICIT PATHOLOGY. 1. M. Bujatti, J. Neural Transm. 39, 257-267, 1976 2. A. Hardy, New Scientist 642-645, 17.3.1980 / Min. Sc. Grant 83

1. The abstract should be submitted in the space at the left. Please type the abstract.

2. Please check which type of abstract you are submitting:

- Symposia (by invitation)
- Oral Free Communication
- Poster Free Communication
- Either Oral or Poster Free Communication

3. Audio Visual Aids (35 mm slide projector will be included). Please check your requirements:

- Movie Projector ____ mm
- Overhead Projector

Presentation Equipment:

- Blackboard/Chalk
- Flipchart/Marker

4. Mail original and two copies to Congress Management Office in the enclosed envelope:

Attn: Cindy Foster
IVth World Congress of
Biological Psychiatry/Abstracts
c/o Anthony J. Jannetti, Inc.
North Woodbury Road/Box 56
Pitman, New Jersey 08071
U.S.A.

MUST BE RECEIVED BY
APRIL 1, 1985

Name Dr. M. Bujatti

Address. Institut für
Humanbiologie, Universit
Wien

Althanstrasse 14

1091 WIEN Postfach 187

Telephone (Home) 93 73 90

(Work) 42 23 53

31 45 10

**ABSTRACTS OF THE FOURTH WORLD CONGRESS OF BIOLOGICAL PSYCHIATRY,
PHILADELPHIA, PENNSYLVANIA, USA, SEPTEMBER 8-13, 1985.**

**Monoamines in Rest and Fulfilment and a Distinct Behavior (D-Drive)
Deprivation Theory of Depression Psychiatric Mental Disorder and
Prevention**

J. BUJATTI

*MERU-Vienna, Institut f. Humanbiologie (H. Seidler), University of Vienna,
Austria*

Hysteria, viewed hereditary in the psychiatry around 1900 and a major topic of textbooks became a rarity after the clarification of the underlying biological instinct behavior deprivation by S. Freud. Clarification of the instinctive mechanism underlying creative intelligence in man based on the diving response physiology of meditation (TM) is suggested necessary for harmonious integration by rest and fulfilment instead of instinct and data repression, as the phylogenetic basis for mental health.

Creative behavior as macroevolutionary-epigenetic recapitulation of micro-evolutionary pregenetic solvent-solvent Eyring Transition-state intercalary evolution self-stabilising with "Bio-molecules" on increasingly complex levels of integration using more and more isokinetically i.e. 5-HT-(NA) in negentropy-(entropy-) flow rest-(activity-) phase advance-delay Analog or Digital Complementarity Systems (ANS-DNS) for coherent superposition of replica as macroscopic quantum state of Unified Field (Consciousness). Transition as solvent principle suggested as elementary mechanism of evolution additional to the principles offered by population genetics (mutation, selection, recombination, duplication etc.) unites micro- and macro-evolutionary aspects of creativity underlying gene-behavior-coevolution by the D-drive of man. Integrating incoherent modes of excitation by rest and coherent excitation pulses as in Rem/PGO the DR/EASE and RF/PLAY, it is indispensable as sleep in man.

REFERENCES

1. M. Bujatti, *J. Neural Transm.*, 1976, **39**, 257-267.
2. A. Hardy, *New Scientist* 642-645, 17.3. 1960.
3. F. Crick, *Nature* **303**, 7.83/Min. SC.Grant, 1983.

TYPE ABSTRACT IN THIS SPACE

MONOAMINES IN REST AND FULFILMENT AND A INSTINCT BEHAVIOR (D-DRIVE) DEPRIVATION THEORY OF DEPRESSION PSYCHIATRIC MENTAL DISORDER AND PREVENTION

M. Bujatti, MERU-Vienna, Institut f. Humanbiologie(H.Seidler), Univ. of Vienna,Austr

Hysteria, viewed hereditary in the psychiatry around 1900 and a major topic of text-books became a rarity after the clarification of the underlying biological instinct behavior deprivation by S.Freud. Clarification of the instinctive mechanism underlying creative intelligence in man based on the diving response physiology of meditation (TM) is suggested necessary for harmonious integration by rest and fulfilment instead of instinct and data repression, as the phylogenetic basis for mental health.

Creative behavior as macroevolutionary-epigenetic recapitulation of micro-evolutionary pregenetic solvent-solvent Eyring Transition-state intercalary evolution self-stabilising with "Bio-molecules" on increasing complex levels of integration using more and more isokinetically i.e.5HT-(NA) in neg.-entropy-(entropy-)flow rest-(activity-)phase advance-delay Analog or Digital Complementarity Systems (ANS - DNS) for coherent superposition of replica as macroscopic quantum state of Unified Field (Consciousness). Transition as solvent principle suggested as elementary mechanism of evolution additional to the principles offered by population genetics (mutation, selection, recombination, duplication ect.) unites micro- and macro-evolutionary aspects of creativity underlying gene-behavior-coevolution by the D-drive of man. Integrating incoherent modes of exitation by rest and coherent exitation pulses as in Rem/PGO the DR/EASE and RF/PLAY, it is indispensable as sleep in man. M. Bujatti,J.Neural Transm.39,257-267,1976 J. Hardy,New Scientist 642-645,17.3.1960 F. CRICK, Nature 303,7,83/Min.SC.Grant 1983

INSTRUCTIONS

The abstract should be submitted in the space at the left. Please type the abstract.

Please check which type of abstract you are submitting:

- Symposia (by invitation)
- Oral Free Communication
- Poster Free Communication
- Either Oral or Poster Free Communication

Audio Visual Aids (35 mm slide projector will be included). Please check your requirements:

- Movie Projector ____ mm
- Overhead Projector

Presentation Equipment:

- Blackboard/Chalk
- Flipchart/Marker

Mail original and two copies to Congress Management Office in the enclosed envelope:

Attn: Cindy Foster
11th World Congress of
Biological Psychiatry/Abstracts
c/o Anthony J. Jannetti, Inc.
North Woodbury Road/Box 56
Pitman, New Jersey 08071
U.S.A

MUST BE RECEIVED BY
APRIL 1, 1985

Name Dr.M.Bujatti

Address: Institut für
Humanbiologie Universität
wien

Althanstrasse 14

1091 WIEN Postfach 187

Telephone (Home) 93 73 99

(Work) 42 23 53

31 45 10

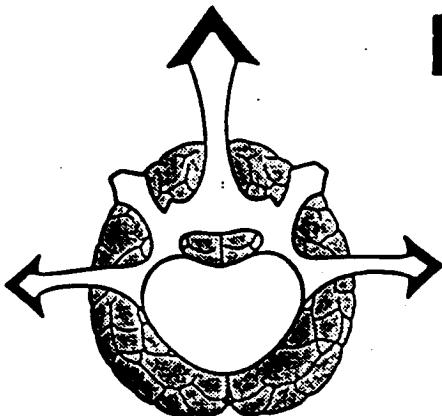
INTERNATIONAL SYMPOSIUM ON VERTEBRATE MORPHOLOGY

BUJATTI-NARBESHUBER, M. - Wien, Austria

HUMAN MORPHOLOGY, GENERAL ECO-TRANSITION-THEORY AND
CREATIVE INTELLIGENCE

The ethology of human creative intelligence seems to be based on the rest and fulfilment principle (RF) of living systems. Phylogenetically elaborated to a hypometabolic response against various adverse environments, RF finds in vertebrates its most evolved expression as the diving response, underlying general and specifically terraquatic eco-transitions. (General Eco-Transition-Theory, General ETT). The physiological changes during meditation (MT-MTUF) are identical to those of the diving response elicited in a nonaquatic, nonasphyctic way utilizing symbols to condition the inborn release mechanism. These changes additionally have been found to correlate highly with creativity in the Torrence Test of Creative Thinking (TTCT) and indicate strongly that human creativity evolved in terraquatic eco-transitions (Special Theory of Creative Intelligence, STC). The aquatic elicitation of the response when this ecological niche was shifted again to the land (primate second terraquatic eco-transition) was replaced by an idiom symbol (hominid primate third "terraquatic" etho-eco-transition) leading to the creative language and technology niche. But the diving drive with appetitive behaviour for transition experience, the typical hominoid dentition change, paralleled functionally by fight or flight hierarchical replacement through rest and fulfilment RF ethology and the many characteristic changes in human morphology remained as already interpreted by A. HARDY and E. MORGAN provided with additions now supporting the special ETT within STC concerning man and machine.

Abstracts AUGUST 25-29 1986, p. 43
VIENNA
BIOZENTRUM



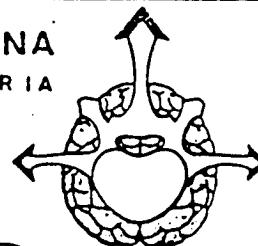
INSTITUT FÜR ZOOLOGIE
DER UNIVERSITÄT WIEN
Anatomie / Morphologie
Althanstrasse 14
A - 1090 Wien
Österreich
Tel. 0222 - 31 45 10

2nd INTERNATIONAL SYMPOSIUM
ON VERTEBRATE MORPHOLOGY

VIENNA
AUSTRIA

1986

AUGUST 25 - 29



handschrift bestätigt!

Wien, 17. 3. 1986

Dr. H. J. H. S.

Human Morphology, General Eco-Transition-Theory and Creative Intelligence.

M.Bujatti-Narbeshuber, Interdisziplinärer Arbeitskreis Meru-Vienna, Institut für Humanbiologie (H.Seidler), University of Vienna, Austria.

The ethology of human creative intelligence seems to be based on the rest and fulfilment principle (RF) of living systems (1).

Phylogenetically elaborated to a hypometabolic response against various adverse environments, RF finds in vertebrates its most evolved expression as the diving response, underlying general and specifically terraquatic eco-transitions. (General Eco-Transition Theory, General ETT).

The physiological changes during meditation (TM-MTUF) are identical to those of the diving response (3) elicited in a nonaquatic, nonasphyctic way utilising symbols to condition the inborn release mechanism. These changes additionally have been found to correlate highly with creativity in the TTCT (Torrence Test of Creative Thinking) and indicate strongly that human creativity evolved in terraquatic eco-transitions (Special Theory of Creative Intelligence, STC).

The aquatic elicitation of the response when this ecological niche was shifted again to the land (primate second terraquatic eco-transition) was replaced by an idiolog symbol (hominid primate third 'terraquatic' etho-eco-transition) leading to the creative language and technology niche.

But the diving drive with appetitive behavior for transition experience (2), the typical hominoid dentition change, paralleled functionally by fight or flight hierarchical replacement through rest and fulfilment RF ethology and the many characteristic changes in human morphology remained as already interpreted by A.Hardy and E.Morgan provided with additions now supporting the special ETT within STC concerning man and machine.

A General Theory of Creative Intelligence (GTC), including the general ETT, adding transition as elementary principle to mutation and selection expanding Neo-Darwinian evolution (2), was found substantiated by the discovery of the epigenetics defining quantumchemical solvent-solvent Eyring Transition State enthalpy-entropy-compensation principle (EECP) or RF isokinetic solvent transition behavior (2) through the authors kinetic EEG-analysis of TM-MTUF EEG-data as provided by C.Tourenne.

1. M.Bujatti, P.Riederer. J.Neural Transm. 39, 257-267, 1976.
2. M.Bujatti, "Monoamines in Rest and Fulfilment and an Instinct Behavior (D-Drive) Deprivation Theory of Depression, Psychiatric Mental Disorder and Prevention". (Abstracts of the IVth World Congress of Biological Psychiatry, Nr.530.12, 1985) Int.J.Neuroscience, 1986 (in print).
3. M.Bujatti, "5-HT, DA, NA Metabolism and a General Instinct Behavior Rest and Fulfilment-RF-Mechanism for Terminal Reward". (Abstracts of the IVth World Congress of Biological Psychiatry, Nr.336.9, 1985), Int.J.Neuroscience, 1986 (in print).

IMPORTANT:

Read all instructions before you type the abstract. Also, see the sample abstract and typing instructions on the reverse side.

ABSTRACT MUST BE SENT IN BEFORE MARCH 31, 1987 TO:

**Sanford I. Finkel, M.D.
International Psychogeriatric Association
Northwestern Memorial Hospital
Institute of Psychiatry
Older Adult Program
259 E. Erie - #448
Chicago, Illinois 60611, USA**

ABSTRACT FORM **Symposium** **Paper** **Poster** **Audio/Visual**

**NEUROTRANSMITTER DYNAMICS IN HUMAN ETHOLOGY
OF CREATIVE INTELLIGENCE AS ANTIBIOSENESENT
PROCESS. EARLY LOSS AND PREVENTION OF AGING.**

**M.Bujatti-Narbeshuber, Institute for Human
Biology, Prof.H.Seidler, University of
Vienna, Austria.**

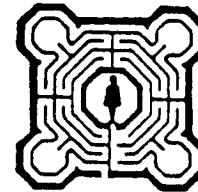
Organised by neurotransmitter serotonin predominance the creative problem solving capacity of the human brain was found based on an ethology fundamental to adrenergic "fight or flight", namely the physiological alternative for dealing with various adverse environments, the hypometabolic regenerative "rest and fulfilment" (RF) response of living systems (BUJATTI et al . 1976). This response or drive is finding its phylogenetically most evolved expression in the diving ethology of mammals. Typical for man seems to be the diving drive physiology elicited via cortical symbol conditioning of the inborn release mechanism. It was first identified as the instinctive mechanism underlying creative intelligence, since the stable set of physiological changes during meditation (TM) is identical to the inborn diving response and these changes have been found to correlate highly with creativity in the TTCT-test and in intelligence testing. This mechanism is suggested further to be responsible for the influence of the length of time of TM practice on age correlated variables being significantly correlated to biological age (Wallace et al. 1982). Phylogenetically it is suggested that this mechanism is underlying the high correlation of hominid brain size, longevity and the reciprocal of metabolic rate per unit body weight. (Hofmann, 1984). In man the sleeping mechanism seems to be a necessary but not sufficient condition for regeneration because of evolutionary constraints from hominisation for human nervous system regeneration needs. It seems dependent additionally on above intact creativity ethology for individual and collective problem solving averting psychosocial stress and aging.

REF.: Bujatti-Narbeshuber, M., Riederer, P. (1976): J.Neural Transm. 39, 257-267.

Wallace, R.K. et al. (1982): Intern. J. Neuroscience, 16, 35-38.



7th WORLD CONFERENCE
ON GIFTED AND TALENTED CHILDREN
Theme: EXPANDING AWARENESS OF CREATIVE POTENTIALS
Salt Lake City, Utah, USA August 3-7, 1987



Call for
Program Presentations
Papers

ABSTRACT:

HUMAN CREATIVE INTELLIGENCE ETHOLOGY
BASED ON PRIMATE - VERTEBRATE DIVING RESPONSE PHYSIOLOGY
AND ITS TRAINING. (PART II). *

BUJATTI - NARBESUBER Michael F.T., Dr., MERU-Vienna,
Research Assistant, Institute of Human Biology, University of Vienna,
Austria.

In autobiographical statements, musical geniuses like Mozart and Tchaikovsky (VERNON, 1982), Brahms, Beethoven and more recently SKRJABIN (1924) described prolonged instances of a state of mental activation having a special, sometimes almost spiritual, timelessness or transcendence, which accompanies or even constitutes an integral part of periods of peak creativity. These reports are reminiscent of the findings of MASLOW (1970) on "plateau" and "peak" experiences which, according to his clinical observations, are the sine qua non of creativity (MASLOW, 1976).

Typically, shorter instances of this state are reported by highly gifted people, mostly from the field of science. They constitute those special moments of the creative spark termed "illumination" by WALLAS (1926), and defined by him as "consisting of the appearance of the 'happy idea' together with the psychological events which immediately preceded and accompanied that appearance". Traditionally, baptising-, meditation-, prayer- techniques (stemming from the ancient religious background of man) have been said to enhance such states. These have usually been associated with problem solving by turning to a creative principle inside oneself, supposedly accompanied, as Freud put it, by an experience of that "oceanic feeling" that he found empirically inaccessible, as did many of his scientifically minded contemporaries. In the framework of the ancient Vedic Technology brought to the western research community by MAHARISHI MAHESH YOGI (1972) as a "Science of Creative Intelligence" experimental investigations in physiological and psychological laboratories over the last 15-20 years (ALLISON, 1970; WALLACE, 1970, 1971, 1972; FARROW, 1976; ORME-JOHNSON 1976; DOMASH, 1976), were successful. Organised by the neurotransmitter serotonin, the creative problem solving capacity of the brain was seen to be based on the ethology fundamental to fight or flight, namely the rest and fulfilment response of living systems (BUJATTI-NARBESUBER, 1976), finding its evolutionary most advanced form in the diving response of mammals, the inborn basis of TM-meditation techniques studied. It will be utilised for peri-, post-natal aquatic and the later general non-aquatic TM-training of hypometabolic EASE-activation physiology underlying creative experiences. Sleeping mechanisms are necessary but never were sufficient conditions for human nervous system problem solving and regeneration, phylogenetically dependent on the symbol-elicitation of the diving drive (BUJATTI-NARBESUBER, 1985 a,b; 1986). It is a prerequisite for individual and collective problem solving or peace, spontaneously or by training kept functioning in geniuses.

* Paper on PHYSIOLOGICAL ASPECTS OF CREATIVITY, (PART I), was presented at the 6th World Conference on gifted and talented Children, Hamburg, Aug. 7th, 1985.

13th International Wittgenstein-Conference
Kirchberg/Wechsel, August 14-21, 1988
Friday, 19 August 1988, Workshop 4, (14,50 - 15,30)

"Schrödinger's Preparations for the Unified
Theory of Life"

M. Bujatti-Narbeshuber, Interdisziplinärer
Forschungsring MERU-Vienna, Institut für
Humanbiologie, Universität Wien, A-1010 Wien,
Stadiongasse 2

After the contributions by Schrödinger leading to the study of the genetic code and to the application of statistical physics for the understanding of living systems, the basic question remains: How does the brain of man perform? How does it achieve conscious creative intelligence, the property unattained by machines? Consciousness can not be explained - in principle - by present day science, says Schrödinger. Also in evolution theory, in the framework of Mendel's and Darwin's theory, no understanding of consciousness is possible because of objectivation. But also epigenetic developmental processes are not contained neither explicitely nor implicitely - not to speak of pregenetic processes. Nevertheless Schrödinger indicates the East as direction where to progress. Therefore, as the next step, the lost and rediscovered method of philosophy, the ancient transcendental meditation of the East, was studied by western science. From the resulting Rest and Fulfillment response definition of homeostasis self-organisation, the quantum-biological "Unified Theory of Life" was developed. This epigenetic-genetic integrated Transition Theory of Evolution is buildt from a micro-organisation mechanism of life, namely the isokinetic quantum chemical solvent property of energy-entropy compensation in an energetically fluctuating environment. This leads, in a sequence of hierarchical levels of stabilisation to isokinetic transition, mutation and selection as the quantum-physical basis of consciousness as a macroscopic quantum state. As a measurement theory in unites observer, observed and the process of observation in one consciousness the basis of physical measurement and ultimate Unified Field Theories.

KONGRESS ABSTRACTS

V. Internationaler Kongreß der Deutschen
Gesellschaft für Semiotik (DGS)

4.-8.10.87

BUJATTI-NARBESHUBER, M.

EVOLUTION OF LANGUAGE AND THE ORIGIN OF CULTURE

Creative intelligence (CI) was introduced into evolutionary theory as phylogenetic stabilisation process of the quantum mechanical isokinetic transition quality, pre-genetically originating from the compensated solvent water and serving as Maxwell's Demon.

This allows to view biologically evolving systems including the technology of culture as one continuous teleonomic process of CI stabilisation via language elaboration. It starts in a co-evolution process of (solvent) compensation - (solute) constraint, later seen as behaviour - gène and finally as teleonomy - culture co-evolution. Such a teleonomically functioning sequence of codes and information carriers defines the evolution of language.

The origin of culture, seen as language specific to humans, is based on the speech code that evolved via a unique coming together of: a) the self-elicitation process of isokinetic temperature variations prerequisite for CI by the facilitation of spontaneous self-elicitation via the idiolog symbol induced release of the symbol conditioned Inborn Release Mechanism (IRM) followed by the etho-psychophysiological transition of the diving response of primates. As instinct basis of human CI with appetitive behaviour, IRM and reward, replacing the oral - facial - glottal - laryngeal release by water through b) idiolog symbols as first and mental audio-vocal tools, a new level in the evolution of analog dominated symbol language, namely a binary digital meta-language permitting logical operations and speech utilising the genetic constraints.

To an eco-transition theory based terraquatic switch from opticomotoric to audio-vocal symbol communication were added from diving cycle control the four under water respiratory tract closure ($A=1, G=0$) and the respiration ($N=NOR, I=NAND$) idiologs allowing with iteration (M) for the 16 BOOLEAN logic functions. Binary opposition in the code of idiologs is very analogous to that of nucleotides, with complementarity of audio-vocal modality likening the two DNA-strands.

HERAUSGEBER

Prof. Dr. Achim Eschbach
Dr. Martin Pape
Universität GHS Essen
Universitätsstraße 12,
Postfach 10 37 64
4300 Essen 1



DRUCKEREI CARL BLECH
4330 Mülheim a. d. Ruhr 1

REDAKTION

Beate Fuhr
(Redaktionsleitung)
Kristina Wendland
Gabi Willenberg
Projekt Agentur
Am Ruhrstein 47
4300 Essen 1

GESCHÄFTSZahl A-: 49.405/ 1-24/84

DATUM 30. 7. 1987

VOLLER TITEL DES PROJEKTES "Ansatz zur phylogenetischen und ontogenetischer Kreativitäts-Evolution aus chemisch-physikalischer und humanbiologischer Sicht"

ARBEITSTITEL "KREATIVITÄTS-EVOLUTION"

SCHLAGWORTE Epigenetisches System - Isokinetische Beziehung - Maxwellsscher Dämon - Wassereigenschaften - Darwinsche Evolutionstheorie - Morphogenese - Kreative Intelligenz - Bewußtsein - EEG

KURZDARSTELLUNG In einem energetisch-entropisch fluktuierenden Milieu wird der isokinetische - quantenchemische Mechanismus der Enthalpie - Entropie Kompensation als Maxwellsscher Dämon für Negentropie Selektion vorgeschlagen. Dieser evolutionäre Mikro-organisationsmechanismus sollte es ermöglichen die moderne Evolutionstheorie mit einer formalen chemisch-kinetischen Grundlage zu vervollständigen. Dies schließt auch Ursprung und Ziel teleonomen Verhaltens mit ein, welches im quantenchemischen Tunneling des Wassers als dem isenthalpischen Spezialfall der Kompensation begründet erscheint. Im isokinet. EEG-prinzipiell nachweisbar, dient es der Begründung der humanen Kreativität

Seitenanzahl des Endberichtes

AUFTRAGNEHMER Univ.Prof.Dr.Horst Seidler
Athanstrasse 14
1090 W I E N

PROJEKTLEITER & Dr.med.K.Bujatti-Narbeshuber
AUTOR Stadiongasse 2, 1010 W I E N

ANZAHL DER MITARBEITER 0

PROJEKTDAUER (in Monaten) 36 Monate

KOSTENANTEIL DES BMWF 50 %

RUNNING HEADLINE:

A UNIFIED THEORY OF LIFE

An Integrated Approach to Evolution Theory

M.BUJATTI-NARBESHUBER

KEY WORDS:

Isokinetic relationship - Maxwell's demon - Consciousness -
Creative intelligence - Epigenetic system - Morphogenesis -
Darwinian evolution theory - Hominisation - Ethology of Human
Speech Evolution - Computerised EEG - Diving Drive Physiology

EINFÜHRUNG UND ZUSAMMENFASSUNG/

INTRODUCTION AND SYNOPSIS

A U N I F I E D T H E O R Y O F L I F E

EINE QUANTENMECHANISCHE LÖSUNGSMITTELEIGENSCHAFT

DES WASSERS ALS AUSGANGSPUNKT FÜR DIE VEREINHEITLICHE

THEORIE DES LEBENS (UTL)

M. BUJATTI-NARBESHUBER

Eine quantenmechanische Lösungsmittel-Eigenschaft des Wassers als Ausgangspunkt für die Vereinheitlichte Theorie des Lebens (VTL)

M. Bujatti-Narbeshuber

Einleitung:

Das Prinzip der Schaffung von Ordnung, das dem Laser und auch der Flüssigkeitsdynamik zugrunde liegt, wurde in HAKENS Theorie der Synergetik (1988) analysiert und generalisiert. Dies erlaubt nun ein tieferes Eindringen zur prägenetischen Basis des von Schrödinger (1944) aufgestellten "order-on-order" Prinzips lebender Systeme, nach dem Ordnung nur aus Ordnung entstehen kann.

Im Folgenden soll daher ein der genetischen Theorie Mendels und Darwins zugrunde liegender prägenetischer Evolutionsmechanismus eingeführt werden, welcher der evolutionären Rolle des selektierenden epigenetischen Verhaltens die von vielen Forschergenerationen geforderte Basis verleiht (RIEDL, 1975).

Dieser neue Information selektierende Mechanismus beruht auf dem Lösungsmittel Wasser und seinem quantenchemischen Mechanismus der permanenten Lösungsmittel-Lösungsmittel-Übergänge durch Wasserstoffbrücken. Diese werden statt in einem Konfigurationsraum in einem topologischen Transitionsraum beschrieben, in dem die isokinetische Enthalpie-Entropie-Compensierte Transition (EECT) als Zentralpunkt für diese integrierte, Isokinetische Transitions-Theorie der Evolution (ITTE) eingeführt wird. Diese wiederum wurde anhand der Definition der hypometabolischen Ruhe, und Erfüllungsreaktion lebender Systeme aufgefunden. (BUJATTI-NARBESHUBER; RIEDERER, 1976; BUJATTI-NARBESHUBER, 1985 a, b, 1987).

Schon MONOD (1970) erklärte, auf der Suche nach den Grundlagen des epigenetischen Prozesses, welcher der großen Informationszunahme während der Pro-

teinkonformation zugrunde liegt, die ein Vielfaches der ursprünglichen, genetischen Information beträgt, insbesondere den Informationsbeitrag aus den komplexen Lösungsbedingungen als verantwortlich.

Aber statt auf das Lösungsmittel selbst bezog sich seine Analyse auf die Eigenschaften der Aminosäuresequenz, was seine Suche nach der "ultima ratio" des Lebens und seiner epigenetischen Teleonomie, zum Zufallsmechanismus führte.

LUMRY und RAJENDER (1970) wiesen schon auf die zahlreichen Beobachtungen von Energie-Entropie-Compensierten Phänomenen in wässrigen Lösungen von Proteinen und kleinen Molekülen ausführlich hin. Sie sahen darin die thermodynamische Manifestation von Struktur-machenden und Struktur-brechenden Vorgängen in wässrigen Lösungen und deuteten die Möglichkeit einer evolutiären Bedeutung an.

Erst die Neurotransmitter-Untersuchung hypometabolischer Zustände und die resultierende Formulierung der Ruhe- und Erfüllungsreaktion (RF) als eine Energie-Entropie-gekoppelte, homöostatisch-teleonome, selbstorganisierende Tendenz lebender Systeme, erzwang eine erneute, unabhängige Wiederaufnahme dieses Themas und seine Aufwertung zum zentralen Phänomens des Lebens. RF ermöglichte als makroskopisches, physiologisch-gewonnenes heuristisches Prinzip, durch Isomorphie die Identifikation quantenchemischer Enthalpie-Entropie-Compensation als das zugrundeliegende mikroorganisatorische epigenetische Grundprinzip (BUJATTI-NARBESCHUBER, 1976, 1985 a, b, 1987). Damit wurde eine bisher verstellte tiefere Einsicht in die Rolle des ebenfalls Energie-Entropie-compensierten Wassers und in die ökonomischen Gesetze der biologischen morphologischen Selbstorganisation auf allen Ebenen ermöglicht und soll hier ansatzweise mit der Synergetik verknüpft werden.

Die Transitions-Theorie des Wassers und der hydrophobe Effekt

Unterstützung für die Notwendigkeit einer Transitionstheorie der Evolution kam vorerst von dem tieferen Verständnis (EVANS und NINHAM, 1986) des bekannten hydrophoben Effektes (TANFORD, 1980). Er ist ein Spezialfall des Solvophobiephänomens Wasserstoff-Brücken bildender, polarer, und insbesondere auch nicht-strukturierter Lösungsmittel wie Hydrazin, Äthylenglycol, etc.:

"Die überwiegende Kraft, welche die Aggregation von Kohlenwasserstoffen im Wasser bewirkt, geht auf den hydrophoben Effekt des Wassers zurück. Die Aggregation von Amphiphilen (Lipiden und Surfactants) und das Falten von Proteinen sind Beispiele hydrophober Prozesse mit zentraler Bedeutung in der biologischen Selbstorganisation. Es besteht für Amphiphile eine förderliche freie Energie für das Zusammentreten der Kohlenwasserstoffketten. Daher, mit anderen Worten gesagt, mischen sich deshalb Öl und Wasser nicht."

Die Aggregation von Kohlenwasserstoffen wird begleitet von einer anomalen, positiven, großen Entropieveränderung, welche für Wasser typisch ist. Es wird nun allgemein akzeptiert, daß diese Entropieveränderung bei der Aggregation die Freisetzung strukturierten Wassers aus der Umgebung der zuvor vereinzelten Ketten widerspiegelt, welche, angemessenmaßen, eine einzigartige treibende Kraft für die Selbstorganisation in wässrigen Lösungen darstellt. Diese Ansicht ist falsch." (EVANS und NINHAM 1986).

Wie zuerst von SHINODA (1977) beobachtet wurde, sind nämlich die entsprechenden Enthalpie-Veränderungen in gleicher Weise anomal, was wichtige Konsequenzen dieser Beobachtung zur Folge hat, da die freie Energie unverändert bleibt, deren Veränderung allein diesen Prozeß bewirken sollte. Auch die Beobachtungen von EVANS und WIGHTMAN (1982), EVANS und NINHAM (1983) und EVANS et al. (1984) zeigen für die Thermodynamik des Kohlenwasserstoff-Transfers vom MONOMER in die Kohlenwasserstoff-Aggregation, daß die freie Energie im Bereich von 25 - 166 Grad Celsius, fast völlig unabhängig von der Temperatur, gleich bleibt.

"Bei 25 Grad Celsius sind die einzigartigen strukturellen Eigenschaften des Wassers evident, aber bei 166 Grad Celsius sind diese Eigenschaften fast völlig verschwunden. Da aber die Veränderung der freien Energie das einzige Kriterium für spontane Prozesse bei konstantem Druck und Temperatur darstellt, muß der hydrophobe Effekt geradezu besonders unempfindlich für Änderungen in der Wasserstruktur sein" (EVANS und NINHAM, 1986).

Es scheint unmöglich, diese Beobachtungen mit der bisherigen Ansicht zu vereinbaren, daß die Aggregation durch die Freisetzung von strukturiertem Wasser um die Kohlenwasserstoffketten bewirkt wird.

"Bei hohen Temperaturen wird die Aggregation ausschließlich durch die Energetik des Transfers nicht polarer Gruppen aus dem polaren Lösungsmittel betrieben. Bei 25 Grad Celsius sind die selben entropischen und enthalpischen Faktoren am Werk und in derselben Größe, denn sie sind nahezu unabhängig von der Flüssigkeit-(Wasserstoffbrücken) Struktur. Jedoch die gemessenen Entropie- und Enthalpieveränderungen sind jetzt sehr verschieden. Die Entropie hat nun einen großen positiven Wert, der von der Enthalpie kompensiert wird, was wiederum eine freie Energie ergibt, die sich als nahezu unabhängig von der Temperatur erweist". Da die freie Energie praktisch konstant bleibt, gleichen sich die Wasserstruktureffekte nahezu aus und spielen nur einen kleinen Teil in der freien Energetik der Aggregation." (EVANS und NINHAM, 1986).

Überraschend und von Bedeutung ist die Größe und die Manifestation der Enthalpie-Entropie-Compensation der Wasser-Wasser-Kinetik. Diese zeigt sich auch in der ungewöhnlich hohen spezifischen Wärme des Wassers und im sehr flachen Minimum der Temperaturabhängigkeit der spezifischen Wärme zwischen 30 und 45 Grad Celsius. Dies ist charakteristischerweise der Lebensbereich der Warmblüter. (TRINCER, 1981).

Die isokinetische Enthalpie-Entropie-Compensation ist im Grunde ein quantenchemisches Phänomen (CONNER 1982, 1983; CONNER und SCHWARZ, 1988). Die isokinetische Beziehung wurde von EXNER (1973) auf ein statistisches, verlässliches Fundament gestellt. Durch LINERT (1987, 1988) wurde die isokinetische Temperatur (T_{iso}), der charakteristische Parameter dieser Energie-Entropie-Compensation, für Reaktionen in flüssigen Phasen zur aktiven Schwingungs frequenz des Wärmebades in Beziehung gesetzt. Es ist dies die niedrigste molekulare Schwingung, die aus gruppentheoretischen Argumenten mit den Reaktanten reagieren kann. Dieser Ansatz ist konsistent mit der generellen Erklärung der isokinetischen Beziehung durch CONNER (1982, 1983) und CONNER und SCHWARZ (1988), wo Energie-Entropie-Compensationsverhalten in Beziehung gesetzt wird zur Verfügbarkeit und zur Zutrittsmöglichkeit für Reaktionsenergie.

Für die hier vorgeschlagene isokinetische Ethalpie-Entropie-Compensierte Wasserstoffbrücken-Kinetik des Wassers entspricht nun der Verfügbarkeit der Energie das Wärmebad mit z.B. den Dipol-Schwingungen des Wassers auch als Dipol-Laser (DEL GIUDICE et al. 1988). Der Zutrittsmöglichkeit für Energie

entspricht die Energiebarriere der Übergangszustände für energetische Moden für die Bildung der multiplen Wasserstoffbrücken im Transitionsraum des Wassers.

Dieser isokinetische Transitionsraum der Wasser-Wasser-Reaktionskinetik schlägt die Brücke von den kohärent selbst-organisierten Dipolschwingungen und Vibrationsspektren des Energie-liefernden Wärmebades, bestimend für den Parameter der isokinetischen Temperatur der H-Brückenkinetik, zu dem Parameter der H-Brücken-Wahrscheinlichkeit (P_H).

Dies ist der einzige Parameter der "correlated-site polychromatic percolation theory" (STANLEY et al., 1981), die alle Wassereigenschaften in linearer Abhängigkeit von der Temperatur sowie in Abhängigkeit vom Druck und - für unsere Zwecke bedeutsam - von gelösten Substanzen vorhersagt.

In diesem Modell eines zufälligen, unbegrenzten H-Brücken Netzwerkes (Gel) mit correlierten 4-Sauerstoff Bereichen, bewirken Bereich-machende und Gel-vermindernde (Entropie-senkende), nämlich hydrophobe, apolare, gelöste Substanzen, dem Vibrationsspektrum höherer Temperaturen reinen Wassers entsprechende Veränderungen. Dies entspricht einer linearen Zunahme der P_H und bei gleichbleibender Enthalpie und Entropiesenung, einer T_{180} -Steigerung. Dahingegen entspricht eine Bereich-brechende, Gel-vermehrende (Entropie-steigernde) Verunreinigung, die ein hydrophobes, apolares Molekül bewirkt, einer Temperaturabnahme im Vibrationsspektrum reinen Wassers. Dies entspricht einer linearen P_H -Zunahme, was bei Entropie-Steigerung und Enthalpie-konstanz zu einer T_{180} -Abnahme führt! Dieser Vorgang der Stabilisierung der isokinetischen Wasserstoffbrücken-Übergangswahrscheinlichkeit (P_H) führt nun zum lebenden System, welches diese mittels Entropieabnahme folgendermaßen organisiert.

Wasser als Dipol-Laser: Permanente Polarisation, Informationszunahme und
Ordnung durch Moleküle

Durch die Quantenfeld-theoretische Formulierung des freien, elektrischen Dipolfeldes des Wassers und seine Koppelung mit dem elektromagnetischen quantisierten Photonenfeld des Vakuums entsteht die geordnete Qualität des Wassers als ein kohärenter, freier, elektrischer Dipol-Laser (DEL GIUDICE et al., 1988). Er ist analog zum freien Elektronen-Laser (PREPARATA, 1988; DATTOLI et al. 1985). Diese kohärente Interaktion des Wassers geschieht in der zeitlichen Größenordnung von 10^{-14} Sekunden, wenn thermische Prozesse die Anfangsbedingungen für Lasern schaffen. Es ist in Frequenzbändern vergleichbar mit den beobachteten Absorptionsbanden des reinen Wassers zu finden. Ein gleichermaßen wichtiges Resultat der Koppelung mit dem elektromagnetischen Vakuumfeld ist das Auftreten permanenter, elektrischer Polarisation im Wasser, um elektrisch polarisierte Verunreinigungen, wie z.B. Biomoleküle (DEL GIUDICE et al., 1988). Diese Autoren schlugen schon früher einen Quantenfeld-theoretischen Ansatz für die kollektive Dynamik biologischer Systeme vor (DEL GUIDICE et al., 1985, 1986 a, b) und wiesen auf eine eventuelle Bedeutung obiger Phänomene für die Evolution des Lebens hin.

Bezüglich einer permanenten Polarisation des Wassers durch elektrisch geladene Verunreinigungen war schon gut bekannt, daß Wasser in der Gegenwart von polarisierten Verunreinigungen (HASTED, 1981), in der Gegenwart von kolloidalen Partikeln (EAGLAND, 1972) und Makromolekülen ein deutlich abweichendes Verhalten zeigt. Diesen Dipolvorgängen überlagert sind Vorgänge in der zeitlichen Größenordnung von 10^{-11} Sekunden, wo das Netzwerk Wasserstoff-gebundener Moleküle (STANLEY et al., 1981) durch die Kinetik dauernder Wasserstoffbrücken-Bildungen und Lösungen Enthalpie-Entropie-Kompensiert reagiert. Dies geschieht teilweise auch durch quantenchemisches Tunneln (MOORE, 1972), wobei auch das Tunneln, als isoenthalpischer Spezialfall, den Extremwert der isokinetischen

netischen Beziehung des Wassers mit der isokinetischen Temperatur von 0 Kelvin darstellt (BUJATTI-NARBESHUBER, 1987).

A. Wasser besitzt im Vergleich zu anderen Flüssigkeiten eine enorme Vielfalt fluktuierender Zustände vergleichbarer freier Energie, aber weitestgehend verschiedener Entropie und Enthalpie (FRANK und EVANS, 1945).

B. Ein nichtpolares Molekül zwingt dem Wasser nun eine Untergruppe dieser Zustände auf, und zwar auf solche Weise, daß seine Löslichkeit in der Tat dadurch bei niedrigen Temperaturen erhöht wird (EVANS und NINHAM, 1986).

C. Diese Gegebenheit, eine Konsequenz des physikalischen Grundprinzips der geringsten Wirkung, in der Chemie als das Prinzip von LE CHATELIER-BRAUN von Bedeutung, wird nun zum Ausgangspunkt der homeostatischen, teleonomen Selbstorganisation der Lösung in einem energetisch fluktuierenden Milieu. Die Eigenschaften des Lösungsmittels Wasser scheinen nicht konstant zu sein sondern eine Funktion der komplementären Eigenschaften der gelösten Substanzen. Seine Eigenschaften werden beeinflußt in dem Maße, in dem Bindungen zwischen den Lösungsmittelmolekülen von Substanzen gebrochen werden (SCHMID, 1983).

D. Die Stabilitätserhaltungstendenz auf Grund des Prinzips der geringsten Wirkung in den dadurch erzwungenen Übergängen im Transitionsraum der Energie-Entropie-Compensation des Wassers führt dadurch zu den vorigen, T_{iso} bezogen störungsminimierenden daher selektiven Reaktionsprozessen rückwirkend bis auch in die Reaktions-Kinetik der gelösten Substanzen hinein.

E. In einem energetisch fluktuierenden Milieu sind die Kontinuitäts- oder Überlebenschancen eines solchen metabolischen Systems umso größer, je niedriger seine Grund-Betriebskosten, das heißt seine Energiebedürfnisse sind. Es läßt sich der für die Betriebskosten wesentliche zusätzliche Exnergiebedarf (E^*) bei der Umgebungstemperatur oder Körpertemperatur (T_u) nach der GOUY-STODOLA Gleichung berechnen und hängt von der im System erzeugten Entropie ab (S_{ers}). $E^* = T_u S_{ers}$ (GRASSMANN, 1984).

Das Minimum der Betriebskosten wird in formal äußerst ähnlicher Weise zu obigen technischen Systemen durch die isokinetische Beziehung beschrieben und ist das zentrale Erfordernis der Übergangs- (Transitions-) Theorie der Evolution.

$$H^* = T_{180} \cdot S^* \quad (\text{SCHMID et al., 1982}).$$

Diese ermöglicht I. hydrophobe Selbstorganisation von Vesikeln, II. die prägenetische und weitere Evolution von biologischen Systemen:

1. Die Verfügbarkeit von Wärme- und Lichtenergie, nötig für isokinetische Transitionen molekularer Reaktionen, fluktuiert im täglichen Sonnenzyklus.

2. Während hyper-energetischer Phasen erlaubt der isokinetische Übergangszustand hohe Entropie und erzeugt variierende Reaktionsprodukte (Isokinetische Mutation = Kreativität).

3. Während hypo-energetischer Phasen ist die energetische Überschreitung isokinetischer Übergangszustände auf niedrige Entropie oder Information angewiesen. Diese gewährleistet die Kontinuität der Reaktionen (Isokinetische Selektion = Intelligenz).

4. Dies gilt insbesondere für ein energetisch fluktuierendes Milieu unseres Planeten, wo die Aktivationsenergien ungefähr beim Zehnfachen oder höher liegen als die thermischen Energien des Wärmebades von 300 Kelvin (GOLDANSKI 1986).

5. Während hypo-energetischer Phasen entsteht ein Darwin'scher Wettstreit um molekulare Reproduktion, der entschieden wird durch Erreichung der Übergangszustände. Er wird gewonnen durch die Verfügbarkeit von niedriger Entropie oder Information in den Reaktionsteilnehmern, zufällig entstanden z.B. in hyper-energetischen Phasen, die sich nun autokatalytisch oder hyperzyklisch (SCHUSTER, 1972) vermehren und dadurch selektiert werden.

6. EECT selektiert auf einer ökonomischen hypo-energetischen Basis niedrige Entropie oder hohe Information und erlaubt dadurch Reaktionskontinuität und die weitere Stabilisierung von EECT als einen Invarianzmechanismus von evolutionärem Vorteil im fluktuierenden Milieu (BUJATTI-NARBESCHUBER, 1985 a, b, 1987).

So wird erklärlich, warum Enthalpie-Entropie-Compensierte Transition auf den verschiedensten Ebenen der biologischen Organisation als Invarianzmechanismus vorgefunden wird.

Als eine Situation, deren Konsequenzen noch nicht genügend zur Kenntnis genommen wurden, arbeiten nämlich, wie schon EVANS und NINHAM (1986) bemerkten, in biologischen Prozessen kompensierte Makromoleküle in einem und gekoppelt an ein kompensierte Lösungsmittel, nämlich Wasser. Die selbe Art von EECT, auf neuer evolutionärer Ebene und von verschiedenem molekularen Ursprung, tritt auf, wann immer eine große Anzahl molekularer Konfigurationen von vergleichbarer freier Energie gegeben ist, bei gleichzeitiger dichter Verteilung von möglichen Enthalpie-Entropie-Zuständen: z.B. in den Makromolekülen und Neuronenaktivitäten. Biologische Beispiele sind die Entfaltung der Proteine (Entfaltung der Ribonuklease A ist zu 94% kompensiert, BENIZINGER, 1971; BENIZINGER und HAMMER, 1981) und die Veränderung der Proteinkonfigurationen, die mit enzymatischer Aktivität oder Antigen-Antikörpererkennung einher gehen, die Bewegung von Untereinheiten, um Koenzyme und Liganden zu binden und reaktive Zentren in Stellung zu bringen.

Diese Bewegungen repräsentieren eine ureigene epigenetische, teleonome Eigenschaft der funktionellen Proteinkinetik (BUJATTI-NARBESCHUBER 1985a, b, 1987) und keine zufälligen Fluktuationen (MONOD, 1970; HARTMANN et al., 1982; FRAUENFELDER, 1983, 1985). Die Existenz von EECT vom Bereich der Selbstorganisation von Membranen und der Thermodynamik der Mizellen Formation (EVANS et al. 1982, 1983, 1984) sowie in der Membrandurchdringung durch Amphiphile (JAHNIG, 1982), bis zur energetisch bipolaren, Energie- und Entropieflüß-bilanzierenden Neurotransmittercharakteristik ($\pm \frac{dS}{dt} = S_{ars} + S^*_{su} - S^*_{sb}$) in der elektrischen Hirnaktivität ist ein weiterer entscheidender -10experimenteller Befund für eine epigenetisch-genetisch Integrierte Transitions-Theorie der Evolution (BUJATTI-NARBESCHUBER, 1976, 1985 a, b, 1987).

Die Teleonomie dieser Evolution, beruhend auf dem ökonomischen Vorteil der hypoenergetischen Phasen, wird in der Abnahme der isokinetischen Temperatur bis zum isoenthalpischen Extremfall des quantenchemischen Tunneling mit 0 Kelvin objektivierbar.

Es sollte möglich sein, dies alles (BUJATTI-NARBESHUBER, 1985, a, b,) auf einen adaptierten Rahmen der Synergetik, charakterisiert durch Dämpfungskonstanten und Stabilitätstheorie (HAKEN, 1988) zu übertragen: Wie das Lichtfeld, oder genauer gesagt eine bestimmte Lichtwelle, beim Laser als Ordner die Elektronenbewegungen in den Atomen organisiert, wobei das Lichtfeld gegenüber den Elektronen dadurch ausgezeichnet ist, daß es nur schwach gedämpft ist im Vergleich zu den oszillierenden Elektronen, schlagen wir für die Evolution einer Lösung als Leben - einen anderen Weg gingen die System-Überlegungen von GUTTMANN und RESCH (1985)- nun folgendes vor: abhängig von Kontrollparametern fluktuierender energetischer Natur führen die ungedämpften Dipol-Laser Eigenschaften des Wassers als Ordner zu der isokinetischen Wasserstoffbrücken Kinetik des Wassers, welche wiederum die gelösten Moleküle, die "Constraints", im Transitionsraum in ihrer Kinetik selektierend beeinflußt, bis sich schlüssiglich der Anfangszustand des Lösungsmittels wiederum raumzeitlich stabilisiert und im Nervensystem als kohärenter makroskopischer Quantenzustand darstellt, der mit der Bewußtseinserfahrung einhergeht.

Im Rahmen des ayurvedischen Paradigmas der Onto-Epistemologie der Vereinheitlichten Theorie des Lebens (BUJATTI-NARBESHUBER, 1988) wird die Qualität dieses raum-zeitlich stabilisierten Anfangszustandes als Einheit von Beobachter, Beobachtetem und Beobachtung oder vielmehr als selbstbezogenes reines Bewußtsein definiert, welches laut UTL mit sequentiellem Symmetriebruch als Kreativität und mit dem "Prinzip der geringsten Wirkung" als Intelligenz einhergeht.

Anschrift des Autors: Dr. M. Bujatti-Narbeshuber, Österr. MERU-Gesellschaft,
Interdisziplinärer Forschungsring und Institut für
Humanbiologie (H. Seidler), Universität Wien, Althan-
straße 14, A - 1091 Wien

LITERATUR:

- Benizinger, T.H. (1971): Nature 100, 229.
- Benizinger, T.H., Hammer, C. (1981): Curr. Top. Cell. Regul. 475, 18.
- Bujatti-Narbeshuber, M., Riederer, P. (1976): Serotonin, Noradrenaline, Dopamine Metabolites in Transcendental Meditation-Technique. J. Neural. Transm. 39, 257-267
- Bujatti-Narbeshuber, M. (1985a): The Transition State of Water and an Evolutionary Theory of Human Creative Intelligence. Videotape Lecture. Sept. 16th. 1985, Chemistry Department, MIU International University Fairfield, Iowa, USA.
- Bujatti-Narbeshuber, M. (1985b): Monoamines in Rest and Fulfilment and an Instinct Behaviour (D-Drive) Deprivation Theory of Depression, Psychiatric Mental Disorder and Prevention. Abstracts of the IVth World Congress of Biological Psychiatry, Nr. 530.12. 1985; Int. J. Neuroscience 32, 2, 520, 1987.
- Bujatti-Narbeshuber, M. (1987): A Unified Theory of Life. Intra-Publication Vienna-Stockholm, ISBN 3-9008 14-007.
- Bujatti-Narbeshuber, M. (1988): Schrödinger's Preparations for: The Unified Theory of Life (UTL). Presented at the Thirteenth International Wittgenstein Symposium, Kirchberg/Wechsel. In: A Unified Theory of Life, 2nd ed. 1988.
- Conner, W.C. (1982): Journal of Catalysis 78, 238-246
- Conner, W.C. (1983): Journal of Catalysis 84, 273-274
- Conner, W.C. and Schwarz, J. (1988): J. Chem. Eng. Commun, to be published.
- Dattoli, G. and Renieri A. (1985): The quantum mechanical analysis of the FEL. In: Laser Handbook Vol. 4 (eds. M. Stich and M. Bass), North-Holland, New York
- Del Giudice, E., Doglia, S., Milani, M., Vitiello, G. (1985): Nucl. Phys. B 251 375.

- Del Giudice, E., Doglia, S., Milani, M., Vitiello, G. (1986a): Collective Properties of Biological Systems. In: Modern Bioelectrochemistry (eds. Guttmann and Keyzer), Plenum Press, New York;
- Del Giudice, E., Doglia, S., Milani, M., Vitiello, G. (1986b): Nucl. Phys. B 275 (FS 17), 185
- Del Giudice, E., Preparata, G., Vitiello, G. (1988): Water as a free electric dipole laser, preprint.
- Eagland, D. (1982): In: Water, a comprehensive treatise (Ed.: E. Franks) Vol.4 page 305, Plenum Press, New York
- Evans, F. and Wightman, P.J. (1982): J. Colloid Interface Sci. 86, 515.
- Evans, F. and Ninham, B.W. (1983): In: J. Phys. Chem., 87, 5025
- Evans, F., Allen, M., Ninham, B.W., Fouca, A. (1984): J. Solution Chem. 13, 87.
- Evans, F., Ninham, B.W. (1986): Molecular Forces in the Self-Organization of Amphiphiles. J. Phys. Chem; 90, 226-234.
- Exner, O. (1973): Prog. Phys. Org. Chem. 10, 411.
- Frauenfelder, H. (1983): In, Structure, Dynamics, Interactions and Dynamics of Biological Macromolecules. (C. Helene, ed.), Reidel.
- Frauenfelder, H. (1985): Von Atomen zu Biomolekülen. Naturw. Rundsch. 38, 8, 311-321.
- Goldanski, V. I. (1986): Quantum Chemical Reactions in the Deep. Cold. Scientific American, 254, 2, 38-44.
- Grassmann, P. (1984): Naturwissenschaften 71, 335-341.
- Guttmann, V., Resch, G. (1985): Monatshefte Chem. 116, 1107.
- Haken, H. (1988): Naturwissenschaften 75, 163-172.
- Haken, H. (1988): Naturwissenschaften 75, 225-234.
- Hartmann, H., Parak, F., Steigmann, F., Petsko, G.A., Ringe Ponzi, D., Frauenfelder, H., (1982): Proc. Natl. Acad. Sci. USA, 79, 4967.

- Hasted, J.B., Millany, H.M. and Rosen, D. (1981): J. Chem. Soc. Faraday Trans. 77, 2289
- Jahnig, F., Bramhall, J. (1982): Biochim. Biophys. Acta, 690, 310-313.
- Linert, W. (1987): The Isokinetic Relationship. V. Investigation of Biomolecular Reaction Systems. Chemical Physics 114, 449-495.
- Linert, W., Jaworski, J.S. (1988): A re-examination of temperature dependent reduction potentials of quinones from the point of view of the isokinetic relationship. Electrochimica Acta, Vol. 33, 12, 1713-1717.
- Lumry, R., Rajender, S. (1970): Enthalpy-Entropy Compensation Phenomena in Water Solutions of Proteins and Small Molecules: A Ubiquitous Property of Water. Biopolymers, 9, 1125-1227.
- Monod, J. (1970): Le hasard et la nécessité. Editions du Seuil, Paris.
- Moore, W.J. (1972): Physical Chemistry. 4th Ed. Prentice Hall, New Jersey.
- Preparata, G. (1988): Quantum Field Theory of the FEL, Phys. Rev. A (in press)
- Riedl, R. (1975): Die Ordnung des Lebendigen. P. Parey, Hamburg, Berlin.
- Schmid, R. (1983): J. Solution Chemistry, 12, 2, 135.
- Schmid, R., Sapunov, V.N. (1982): Non-formal Kinetics. Deerfield Beach, Florida, Verlag Chemie, Basel.
- Schrödinger, E. (1969): What is Life? Mind and Matter. Cambridge University Press.
- Schuster, P. (1972): Chemie in unserer Zeit, 6, 1-16.
- Shinoda, K. (1977): J. Phys. Chem. 81, 1300.
- Stanley, H.E., Texeira, J., Geiger, A. and Blumberg, R.L. (1981): Physica 106A, 260.
- Tanford, C. (1980): The Hydrophobic Effect. 2nd ed.; Wiley: New York.
- Trincher, K. (1981): Die Gesetze der biologischen Thermodynamik. Urban & Schwarzenberg, Wien-München.

A U N I F I E D T H E O R Y O F L I F E I

SCHRÖDINGER'S PREPARATIONS FOR: THE UNIFIED THEORY OF LIFE (UTL)

THE FUNDAMENTAL ONTO-EPISTEMOLOGY PARADIGM (OE)

M. BUJATTI-NARBESHUBER

SCHRODINGER'S PREPARATION FOR:

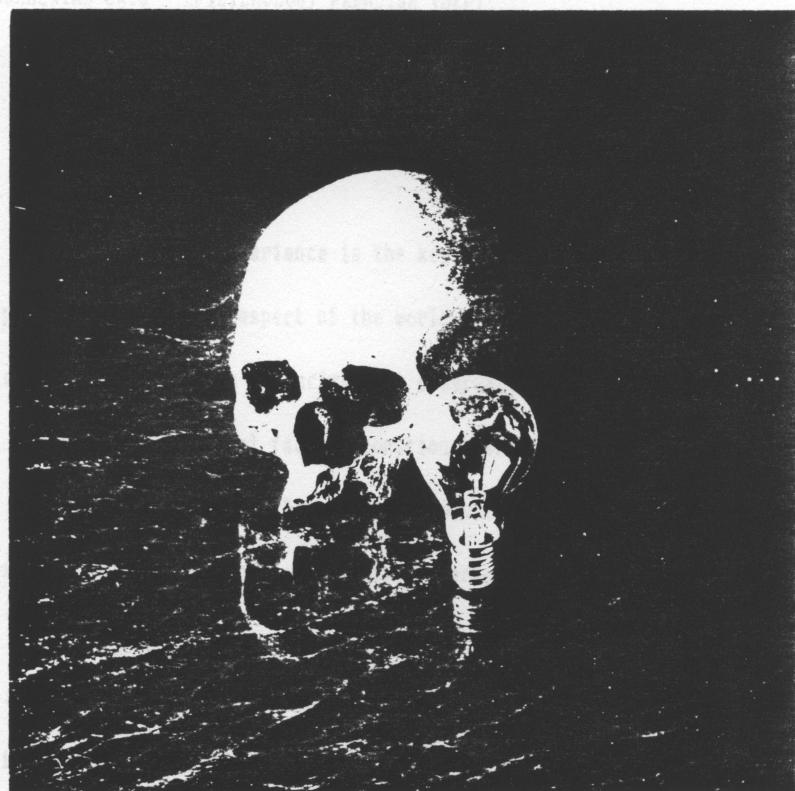
THE UNIFIED THEORY OF LIFE (1944)

—THE FUNDAMENTAL ONTO-EPISTEMOLOGY PARADIGM (1971)

INTRODUCTION

In 1937 Schrödinger stated that "the most important experience in my life was not the discovery of quantum mechanics, but my identification with the living world. As my scientific building, so my spiritual building, it is based on the knowledge of the laws of life". This dual importance of the laws of life is also reflected in the title of the article "What is Life?" published in 1944.

In his book "What is Life?" Schrödinger coined the term "negentropy" which he defined as: "The ratio, irreversibility of the observed increased and the process of decrease found in the relationship of development that is active by self-reproduction both causality breaking, chance and hierarchical growth of information in evolution by nature of reality and science".



"I presented at the Thirteenth International Wittgenstein Symposium on

"Philosophy of the Natural Sciences", Kirchberg/Nestel, Austria,

17th of August 1993, Workshop 4

SCHRÖDINGER'S PREPARATIONS FOR:

THE UNIFIED THEORY OF LIFE (UTL) *)

THE FUNDAMENTAL ONTO - EPISTEMOLOGY PARADIGM (OEP)¹

M. Bujatti-Marbeshuber

INTRODUCTION

In 1957 Max Born stated: "... the idea of invariance is the key to a reasonable concept of reality and not only in physics, but in each aspect of the world...".

1. In any scientific measurement process and scientific observation, as well as in theory building, as unavoidable element, the empirical fact of consciousness is ultimately present. This Ontic Invariance of Consciousness (OIC) is therefore introduced as the most basic invariance of the natural sciences. It is fundamental to theory, observation and measurement.

2. According to the resulting Onto-Epistemology paradigm (OEP), thereby unifying the traditional subjectivist epistemology and the objectivist Popperian standpoint, consciousness is defined as: The ontic, inseparable unity of the observer, the observed and the process of observation found in the relationship of measurement that is underlying by self-interaction both symmetry breaking, change and hierarchical growth of information in evolution as nature or reality and science.

*) Presented at the Thirteenth International Wittgenstein Symposium on
"Philosophy of the Natural Sciences", Kirchberg/ Wechsel, Austria,
19th of August 1988, Workshop 4

Anthropocentrism, in its last resort holding consciousness an exclusive privilege of man (or higher animals), is left behind by this Onto-Epistemological paradigm of UTL. As an encompassing measurement theory, interaction on all levels is an evolutionary self-elaboration of consciousness, that is independent of, but fully manifesting in the human observer.

Onto-Epistemology (OE) makes the Ontic Invariance of Consciousness the key to a reasonable concept of reality and not only in physics, but in each aspect of the world.

4. This Evolutionary Onto-Epistemology (EOE-) paradigm, is a necessary condition and a as outlined in the following a sufficient condition for the structuring of a consistent scientific reality. Since any empirical content (including consciousness itself) cannot be found anywhere else but in consciousness, according to William Ockham's razor principle of economy, any additional assumption concerning ultimate reality is strictly superfluous. This 'pan-ipsismus' is thereby reestablishing the ancient, unifying Vedic Science (VS) core paradigm of Consciousness.

5. Transculturally, this EOE-paradigm of VS serves to unite both, the around the object - the observed - oriented and since Galilei strictly experimental Western sciences of Greco-Roman origins, and the around the subject - the observer - oriented experimental and concerning consciousness strictly experimental Eastern Sciences of Vedic origin.

Consciousness, as starting point of this Unified Theory of Life (UTL), with the self-referential EOE-dynamics of symmetry breaking, is inherent in any observer-observed mutual interaction processes of observation or measurement (self-evident as self-awareness manifesting finally in man). As consciousness it provides the initial condition of nature as shown in the following in the detailed objective description of its mathematical characterisation in supersymmetric Unified Field Theories. They result in a transcultural evolutionary metatheory of the growth of information. It is including finally both Western and Eastern scientific knowledge.

6. As ontic continuation of the process of natural evolution, science itself is seen as this open-ended continuing self-referential, self-elaboration of consciousness in its concreteness as language of nature. This language is in itself driven by its symmetry breakings, independent of a human observer, but as science driven by those attributed to the human observer. In this onto-epistemology of evolution, nature grows from initial OEP-conditions through iteration in a primary epistemological, circular, in time spiralling, isomorphous self-observation process. As it was already described by Vedic ancient philosophy, also modern science consists of the same observer (RISHI) and the observed (CHANDAS) and the creative (DEVATA) process of observation within the encompassing wholeness of consciousness (SAMHITA).

7. This primary OEP epistemological structure, folds into a secondary superhelical structure. By self-interactions bound together and self-propelling it progresses through the resulting constraints produced from the ontic field of all possibilities in the sequential creative process of observation or measurement.

The first superhelical coil starts with the supersymmetric Unified Field of quantum field theories. Its self-coupling gives rise to Planck Scale Dynamics and the ordered states of vibrational modes (spectrum) by spontaneous sequential dynamical symmetry breaking. This process leads on, in further superhelical coils (fig. 1), to the laws of nature and evolution experimentally accessible in their relation to consciousness in the study of the human brain activity.*

WITTGENSTEIN'S AND SCHRÖDINGER'S FUNDAMENTAL POSITIONS

This need for the OEP of the Unified Theory of Life was basically already the position held by Erwin Schrödinger in the epilogue of "What is Life" (1969), which was further elaborated in "Mind and Matter".³

So we are faced with the following remarkable situation. While the stuff from which our world picture is built is yielded exclusively from the sense organs as organs of the mind, so that every man's world picture is and always remains a construct of his mind and can not be proved to have any other existence, yet the conscious mind itself remains a stranger within that construct, it has no living space in it, you can spot it nowhere in space. We do not usually realize this fact ...⁴

Well, so it is, because our science - Greek science - is based on objectivation, whereby it has cut itself off from an adequate understanding of the Subject of Cognizance, of the mind. But I do believe that this is precisely the point where our present way of thinking does need to be amended, perhaps by a bit of blood transfusion from Eastern thought.⁵

Epistemologically, this admitted crisis of the world picture of the Western natural sciences is related, yes even identical to that formulated by Wittgenstein concerning the the status of philosophy. In his Philosophical Investigations⁶ concerning the status of Western philosophy, he exposes the lack of a Western philosophical method by refuting the ontic status of language. 7. 8. 9.

In the Philosophical Investigations (PI 97) he described exactly, what was introduced above as pure consciousness (OIC), namely the epistemological status of the sought solution: the 'nimbus' of thinking. Its essence is logic, the hardest, crystalline, a priori order of the world, the most simple, most concrete and not abstract order of the possibilities common to world and thought, permeating experience but untouched by it.

Schrödinger on the other hand indicated to future scientists, where to look for an amendment of the critical epistemological status of Western scientific thought. Namely outside the Greco-Roman cultural complex in the Eastern cultural complex we may find, as also expected by Arnold Toynbee, as the central cultural event for our epoch, the needed amendment of our thinking. Also Schrödinger prescribes in what manner (see quote⁹ below) to look for this needed epistemological blood transfusion required by both the scientist Schrödinger and the philosopher Wittgenstein. And indeed, this revitalising infusion from Eastern thought is in essence contained in the OEP of the Vedic Sciences (VS). It is gained through the Eastern experimental-philosophical, precise methodology (TM) of systematically experiencing pure consciousness as Transcendence (OIC), the 'nimbus' of thinking¹⁰.

This experience is the stable reference and the prerequisite to deal with contents of subjective experience in a reliable, intersubjective and reproducible fashion. It provides the empirical, ontic, experimental-philosophical basis for the complementary, Vedic theoretical philosophical description and analysis. This most essential method for an experimental-philosophical and theoretical-philosophical unity is apparently missing or lost since the early Greek mythology to philosophy transition. This loss of a reliable methodology for the transcendence experience as necessary anchor for a reliable subjectivity, lead to its systematic disregard and elimination. This gave rise in turn, as substitute, to the most successful complementary Western scientific objective methodology of experimentation but also to its profound epistemological limitation. The consequences of this elimination of the observer by objectivity, Schrödinger's 'exclusion principle' becomes apparent both at the very basis of natural science in the epistemological foundations for the quantum physics of measurement and at the very top of natural science as the mind-body problem in brain research on consciousness. Both require now the integration of the subject of cognizance into all levels of natural science, as intended by the OE paradigm of UTL. From here with Schrödinger we continue:

That will not be easy, we must be aware of blunders - blood transfusion always needs great precaution to prevent clotting. We do not wish to loose the logical precision that our scientific thought has reached and that is unparalleled anywhere at any epoch.⁹

THE UNIFIED THEORY OF LIFE IN A PARADIGM OF CONSCIOUSNESS

Therefore, to resume the above argument of UTL, since all present physical theories are based on foundational measurement and since OIC is basic to each and every interaction or measurement process and observation of entities, be they outer objects or inner thoughts as finally in human scientific theory building, UTL infers:

1. Physical theories of reality are based on consciousness (OIC) and in fact are furthermore rapidly improving and evolving descriptions of OIC via possibilities realised from it as a field of all possibilities.

Empirically, finally as consciousness, not only the observer but also the observed reality ultimately are found to exist. This is an implicit, though heretofore largely unrecognized and unexpressed fact of the ultimate nature of consciousness in natural science, even though shared by Bertrand Russel and Berkeley etc.

2. To stress the relevance of this point for the prevailing scientific paradigm of the 'exclusion principle' the following has to be said: By elimination of the final invariant commonality of any measurement, consciousness, one eliminates measurement itself. Consciousness, pervading all levels of symmetry breaking interactions and manifesting therefore in the human body, if removed, leads to the elimination of observation, scientific measurement and science itself. For example, if one eliminates by burning the commonality of wood (consciousness) while wood carving (measuring, interacting, observing), the existence of both wood and carvings would be eliminated.

3. What really has been measured in the natural sciences, in direct evolutionary continuation of measurement or observation generalised to be the basic process of nature's self-interacting dynamics of symmetry breaking and evolution, is the invariant of each and every measurement: consciousness. Thereby the wholistic nature of OIC ultimately via man's measurements and observations - both by "outer" and "inner" mental observation processes - is evolving and creating further constraints within its wholeness. They appear then in diverse, complementary variable expressions, as constraints. By self-interacting symmetry breaking these constraints are created from a field of all possibilities in each and every measurement process as the carvings and thereby the sum-total of OIC (wood) remains invariant.

In UTL, these created, highly variable hierarchically and complementarily organised constraints are termed Qualitative and Quantitative Variable Consciousness (QVC). While OIC denotes the ontic invariant existential prerequisite that I can see, the Self-referential quality of OIC (SOIC) denotes the nature of the observation process, how I see (through self-reference). QVC finally denotes the complementary (from a hypothetical mathematical abstraction) analog and digital coded, variable qualities and quantities of consciousness that we see. Following Schrödinger¹¹, with growing distance from Planck's constant, they appear as increasingly objective, intersubjective, constrained forms of consciousness. Concerning this identity of the objective and subjective entities as consciousness, Schrödinger states:

It is the same elements that go to compose my mind and the world. This situation is the same for every mind and its world, in spite of the unfathomable abundance of "crossreferences" between them. The world is given to me only once, not one existing and one perceived. Subject and object are only one. The barrier between them cannot be said to have broken as a result of recent experience in the physical science, for this barrier does not exist.¹²

My purpose in this discussion is to contribute perhaps to clearing this way for a future assimilation of the doctrine of identity with our own scientific world view, without having to pay for it by a loss of soberness and logical precision.¹³

Implying a profound paradigmatic change, UTL rebuilds science without changing anything in it. But just this is allowing for the integration with Eastern Vedic Science and Technology and leads to the appreciation of this consciousness based practical Technology of the Unified Field and to Maharishi's^{13..14} Unified Field based System of Education. This Technology of the Unified Field has been repeatedly demonstrated by Dillbeck and Orme-Johnson's work^{15..16..17} to be able to improve complex socio-economical systems by a field approach from consciousness.

Hegel's philosophical concept of collective consciousness¹⁸ finds thereby experimental and scientific verification and utilisation.

4. Consciousness (OIC), following this paradigm of UTL, is thus not only a necessary condition for the scientific bottom up process of understanding the role of the observer in quantum theory, it is also the necessary condition for the top down scientific process of fully understanding the human brain's conscious behavioural activity and the full range of its creative intelligence that is including field effects.¹⁹ Furthermore, by providing natural science with an ab initio unifying UTL-measurement approach OIC appears even to be the sufficient condition for scientific reality. It is suggested as the initial condition for the creative, constantly changing and evolving nature, including that of man.

5. For this point the supersymmetric, completely Unified Field Theories of Quantum Physics, that describe the ultimate structure of reality, provide evidence. Some theorists consider the superstring based, completely Unified Field Theory to be a physical description of pure consciousness. That means a mathematical description identical to the description given by the ancient Vedic philosophy referred to by Schrödinger, but found coded in sound structures by Raster.²⁰ Such a correspondance and even identity has been suggested recently by Hagelin.²¹

UTL intends to lend support to this correspondence approach between the Unified Field Theory and the OIC description of Vedic science that is complementary but more analog coded predominantly through sound structures²⁰ and analogies.

6. Onto-epistemological reasoning establishes the unavoidable ontological identity between the subjective and objective approach to consciousness.
Secondly, UTL by its evolutionary theoretical and statistical physical, experimental research program on human consciousness establishes an evolutionary link between basic quantum Field theory and the quantum physical description of human consciousness. It is based on the isokinetic quantum chemistry of the solvent-solute interactions.^{22.23}

In a top down approach, the description of human consciousness as a macroscopic quantum state can be derived in principle from the EEG - brain analysis. It is also suggestive of isokinetic energy-entropy compensated transitions as isomorphy of this solvent and solute principle, maintained throughout bio-evolution.^{22.23}

This makes consciousness accessible for objective experimental identification. It therefore allows this objectivist and subjectivist onto-epistemological unification program to be subjected to experimental scrutiny and falsification.

Thirdly, UTL serves to account for the field effects of human consciousness. They were experimentally observed and proven repeatedly to predictably change social indicators on a large scale.^{15.16.17} These are induced by the Technology of the Unified Field and provide an experimental, practically relevant proof of the Unified Theory of Life based on consciousness.

7. This astonishing situation was addressed by Schrödinger²⁴ concerning objectivity subjectivity and the removal of the intenable principle of the exclusion of the observer through a new unified approach to science. This paradigm change is not just another intellectual adventure but a much more profound initiation into the Unified Field based system of Education.

I maintain that it cannot be solved on the level of present day science which is still entirely engulfed in the 'exclusion principle' - without knowing it - hence the antinomy. To realize this is valuable, but it does not solve the problem. You cannot remove the 'exclusion principle' by act of parliament as it were. Scientific attitude would have to be rebuilt, science must be made anew.
Care is needed.²⁴

Interestingly Hagelin²⁵, the author of the new Supersymmetric Flipped SU (5) Grand Unified Theory takes for his comparison²⁶ recourse to the same ancient Upanishadic Vedic tradition also suggested by Erwin Schrödinger.

This ancient tradition was brought again as Vedic Science to the attention of the modern Western physicists by its reviver, the Indian philosopher and sage Maharishi Mahesh Yogi.^{27,28} He is a trained Western physicist, and the world's foremost expert in the practical TM-methodology of the experimental philosophy of Vedic Science. Preserved from oblivion since Schrödinger's insights as a point of no return, it is studied by Western sciences in cooperation with the Eastern tradition. This tradition intends the reintegration of the Greco-Roman science with its earliest origins by re-establishing the methodology for the fundamental transcendence experience, central to an experimental philosophy. It is absent or lost in the Greek theoretical-philosophical tradition as Wittgenstein had realised as a point of no return for Western philosophy. This loss also Martin Heidegger had noted as the 'Seinsvergessenheit' since Thales.

The following results of Hagelin's comparative research program^{21,24} delivers further outside evidence for the OE paradigm of the theory of UTL, namely that: Any observation or measurement, whether done subjectively on inner entities or done on outer entities, objects, as in natural science, reveal the same structure of the laws of nature.

We start with the field, the field simply exists - in fact it is pure existence. There is no activity and hence no notion of space. It corresponds to 'atman' (pure consciousness) in Maharishi's Vedic Science. Then we introduce the element of the quantum principle, which embodies the dynamism inherent within the field. The quantum principle induces a sort of unmanifest movement within the field, which makes the field a lively field of all possibilities. Once the field begins to move, it becomes aware of its existence: it feels its own influence through its dynamical self-coupling. Within the framework of quantum mechanics, we say that the field has gained the status of an operator which operates on itself. The quantum principle thereby discriminates field as operator, dynamical relationship, and operand, corresponding to rishi (observer), devata (process of observation) and chandas (observed) in Maharishi's Vedic Science.

This purely self-interacting dynamics of the unified field then gives rise to the five fundamental spin-types responsible for all forms of matter and energy in the universe. These correspond to the 'panca mahadutas' (the five elements) in Maharishi's Vedic Science. In the context of supersymmetric grand unified theories, these five spins are grouped into three basic superfields, the gravity, gauge and matter superfields, which correspond to the three 'prakritis' (basic properties of nature) at the basis of Ayurveda (Vata, Pitta, Kapha).

The subsequent emergence of quantum field theory, quantum mechanics and classical mechanics culminates in the human being, whose complex, integrated structure is upheld by all laws of nature.

By exploring the deep connections between modern science and Vedic Science a number of basic aspects of physics, biology and the brain have already become much clearer.^{2,18,25}

8. Further encouraged by this correspondance with the most basic physical theory, the UTL intends to provide a foundational theory of consciousness as the essence of life. As a truly evolutionary onto-epistemology, it identifies on increasingly complex levels as isomorphous the 'three in one' circular, self-interacting structure of consciousness. As it was described above, responsible for producing the initial planck scale dynamics of nature, this isomorphous structure is permeating all hierarchical fields of physics, chemistry, biology up to anthropology.

Bioevolution starts at that point, where the quantum chemical - Eyring transition state, as the observer (operator) and the molecular reactants, as the observed (operands) are engaged in a dynamical iso-kinetic relationship of chemical transitions, as observation (commutation). To these, in that order, the VATA, KAPHA and PITTA aspect of the ancient Vedic science of life called Ayurveda can be attributed (Fig. 1).

9. Bioevolution is then observable objectively in the quantum mechanical isokinetic transition stabilisation, leading to a lowering of the statistical isokinetic temperature, to a macroscopic, finally coherent quantum state of consciousness. This stabilisation of which tunneling is a special case, is central to the General and the Special Theory of Creative Intelligence of UTL that is concerning man. His diving response physiology of the transcendental consciousness experience is the basis for philosophy in its literal meaning and the basis of man's language as verbal form of creative intelligence.²

Let us conclude with Schrödinger:

Sherrington says: 'Man's mind is a recent product of our planet's side.' I agree, naturally. If the first word (man's) were left out, I would not.²⁹

And he continues summing up the argumentation:

But a world existing for many millions of years without any mind being aware of it, contemplating it, is it anything at all? Has it existed? For do not let us forget: to say, as we did, that the becoming of the world is reflected in a conscious mind is but a cliche', a phrase, a metaphor that has become familiar to us. The world is given but once. Nothing is reflected. The original and the mirror-image are identical. The world extended in space and time is but our representation (Vorstellung). Experience does not give us the slightest clue of its being anything besides that - as Berkeley was well aware.³⁰

Author's address: Dr. F.T.M. Bujatti-Narbeshuber, Österr. MERU-Gesellschaft,
Interdisziplinärer Forschungsring and Institute for Human Biology (H. Seidler),
University of Vienna, Althanstraße 14, A - 1091 Vienna, Austria

"SCIENCE MUST BE MADE ANEW. CARE IS NEEDED" (SCHRÖDINGER, 1959). VEDIC SCIENCE (VS) as THE UNIFIED THEORY OF LIFE (UTL):
 The VS ONTO-EPISTEMOLOGY PARADIGM (OEP) leads through its self-coupling to an EVOLUTIONARY ONTO-EPISTEMOLOGICAL THEORY (EOE).
 It unites the subject based experimental philosophy or VEDIC-SCIENCE with the object based experimental, NATURAL SCIENCES as
 THE UNIFIED THEORY OF LIFE (BUJATTI-NARBESUBER, 1987; HAGELIN, 1987, 1988).

I. VEDA = PLANCK SCALE DYNAMICS: First Superhelical Epistemological Coil

RIG VEDA = SUPER-UNIFIED FIELD OF UNIFIED QUANTUM FIELD THEORY

OEP = THREE IN ONE STRUCTURE (3 in 1) of ONTIC INVARIANT PURE CONSCIOUSNESS

A.	SAMHITA = SUPER-UNIFIED FIELD	SAMHITA = IN DYNAMICAL SELF-COUPLING	SAMHITA = BREAKING SYMMETRIES
	RISHI = OPERATOR as Field	DEVATA = COMMUTATION as Field	CHHANDAS = OPERAND as Field
	OEP 1 = OBSERVER	OEP 2 = OBSERVATION	OEP 3 = OBSERVED
B.	ATMAN = FIELD	BUDDHI = QUANTUM PRINCIPLE	PRAKRITI = BROKEN SYMMETRIES
	SAMA = UNITARY SYMMETRIES	YAJUR = QUANTISATION DYNAMICS	ATHARVA = SPECTRUM, VIBRATIONAL MODES
	OEP 1 = EXISTENCE	OEP 2 = DYNAMISM	OEP 3 = MANIFEST DIVERSITY

II. UPAVEDA = SPACE-TIME DYNAMICS: Second Superhelical Epistemological Coil

5 TANMATRAS = PANCHA TANMATRAS = FIVE FUNDAMENTAL SPIN-TYPES

EOE = FIVE ELEMENTS: EARTH-, WATER-, FIRE-, AIR- and SPACE-ELEMENTS

C.	AKASHA = SPIN 2	AGNI = SPIN 1	PRITHIVI = SPIN 0
	EOE 2/1 = SPACE-ELEMENT	EOE 1/1 = FIRE-ELEMENT	EOE 0/1 = EARTH-ELEMENT
D.	VAYU = SPIN 3/2	JALA (SOMA) = SPIN 1/2	JALA = SPIN 1/2
	EOE 3/2 = AIR-ELEMENT	EOE 1/2= UNITING WATER ELEMENT	EOE 1/2 = WATER-ELEMENT

E. PRAKRITI = BASIC GRAVITY PRAKRITI 2 = BASIC GAUGE AND PRAKRITI 3 = BASIC MATTER SUPERFIELD

VATA = Spin 2; 3/2; Space, Air PITTA = Spin 1; 1/2; Fire, Soma KAPHA = Spin 0; 1/2; Earth, Water

EOE 1 = TRANSITION STATE EOE 2 = REACTION SYMMETRY BREAKING EOE 3 = ATOM AND MOLECULE REACTANTS

III. AYURVEDA = ENERGY-ENTROPY COMPENSATED BIO-DYNAMICS: Third Superhelical Epistemological Coil

3 DOSHAS = 3 TOPOLOGICAL SOLVENT-TRANSITION-SPACE CONSTITUENTS

UTL = STABILISATION OF CONSCIOUSNESS as a FIELD OF ALL POSSIBILITIES

F. DOSHA 1 = SOLVENT TRANSITION DOSHA 2 = SOLVENT CONSTRAINTS

UTL 1 = CONSCIOUS UTL 3 = of BIO-(POLYMER) MOLECULES

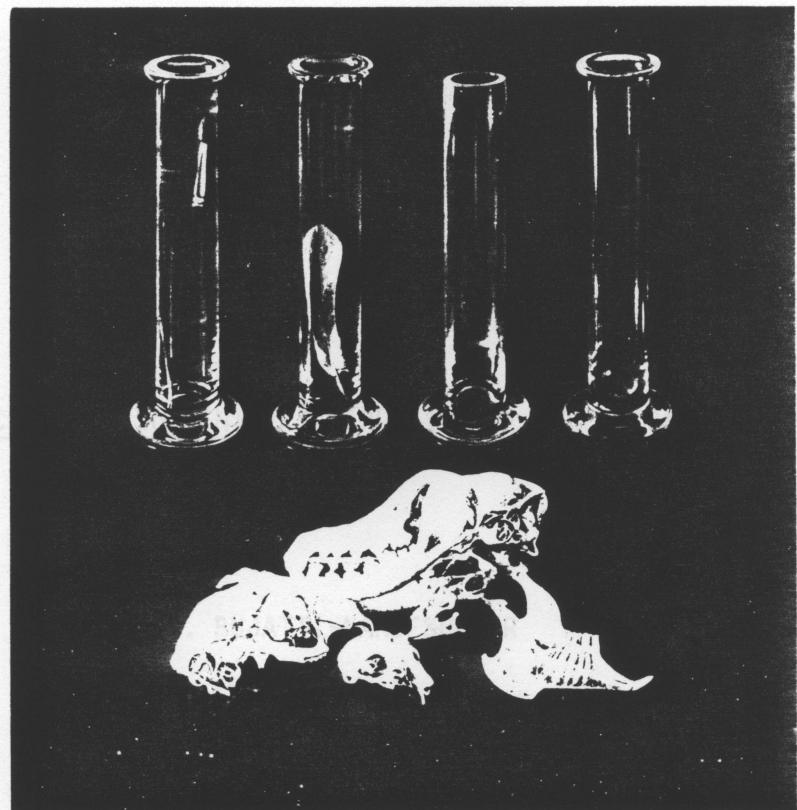
G. VATA = EYRING TRANSITION STATE, PITTA = ISOINETIC RELATIONSHIP KAPHA = MOLECULAR REACTANT CONFIGURATION

OIC = OBSERVER (TRANSITION) SOIC = OBSERVATION (SUBSTRATE RECOGN.), QVC = OBSERVED (SUBSTRATE)

REFERENCES:

1. The name of Onto-Epistemology for the ancient Vedic science paradigm was chosen at the end of the first Vienna MERU-meeting following the 13th Wittgenstein Symposium (1988).
2. M. Bujatti-Narbeshuber: A unified theory of life. Intra-Publication Vienna-Stockholm. ISBN 3-9008 14-007 (1987b)
3. E. Schrödinger: What is Life? Mind and Matter. Cambridge University Press. (1969)
4. E. Schrödinger (1969), p. 132.
5. E. Schrödinger (1969), p. 140.
6. L. Wittgenstein: Philosophical Investigations. Oxford (1968).
7. See A. Hübner's opening address of the 13th International Wittgenstein Symposium (1988).
8. Wittgenstein (1968), PI 107.
9. Wittgenstein (1968), PI 109.
10. Wittgenstein (1968), PI 97.
11. E. Schrödinger: Was ist ein Elementarteilchen? Endeavour, 9, 35, 33-158 (1950)
12. E. Schrödinger (1969), p. 137
13. Maharishi Mahesh Yogi: Treating an ideal society. Kneinweiler, West Germany, MERU-Press (1977).
14. Maharishi Mahesh Yogi: Maharishi Vedic University Inauguration, Livingston Manor, NY. Age of Enlightenment Press (1985).
15. D.W. Orme-Johnson, M.C. Dillbeck, Wallace, R.K., Landrith III.: Inter-subject EEG-coherence: Is consciousness a field? Intern.J.Neuroscience 16, 23-209, (1982).
16. M.C.Dillbeck, G. Landrith III, D.W. Orme-Johnson: The Transcendental Meditation Program and Crime Rate Changes in a Sample of Forty-Eight Cities. Journal of Crime and Justice 4, 25-45 (1981).
17. M.C.Dillbeck, K.L. Cavanaugh, T. Glenn, D.W. Orme-Johnson, V. Mittlefehldt: Consciousness as a field: The Transcendental Meditation and TM-Sidhi Program and Changes in Social Indicators. The Journal of Mind and Behaviour 8, 67-104 (1987).
18. J.M. Bochensky: Was ist Autorität? Freiburg, Basel, Wien (1974).
19. M. Bujatti-Narbeshuber: A quantum-mechanical solvent principle in the evolution of life. In: A Unified Theory of Life. Intra-Publication Vienna-Stockholm, ISBN 3-9008 14-007, 2nd ed. (1988).

20. P. Raster: Phonetische Symmetrien im ersten Sukta des Rg veda. Mittbl. Dt. MERU-Ges. 9, 37-46 (1984).
21. J. Hagelin: Is Consciousness the Unified Field? A Field Theorist's Perspective. Modern Science and Vedic Science, MIU, Fairfield, 1, 1, 30. (1987a).
22. M. Bujatti-Narbeshuber: Monoamines in Rest and Fulfillment and an Instinct Behaviour (D-Drive) Deprivation Theory of Depression, Psychiatric Mental Disorder and Prevention. Intern.J.Neuroscience 32, 2, 520. Abstract (1987a).
23. M. Bujatti-Narbeshuber: The Transition State of Water and an Evolutionary Theory of Human Creative Intelligence. Videotape Sept. 16th, 1985, Unemistry upt., MIU, Iowa, USA.
24. E. Schrodinger (1969) p.131.
25. J. Hagelin: Latest research on Supersymmetric Flipped SU (5) Grand Unification. Mid-America Association of State Universities, University of Kansas in Lawrence, Oct. 17th. (1987b).
26. J. Hagelin: Research Begun to Rename Basic Aspects of Physics. MIU - News 4, MIU-Press, Fairfield, Iowa (1988).
27. Maharishi Mahesh Yogi: On the Bhagavad Gita. Baltimore: Penguin Press (1969).
28. Maharishi Mahesh Yogi: The Science of Being and the Art of Living. Livingston Manor, New York: MIU-Press (1966).
29. E. Schrödinger (1969) p. 146.



A QUANTUM MED

A U N I F I E D T H E O R Y O F L I F E I I

A QUANTUM MECHANICAL SOLVENT PRINCIPLE IN THE EVOLUTION OF LIFE

M. BUJATTI-NARBESHUBER

A QUANTUM MECHANICAL SOLVENT PRINCIPLE IN THE EVOLUTION OF LIFE.

A UNIFIED THEORY OF LIFE II.

M. BUJATTI-NARBESHUBER

INTRODUCTION: THE PRIMARY EPISTEMOLOGICAL STRUCTURE OF QUANTUM-MECHANICS.

The universe of quantum physics is not contained within anything. It contains itself and it organises itself. Since consciousness is the most basic epistemological 'conditio sine qua non' this quantum mechanical universe was identified as the objective description of consciousness as ultimate reality (BUJATTI-NARBESHUBER, 1988; ZEIGER, 1983).

The term onto-epistemology was chosen for this position. It integrates the according to PRIMAS and GANS (1979) ontic and the epistemic interpretations of quantum mechanics. The first is object oriented and the second, from the analysis of the measurement process, probability oriented. This is achieved by applying the unifying and ancient Vedic Science paradigm (ZEIGER, 1983; CLEMENTS, 1981; HAGELIN, 1987).

It is the basis of onto-epistemology and consists of a "three in one" unity of observer, observed and the process of observation in one consciousness. This elementary process is found on all levels of interaction of the universe as the irreversible symmetry breaking interaction, generating information (ZEIGER, 1983; KRÜGER, 1984) as observation or measurement.

"Since the vacuum state of a quantum field has zero entropy, in any cosmological model in which the universe emerges from the vacuum through a quantum-mechanical time evolution, the universe would be expected to have total entropy zero. This would imply that the observed entropy in the universe should be balanced by negative 'correlational entropy' among the numerous objects or subsystems that comprise it. Such a universe would be characterised by strong quantum-mechanical correlations among its various component parts" (A. HANKEY, private communication. In HAGELIN, 1987).

HAGELIN (1987) continues:

"It follows that the reduction of the wave function or density matrix with some apparently isolated subsystem might lead to significant changes in the quantum-mechanical states of objects located throughout the universe." This reduction of the wave function or desity matrix is thought to occur simultaneously throughout the system, with the result that a measurement in one region of an extended quantum-mechanical system has a demonstrable effect upon the state of the system in a far distant region, which might even be space-like separated (Aspect et al. 1981, 1982a, 1982b). Once again, any resulting reduction of the wave function could be expected to have nonlocal effects.

"At the same time it must be clearly stated that if the reduction of the wave function is subject to conscious control or any other form of manipulation, then the nonlocal character of the reduction of the wave function could lead to long-range influences in apparent violation of relativistic causality. However, the severe logical problems usually associated with such acausal influences may not apply if the agent responsible for the collapse (i.e. consciousness) is itself nonlocal and unique" (HAGELIN, 1987). It may be highly significant that the nonlocal or "cosmic" component of consciousness required (STAPP, 1982) in such a framework has become an empirical component of human experience with the widespread experience of pure consciousness.

The hypothetical question of JAMMER (1976) why human beings can not interact directly with microscopical objects is answered hereby. Human pure consciousness is doing just that and its non-local effect is experimentally observable when manifesting in sufficiently complex systems to amplify the induced basic vacuum field changes. This effect, through the self-interaction of consciousness, becomes reproducible. This happens through collective consciousness-techniques, that induce changes in the complex social-body (ORME-JOHNSON et al 1982; DILLBECK, 1987, 1981). It also happens individually.

Self-interaction of individual consciousness induces, spontaneous, creative, 'willful' events that lead, when selected and amplified, to movement changes in the sufficiently complex, macroscopic, body motor-system. We are only too used to this latter fact and need a challenge for our understanding by the former to appreciate through UTL the latters common evolutionary significance.

This is the practical consequence of the "pan-ipsism" paradigm of the unity of observer, observed and observation as consciousness in Onto-Epistemology. It generalises the role of consciousness from "sol-ipsism" to every system-level, as also intended by ZEIGER (1983) and KRÜGER (1984), but considers superfluous the latter authors platonical idealisation of "nothingness" as ultimate reality of "me-ontology". It is both inobservable and not evolving and therefore empirically inaccessible metaphysics.

As evolution Onto-Epistemology leads from the being of consciousness to the consciousness of being. This conclusion should also be arrived at the other way around by starting from the human special sciences in an interaction-theoretic argument against relativism as intended by the complementary Epistemological Ontology of PANDIT (1987).

OBSERVER, OBSERVED AND THE PROCESS OF OBSERVATION AS CONSCIOUSNESS

1. It is not a trivial epistemological and empirical position to consider the ultimate nature of the universe as self-observing, as non linearly interacting and symmetry breaking consciousness, responsible for the reduction of the wave paket or measurement.

The reduction of the wave packet for example is a major concern of BELL and NAUENBERG (1987). What kind of a theory is it, that admits of an interpretation only when the system interacts with something else? "For the universe there is nothing else, and quantum mechanics in its traditional form has simply nothing to say. It gives no way of, indeed no meaning in, picking out from the wave possibility the single unique thread of history."

These thoughts lead them "inescapably to the conclusion that quantum mechanics is, at the best, incomplete," though "we emphasize not only that our view is that of a minority, but also that current interest in such questions is small."

Also according to algebraic quantum mechanics (PRIMAS, 1987) replacing the traditional Hilbert space formalism responsible for the sofar controversial interpretations of measurements, there exists an important theorem stating: "There exists no nonclassical object having a nonclassical environment" (RAGGIO, 1981). This is due to the quantum mechanical truly holistic system. Therein also every separation is marred by the EPR-correlations. According to Onto-Epistemology this is due to the ultimate, holistic nature of consciousness.

In the Unified Theory of Life (UTL) the integration of consciousness as a genuine phenomenon of nature and natural science leads to an understanding of nature radically different from what was expected of the ultimate physical Theory Of Everything called TOE by field theorists.

So quantum mechanics is certainly incomplete but mainly with regard to our own epistemological appreciation of it. It is an ultimate description of consciousness via the observed. In UTL it is finally including our own consciousness. This is so because consciousness of necessity contains the observer (OIC), the observed (QVC) and the process of observation (SOIC). This holds true for every level of nature in the Onto-Epistemology paradigm of UTL.

2. Concerning the observed, the individual nature of the object in the process of observation, the following has to be taken into account according to PRIMAS (1987): "The main reason for the disagreement about the interpretation of quantum mechanics is due to the neglect of the influence of the environment. A mathematically rigorous description of open quantum systems together with the relevant environments, the classical aspects of measuring instruments, and symmetry breaking is possible in the framework of algebraic quantum mechanics.

An object is defined as an open quantum system which in spite of its interaction with its environment is not Einstein-Podolsky-Rosen correlated with the environment. Since quantum mechanics describes the world as a whole which is not made out of parts, quantal objects exist not in an absolute but in a contextual sense. An individual interpretation of a quantum system is possible if and only if this system is an object".

PRIMAS (1987) further continues after the detailed definition of quantal objects:

"If we speak of quantal objects and of classical instruments we tacitly mean contextual objects which exist only in virtue of abstractions which usually are taken for granted."

3. Concerning measurement or observation as spontaneous sequential symmetry breaking (SOIC), as the most general mechanism of creativity or information generation the following is to be said:

It is as the reduction of the wave packet certainly a fundamental subatomic phenomenon, but it is also common throughout the macroscopic environment, associated with non equilibrium thermodynamic processes (ZUREK, 1982, 1983). "Spontaneous symmetry breaking can occur already with rather simple molecular systems, they are generic for complex quantum systems and by no means rare exceptions" PRIMAS (1987).

As the mechanism of the creation of information inherent in the myriads of symmetry breaking interactions closely related with the phenomenon of energy it was treated systematically by KRÜGER (1984). But unfortunately KRÜGER'S (1984) position of "me-ontology" or nothingness as ultimate reality is a metaphysical one. This platonical idealisation of 'nothingness' is not interacting, it can therefore neither be observed nor experienced. It is empirically per se inaccessible and most of all, it can not evolve either.

Instead, the position of the central role of consciousness as supersymmetrical Unified Field with its inherent mechanism for symmetry-breaking self-interaction, was adopted for UTL.

This understanding was developed from Maharishi's Vedic Science by DOMASH (1976), CLEMENTS (1981), ZEIGER (1983), HAGELIN (1987).

UTL thus provides the quantum physical basis for the understanding of the very role of the solvent water in the bio-evolution of human consciousness. This should pave the ground for the better understanding of the human brain, its conscious creative intelligence and of the aitiological, cultural Epigenetic Error Catastrophe Treatment.

It concerns the restauration of the individual-, socio-economical- and ecological balance in nature. This is possible possible by self-reference to this holistic experience of pure consciousness. Due to errors in the cultural tradition this experience was lost and the description of its many characteristic features (fig. 1) was replaced by the empty philosophy of "nothingness."

The features of consciousness are in the following described as they manifest from quantum mechanical solvent kinetics of water. They lead to the teleonomical, homeostatic self-organisation of a solution, that is called life.

THE SECONDARY EPISTEMOLOGICAL STRUCTURE OF QUANTUM-MECHANICS.

The first coil of the self-referential, circular "primary epistemological structure", as if helical in dynamical evolution through non linear, symmetry breaking, transformations, is also the start of the first coil of the superhelical "secondary epistemological structure". It begins with OIC or the Unified Field as presently described by the completely unified heterotic superstring theories.

1. The first superhelical coil gives rise to Planck Scale Dynamics. It starts from the Unified Field that gains in dynamical self-coupling the status of an operator (OIC-observer) that operates on itself (QVC-observed) in a process of dynamical relationship (SOIC-observation). This happens at a timescale of 10^{-44} . Based on the physical principle of least action this permitts the evolution of ordered states of spectrum, vibrational modes and of the laws of nature.

2. A next epistemological superhelical coil gives rise to Space-Time Dynamics. Among the other spin types and their interactions it specifically allows for the massless boson spin 1 electromagnetic photon field of light. It permitts again by self-coupling the production of the coherent, ordered macroscopic quantum states of the LASER. The principle of ordering of the LASER, found also in fluid dynamics, was analysed and generalised in HAKENS (1988) theory of SYNERGETICS.

This allows now to penetrate to the basis of SCHRÖDINGERS (1969) "order from order principle" and to progress beyond the genetic and even the solute domain to the underlying quantum mechanical solvent transition mechanism. This necessitates to take to the sofar disregarded point of LUMRY and RAJENDER (1970) who collected observations of energy-entropy compensation phenomena in water solutions of proteins and small molecules as an ubiquitous property of water. This Energy-Entropy Compensated Transition (EECT) is introduced as central for an Integrated Transition Theory of Evolution (ITTE) or Life.

ITTE start from this solvent condition of life (BUJATTI-NARBESHUBER, 1985, 1987). In this quantum chemical, isokinetic framework (CONNER, 1982; LINERT, 1987; LINERT and JAWORSKY, 1988), that is introduced as central for evolution, an isokinetic solvent 'transition space' is replacing the configuration space (STILLINGER, 1975, 1980) and the topological connectivity space (STANLEY, 1980, 1981) of water descriptions.

Herein synergetics, if generalised for an energetically and entropically fluctuating environment and with EECT, via its single characteristic, isokinetic temperature parameter, can be considered for a further mathematical description of the evolution of the solution into the living system. The following should help to develop the Isokinetic Transition Theory of Evolution (BUJATTI-NARBESHUBER 1985a,b; 1987) by completely turning around the systemorganisation of water (GUTTMANN and RESCH, 1985) into the evolutionary order parameter (isokinetic temperature, T_{iso}) and control parameter (energy, entropy) concept of synergetics that is utilising linear stability theory and including fluctuations (HAKEN, 1988).

Therefore this superhelical coil ends with the quantum field-theoretical formulation of the free electric dipole field of water. When self-coupling with the quantised electromagnetic photon radiation field, the ordered quality of water as a coherent free electric dipole LASER (DEL GUIDICE et al, 1988) emerges. It is analogous to the free electron laser (PREPARATA, 1988; DATTOLE et al 1985). This coherent interaction of water happens in the timescale of 10^{-14} . If thermal processes bring the defined initial conditions for the dipole lasering, it is then found at frequency bands related to the observed absorption bands of pure water.

An equally important result of this self-coupling with the electromagnetic vacuum field is the appearance of a permanent electric polarisation in water. It manifests around any electrically polarised impurity like polarised biomolecules (DEL GUIDICE et al. 1988).

Above author proposed already before a quantum field theoretic approach to the collective dynamics of biological systems (DEL GUIDICE et al 1985, 1986a,b) and gives importance to the above and also to the following observed phenomena of water for the evolution of life.

It is well known that liquid water is a very complicated system (FRANK, 1982; STILLINGER, 1975; ANGELL, 1983; CHEN, 1986). It may show significant departures from its average bulk behaviour in presence of macromolecules (COOKE, 1974; FRANK, 1982), colloidal particles (EAGLAND, 1982) and polarised impurities (HASTED, 1981). In addition there are some experimental indications of its important role in the dynamics of macromolecules (DAHLBORG, 1980; CLEMENTI, 1986).

In recent times very remarkable progress has been made through detailed dynamical calculations in the framework of a model which describes water as a network of H-bonded molecules (STANLEY et al. 1980, 1981)

3. From here the next superhelical onto-epistemological coil starts. Now, this network of solvent-solvent, highly self-interacting, hydrogen bonding water molecules is coupling - thereby structuring isokinetic characteristics - to the underlying, partly coherently lasering dipole systems, manifesting from solvent-vacuum interactions and as heat bath determining and maintaining EECT integrity and isokinetic temperature.

a. These isokinetic short range interactions of solvent-solvent hydrogen bonding kinetics, determined by the hydrogen bond halftime, now take place in the different time scale of 10^{-11} seconds, partly through quantum chemical tunneling.

b. As a result, water has the rich diversity of fluctuating states of comparable free energy but of vastly different entropy and enthalpy as described by FRANK and EVANS (1945).

c. A nonpolar molecule imposes on water a subset of these in a way that actually increases its solubility at low temperatures (EVANS and NINHAM, 1986).

d. On these isokinetic EECT interactions, trying to maintain their stability according to the physical law of least action or the law of LE CHATELIER-BRAUN of chemical kinetics, the solute imposed subset of solvent possibilities influences in turn solute solubility and kinetics accordingly.

From here as Intercalary Evolution, through emphasis on the solvent-quantum field vacuum (microwave) and the solvent-solvent hydrogen bonding (infrared) and the solvent-solute and solute-solute chemical bonding (far ultraviolet) vibration-vibration interactions, a selection of isokinetic relationships takes place. In this transition concept the emergence of homeostatic, metabolically self-organising living systems, evolving pregenetically via metabolic isokinetic mutation and selection through an energetically fluctuating environment results (BUJATTI-NARBESHUBER, 1976, 1987). This was anticipating what is again theoretically postulated by DYSON (1982, 1985).

Without going into more details on EECT, which are available elsewhere (LINERT 1987, 1988) the isokinetic temperature as the characteristic parameter of this relationship in condensed phase reactions is related to an active vibrational frequency of the heat bath. It is the lowest allowed molecular vibration able, by group theoretical arguments, to interact with the reactants. This approach is consistent with the general explanation of the isokinetic relationship offered by CONNER (1982, 1983) and CONNER and SCHWARZ (1988) where energy-entropy compensating behaviour is related to an interrelation between the availability and the accessibility of the reaction energies.

For the solvent model as engaged in isokinetic hydrogen bonding transitions, the heat bath corresponds to the availability of energy from the solvent water dipol microwave interactions, while the energy barrier corresponds to the accessibility of transition states for reactions of hydrogen bond making and braking.

Concerning isokinetic mutation and selection as microorganisational mechanism of evolution central in pre-and epigenetic processes:

The availability of thermal and photon energy for transition of molecular reactants is fluctuating in the daily solar rhythm.

The accessibility of isokinetic transition states is dependent on low entropy or information during low energy periods in order to have metabolic continuity in an energetically fluctuating environment with activation energies about ten times higher than the thermal energies of the heat bath (Transition).

During hyperenergetic phases transition results in more varying reaction products and solutes (Mutation).

During hypoenergetic phases a Darwinian competition for molecular reproduction through accessibility of transition states results. It is won by availability of low entropy or information thereby selected from the multitude of reaction products generated in hyperenergetic phases (Selection).

The teleonomy of this evolution, later including genetic systems, is reflected in the decline of the isokinetic temperature. It should allow for a treatment in an adapted synergetic framework of dampening constants. These, by solute constraints on the solvent transition space imposed influences are a micro-organisational mechanism for the development of ordered biological states (BUJATTI-NARBESHUBER, 1987).

In an energetically fluctuating environment with activation energies about ten times higher than the thermal heat bath energies it is self-selecting solutes like electrically polarised biomolecules. They are selected on an economical basis due to their low entropy or high information and with respect to their ability to maintain EECT as invariance-mechanism allowing for reaction continuity and increasing EECT stability in autocatalytic reactions and hyper-cycles also during low energy periods. The requirement of minimal energetic operating costs is described by the GOUY-STODOLA equation for technical systems $E^* = T \cdot S$ (GRASSMANN, 1984). As a central evolutionary requirement (BUJATTI et al, 1976) this situation is formally similar described by the isokinetic relationship $H = T \cdot S$ for biological systems in ITTE.

This selected solute information is compensating for low energy periods and thereby allows for continuation of metabolic reactions in a darwinistically competitive situation concerning energy that is typical for life.

Thereby these self-interaction systems stabilise iso-kinetic transitions as the spatio temporal stabilisation of finally the initial lasering solvent condition. It appears with a characteristic isokinetic temperature decline finally as the holistic, highly ordered macroscopic quantum state of bio-systems called pure consciousness experience.

It is the potential of cognitive systems for the appreciation of the basic Ontic Invariant Consciousness (OIC) of Onto-Epistemology that ends this superhelical epistemological coil.

This line of thought on the evolutionary, teleonomic creativity of living systems is supported by the published literature on experimental findings of EECT concerning the various levels of bio-organisation (BUJATTI-NARBESHUBER, 1985, 1987). It should include the research on the low level photon emission of cells. It shows, concerning reaction kinetics, a Boltzmann factor (identical to the Arrhenius factor) of $f = \text{constant}$ (POPP, 1979, 1984; SLAWINSKY et al 1981). That means that chemical and enzymatic reactivity in the cells is largely determined by entropic factors (e.g. frequency composition, polarisation, direction) and nearly independent of energetic factors. This is on the cellular photon level the isoenthalpic special case of EECT, as it was found correspondingly indicated on the organ level, in the EECT analysis of the electrical activity of the human brain. It is characterised by an isokinetic statistical temperature approaching 0 KELVIN (BUJATTI-NARBESHUBER, 1985a, 1987).

Compared to activation delivered by photons from thermal radiation at physiological temperatures in an equilibrium system with equal energy distribution, this cellular form of reactivity is increased by a factor up to 10^{40} in this non equilibrium system (POPP, 1984). It is handled through information.

It is provided by solute molecules selected by the EECT energy -entropy compensation mechanism in an energetically and entropically fluctuating environment.

This basic pre- and epigenetic mechanism, co-evolving and stabilised with the makromolecular, genetic and cultural information storing mechanism unites in an integrated theory of evolution that is centered around the quantum chemical solvent quality, certain aspects of KUHN'S (1976) theory with EIGEN'S theory (SCHUSTER, 1972).

Further support for EECT as the basic isomorphy of living systems sought since BERTALANFFY (1952) and responsible for the homeostatic and teleonomic properties of the ordered metabolism of life comes from the findings of coherence in biological system by FRÖHLICH (1988). Also the experimental work of MANDEL (1980, 1983) and the work especially on the biothermodynamic law by TRINCER (1981) is highly supportive.

Especially the fact of the broad minimum of the specific heat of water in the temperature domain of homeotherms contributes to this presented viewpoint of the central role of solvent EECT in evolution. Last not least the publication on the primary role of metabolism in evolution by DYSON (1982, 1985, 1988) is a highly supportive convergent line of evidence. EECT thus substantiates the request by HUXLEY, SCHRÖDINGER, HARDY, POPPER, WYLES, WILSON and CAIRNS for a putative behavioural mechanism involved in genetic evolution. It was first defined as the RF-response (BUJATTI-NARBESUBER and RIEDERER, 1976).

4. The fourth superhelical coil starts with the pure consciousness field as the makroscopic quantum state of Enthalpy-Entropy Compensated Transitions. Self-interaction via the self-induction of the sound-symbol conditioned diving response results in its stabilisation. Self- induction and stabilisation happens via the creation of the ordered structures of symbols in syntactic speech, tool-utilisation, computers and in the culture of the initiatory society.

It is enhancing the full creative intelligence of human collective consciousness (DILLBECK et al. 1981, 1987; ORME-JOHNSON et al. 1982)

To turn to SCHRÖDINGER (1958), his paper raising the question after the nature of energy as a statistical concept gets new actuality in this framework of the Unified Theory of Life. His central role of consciousness is now represented in the quantum physical frame of the linear energy-entropy compensation of the isokinetic plot with the statistical isokinetic temperature.

This is a heuristically most interesting situation since the isokinetic plot is combining all relevant circumstances associated with the reduction of the wave function in bio-evolution related also with nonequilibrium thermodynamic processes (ZUREK, 1982, 1983). It is relating Planck's and Boltzmann's constants in these processess. They reach quantum sensitivity in the sense organs of the conscious nervous system (BIALEK, 1985a; BIALEK and SCHWEIZER, 1985b; BAYLOR et al 1979, 1980). The illumination of the evolutionary prerequisites for this where intended by this paper.

PHILOSOPHY AS SCIENCE II

As the EVOLUTIONARY ONTO-EPISTEMOLOGY (EOE), the UNIFIED THEORY OF LIFE (UTL) leads to an INTEGRATED TRANSITION-THEORY OF EVOLUTION (ITTE). It is based on SOLVENT-SOLUTE INTERCALARY CO-EVOLUTION (SSIC) that leads to EPIGENETIC-GENETIC INTERCALARY CO-EVOLUTION (EGIC) in the GENERAL (GET) and SPECIAL (SET) ECO-TRANSITION THEORY. UTL thus contains a GENERAL (GTCI) and a SPECIAL (STCI) THEORY OF CREATIVE INTELLIGENCE furthering an understanding of human phylogeny and culture.

- IV. AYURVEDA = ENTHALPY-ENTROPY COMPENSATED EECT-BIO-DYNAMICS: Third Superhelical Epistemological Coil
- 3 DOSHAS = 3 TSOKINETIC SOLVENT-TRANSITION-SPACE CONSTITUENTS
- GTCI = STABILISATION OF CONSCIOUSNESS as a FIELD OF ALL POSSIBILITIES

G. VATA EOE 1	= SOLVENT TRANSITION = OBSERVER (TRANSITION)	PITTA EOE 2	= ENERGY-ENTROPY COMPENSATION = OBSERVATION (SUBSTR. RECOGN.)	KAPHA = SOLVENT CONFIGURATION CONSTRAINTS EOE 3 = OBSERVED (SUBSTRATE)
H. (ITTE)	= TRANSITION STABILISATION		= EECT IN QUANTUM-CHEMICAL TUNNELING AND IN SOLVENT HYDROGEN-BONDING	= INTERSTELLAR NEENTROPY STORAGE IN POLYMERS & IN SOLVENT CONFIGURATIONS
I. (SSIC)	=		= SOLVENT COMPENSATION (EECT)	= SOLUTE BIO-MOLECULAR CONSTRAINTS
J. (EGIC)	=		= AMPHIPHILE SELF-ORGANISATION = ENZYME STEREOGNOSTIC BEHAVIOUR	= MEMBRANE AND VESICLE FORMATIONS = METABOLIC BIO-POLYMER PRODUCTS
K. (GET)	=		= BASE PAIRING = DOUBLE HELIX CONFORMATIONS	= GENE STRANDS = GENOME STATES
V. YOGA	= ANTHROPOGENESIS ASTANGA YOGA	THROUGH CONSCIOUS CREATIVE INTELLIGENCE: Fourth Superhelical Epistemological Coil		
L. SAMADHI EOE 1	= OBSERVER = TRANSCENDENCE STABILI- (SET) STCI	SAMADHI = OBSERVATION EOE 2 = SYMBOL CONDITIONED DIVING RESPONSE TRANSITION	SAMADHI = OBSERVED EOE 3 = CREATIVE SYNTACTIC SYMBOL SPEECH AS FIRST TOOL	
M. (STCI)	=		= INDIVIDUAL INITIATION RITE = TELEONOMIC SOCIAL RITUAL	= CULTURAL TRADITION GENERATION = HIERARCHICAL SOCIAL INSTITUTIONS
N. RISHI EOE 1	=	DEVATA = EECT IN DATA PROCESSING EOE 2 = SELF-ORGANISATION OF COLLECTIVE CONSCIOUSNESS	CHHANDAS = COMPUTER ARTIFICIAL INTELLIGENCE EOE 3 = UNIFIED FIELD BASED SOCIETY	>-

Literature:

- Aspect, A., Dalibard, J., Roger, G. (1982): Phys. Rev. Lett., 49, 1804
- Aspect, A., Grangier, P., Roger, G. (1981): Phys. Rev. Lett., 47, 460
- Aspect, A., Grangier, P., Roger, G. (1982b). Phys. Rev. Lett. 49, 91
- Albanese G., Deriu A., Ugozzoli F. and Vignali C. (1987): Nuovo Cimento 9D, 319
- Angell, C.A. (1983): Ann. Rev. Phys. Chem. 34, 593
- Baylor, D.A., Lamb, T.D., Yau, K.D. (1979): J. Physiology, 288, 613
- Baylor, D.A., Matthews, G., Yau, K.W. (1980): J. Physiology, 309, 591
- Bell, J.S. Nauenberg, M. (1987) in: Speakable and Unspeakable in Quantum Mechanics, Cambridge U.P., New York
- Bertalanffy, L.V. (1952): Biophysik des Fließgleichgewichts. Braunschweig, Vieweg.
- Bialek, W. (1985a): Quantum limits to Quantum counting. (Preprint SF-ITP-85-25) Santa Barbara.
- Bialek, W., Schweizer, A. (1985b): Phys. Rev. Lett; 54, 725.
- Bujatti-Narbeshuber, M., Riederer, P. (1976): Serotonin, Noradrenaline, Dopamine Metabolites in Transcendental Meditation-Technique. J. Neural. Transm. 39, 257-267.
- Bujatti-Narbeshuber, M. (1985a): The Transition State of Water and an Evolutionary Theory of Human Creative Intelligence. Videotape Lecture. Sept. 16. 1985, Chemistry Department, MIU International University Fairfield, Iowa, USA.
- Bujatti-Narbeshuber, M. (1985b): Monoamines in Rest and Fulfilment and an Instinct Behavior (D-Drive) Deprivation Theory of Depression, Psychiatric Mental Disorder and Prevention. Abstracts of the IVth World Congress of Bio-social Psychiatry, Nr. 530.12. 1985; Int. J. Neuroscience 32, 2, 520, 1987.
- Bujatti-Narbeshuber, M. (1988): Schrödinger's Preparations for: The Unified Theory of Life (UTL). Presented at the Thirteenth International Wittgenstein Symposium, Kirchberg/Wechsel. In: A Unified Theory of Life, 2nd ed. 1988.
- Bujatti-Narbeshuber, M. (1987). A Unified Theory of Life. Intra-Publication Vienna-Stockholm. ISBN 3-9008 14-007.
- Chen, S.H. and Teixeira J. (1986): Adv. Chem. Phys. 64, 1
- Clementi, E. (1986): Structure and Dynamics of Nucleic Acids, Proteins and Membrances, Clementi E. and Chin S. eds. Plenum Press

- Clements, G. (1981): Seen in the light of vedic science physics offers the solution to all problems, Sunday Standard Magazine, New Delhi, January
- Conner, W.C. (1982): Journal of Catalysis 78, 238-246
- Conner, W.C. (1983): Journal of Catalysis 84, 273-274
- Conner, W.C. and Schwarz, J. (1988): J. Chem. Eng. Commun, to be published.
- Cooke, R. and Kuntz I.D. (1974): Ann. Rev. Biophys. and Bioengineering 3, 95
- Dahlborg, V., Dimic, V. and Rupprecht A. (1980): Physica Scripta 22, 179
- Dattoli, G. and Renieri A. (1985): The quantum mechanical analysis of the FEL. In Laser Handbook Vol.4 (eds.M. Stitch and M. Bass), North-Holland, New York
- Del Guidice, E., Preparata, G., Vitiello, G. (1988): Water as a free electric dipole laser, preprint.
- Del Guidice, E., Doglia, S; Milani, M; Vitiello, G. (1986a): "Collective Properties of Biological Systems" in "Modern Bioelectrochemistry" (eds. Guttman and Keyzer), Plenum Press, New York;
- Del Guidice, E., Doglia, S., Milani, M., Vitiello, G. (1985): Nucl. Phys. B 251 375.
- Del Guidice, E., Doglia, S., Milani, M., Vitiello, G. (1986b): Nucl. Phys. B 275 (FS 17), 185.
- Dillbeck, M.C., Landrith III, G., and Orme-Johnson, D.W. (1981): The Transcendental Meditation Program and Crime Rate Changes in a Sample of Fourty-Eight Cities. Journal of Crime and Justice 4, 25-45
- Dillbeck, M.C., Cavanaugh, K.J., Glenn, T., Orme-Johnson, D.W., and Mittelfehldt, V. (1987): Consciousness as a field: The Transcendental Meditation and TM-Sidhi Program and Changes in Social Indicators. The Journal of Mind and Behaviour 8, 67-104
- Domash, L. (1976) in: Scientific research of the Transcendental Meditation Program: Collected papers, Vol. 1, eds. D.W. Orme-Johnson and J.T. Farrow, MIU Press, Livingston Manor, New York
- Dyson, F.J. (1982): A model of the origin of life. J. Molec. Evol. 18, 344-350

- Dyson, F.J. (1985): Origins of Life, Cambridge University Press
- Dyson, F.J. (1988): Die zwei Ursprünge des Lebens, Rasch und Röhrlig, Hamburg.
- Eagland, D. (1982): In: Water, a comprehensive treatise (Ed.: E. Franks) Vol.4 p. 305, Plenum Press, New York
- Evans, F., Ninham, B.W. (1986): Molecular Forces in the Self-Organization of Amphiphiles. J. Phys. Chem; 90, 226-234
- Frank, F. (1982): Water, a comprehensive treatise (7 volumes) Plenum Press, New York
- Frank, F. and Mathias, S. (1982): Biophysics of water, Wiley & Sons, Chichester
- Frank, H.S., Evans, M.W. (1945): J.Chem. Phys. 13, 507.
- Fröhlich, H. (1988): Biological coherence and response to external stimuli, Springer Verlag Berlin-New York-Tokyo
- Grassmann, P. (1984): Naturwissenschaften 71, 335-341.
- Gutmann, V., Resch, G.(1985): Monatshefte Chem., 116, 1107
- Hagelin, J. (1987): Is Consciousness the Unified Field? A Field Theorist's Perspective. Modern Science and Vedic Science, MIU, Fairfield, 1, 1, 30.
- Haken, H. (1988): Naturwissenschaften 75, 163-172 and 75, 225-234, .
- Hasted, J.B., Millany, H.M. and Rosen, D. (1981): J. Chem. Soc. Faraday Trans. 77, 2289
- Jammer, M. (1976): The Philosophy of Quantum Mechanics. New York: Wiley.
- Krueger, R. Franz (1984): Physik und Evolution, Verlag Paul Parey, Berlin und Hamburg
- Kuhn, H. (1976): Ber. Bunsen-Ges. 80. 1209
- Linert, W. (1987): The Isokinetic Relationship. V. Investigation of Bimolecular Reaction Systems. Chemical Physics 114, 449-455.
- Linert, W., Jaworski, J.S. (1988): A re-examination of temperature dependent reduction potentiales of quinones from the point of view of the isokinetic relationship. Electrochimica Acta, Vol. 33, 12, 1713-1717.
- Lumry, R., Rajender, S. (1970): Enthalpy-Entropy Compensation Phenomena in Water Solutions of Proteins and Small Molecules: A Ubiquitous Property of Water. Biopolymers, 9, 1125-1227.

- Mandell, A.J. 1983): From Chemical Homology to Topological Temperature: A Notion Relating the Structure and Function of Brain Polypeptides. In: Synergetics of the Brain. Eds.: Basar, E., Flohr, H., Mandell, A.J. und Haken, H. Springer, Berlin-Heidelberg-New York.
- Mandell, A.J. (1980): Vertical integration of levels of brain function through parametric symmetries within self-similar stochastic fields: From brain enzyme polymers to delusion, in: Information processing in the nervous system, (eds.: H.M. Pinsker and W.D. Willis, Jr.) Raven Press, New York
- Orme-Johnson, D.W., Dillbeck, M.C., Wallace, R.K., and Landrith III, G.S. (1982): Intersubject EEC coherence: Is consciousness a field? Intern. J. of Neuroscience, 16, 203-109
- Pandit, G.L. (1987): Epistemological ontology and the special sciences: An interaction-theoretic argument against relativism, Journal of Indian Council of Philosophical Research, Vol. IV, 2, 35-45
- Popp, F.A. (1979) in: Proceedings of the intern. symp. on analytic applications of bioluminescence and chemiluminescence, Brussels 1978, (E. Schram, P. Stanley, Eds.). State Printing & Publishing Inc., Westlake Village, California
- Popp, A. (1984): Biologie des Lichts, Verlag Paul Parey, Berlin und Hamburg
- Preparata, G. (1988): Quantum Field Theory of the FEL, Phys. Rev. A (in press)
- Primas, H. (1976): Contextual Quantum objects and their ontic interpretation. In: Symposium on the foundations of modern physics 1987, (ed. P. Lahiti and P. Mittelstaedt) World Scientific, Singapore, 1987, 251-275
- Primas, H., Gans, W. (1979): Quantenmechanik, Biologie und Theorienreduktion. In: B. Kanitscheider (Hrsg.): Materie - Leben - Geist. Zum Problem der Reduktion der Wissenschaften, Berlin, Dunker & Humboldt, p. 15-42
- Raggio, G.A. (1981): States and composite systems in W^* -algebraic quantum mechanics. Thesis ETH Zürich, No 6824, ADAG Administration & Druck AG, Zürich
- Schrödinger, E. (1958): Might perhaps energy be a merely statistical concept? In: Il nuovo cimento, Serie X, Vol. 9. pag. 162-170. Nicola Zanichelli Editore, Bologna

Schrödinger, E. (1969): What is Life? Mind and Matter. Cambridge University Press.

Schuster P. (1972): Chemie in unserer Zeit, 6, 1-16

Slawinski, J., Grabikowski E., Ciesla L. (1981): J. Luminescence, 24/25, 791

Stanley, H., Teixeira, J. (1980): Interpretation of the unusual behaviour of H_2O and D_2O at low temperatures: Tests of a percolation model. J. Chem. Phys. 73 (7), 3404-3422.

Stanley, H.E., Teixeira J., Geiger A. and Blumberg, R.L., (1981):

Physica 106A, 260

Stapp, H.P. (1982): Found. Phys; 12, 363

Stillinger, F.H. (1975): Adv. Chem. Phys. 31, 1

Trincher, K. (1981): Die Gesetze der biologischen Thermodynamik Urban & Schwarzenberg, Wien-München

Stillinger, F.H. (1980): Water Revisited. Science, 209, 451-457.

Zeiger, B. (1983): Die Quantenmechanik des Bewußtseins - Über den subjektiven Zugang zum Naturgesetz der Vedischen Wissenschaft, Mitteilungsblätter Deutsche MERU-Gesellschaft, 8, Dez. 1983

Zurek, W.H. (1982): Phys. Rev. D26, 1962.

Zurek, W.H. (1983): In Proceedings of the International Symposium on the Foundations of Quantum Mechanics (p. 181) Tokyo.

A U N I F I E D T H E O R Y O F L I F E III

GENESIS AND DEVELOPMENT OF: THE UNIFIED THEORY OF LIFE

M. BUJATTI-NARBESHUBER

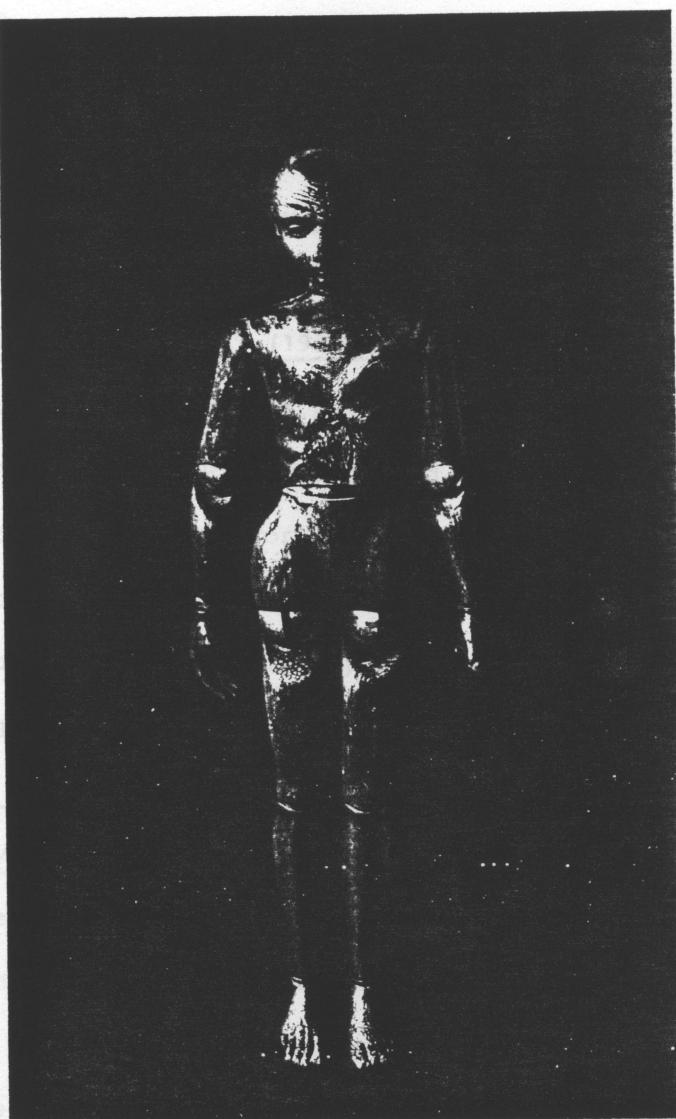
GENESIS AND DEVELOPMENT OF THE UNIFIED THEORY OF LIFE III.

M. BULATI-HARBERSHOFF

The chance of the origin of life according to WITTGENSTEIN is strikingly similar to that of the "Structure of Science". It began with the transition

In the same year, in 1927, the year of energy, heralding the recovery from oblivion of Darwin's theory these laws increased comprehension of the paradigmatic level of physics only in a period of physics only.

Since then, both first in the first hour quantum understanding of life philosophical and life



Planck, Heisenberg, Schrödinger and Jordan concerning life, so far only SCHRODINGER'S (1969) pragmatic approach yielded more practical results. It led to modern molecular genetics and to the introduction of statistical physics to describe living systems. More recently Prigogine and Haken, following his integrative bio-physical lines, found formal similarities of living systems to the laser, but still this seemed far from the quantum biology envisioned by JASCHI JORDAN (1958).

Again in recent years, first in a purely metaphorical or even speculative way, interest has greatly increased again towards applying

GENESIS AND DEVELOPMENT OF: THE UNIFIED THEORY OF LIFE III.

M. BUJATTI-NARBESHUBER

The change of the world-picture or scientific paradigm changes the world according to WITTGENSTEINS "On Certainty" (1977) and according to the strikingly similar position (MAUDGIL, 1988) of THOMAS S. KUHN'S "Structure of Scientific Revolutions" (1962). Such a change certainly began with the transition from classical physics to quantum physics.

In the same year, 1900 when Max Planck reported on the quantum nature of energy, heralding the new era, Gregor Mendel's laws were also recovered from oblivion. In light of the interest generated by Darwin's theory these laws inaugurated an equally important era of deeper comprehension of the genetic fundamentals of biological systems. But the paradigmatic level of biology was still comparable to the classical period of physics only.

Since then, both fields made enormous progress and the willingness of the first hour quantum physicists to contribute also to an even deeper understanding of life and man, is well documented by their more philosophical and literary works. But of the contributions by Bohr, Planck, Heisenberg, Schrödinger and Jordan concerning life, so far only SCHRÖDINGER'S (1969) pragmatic approach yielded more practical results. It led to modern molecular genetics and to the introduction of statistical physics to describe living systems. More recently Prigogine and Haken, following his integrative bio-physical lines, found formal similarities of living systems to the laser, but still this seemed far from the quantum biology envisioned by PASCAL JORDAN (1958).

Again in recent years, first in a purely metaphorical or even speculative way, interest has greatly increased again towards applying

the advanced understanding of modern physics to biology, in order to understand the worldwide wholistically changing trends of society through the underlying phenomenon of consciousness. This happened in compliance with Max Planck's revealing lecture on the nature of "Physics in the Battle for the World Picture" (PLANCK, 1935) and in response to the influx of vedic philosophy via Japanese, Chinese and Indian sources.

The similarity and the complementarity between the concepts of eastern Vedic Upanishad philosophy and quantum physics was already noted by Bohr. He developed the complementarity theory and Schrödinger, already, at that time pioneered the idea, that demanded an infusion of Eastern thinking into our science to gain a deeper understanding of the "Mind and Matter" relationship (SCHRÖDINGER, 1969).

This relationship of matter and consciousness was put to experimental tests in biological systems and resulted so far in 300 important research publications (WALLACE, 1970, 1986). These tests were performed in the conceptual framework of the Science of Creative Intelligence under the direct guidance of its founder Maharishi Mahesh Yogi. He is a western physicist by training and an eminent eastern philosopher and the very expert in the technology and science of the Vedic tradition of consciousness.

These experiments are documented in scientific journals and research publications of fields as diverse as physics, biochemistry, physiology, psychology and sociology. As a consequence and direct result, it has now become both possible and imperative to devise the interdisciplinary Unified Theory of Life (UTL).

According to his book reviewed in Science, Sept. 1985, I.B. COHEN (1985) sees the development of scientific knowledge and revolutions in four stages. "First occurs the creation of the new idea or set of ideas. Second, the novelty has to be worked out, still largely in private but

fully enough to embrace the phenomena on which it bears and to offer the prospect of convincing specialists other than the innovators. Third comes dissemination in professional circles, by correspondence, by circulation of preprints, eventually by publication. Cohen calls this the revolution on paper.

The revolution on paper still has to become a revolution in science in a fourth and final stage, that of acceptance of the new theory by qualified scientists (a process characteristically involving conversion rather than persuasion), followed by its incorporation into the practice of the discipline."

Given the pace of modern research, the interval prior to the passage into stage four, can be surprisingly long. As in the case of Alfred Wegener, his theory of continental drift, advanced between 1915 and 1930 remained a revolution on paper. Only in the nineteen fifties and sixties, in consequence of two lines of evidence quite different from anything imagined by Wegener, - namely paleomagnetism and sea-floor spreading - did the theory of continental mobility begin to prevail.

Probably even more time could have elapsed for the acceptance of the central idea presented here since its start in 1974. This theory is not moving continents, it only turns the thinking around on present-day synthetic theory of evolution by emphasising an epigenetic mechanism (1976) and its relationship to consciousness as an epistemological fact.

STEPS OF PROGRESS TOWARDS UTL

This paradigmatic turn is originally based on the study of the principle of homeostatic self-organisation, but had not unexpected evidence from two sources as different, independent, and as far apart as the mathematical study of the molecular origins of life by FREEMAN DYSON

(1988, 1985, 1982) and the field effects of consciousness on the trends of modern society by DILLBECK et al. (1987, 1981) and ORME-JOHNSON et al. (1982) come, all of it would have remained a personal stance or at best a revolution on paper.

The internationally renowned American physicist from Princeton FREEMAN DYSON (1988), in the best tradition of the Tarner lectures of Trinity College given by Schrödinger on "Mind and Matter", provided on the same occasion an unexpected, supportive mathematical model for the homeostatic metabolic origins of living systems. Due to difficulties with Eigen's model of genetic replication as origin of life - it then appeared less reliable because of error catastrophes demonstrated in the computer simulations by NIESERT et al. (1981) - Freeman Dyson reformulated OPARIN'S (1957) theory on the genesis of life in stricter, more logical mathematical terms.

He utilized Kimura's mathematical frame, and asked the question after the origin of metabolism.

Firstly, metabolism, is considered prior to genetic replication in his model.

Secondly, it makes qualitative, non-trivial statements about populations of molecules, that could make the jump from their molecular chaos to order in the form of metabolic biological activity.

Thirdly, as a result of his assumptions of active and non active monomer positions for the polymers selective in the metabolic stabilisation of order, a mathematical model emerges. When defining active positions specifically, as those compatible with isokinetic transition stabilisation, it is supportive, to the model of life in UTL.

So from a completely different angle of empty mathematical calculations, he sees homeostatic metabolism as the primary property of life and secondary only the genetic replication. This is mainly due to

the greater capacity to tolerate errors in his homeostatic model. Therefore he raises the question before experimentalists about homeostasis and its chemical nature. Exactly this question has been studied (BUJATTI and RIEDERER, 1976) in the course of research on the Rest and Fulfillment (RF) response of homeostatic, isokinetic self-organisation.

In the following four papers on this topic, the term "theory" was chosen not do denote any degree of scientific falsification or acceptance. It was chosen to denote the radical shift in total scope, view or vision in relation to the present biological theories on life and evolution. This means a return to the original, wider meaning of the Greek word "theory" as holistic view and is the call for the paradigmatic change in biology an the natural sciences. It is time to conceptually face the epistemological fact and role of consciousness.

After the neuro chemical experimental start in 1974 and a first publication in 1976 on the RF-response defining homeostatic self-organisation of living systems through hormonal energy systems activation and deactivation parallel with entropy (stress) changes, the intended "Design for a system's theory of man" is now in its second decade. It is entering Cohen's stage three of the revolution on paper as the integrated, that is epigenetic and genetic, Transition Theory of Evolution. It includes consciousness through the fundamental onto-epistemology paradigm and through the suggested experimental approach of the UTL.

The basic question is how the brain of man observes or measures and how it achieves conscious creative intelligence, the property unattained by machines. This cannot be explained by present-day science - in principle - say's Schrödinger, because of objectivation. Also in present evolution theory, in the framework of Mendel's and Darwin's theory, consciousness

and epigenetic developmental processes, are neither contained explicitly nor implicitly, not to speak of pre-genetic processes. Therefore as the next step from the statistical physical RF-response definition, the "Transition Theory of Evolution" was developed, an epigenetic-genetic integrated, truly quantum biological theory of a novel, namely an isokinetic micro-organisational mechanism of life and evolution.

At first, the neurochemical experimental study of the palaeobiology of the deepest, yet, wakeful state of rest, as meditation known to have a minimum of energy metabolism, was published in 1976 (see appendix). This state of rest has large scale, statistically observable preventive effects (ORME-JOHNSON, 1987) through regeneration and homeostatic RF-response self-organisation. It is associated, in a thermodynamic terminology with a nervous system entropy reduction as EEG-coherence (ORME-JOHNSON et al. 1981, TOURENNE, 1981) and with creativity in psychological TTCT-t ests. At the same time an associated balance shift in the human indolamine and catecholamine metabolism is demonstrable (BUJATTI and RIEDERER, 1976).

Therefore, to summarise the known adrenergic biological properties, catecholamines were defined as "entropins" or entropy-flow reporting transmitters. (The term "transmitter" was chosen to denote both neuro-transmitter and hormonal messenger properties). Indolamines were defined as negentropy-flow transmitters with enteramin as serotonin or "negentropin" as the main representative. Their teleonomic, namely homeostatic, and otherwise unavoidable entropy increase counter-balancing shift during self-organisation led to the heuristic formulation of the rest and fulfillment response.

In the next step (see Part IV) the quantum chemical, linear, Energy-Entropy Compensated Transition (EECT-) of chemical kinetics, that has its basis in the energy and entropy dependence of the quantum

mechanical reaction rules, was discovered in the biological solvent water and disclosed as the very micro-organisational basis of the RF-response.

It was introduced as the essence of the living system.

EECT is then found as an isomorphy on increasingly complex levels of biosystem organisation. Starting from interstellar negentropy storage, EECT is found in the tunneling evolution of later organic polymers solutes and in the isokinetic properties of the biological solvent water. As epigenetic principle it is found in the configuration dynamics of membranes, enzymes, proteins, the genome and in metabolic, neurochemical and EEG-neuroelectric activity.

As a next step (see Part V) EECT was introduced as quantum mechanical basis of teleonomy in bio-systems. In the literally revolutionary integrated model of Intercalary Evolution, EECT through the maximal economy of its extremal case of isoenthalpic tunneling transitions serves, via the law of least action, for teleonomy in epigenetic molecular systems behaviour. Intercalary Evolution as life means above all, that the quantum mechanical solvent property of EECT is more and more temporally stabilised through the intercalation of biomolecules into the compensated solvent. This happens in the process of compensation-constraint or solvent-solute, epigenetic-genetic or teleonomy-culture coevolution resulting in a macroscopic quantum state. This trend is characterised by a teleonomic isokinetic temperature decline towards 0 Kelvin, typical of tunneling transitions.

Part VI, defines an objective interface for consciousness, creativity and intelligence. For biology, EECT in an energetically and entropically fluctuating environment, constitutes the behavioral negentropy selecting principle as MAXWELLIAN DEMON. This happens in biochemical reactions as conscious observation - through isokinetic transition. As conscious creativity this happens in reactions through isokinetic high energy

mutation and as conscious intelligence in isokinetic low energy selection.

With EECT as molecular hardware microprocessor of the homeostatic metabolic self-organisation, genes function as the coevolutionary self-replicating software program diskettes. They are maintaining the evolved channels for the further information input from the environment (nutrition and experiences) to be processed and stored in order to help to further stabilise spatially and temporally the isokinetic transition state as macroscopic quantum state of consciousness.

In PartVII, with this micro-organisational basis of creative intelligence available, the sequential unfolding of biosystems from their origins allows the understanding of their specific properties. So the theoretical deduction of mammalian homeotherm temperature of 37 degrees C becomes conceivable. Furthermore, the evolution of man, his brain morphology, his creative intelligence ethology and his language as well as his culture-ethology become compelling through the same RF-principle. Ecology transition culminating in the terraquatic diving response ethology leads to the understanding of the special evolutionary adaption of man to ecology transitions (Special Theory of Creative Intelligence). A loss of this human ethological basis of creative intelligence through errors in the culture-ethological information transfer, leads to the individual, socio-economical and environmental epigenetic error catastrophe. This epigenetic error catastrophe treatment by EECT of the hypometabolic diving response, is the reason behind the necessary culture-ethological tradition of the pure consciousness experience as the autopilot of teleonomic systems.

The last PartVIII deals with the interdisciplinary position and the consequences from such a unified theoretical approach to biology.

REFERENCES

- Bujatti, M., Riederer, P. (1976). Serotonin, Noradrenaline, Dopamine Metabolites in Transcendental Meditation-Technique, J. Neural. Transm. 39, 257-267.
- Cohen, I.B. (1985): Revolution in Science, Belknap, Harvard University Press, Cambridge, Mass.
- Dawkins, R. (1976): The Selfish Gene, New York.
- Dillbeck, M.C., Landrith III, G., and Orme-Johnson, D.W. (1981): "The Transcendental Meditation Programm and Crime Rate Changes in a Sample of Fourty-Eight Cities", Journal of Crime and Justice 4, 25-45.
- Dillbeck, M.C., Cavanaugh, K.L., Glenn, T., Orme-Johnson, D.W. and Mittlefeldt, V. (1987): "Consciousness as a Field: The Transcendental Meditation and TM-Sidhi Programm and Changes in Social Indicators", The Journal of Mind and Behaviour 8, 67-104.
- Dyson, F.J. (1988): Die zwei Ursprünge des Lebens, Rasch und Röhrig,
- Dyson, F.J. (1985): Origins of Life, Cambridge University Press
- Dyson, F.J. (1982): A Model of the Origin of Life, J. Molec. Evol. 18, 344-350.
- Jordan, P. (1958): Das Bild der Modernen Physik. Ullstein, Berlin.
- Kuhn, T.S. (1962): Structure of Scientific Revolutions. International Encyclopedia of Unified Sciences, The University of Chicago.
- Maudgil, A., Chandra, S. (1988): World-Pictures and Paradigms: Wittgenstein and Kuhn, 13. Int. Wittgenstein-conference, Philosophy of Science, Kirchberg am Wechsel, August 14-21, 1988.
- Monod, J. (1970): Le Hasard et la nécessité. Editions du Seuil, Paris.
- Niesert, U., Harnasch, D., Bresch, D. (1981): Origin of Life between Scylla and Charybdis. J. Molec. Evol. 17, 348-353.
- Oparin, I.A. (1957): The Origin of Life on the Earth, Edinburgh, 3.Ed.

- Orme-Johnson, D.W., Haynes, C.T. (1981): EEG phase coherence, pure consciousness, creativity and TM-Sidhi experiences. International Journal of Neuroscience, 13, 211-217.
- Orme-Johnson, D.W., Dillbeck, M.C., Wallace, R.K. and Landrith III, G.S. (1982): Intersubject EEG coherence: Is consciousness a field? Intern. J. Neuroscience, 16, 203-209.
- Orme-Johnson, D. (1987): Medical Care Utilisation and the Transcendental Meditation Programm. Psychosomatic Medicine 49: 493-507.
- Planck, M. (1935): Die Physik im Kampf um die Weltanschauung, Johann A. Barth Verlag, Leipzig.
- Schrödinger, E. (1969): What is Life? Mind and Matter. Cambridge University Press.
- Tourenne, C. (1981): EEG, Statistical Physics and States of Consciousness. Paper presented at the 93rd session of the Iowa Academy of Science. April 24, 1981, Cedar Rapids.
- Wallace, R.K. (1970): Physiological effects of Transcendental Meditation. Science, 167, 1751-1754.
- Wallace, R.K. (1986): The Maharishi Technology of the Unified Field, Maharishi International University Press, Fairfield, Iowa
- Wittgenstein, L. (1977): "On Certainty", Translated by G.E.M. Anscombe and G.M. von Wright, Basil Blackwell.

ANHANG/APPENDIX

The Unified Field of All the Laws of Nature

The most precise and successful description of nature in the history of modern science has been provided by quantum field theory of physics. This theory describes all the elementary particles and forces of nature as discrete waves or excitations of their respective, underlying elementary quantum fields. Since the 1970's, the primary challenge in physics has been to find a single quantum field which would simultaneously incorporate all the fundamental forces and particles of nature.

Experimental and theoretical advances during the past two years have demonstrated that not only the force fields but the matter fields as well can be seen to emerge from a single, unified quantum field, whose excitations therefore constitute all the elementary particles and ultimately the whole universe. The detailed formulation of this super unification is known as $N=8$ supergravity theory. The complete mathematical expression of the unified field, comprising all the laws of nature responsible for all activity in the universe, is called the Lagrangian of $N=8$ supergravity theory.

The Qualities of the Unified Field

From the Lagrangian of the unified field, Dr. John Hagelin, chairman of the Department of Physics at Maharishi International University and one of the world's foremost theoreticians in the unified field theories of quantum physics, has derived the qualities of the unified field. These qualities include the property of self-referral, the dynamical property by which the unified field is able to create the diverse elements of natural law entirely from within its own perfectly symmetrical structure, and also the quality of intelligence in its most concentrated form, seen in the fact that the basic laws governing the self-interaction of the unified field contain the full dynamics of all the approximate, less holistic field theories functioning at larger distance scales in nature.

Consciousness, the Unified Field of Natural Law

Having located the absolute values of intelligence and self-referral in the unified field, Dr. Hagelin and other leading physicists identified the unified field with the field of consciousness. They recognized that consciousness alone can be completely self-referral, knowing itself from within itself without reference to anything external to itself.

Since the unified field interacts only with itself, it can be verified ultimately only on its own self-referral level. The scientists concluded that experimental verification of the unified field must be gained through direct experience of the unified field in the self-referral state of consciousness, transcendental consciousness, where the unified field is wide-awake within its own nature.

The experience of transcendental consciousness is directly gained through the Maharishi Technology of the Unified Field. Therefore, this technology was identified as the experimental means for verifying the super-unification of all the forces and particles of nature.

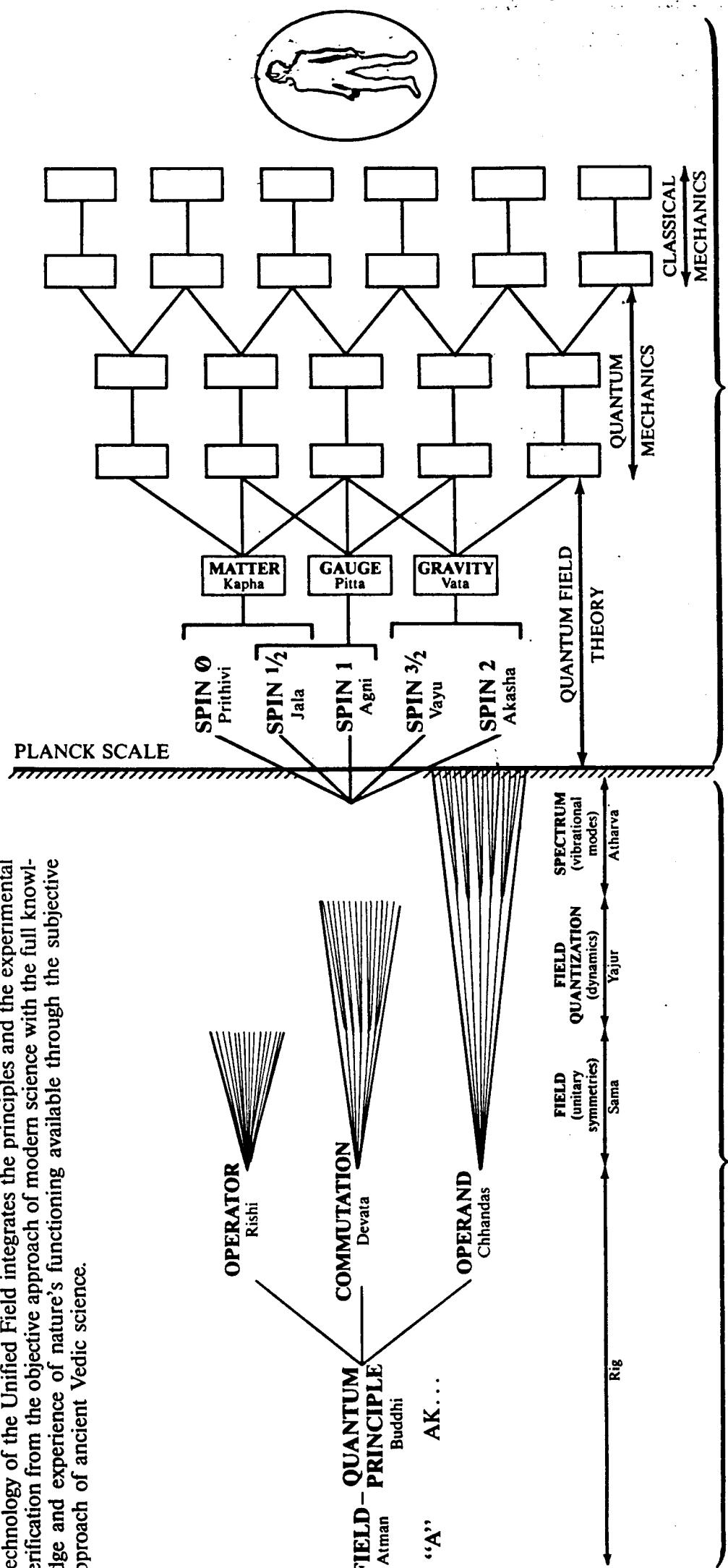
Consciousness, the Unified Field of Natural Law

Having located the absolute values of intelligence and self-referral in the unified field, Dr. Hagelin and other leading physicists identified the unified field with the field of consciousness.

- **ALL POSSIBILITIES:** All possible local gauge-invariant operators are generated by non-perturbative quantum gravitational effects at the Planck scale.
- **FREEDOM:** The graviton remains a free, unbound particle in the physical spectrum, and the entire supermultiplet becomes asymptotically free at the Planck scale.
- **UNBOUNDEDNESS:** The translational invariance of the Lagrangian density; also expressed by the graviton, which is the gauge field of an infinite range force.
- **SELF-SUFFICIENCY:** The graviton does not participate in the activity of preon binding and is a singlet with respect to the internal SO(8) and SU(8) symmetries of the Lagrangian.
- **BLISS:** Expressed by the continuous effervescence of topological fluctuations at the Planck scale and by the universally attractive nature of the graviton field.
- **INTEGRATING:** The gravitino fields dynamically uphold local supersymmetry, which integrates the different spin components of the supermultiplet, maintaining the unbroken wholeness of the superfield.
- **SELF-REFERRAL:** The non-Abelian property of self-interaction of the vector fields that uphold the local SO(8) symmetry. The property of self-interaction is also present in the graviton, gravitino, spinor, and scalar fields, and therefore in the entire supermultiplet.
- **INVINCIBILITY:** A non-Abelian gauge field dynamically upholds its own invariance under local symmetry transformations.
- **PERFECT BALANCE:** Supersymmetry—perfect balance of bosonic and fermionic degrees of freedom.
- **FULLY AWAKE WITHIN ITSELF:** The zero-point motion of the quantum fields reaches its ultimate level of dynamism at the Planck scale.
- **TOTAL POTENTIAL OF NATURAL LAW:** All the fundamental field types are fully enlivened as dynamical degrees of freedom at the Planck scale.
- **SIMPLICITY:** All of the fundamental components together comprise a single irreducible representation of the symmetry group.
- **UNMANIFEST:** The fundamental components of the supermultiplet, the preons, do not appear as manifest particles.
- **HARMONIZING:** The gravitino is the gauge field of local supersymmetry, which unites completely opposite values—bose and fermi fields.
- **INFINITE CORRELATION:** Expressed by the terms which uphold the local SO(8) gauge invariance of the Lagrangian.
- **INFINITE DYNAMISM:** The trilinear and quartic couplings describe the dynamical interaction of the preon fields.
- **INFINITE SILENCE:** The trilinear and quartic couplings preserve the invariance of the Lagrangian under local supersymmetry transformations.
- **PURE KNOWLEDGE:** The Lagrangian is the most compact mathematical expression of the complete structure of the laws of nature.
- **INFINITE ORGANIZING POWER:** The Hamiltonian operator, derived from the Lagrangian by a Legendre transformation, governs all activity in the universe.
- **PERFECT ORDERLINESS:** The SO(8), SU(8) and extended super-Poincaré symmetries of the Lagrangian.
- **INFINITE CREATIVITY:** The fountainhead of natural law—from this unified source, all the particles and forces of nature are generated through the process of dynamical symmetry breaking.
- **PURIFYING:** The symmetries of the Lagrangian, which are broken at macroscopic distances, are spontaneously restored at the Planck scale.
- **EVOLUTIONARY:** The Hamiltonian operator generates the time-evolution of the universe.
- **NOURISHING:** The supermultiplet is a gauge field which dynamically upholds the unified structure of all its individual components.
- **IMMORTALITY:** The time-translational invariance of the Lagrangian density.

RESTRUCTURING PHYSICS FROM ITS FOUNDATION

Technology of the Unified Field integrates the principles and the experimental verification from the objective approach of modern science with the full knowledge and experience of nature's functioning available through the subjective approach of ancient Vedic science.



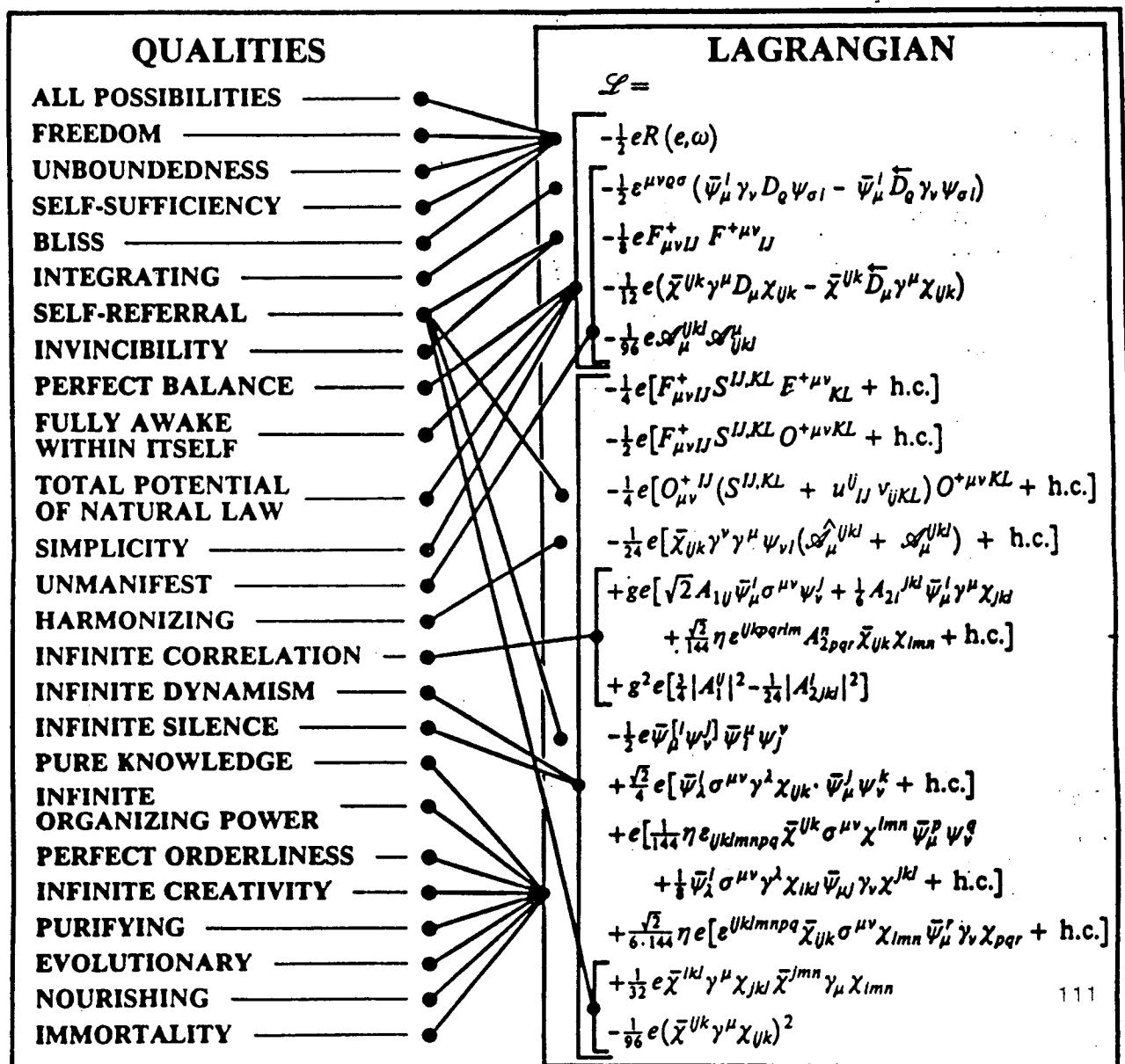
SPACE-TIME DYNAMICS
Upaveda

The government is the guardian of education in every nation, and fortunately it is now possible for every government to educate its people to act in accordance with natural law. In so doing, the government raises the collective consciousness of the nation, which directly determines the strength and success of any government. Through unified field based education, the government effectively administers that by which the government itself is governed—the collective consciousness of the people. By maintaining an integrated national consciousness, the government ensures its own success and fulfills the needs of every citizen.

UNIFIED FIELD BASED CIVILIZATION

The Maharishi Technology of the Unified Field enlivens all the qualities of the unified field in individual and collective consciousness, giving rise to unified field based civilization. Because the unified field is a field of all possibilities, the qualities of the unified field are innumerable. In order to give a glimpse of the benefits that the technology of the unified field brings to individual and national life, the chart below presents a few key characteristics of the unified field derived by Dr. John Hagelin, Professor of Physics at Maharishi International University, from the Lagrangian of $N=8$ supergravity theory, as recently formulated by Dr. Bernard de Wit and Dr. Hermann Nicolai.

The Lagrangian is the most compact mathematical expression of the complete structure of the unified field—its symmetries, components and self-interaction. To help elucidate the derivation of the qualities of the unified field from the Lagrangian, each fundamental component has been given a different pattern in the enlarged presentation of the Lagrangian formula on the next page: the graviton (vertical lines), the gravitinos (pots), the vector bosons (grey tint), the spinors (squares), and the scalars (stars). The first five rows contain the essential dynamics of each of these spin types, while the rest of the Lagrangian describes their mutual interactions.



A BIBLIOGRAPHY OF MEDITATION
THEORY AND RESEARCH: 1931-1983

Michael Murphy
Steven Donovan
San Francisco, California

The Esalen Institute Transformation Project was organized in 1976 to explore supernormal psychophysical functioning and various bodily transformations that support it. The Project is compiling and analyzing a broad range of scientific, speculative, and anecdotal literature related to this inquiry.

Presently the archive contains over 8,000 scientific studies concerning extraordinary human functioning, drawn from more than sixty research fields and arranged under the uniform system of indexing. Articles were obtained from a computer search of relevant fields, from the archives of Dr. Elmer Green of the Menninger Foundation and Rhea White of the American Society for Psychical Research, and from numerous private sources. The archive is kept up to date with a weekly computer search of some 7,000 scientific journals.

In 1981 the authors began a comprehensive study of meditation. The following bibliography, with 776 entries, extends through June, 1983. It includes all the articles that have been located in English language scientific journals and a number of relevant books. In addition, some doctoral and masters theses are included which, though unpublished, were referred to frequently in the published literature. Where possible, original rather than secondary sources are used. Although it covers all types of meditation practice, the bibliography rarely cites metaphysical, philosophical, or religious literature connected with meditation.

MEDITATION THEORY AND RESEARCH: 1931-1983

- ABRAAMS, A.I. The effects of meditation on elementary school students (Doctoral dissertation, University of California, Berkeley, 1976). *Dissertation Abstracts International*, 1977, 37 (9-A), 5689. (Abstract)
- ABRAAMS, A.I. Parent-associate learning and recall: A pilot study of the Transcendental Meditation program. In D.W. Orme-Johnson & J.L. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- ABRAAMS, A.I., & SUCHI, L.M. The Transcendental Meditation program and rehabilitation at Folsom State Prison: A cross validation study. *Criminal Justice & Behavior*, 1978, 5 (1), 3-20.
- ABUJA, M.M.S., KARMAKAR, M.G., & RUDNOY, S. TSH, LH, cortisol response to TRH and LH-RH and insulin hypoglycemia in subjects practicing Transcendental Meditation. *Indian Journal of Medical Research*, 1981, 74, 715-720.
- AJAYA, S. *Meditational therapy*. Glenview IL: Himalayan International Inst. of Yoga Science and Philosophy, 1977.
- AKER, T.K., TUCKER, D.M., ROBIN, R.S., & VIOROSS, J.S. Personality correlates of EEG change during meditation. *Psychological Reports*, 1977, 40 (2), 439-442.
- AKISHITA, Y. A historical survey of the psychological studies in Zen. *Kyushu Psychological Studies*, 1968, 11, 1-56.
- AKISHITA, Y. (Ed.). *Psychological studies on Zen*. Tokyo: Zen Institute, Komazawa University, 1970.
- AKISHITA, Y. A historical survey of the psychological studies of Zen. *Bulletin of the Faculty of Literature of Kyushu University*, 1974, 5, 1-57.
- AKISHITA, Y. *Psychological studies on Zen*. H. Tokyo, Japan: Komazawa University, 1977.
- AKIKI, I.B., & McNICOL, B. The reported sleep characteristics of mediators and nonmediators. *Bulletin of the Psychonomic Society*, 1974, 3 (1B), 73-74.
- ALIXANDER, F. Buddhistic training as an artificial catatonia (the biological meaning of psychic occurrences). *Psychanalytic Review*, 1931, 18, 129-145.
- ALLEN, C.P. Effects of transcendental meditation, electromyographic (EMG) biofeedback relaxation, and conventional relaxation on vasoconstriction, muscle tension, and stuttering: A quantitative comparison. *Dissertation Abstracts International*, 1979, 40 (2-B), 689. (Abstract)
- ALTON, D. TM at Folsom Prison: A critique of Abrams and Siegel. *Criminal Justice & Behavior*, 1979, 6 (1), 9-12.
- ALTON, J. Respiratory changes during transcendental meditation. *Lancet*, 1970, 1 (7651), 883.
- ALMY, T.P. Meditation on a forest path. *New England Journal of Medicine*, 1977, 297 (3), 165-167.
- AMERICAN PSYCHIATRIC ASSOCIATION. Position statement on meditation. *American Journal of Psychiatry*, 1977, 134 (6), 720.
- AMODIO, J. Focusing applied to a case of disorientation in meditation. *Journal of Transpersonal Psychology*, 1981, 13 (2), 149-154.
- ANAND, B.K., & CHINNA, G.S. Investigations on yogis claiming to stop their heart beats. *Indian Journal of Medical Research*, 1961, 49 (2), 452-456.
- ANAND, B.K., CHINNA, G.S., & SINGH, B. Some aspects of EEG studies in yogis. *Electroencephalography & Clinical Neurophysiology*, 1961, 13, 452-456.
- ANAND, B.K., CHINNA, G.S., & SINGH, B. Studies on Shri Ramakrishna Yogi during his stay in an air tight box. *Indian Journal of Medical Research*, 1961, 49, 82-89.
- ANDERSON, D.J. Transcendental meditation as an alternative to heroin abuse in servicemen. *American Journal of Psychiatry*, 1977, 134 (11), 1308-1309.
- APPLITT, S., & OSWALD, L.E. Simple reaction time as a function of alertness and prior mental activity. *Perceptual & Motor Skills*, 1974, 8, 1263-1268.
- ARON, E., & ARON, A. The Transcendental Meditation program and stress: Immunization and treatment. *Sociological Abstracts*, 1978, Supplement 79, 39. (Abstract)
- ARON, E., & ARON, A. The Transcendental Meditation program for the reduction of stress-related conditions. *Journal of Chronic Disease & Therapy Research*, 1979, 3 (9), 11-21.
- ARON, A., & ARON, E. The TM program's effect on addictive behavior. *Addictive Behavior*, 1980, 5 (1), 3-12.
- ARON, A., ORKIN-JOHNSON, D.W., & BROTHAKIRI, P. The TM program in the college curriculum: A 4-year longitudinal study of effects on cognitive and affective functioning. *College Student Journal*, 1981, 15 (2), 140-146.
- AVNAYA, D., & NOOSHAFIA, R. Transcendental Meditation: A psychological interpretation. *Journal of Clinical Psychiatry*, 1977, 38 (3), 842-844.
- BACHUR, P.G. An investigation into the compatibility of existential-humanistic psychotherapy and Buddhist meditation. *Dissertation Abstracts International*, 1981, 42 (6-A), 2565-2566. (Abstract)
- BACHUR, B.K. Mental hygiene and the Hindu doctrine of relaxation. *Mental Hygiene*, 1936, 20, 424-440.
- BACHUR, B.K., & WINGER, M.A. Electrophysiological correlates of some yoga exercises. *Electroencephalography & Clinical Neurophysiology*, 1957, 7, 132-149.
- BACHUR, B.K., & WINGER, M.A. Simultaneous EEG and other recordings during some yogic practices. *Electroencephalography & Clinical Neurophysiology*, 1958, 10, 193.
- BARTH, M.S. Influence of acute physical activity and non-cultic meditation on state anxiety. *Dissertation Abstracts International*, 1978, 38 (10-A), 597. (Abstract)
- BARTH, M.S. Exercise, meditation and anxiety reduction: A review. *American Corrective Therapy Journal*, 1979, 33 (2), 41-44.
- BARTH, M.S., & MORGAN, W.P. Anxiety reduction following exercise and meditation. *Cognitive Therapy & Research*, 1978, 2 (4), 323-333.
- BAKARI, R.R. Decreased respiratory rate during the Transcendental Meditation technique: A replication. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental*

- Mediation Program: Collected Papers, Volume I.* New York: M.E.R.U. Press, 1977.
- BALLOU, D. The Transcendental Meditation program at Stillwater Prison. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- BALLOU, D. TM research: Minnesota State Prison. In D.P. Kanelakos & P.C. Ferguson (Eds.), *The Psychobiology of TM*. Los Angeles: MIV Press, 1973. (Abstract)
- BALL, O.E. The effects of TM and the J.M. Siddhi program on verbal & figural creativity (TCT), auditory creativity (S&D), and hemispheric dominance (SOA). Doctoral dissertation, University of Georgia, Athens, Georgia, 1980.
- BASQUIN, J.P. Spectral analysis of the E.E.G. in meditation. *Electroencephalography & Clinical Neurophysiology*, 1973, 35, 143-151.
- BASQUIN, J.P. E.E.G. and meditation. *Electroencephalography & Clinical Neurophysiology*, 1972, 33, 454.
- BASQUIN, J.P., & SATHIAN, M. E.E.G. analysis of spontaneous and induced states of consciousness. *Revue d'Electroencéphalographie et de Neurophysiologie Clinique*, 1974, 4, 445-453.
- BASQUIN, J.P., & SATHIAN, M. Quantified E.E.G. spectral analysis of sleep and Transcendental Meditation. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- BARMAK, S.M., & GAUNILZ, S.C.B. Transcendental Meditation and heterohipnosis as altered states of consciousness. *International Journal of Clinical & Experimental Hypnosis*, 1979, 27 (3), 227-239.
- BARNES, R.M. A study of the psychological structures of transcendental yoga, and Ignatian meditation as allied phenomena. *Dissertation Abstracts International*, 1981, 41 (11-B), 4243. (Abstract)
- BARR, W.H. College student development and TM: An analysis and comparison. Doctoral dissertation, Michigan State University, 1974.
- BARRWOOD, T.J., JENSEN, J.A.C., JUSTER, S.G., & TULLY, A.J. Auditory evoked potentials and Transcendental Meditation. *Electroencephalography & Clinical Neurophysiology*, 1978, 45 (5), 671-673.
- BASSFORD, R.D. TM and stress (physiological and subjective), internal vs. external locus of control and self-concept. Doctoral dissertation, University of Western Ontario, 1973.
- BAUHOFER, V. Physiological cardiovascular effects of the Transcendental Meditation technique. Doctoral dissertation, Julius-Maximilian University, Wurzburg, West Germany, 1978.
- BLAIR, J.F., BUNSON, H., & KILSTEIN, H. A simple physiologic technique which elicits the hypometabolic changes of the relaxation response. *Psychosomatic Medicine*, 1974, 36, 115-120.
- BLACK, D.E., & SHARROD, D. Physiological responses to checks during Zen, yoga and Transcendental Meditation. *Psychophysiology*, 1981, 18 (6), 694-699.

- BRECHER, E. The central psychologic role of the trace of Zen therapy. *American Journal of Psychiatry*, 1961, 118 (4), 645-651.
- BUNSON, H. Effects of TM on cognitive laterality and cognitive style associated with Transcendental Meditation. *Psychophysiology*, 1977, 14 (3), 293-294.
- BUNSON, H. Yoga for drug abuse. *New England Journal of Medicine*, 1969, 287 (10), 1133.
- BUNSON, H. Decreased alcohol intake associated with the practice of meditation: A retrospective investigation. *Annals of the New York Academy of Science*, 1974, 233, 174-177.
- BUNSON, H. *The relaxation response*. New York: Avon Books, 1975.
- BUNSON, H. The relaxation response and norepinephrine. *Integrative Psychiatry*, May-June 1983, 15-18.
- BUNSON, H., BIAU, J.-F., & CAROL, M.P. The relaxation response. *Psychiatry*, 1974, 37, 37-46.
- BUNSON, H., DAY, R.L., & HARLOW, L.H. Decreased O₂ consumption during exercise with elicitation of the relaxation response. *Journal of Human Stress*, 1978, 4 (2), 38-42.
- BUNSON, H., FRANKLIN, F.L., APPEL, R., DASH, S., M.D., SCHNEEWIND, H.E., NIMIAH, J.C., SHIROS, P.E., CRUSSWELLER, K.D., GREENWOOD, M.M., KOECH, J.B., ARMS, P.A., & ROSSER, B. Treatment of anxiety: A comparison of the usefulness of self-hypnosis and a meditational relaxation technique. *Psychotherapy & Psychosomatics*, 1978, 30, 229.
- BUNSON, H., KILSTEIN, H.P., & GRAHAM, J. The usefulness of the relaxation response in the therapy of headache. *Headache*, 1974, 14, 49-52.
- BUNSON, H., LATHMANN, J.W., MARSHALL, M.S., GOODMAN, R.F., HOPKINS, J., & KESTEN, M.D. Body temperature changes during the practice of *guru-mu* yoga. *Nature*, 1982, 295, 234-236.
- BUNSON, H., MARVIA, B., & GRAHAM, J. Physiologic correlates of meditation and their clinical effects in headache: An ongoing investigation. *Headache*, 1973, 13 (1), 23-24.
- BUNSON, H., MARZILLA, B., & ROSSER, B.A. Decreased blood pressure associated with regular elicitation of the relaxation response: A study of hypertensive subjects. In R.S. Elliot (Ed.), *Contemporary problems in cardiology: Anxiety, Stress and the Heart*. New York: Futura Pub. Co., 1974.
- BUNSON, H., ROSSER, B.A., & MARZILLA, B. Decreased systolic blood pressure in hypertensive subjects who practiced meditation. *Journal of Clinical Investigation*, 1973, 52, 8a.
- BUNSON, H., ROSSER, B.A., MARZILLA, B., & KILSTEIN, H.M. Decreased blood pressure in pharmacologically treated hypertensive patients who regularly elicited the relaxation response. *Lancet*, 1974, 1, 10852, 289-291.
- BUNSON, H., ROSSER, B.A., MARZILLA, B., *et al.* Decreased blood pressure in borderline hypertensive subjects who practiced meditation. *Journal of Chronic Disease*, 1974, 27 (3), 163-169.

- BLOSSON, H., SHIBASAKI, R.F., GREENWOOD, M.M., KELLY, M.J., H.M., & PETERSON, N.H. Continuous measurement of O₂ consumption and CO₂ elimination during a wakeful hypometabolic state. *Journal of Human Stress*, 1975, 1 (1), 37-44.
- BLOSSON, H., & WATKINS, R.K. Decreased blood pressure in hypertensive patients who practice meditation. *Circulation*, 1972, 46 (Supplement II), 516. (Abstract)
- BLOSSON, H., & WATKINS, R.K. Decreased drug abuse with Transcendental Meditation: A study of 1,862 subjects. In C.J.O. Zarantonello (Ed.), *Drug abuse: Proceedings of the international conference*. Philadelphia: Lea & Febiger, 1972.
- BORG, R.E. The art of meditation as defined by the Hesychasts from the critical perspective of psychology. *Practitioner Abstracts International*, 1977, 38 (3-B), 1379-1380. (Abstract)
- BORG, R.E. Zen Buddhism, general psychology & consulting psychology. *Journal of Consulting Psychology*, 1962, 9, 122-127.
- BORG, R.E. Stability of skin resistance responses one week after instruction in the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers*. Volume I. New York: M.E.R.U. Press, 1977.
- BORKOWSKI, V.H. The effect of Transcendental Meditation on trait anxiety and self-esteem. *Dissertation Abstracts International*, 1977, 38 (5-B), 2383-2384. (Abstract)
- BIRWICK, P., & OZERI, I.J. The use of meditation as a behavioral technique. *Behavior Therapy*, 1973, 4 (5), 743-745.
- BIVAN, A.J.W. Endocrine changes in Transcendental Meditation. *Clinical & Experimental Pharmacology & Physiology*, 1980, 7 (D), 75-76.
- BIVAN, A.J.W., SYTROS, R.G., BURST, G.G., & WILSON, M.L. Short-term endocrine changes in Transcendental Meditation. *Proceedings of the Endocrine Society of Australia*, 1979, 0322, 56.
- BIVAN, A.J.W., YOUNG, P.M., WILLIAMS, M.L., NISANOVIC, P., & DICKIES, J.A. Endocrine changes in relaxation procedures. *Proceedings of the Endocrine Society of Australia*, 1976, 19, 89.
- BLINDER, P. Mediative prayer and Rabbinic perspectives on the psychology of consciousness: Environmental, physiological and attentional variables. *Journal of Psychology and Judaism*, 1980, 4 (4), 228-238.
- BLAKEMORE, B., HANLON, I.B., BROOKFIELD, S.S., MAGNIN, H.G., NIJHOUW, S.I., & GARISETI, P. Effects of Transcendental Meditation on blood pressure: A controlled pilot experiment. *Psychosomatic Medicine*, 1975, 37, 86.
- BLAKEMORE, B., et al. Transcendental Meditation in hypertension: Individual response patterns. *Lancet*, 1976, 1 (7933), 223-226.
- BLAUK, M. Meditation in the San Francisco Bay area: An introductory survey. *Journal of Transpersonal Psychology*, 1970, 2 (1), 61-70.
- BLASZ, L.I. Personality changes as a function of two different meditative techniques. *Dissertation Abstracts International*, 1974, 34 (11-A), 7035-7036. (Abstract)

- BLASZ, K.A. The effects of the Transcendental Meditation technique upon a complex perceptual-motor task. In D.W. Orme-Johnson & Farrow, J.T. (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers*. Volume I. New York: M.E.R.U. Press, 1977.
- BLOOM, B. Transcendental Meditation as a reciprocal inhibitor in psychotherapy. *Journal of Contemporary Psychology*, 1977, 9 (1), 78-82.
- BROOKFIELD, H.H. Some observations on the uses of the Transcendental Meditation program in psychiatry. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers*. Volume I. New York: M.E.R.U. Press, 1977.
- BOAS, G.F. Toward a cognitive reconceptualization of mediation. *Journal of Transpersonal Psychology*, 1978, 10 (2), 143-182.
- BOATMAN, D.N. The effect of the relaxation response on the positive personality characteristics of paraprofessional counselors. *Dissertation Abstracts International*, 1978, 39 (4-A), 2136. (Abstract)
- BOBIS, J.S. Meditation and psychotherapy in the treatment of cancer. *Psychotherapy*, 1973, 4 (6), 19-22.
- BOBOVICH, J. An integrated psychological assessment of Transcendental Meditation. In Shapiro, D.H., & Walsh, R.N. (Eds.), *The Science of Meditation*. New York: Aldine (in Press).
- BOGOVIC, J.D. Physiological and cognitive processes in the regulation of anxiety. In G.E. Schwartz & D. Shapiro (Eds.), *Commodification and self-regulation: Advances in research*. New York: Plenum, 1976.
- BOGOVIC, J.D., & HSOSITS, B.L. The role of physiological attention focusing in the relaxation treatment of sleep disturbance, general tension, and specific stress reaction. *Behavior Research & Therapy*, 1978, 16, 7-19.
- BOGOVIC, J.D., & LASONIK, G. Improved quality of city life through the Transcendental Meditation program: Decreased crime rate. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers*. Volume I. New York: M.E.R.U. Press, 1977.
- BOWSWELL, P.C., & MURRAY, A.J. Effects of meditation on psychological and physiological measures of anxiety. *Journal of Consulting and Clinical Psychology*, 1979, 47 (3), 606-607.
- BONDRAU, L. Transcendental Meditation and yoga as reciprocal inhibitors. *Journal of Behavior Therapy & Experimental Psychology*, 1972, 3 (2), 97-98.
- BONSTEEL, P.G. Non-pharmacological approaches to the treatment of drug abuse. *American Journal of Chinese Medicine*, 1975, 3 (3), 235-244.
- BRAUD, V., B.W., & MCCANN, T.R. Autonomic responses to stress: The effects of progressive relaxation, the relaxation response, and expectancy of relief. *Biobehavioral Self Regulation*, 1981, 6 (2), 235-251.
- BRADLINGAM, E. Effects of the Transcendental Meditation program

- on drug abusers: A prospective study. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.L.R.U. Press, 1977.
- BRODWAHL, M.J. The relative efficacy of meditation in reducing an induced-anxiety reaction. *Divulgation Abstracts International*, 1979, 40 (2-B), 903-904. (Abstract)
- BUCICCI, D., BOCCO, A.V.A., SIROI, W.J., & TOOM, Y.J.V. What school physicians, nurses and health educators should know about Transcendental Meditation. *Journal of School Health (United States)*, 1973, 43 (3), 192-194.
- BRITISH MEDICAL JOURNAL. Editorial: Meditation or methylidopa? 1976, 1 (6023), 1421-1422.
- BRITISH MEDICAL JOURNAL. Meditation and bodily changes. 13 March 1976, 1 (6010), 610.
- BRITISH MEDICAL JOURNAL. Transcendental Meditation (letter). 1979, 1 (6157), 201.
- BROWN, C., FREDRICKSON, R.R., WAGMAN, A., et al. The EEG in meditation and therapeutic touch healing. *Journal of Alterated States of Consciousness*, 1977-78, 3 (169-180).
- BROWN, D.P. A model for the levels of concentrative meditation. *International Journal of Clinical & Experimental Hypnosis*, 1977, 25 (4), 236-273.
- BROWN, D.P., & ENGLER, J. The stages of mindfulness meditation: A validation study. *Journal of Transpersonal Psychology*, 1980, 12 (2), 143-192.
- BROWN, D., & ENGLER, J. Effects of intensive meditation on Ronsebach responses. In D. Shapiro & R.N. Walsh (Eds.), *The Science of Meditation, Volume II: A Reader*. New York: Aldine Pub. Co., 1983.
- BROWN, F., SOUTAR, W., & BRONGA, J. EEG kappa rhythms during Transcendental Meditation and possible perceptual threshold changes following. In D. Kanellikos and J. Lukas, (Eds.), *The psychobiology of Transcendental meditation*. Menlo Park, CA: W.A. Benjamin, 1974.
- BUCKLER, W.S.J. Transcendental Meditation, letter. *Canadian Medical Association Journal*, 1976, 115 (7), 607.
- BUDAI, M., & RUDRIK, R.P. Serotonin, norepinephrine, dopamine metabolites in Transcendental Meditation. *Journal of Neural Transmision*, 1976, 39 (3), 257-267.
- BUSK, B.E. Effects of hatha yoga and mantra meditation on the psychological health and behavior of incarcerated males. *Divulgation Abstracts International*, 1979, 40 (2-B), 904. (Abstract)
- BURES, D., & OHAYY, R.J. Psychological changes in meditating western monks in Thailand. *Journal of Transpersonal Psychology*, 1980, 12 (1), 11-24.
- BURES, J. TM in the boardroom. *Industrial Management*, 1975, 17 (4), 13-18.
- BURES, J. Christian meditation and biofeedback training as psychotherapeutic agents in the treatment of essential hypertension. *Divulgation Abstracts International*, 1980, 41 (6-A), 2506-2507. (Abstract)
- CAMPBELL, C. The facts of Transcendental Meditation: I. Transcendence is as American as Ralph Waldo Emerson. *Psychology Today*, April 1974, 37-38.
- CONDOLINI, L., & CANONICO, G. Teaching Transcendental Meditation in a psychiatric setting. *Hospital & Community Psychiatry*, 1976, 26 (3), 156-159.
- CARPENTER, J.T. Meditation, esoteric traditions: Contributions to psychotherapy. *American Journal of Psychotherapy*, 1977, 31 (3), 394-404.
- CARRINGTON, P. *Freedom in meditation*. Garden City, NY: Anchor Press/Doubleday, 1977.
- CARRINGTON, P., & EPUBOS, H.S. Clinical use of meditation. *Current Psychiatric Thematics*, 1975, 15, 101-108.
- CARRINGTON, P., & EPUBOS, H.S. Meditation and psychoanalysis. *Journal of American Academy of Psychoanalysis*, 1975, 3.
- CARRINGTON, P., & EPUBOS, H.S. Meditation as an adjunct of psychotherapy. In S. Arieti & G. Chranowski (Eds.), *New dimensions in psychiatry: A World View*. New York: John Wiley & Sons, 1975.
- CARRUTHERS, M.F. Voluntary control of the involuntary nervous system: Comparison of autogenic training and siddha meditation. *Experimental & Clinical Psychology*, 1981, 6, 171-181.
- CARSTEDT, C.J., & CASSI, R.J.W. Does transcendental meditation training affect grades? *Journal Applied Psychology*, 1978, 63 (5), 644-645.
- CARSON, L.G. Zen meditation in the elderly. *Dissertation Abstracts International*, 1975, 36 (2-B), 903-904. (Abstract)
- CASPER, M. Space therapy and the Matrix project. *Journal of Transpersonal Psychology*, 1974, 6 (1), 57-67.
- CASSI, R.N. Basic fundamentals of mind control and Transcendental Meditation. *Psychology*, 1974, 11 (2), 26-33.
- CASSI, R.N. Fostering Transcendental Meditation using biofeedback eliminates hoax and restores credibility to art. *Psychology*, 1976, 13 (2), 58-64.
- CASSI, R.N. Fundamentals involved in the scientific process of Transcendental Meditation. *Journal of Instructional Psychology*, 1976, 3 (3), 2-11.
- CHAUHAN, N., & PRYMAK, C. Meditation versus relaxation: An examination of the physiological effects of relaxation training and of different levels of experience with transcendental meditation. *Journal of Consulting & Clinical Psychology*, 1977, 45 (3), 496-497.
- CHIANG, S.C. Morita therapy. *American Journal of Psychotherapy*, 1974, 28 (2), 208-221.
- CHUDOS, J. The use of the Transcendental Meditation program as a therapy with juvenile offenders. *Divulgation Abstracts International*, 1974, 34 (8-A), Pt. 10, 4732-4733. (Abstract)
- CHUMSIN, G., & MUSLIM, S.I. Auditory thresholds in advanced participants in the Transcendental Meditation program. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.

- Couturier, R.W. The effect of the Transcendental Meditation program upon university academic attainment. In D.W. Orme-Johnson & J.L. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- Couturier, J.F. Meditation and progressive relaxation in the treatment of test anxiety. *Dissertation Abstracts International*, 1978, 38 (12-B), 6142, 6143. (Abstract)
- Couper, M.J., & Aygoz, N. M.M. Effect of meditation on serum cholesterol & blood pressure. *Journal of the Israel Medical Association*, 1978, 95 (1), 1-2.
- Couper, M.J., & Aygoz, N. M.M. A relaxation technique in the management of hypercholesterolemia. *Journal of Human Stress*, 1979, 5 (4), 24-27.
- Courey, J.C., Korn, W.T., Zaretsky, V.P., & Komai, B. Psychophysiological correlates of the practice of tattvic yoga meditation. *Archives of General Psychiatry*, 1978, 35 (5), 571-577.
- Cox, V. P.W. Airway conductance and oxygen consumption changes associated with practice of the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- Cowger, E.I. The effects of meditation (Zazen) upon selected dimensions of personality development. *Dissertation Abstracts International*, 1974, 34 (18-A, Pt. II), 4734. (Abstract)
- Cowger, E.I. Personality changes as a function of two different meditative techniques. *Dissertation Abstracts International*, 1974, 34 (11-A), 7035-7036. (Abstract)
- Cox, D.J., Fronsdal, A., & Myrick, R.G. Differential effectiveness of feedback, verbal relaxation instructions and meditation placebo for tension headaches. *Journal of Consulting & Clinical Psychology*, 1975, 43, 892-898.
- Cox, S.B. TM and the criminal justice system. *Kentucky Law Journal*, 1971-1972, 60, 2.
- Craddock, S.G. Comparative effectiveness of patterned biofeedback vs. meditation training on L.M.G. and skin temperature changes. *Behavior Research & Therapy*, 1982, 20 (3), 233-241.
- Cunningham, M., & Koen, W. The Transcendental Meditation Program and rehabilitation: A pilot project at the federal correctional institution at Lompoc, California. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- Curtis, T.G. The relationship between Transcendental Meditation and adaptive regression. *Dissertation Abstracts International*, 1973, 34 (4-A), 1969. (Abstract)
- Curtis, M.J. The relationship between bimodal consciousness, meditation and two levels of death anxiety. *Dissertation Abstracts International*, 1980, 41 (6-B), 2314. (Abstract)
- Curtis, W.D., & Wissner, H.W. A comparison of heart rate, respiration and galvanic skin response among mediators, relax-

- ers and controls. *Journal of Altered States of Consciousness*, 1975-6, 2, 319-324.
- Cutiburu, B., Kotsell, I.R., J. SIMONS, R., HOBBS, R., & LANSO, P.J. Strategies of arousal control: Biofeedback, meditation and motivation. *Journal of Experimental Psychopathology-General*, 1981, 110 (4), 538-546.
- DANIELS, D. Comparison of the Transcendental Meditation technique to various relaxation procedures. Doctoral dissertation, University of Exeter, England, 1976.
- DANIELS, I.K. The treatment of psychophysiological disorders and severe anxiety by behavior therapy, hypnosis and Transcendental Meditation. *American Journal of Clinical Hypnosis*, 1975, 17 (4), 267-270.
- DAROS, J.A. Psychological changes associated with the practice of TM and personality characteristics of self-selected meditators. Doctoral dissertation, Bucknell University, 1974.
- 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. *Eletroencephalography & Clinical Neurophysiology*, 1957, Supplement No. 6, 211-219.
- DASU, P., & AIYASWARI, C.N. Electrophysiological characteristics during Transcendental Meditation and napping. Doctoral dissertation, University of California at Santa Cruz, 1977.
- DAHIV, K.K., DISHURKUL, S.N., DAVVI, C.P., & VIJUKAR, S.I. SIAVASAN: A yogic exercise in the management of hypertension. *Angiology*, 1969, 20, 325-333.
- DAITA, G.P., & UPADHYAY, R.K. Transcendental Meditation. *Indian Journal of Psychiatric Social Work*, 1977, 6, 18-27.
- DAVISON, G.C. Systematic desensitization as a counter-conditioning process. *Journal of Abnormal Psychology*, 1968, 73, 91-99.
- DAVISON, J.M. The physiology of meditation and mystical states of consciousness. *Perspectives on Biology and Medicine*, 1976, 19 (3), 345-379.
- DAVISON, R.J., & GOLDMAN, D.J. The role of attention in meditation and hypnosis: A psychobiological perspective on transformations of consciousness. *International Journal of Clinical & Experimental Hypnosis*, 1977, 25 (4), 291-308.
- DAVISON, R.J., GOLDMAN, D.J., & SCHWARTZ, G.E. Attentional and affective concomitants of meditation: A cross-sectional study. *Journal of Abnormal Psychology*, 1976, 85 (2), 235-238.
- DAVISON, R., SCHWARTZ, G., & ROHMAN, L. Attentional style under self-regulation of mode specific attention: An electroencephalographic study. *Journal of Abnormal Psychology*, 1976, 85, 611-621.
- DAVISON, R.J., & SCHWARTZ, G.E. The psychobiology of relaxation and related states: A multiprocess theory. In D.I. Mostofsky (Ed.), *Behavior control and modulation of physiologically active*. Englewood Cliffs, NJ: Prentice Hall, 1976.
- DAVIS, J. The Transcendental Meditation program and progressive relaxation. Comparative effects on trait anxiety and self

- actualization. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- DIANTIKI, H. I... FINOT, J. E., DUTINCKE, R. L., & ELDRIDGE, S. T. The use of relaxation and hypnosis in lowering high blood pressure. *American Journal of Clinical Hypnosis*, 1973, 16 (2), 75-83.
- DIAVRAGE, G. The clinical use of "mindfulness" meditation techniques in short-term psychotherapy. *Journal of Transpersonal Psychology*, 1975, 7 (2), 133-143.
- DIBARRY, S. The effects of meditation-relaxation on anxiety and depression in geriatric population. *Psychotherapy: Theory, Research, and Practice*, 1982, 19 (4), 512-521.
- DEBASSI, P.A. Christian meditation: A clinical investigation. *Dissemination Abstracts International*, 1981, 42 (3-B), 1167. (Abstract)
- DE GRACI, G. Effects of meditation on personality and values. *Journal of Clinical Psychology*, 1976, 32 (4), 809-813.
- DEIKMAN, A.J. Experimental meditation. *Journal of Nervous & Mental Disease*, 1963, 176, 329-343.
- DEIKMAN, A.J. De-automation and the mystic experience. *Psychiatry*, 1966, 29, 324-338.
- DEIKMAN, A.J. Implications of experimentally induced contemplative meditation. *Journal of Nervous & Mental Disease*, 1966, 142 (2), 101-116.
- DEIKMAN, A.J. Binodal consciousness. *Archives of General Psychiatry*, 1971, 25, 481-489.
- DEIKMAN, A.J. The state of the art of meditation. In D.H. Shapiro & R.N. Walsh (Eds.), *The Science of Meditation*. New York: Aldine (In Press).
- DELL, A.J. Meditation, protein, diet, and megavitamins in the treatment of a progressive, idiopathic cardiac psychotic condition. *Journal of Orthomolecular Psychiatry*, 1977, 6 (1), 44-49.
- DEMOSITI, M.M. Pilot study on conditional relaxation during simulation meditation. *Psychological Reports*, 1979, 45 (1), 169-170.
- DEMOSITI, M.M. Personality characteristics and regularity of meditation. *Psychological Reports*, 1980, 46 (3, Pt. B), 703-712.
- DEMOSITI, M.M. Expectation & meditation. *Psychological Reports*, 1981, 48 (3), 699-709.
- DEMOSITI, M.M. Susceptibility & meditation. *Psychological Reports*, 1981, 48 (3), 727-737.
- DEMOSITI, M.M. Approaches to self-realization in adult education through meditation. *Dissemination Abstracts International*, 1976, 37 (1-A), 96. (Abstract)
- DE VON, F.I. Ecstatic pentecostal prayer and meditation. *Journal of Religion & Health*, 1974, 13 (4), 285-288.
- DHANASEKARAN, V., & SISCHAK, M. Reduction in metabolic rate during the practice of the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.

- DIETL, M.J. The effectiveness of meditation on selected measures of self-actualization. *Dissemination Abstracts International*, 1979, 40 (5-A), 2534.
- DICK, L.D. A study of meditation in the service of counseling. *Dissemination Abstracts International*, 1974, 34 (8-B), 4037. (Abstract)
- DILINICK, M.C. The effect of the Transcendental Meditation technique on anxiety level. *Journal of Clinical Psychology*, 1977, 33 (4), 1076-1078.
- DILINICK, M.C. The effects of the TM technique on visual perception and verbal problem solving. *Dissemination Abstracts International*, 1977, 37 (10-B), 5319-5320.
- DILINICK, M.C. Meditation and flexibility of visual perception and verbal problem solving. *Memory & Cognition*, 1982, 10 (3), 207-215.
- DILINICK, M.C., ARON, A.P., & DILINICK, S.L. The TM program as an educational technology. Research & applications. *Educational Technology*, 1979, 19 (11), 7-13.
- DILINICK, M.C., & BRODSKY, E.C. Short-term longitudinal effects on the Transcendental Meditation technique on EEG power and coherence. *International Journal of Neuroscience*, 1981, 14, 147-151.
- DILINICK, M.C., ORME-JOHNSON, D.W., & WALTER, R.K. Frontal EEG coherence, H-reflex recovery, concept learning and the TM-Sidhi program. *International Journal of Neuroscience*, 1981, 15, 151-157.
- DI NARDO, P.A., & RAYMOND, J.B. Locus of control and attention during meditation. *Journal of Consulting & Clinical Psychology*, 1979, 47 (6), 1136-1137.
- DI NIRO, M.D. The differential effects of meditation and systematic desensitization on specific and general anxiety. *Dissemination Abstracts International*, 1978, 39 (4-B), 1950.
- DOMASH, I.H. The Transcendental Meditation technique and quantum physics: Is pure consciousness a macroscopic quantum state in the brain? In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- DOMBROS, G. Transcendental Meditation and creativity: An empirical investigation. *Journal of Applied Psychology*, 1977, 62 (3), 358-362.
- DONATOK, P.J. Zen meditation, expectancy and their relative contributions to changes in perceptual flexibility. *Dissemination Abstracts International*, 1978, 38 (12-B), 6145. (Abstract)
- DOSHI, R.D.W., JR. The TM program: A new dimension in living for dialysis transplant clients. *Journal of the American Association of Nephrology Nurses & Technicians*, 1976, 3, 119-125.
- DOSTALEK, C., VAN R. J., KRESSA, E., ROLDAN, E., & VITTE, F. Yoga meditation effect on the EEG and EMG activity. *Acta Neurochirurgica (Pradat)*, 1979, 27 (1), 41.
- DUROCHIK, F. TM as a secondary school subject. *Phi Delta Kappan*, 1982, 54 (4), 216-217.
- DWIVEDI, K.N., GOPIA, V.M., & UDUPA, K.N.A. preliminary

- FARROW, T., NORSTAD, M.U., & TOOM, U. Study of personality changes resulting from the Transcendental Meditation Program. *Indian Journal of Medical Science*, 1977, 11 (3), 51-54.
- FARROW, J.H. Cerebral laterality and meditation: A review of the literature. *Journal of Transpersonal Psychology*, 1981, 13 (2), 155-173.
- FARROW, M.P. Family meditation. *Journal of Family Counseling*, 1976, 4 (2), 40-45.
- FARRIS, A. The place of meditation in cognitive behavior therapy and Rational-Emotive Therapy. In D.H. Shapiro & R.N. Walsh (Eds.), *Meditation: Contemporary and classical perspectives*. New York: Aldine, 1983 (in Press).
- FATSON, B.D., HAGUE, P., & COSTS, D. Physiological changes in yoga meditation. *Psychophysiology*, 1977, 14 (1), 52-57.
- FATMOS, V.S. Research on meditation. In J. White (Ed.), *What is meditation?*. New York: Anchor Books, 1974.
- FATMOS, V.S. Can belief systems influence neurophysiology? Some implications of research on meditation. *R. A. Buck Memorial Society Newsletter Review*, 1972, V (1 & 2).
- FASCHI, B. Letter: Comments on Herbert Benson's article. *Ingragiate Psychiatry*, May-June, 1983, 20.
- FAUSTIN, M.D., & LINTZ, J.D. Psychiatric complications of meditation practice. *Journal of Transpersonal Psychology*, 1981, 13 (2), 137-147.
- FEYERMAN, J. TM and mental retardation. *Journal of Clinical Psychiatry*, 1981, 42 (10), 35-36.
- FEHR, P.A., SHALMAN, G.S., & TOLYZET, S.W. Meditation and archetypal content of nocturnal dreams. *Journal of Analytical Psychology*, 1978, 23 (1), 1-22.
- FAHEY, J.A., & VITTOCINI, H. Yoga-induced attacks of acute glaucoma. *Acta Ophthalmologica*, 1973, 51, 80-84.
- FAROT, E.J., HARTUNG, G.H., & BORKAND, C.M. Runners and meditators: A comparison of personality profiles. *Journal of Personality Assessment*, 1979, 43 (5), 501-503.
- FARROW, J.T. Physiological changes associated with transcendental consciousness, the state of fear/excitement of consciousness. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- FARROW, J.T., & HURTER, J.R. Breath suspension during the Transcendental Meditation technique. *Psychomatic Medicine*, 1982, 44 (2), 133-153.
- FERICK, S.D. The relative effectiveness of systematic desensitization, cognitive modification, and mantra mediation in the reduction of test anxiety. *Dissertation Abstracts International*, 1977, 37 (8-A), 4862. (Abstract)
- FETT, R.A., & GIORDANO, D.A. The relative effectiveness of three techniques to induce the tachytopic response. *Biofeedback & Self-Regulation*, 1978, 3 (2), 145-157.
- FETTER, T. A longitudinal study of the effect of the Transcendental Meditation program on changes in personality. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- FISCHER, P.B. Metabolic and EEG changes during TM. *Psychophysiology Group Newsletter*, 1974, 1, 24-25.
- FISCHER, P.B., DONALDSON, S., GUERRA, L., BUSKIRK, J., FISCHER, G.W., PERRY, J., TOSIY, C., & SZARLISOWICZ, H. Metabolic and EEG changes during Transcendental Meditation: An explanation. *Biological Psychology*, 1977, 5 (2), 101-118.
- FISCHER, P.C. The psychobiology of Transcendental Meditation: A review. *Journal of Altered States of Consciousness*, 1975, 2 (1), 15-36.
- FISCHER, P.C. Transcendental Meditation and its potential application in the field of special education. *Journal of Special Education*, 1976, 10 (2), 211-220.
- FISCHER, P.C. The integrative meta-analysis of psychological studies investigating the treatment outcomes of meditation techniques. *Dissertation Abstracts International*, 1981, 42 (4-A), 1547. (Abstract)
- FISCHER, P.C., & GOWAN, J. Transcendental Meditation: Some preliminary psychological findings. *Journal of Humanistic Psychology*, 1976, 16 (3), 51-60.
- FISHER, M.S. Responsiveness to an introductory meditation method. *Perceptual & Motor Skills*, 1977, 45 (3 Pt. 1), 849-850.
- FISHER, M.S., & MIDAD, T.M. Meditation and academic performance. *Perceptual & Motor Skills*, 1981, 53 (2), 447-450.
- FISCHER, R.A. Autography of the ecstatic and meditative states. *Science*, 1971, 174, 897-904.
- FISCHER, R.A. Transformations of consciousness: A cartography. II: The perception-meditation continuum. *Confron Psychiatrica*, 1976, 19 (1), 1-23.
- FISKE, D.W., & MADDO, S.R. (Eds.). *Functions of varied experience*. Homewood, Ill: Dorsey, 1961.
- FITING, S., THOMAS, A., & GALT, A.R. M. Participant characteristics and the effects of two types of meditation vs. quiet sitting. *Journal of Clinical Psychiatry*, 1981, 42 (4), 784-790.
- FRANKS, M.R. Transactional analysis and meditation training as interventions in teacher education: An exploratory study. *Dissertation Abstracts International*, 1978, 39 (2-A), 823-824.
- FRANKS, B.L. TM and hypertension. *Lancet*, 1976, 1 (7959), 589.
- FRASER, A.P., SAW, A.C., & INGALLS, E. Transcendental Meditation, altered reality testing and behavioral change: A case report. *Journal of Nervous & Mental Disorder*, 1975, 167 (1), 55-58.
- FREEMAN, A.P., & KUMS, J. Therapeutic application of a simple relaxation method. *American Journal of Psychotherapy*, 1974, 28 (2), 282-287.
- FRIED, D.R. Transcendental Meditation and productivity. *Academy of Management Journal*, 1974, 17 (2), 362-368.
- FRIEDMAN, M., BYRNE, S.O., ROSENMAN, R.H., et al. Coronary

- phone individuals (type A behavior pattern): Some biochemical characteristics. *Journal of the American Medical Association*, 1970, 212, 1030-1037.
- GOFFORD, K. J. Effects of the Transcendental Meditation program on work attitudes and behavior. In D. W. Orme-Johnson & J. T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.I.R.O. Press, 1977.
- GRIER, G. The effects of meditation upon peer counselor effectiveness. *Thesis Abstracts International*, 1980, 40 (11-A), 5730-5731. (Abstract)
- GRIMKINS, I. R., & PAGASO, R. R. Effect of TM on iconic memory. *Biofeedback & Self Regulation*, 1979, 4 (4), 313-322.
- GRISS, J. W. The effects of Transcendental Meditation on sleeping & dreaming patterns. M.D. dissertation, Yale Medical School, New Haven, Connecticut, 1976.
- GALASICK, R. M., & BROCKLYN, P. Evangelical religion & meditation: Psychotherapeutic effects. *Journal of Nervous & Mental Disease*, 1978, 166 (10), 688-691.
- GASH, A., & KUMAR, R. J. S. No effect of Transcendental Meditation on left ventricular function. *Annals of Internal Medicine*, 1978, 88 (2), 218-216.
- GATTORI, V. A., & LEE, C. G. Physiological effects of a meditation technique and a suggestion for cutting drug abuse. In J. Segal (Ed.), *Mental Health Program Reports* 5 (DHHS Pub. No. HSM 72-9042). Washington, D.C.: U.S. Government Printing Office, 1971.
- GAYDIN, W. An investigation of physiological changes during the practice of Tai Chi Chuan: A moving meditation. *Dissertation Abstracts International*, 1979, 39 (12-B), 6177. (Abstract)
- GUTHRIE, E., & KUNY, W. F. Mystical states of consciousness: Neurophysiological and clinical aspects. *The Journal of Nervous & Mental Disease*, 1972, 154 (8), 399-405.
- GURHORN, D. J. Meditation as an adjunct to medical and psychiatric treatment. *American Psychiatric Association Journal*, 1978, 135 (5), 598-599.
- GUNIA, D. N., MUKUNDAN, A., NANDAGOPAL, D., Srinivasan, T. M., RAMASWAMY, B., & DASS, A. Physiological characteristics of the "meditative state" during intuitionistic practice (the Ananda Marga system of meditation) and its therapeutic value. *Medical & Biological Engineering*, 1976, 14 (2), 209-213.
- GUNHORN, G. S., PARKER, J. C., & CALHOUN, C. D. Differential mood changes in alcoholics as a function of anxiety management strategies. *Journal of Clinical Psychology*, 1978, 34 (1), 229-233.
- GIRENO, M. Yoga meditation and flooding in the treatment of anxiety neurosis. *Journal of Behavior Therapy & Experimental Psychiatry*, 1974, 5 (2), 157-160.
- GROUCH, B. C., & SHROUT, J. C. F. Biofeedback and meditation in the treatment of psychiatric illnesses. *Comprehensive Psychiatry*, 1975, 16 (4), 301-321.
- GROUCH, B. D., & SHROUT, J. C. F. Meditation in the treatment of psychiatric illness. In A. Sugerman & R. Tarter (Eds.), *Spaniel*. Goettin, J. R. M., AND, Y., & IKEMI, Y. Asthma: The yoga

ing dimensions of consciousness. New York: Springer Pub., 1978.

GOUDRIEG, L. S., & MELTZER, C. Arrow-dot scores of drug addicts selecting general or yoga therapy. *Perceptual & Motor Skills*, 1975, 40 (3), 726.

GOUDMAN, B. L. The efficacy of meditation in the reduction of reported anxiety with controls for expectancy. *Dissertation Abstracts International*, 1978, 38 (12-B), 6152-6153. (Abstract)

GOUDMAN, L. L., DODDOS, B. J., & MENDONCA, E. J. Effects of Zen meditation on anxiety reduction and perceptual functioning. *Journal of Consulting & Clinical Psychology*, 1979, 47 (3), 551-556.

GOUDSTEIN, J. *The experience of insight*. Boulder, CO.: Shambhala, 1982.

GOUDMAN, D. *The varieties of the meditative experience*. New York: E. P. Dutton, 1977.

GOUDMAN, D. The Buddha on meditation and states of consciousness. Part I: The teachings. Part II: A typology of meditation techniques. *Journal of Transpersonal Psychology*, 1972, 4 (1,2), 1-44, 181-210.

GOUDMAN, D. Meditation and consciousness: An Asian approach to mental health. *American Journal of Psychotherapy*, 1976, 30 (10), 41-54.

GOUDMAN, D. Meditation as meta-therapy: Hypotheses towards a proposed fifth state of consciousness. *Journal of Transpersonal Psychology*, 1971, 3 (1), 1-25.

GOUDMAN, D. Perspectives on psychology: reality and the study of consciousness. *Journal of Transpersonal Psychology*, 1974, 6 (1), 73-85.

GOUDMAN, D. Mental health in classical Buddhist psychology. *Journal of Transpersonal Psychology*, 1975, 7 (2), 176-181.

GOUDMAN, D. Meditation helps break the stress spiral. *Psychology Today*, Feb. 1976.

GOUDMAN, D. A taxonomy of meditation-specific altered states. *Journal of Alterated States of Consciousness*, 1978-1979, 4 (2), 203-213.

GOUDMAN, D. Buddhist and western psychology: Some commonalities and differences. *Journal of Transpersonal Psychology*, 1981, 13 (2), 125-136.

GOUDMAN, D., & DAVIDSON, R. J. (Eds.). *Consciousness, Brain, States of Awareness, and Mysticism*. New York: Harper & Row, 1979.

GOUDMAN, D., & EPSTEIN, M. Meditation and well-being. *Review*, 1980, 3 (2), 73-85.

GOUDMAN, D., & SCHWARTZ, G. E. Meditation as an intervention in stress reactivity. *Journal of Consulting Clinical Psychology*, 1976, 44 (3), 456-466.

GOODSIR, R. L. The effects of Transcendental Meditation upon ego permissiveness, anxiety and neuroticism. *Dissertation Abstracts International*, 1980, 40 (8-A), 4488. (Abstract)

GOWANS, J. C. The facilitation of creativity through mediational procedures. *Journal of Creative Behavior*, 1978, 12 (3), 160.

GOVINDARAJ, J. R. M., AND, Y., & IKEMI, Y. Asthma: The yoga

- perspective. Part II: Yoga therapy in the treatment of asthma. *Journal of Asthma*, 1982, 19 (3), 889-901.
- GOLICIN, J.R.M., CUNAHA, T., & SUMARZO, H. Two concentration methods: A preliminary comparison. *Psychologia*, 1972, 15, 110-111.
- GRACE, G.D. Effects of meditation on personality and values. *Journal of Clinical Psychology*, 1976, 32 (4), 809-813.
- GRUHN, D.B. The relationship of a counselor-guided meditation to counselor presence as defined in psychosynthesis. *Dissertation Abstracts International*, 1980, 41 (6-a), 2450.
- GRUHN, E.F., GOLICIN, A.M., & WATKINS, E.D. Voluntary control of internal states: Psychological and physiological. *Journal of Transpersonal Psychology*, 1970, 2 (1), 1-26.
- GRUHN, F.K. Individual differences and mystical experience in response to three forms of meditation. *Dissertation Abstracts International*, 1978, 38 (11B), 5569-5570. (Abstract)
- GRUHN, F. Meditation research: Its personal & social implications. In J. White (Ed.), *Frontiers of consciousness*. New York: Julian Press Inc., 1974.
- GRUHN, F.J., SUTT, D.H., VACCARD, P., & KAROWAN, M.B. The effects of relaxation techniques on anxiety and underwater performance. *International Journal of Sport Psychology*, 1981, 12 (3), 176-182.
- GREGG, S.L. A preliminary study into the effect of TM on empathy. Doctoral dissertation, United States International University, 1976.
- GRIM, P.J. Relaxation, meditation, and insight. *Psychologia*, 1975, 18 (3), 125-133.
- GURDA, K.V., KRISHNAMOORTY, N., NARASIMHAYYA, R.I., HONIGSTEIN, J., & GOVINDARAJ, M.V. Some experiments on a Yogi in controlled states. *Padubhi, Journal of the All India Institute for Mental Health*, 1958, 1, 99-106.
- GURIA, N.C. Effects of TM on anxiety and self-concept. Doctoral dissertation, Ball State University, Indiana, 1976.
- HAINES, R.J. Psychological treatment of essential hypertension: A controlled comparison of meditation and medication plus biofeedback. *Biofeedback and Self-Regulation*, 1982, 7 (3), 305-316.
- HAGIR, J.I., & SORWITI, R.S. Hypertension self-control with a portable feedback unit on meditation-relaxation. *Biofeedback & Self-Regulation*, 1978, 3 (3), 269-276.
- HAHN, H.R., & WILLIAMS, T.E. The effects of the TM program on levels of hostility, anxiety and depression. Doctoral dissertation, California State University, Hayward, 1974.
- HAIMES, N. Zen Buddhism and psychoanalysis. *Psychologia*, 1972, 15, 22-30.
- HANDMAN, B.H. Length of time spent in the practice of TM and sex differences related to the intrapersonal and interpersonal orientation. Doctoral dissertation, Ohio State University, Columbus, Ohio, 1978.
- HANDMAN, B.H. Time in meditation and sex differences related to intrapersonal and interpersonal orientation. *Dissertation Abstracts International*, 1978, 39 (2-A), 676-677.

- HANLEY, C.P., & SPATES, J.J. Transcendental Meditation and psychologic variables. *Journal of Psychology*, 1978, 99 (2), 121-127.
- HARRIS, T.G. Why pros meditate. *Psychology Today*, 1975, 9 (5), 4.
- HART, D.E., & MANNES, J.R. Effects of meditation vs. professional reading on students' perceptions of para/professional counselors' effectiveness. *Psychological Reports*, 1982, 51, 479-482.
- HASSI, H.J. Meditation can hurt. *Psychology Today*, 1978, 12 (6), 125-126.
- HATTAUER, E.A. Clinically standardized meditation (CSM) and counselor behavior. *Dissertation Abstracts International*, 1981, 41 (10-B), 3862. (Abstract)
- HAYES, C.T., HUMRIT, J.R., RUMRIT, W., & ORME-JOHNSON, D.W. The psychophysiology of advanced participants in the Transcendental Meditation program: Correlations of EEG coherence, creativity, H-reflex recovery, and experience of transcendental consciousness. In D.W. Orme-Johnson & J.I. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- HAYES, S., MOSKAL, D., & McGOWAN, W. Relaxation training and biofeedback in the reduction of frontalis muscle tension. *Psychophysiology*, 1975, 12, 547-552.
- HIBBERD, J.R., & ORME-JOHNSON, D.W. The Transcendental Meditation program and academic achievement. In D.W. Orme-Johnson & J.I. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- HIBBERD, J.R., & LATHMANS, D. Theta bursts: An EEG pattern in normal subjects practicing the Transcendental Meditation technique. *Electroencephalography & Clinical Neurophysiology*, 1977, 42 (3), 397-405.
- HODD, F.J., WADDESON, W.L., & LUSBY, R.M. Hypnotic responsiveness as a predictor of outcome in meditation. *International Journal of Clinical & Experimental Hypnosis*, 1980, 28 (4), 358-366.
- HOMOSIAK, D.A. Meditation: Psychologically and theologically considered. *Pastoral Psychology*, 1981, 30 (1), 6-20.
- HORNICKS, C.G. Meditation as discrimination training: A theoretical note. *Journal of Transpersonal Psychology*, 1975, 7 (2), 144-146.
- HORNICKS, N.E. The effects of progressive relaxation and meditation on mood stability and state anxiety in alcoholic patients. *Dissertation Abstracts International*, 1978, 39 (2-B), 981. (Abstract)
- HORSY, J.P. Relaxation methods and the control of blood pressure. *Psychosomatic Medicine*, 1978, 40 (4), 271-275.

HILLIARD, J., & MILLER, R. Relative effects of meditation vs. other activities on ratings of relaxation and enjoyment of others. *Psychological Reports*, 1981, 58 (2), 395-398.

HICKMAN, J.H., MURRAY, M., & SPRONK, M. Psychophysical transformations through meditation and sport. *Annals of Human & Games*, 1977, 8 (1), 49-60.

HIRAI, T. Electroencephalographic study on the Zen Meditation (Zazen): EEG changes during the concentrated relaxation. *Proceedings of Neurological Japan*, 1960, 62, 76-105.

HIRAI, T. *The psychophysiology of Zen*. Tokyo: Igaku Shoin Ltd., 1974.

HIRAI, T. *Zen meditation therapy*. Tokyo: Japan Pub., 1975.

HINCH, E., IWAWA, S., & KOCIO, E. EEG and Zen Buddhism: EEG changes on the course of meditation. *Technique of Physiography and Clinical Neurophysiology*, 1959, Suppl. No. 18, 52-53.

HINCH, E., & WATANABE, T. Bioteedback and electrodermal self-regulation in Zen meditation. *Psychophysiology*, 1977, 14, 103. (Abstract)

HORN, L.A. TM and psychological health. *Perceptual & Motor Skills*, 1974, 49 (1 Pt. 2), 623-628.

HORNSBY, J. Medical research on yoga. *Continua Psychiatrica*, 1968, 11, 69-85.

HOMMERS, J.W., BURSON, H., ARSS, P.A., STAINROOK, G.L., LANSOUW, L., YOUNG, S., & GILL, A. Reduced sympathetic nervous system responsiveness associated with the relaxation response. *Science*, 1982, 215, 190-192.

HOMMERS, R., & SMITH, G. Effects of sensitivity training and Transcendental Meditation on perception of others. *Perceptual & Motor Skills*, 1979, 49 (1), 270.

HORN, J.C. Theravada meditation: The Buddhist transformation of yoga. *Journal of Asian Studies*, 1982, 41 (2), 420-421.

HORN, W.R., CARUSO, J.L., & RUDY, J.B. Transcendental Meditation versus pseudo meditation on visual choice reaction time. *Perceptual & Motor Skills*, 1978, 46 (3 Pt. D), 726.

HOSHSOURI, R.W., CHU, J.T., & NOVIV, H.S. Transcendental Meditation and asthma. *Respiration*, 1975, 32, 74-80.

HOSHSOURI, R., & WILSON, A.F. Transcendental Meditation in treating asthma. *Respiratory Therapy Journal of Inhalation Technology*, 1973, 3, 79-81.

HOSHSOURI, R., & WILSON, A.F. The effect of TM upon bronchial asthma. *Chinal Research*, 1973, 21, 278.

IKUGAMI, R. Psychological study of Zen posture. *Bulletin of the Faculty of Literature of Kyushu University*, 1974, 5, 105-135.

JACKSON, Y. Learning disorders and the Transcendental Meditation program: Retrospects and prospects (a preliminary study with economically deprived adolescents). *Dissertation Abstracts International*, 1977, 38 (6-A), 3351-3352. (Abstract)

JASNOV, J. Immediate effects of the Transcendental Meditation technique: Increased skin resistance during first meditation after instruction. In D.W. Onne Johnson & J.T. Fairrow (Eds.), *Scientific Research on the Transcendental Meditation Program*. *Child Development Papers*, Volume I. New York: M.I.R.U. Press, 1977.

JIVINSINGH, R., & O'HALLORAN, J.P. Metabolic effects of transcendental meditation. In D.H. Shapiro & R.N. Walsh (Eds.), *Meditation: Contemporary and classical perspectives*. New York: Aldine, 1984. (In Press).

JIVINSINGH, R., PUSSET, H.C., & WILSON, A.F. Behavioral alteration of plasma phenylalanine concentration. *Physiology & Behavior*, 1977, 19 (5), 611-614.

JIVINSINGH, R., SHANNON, W.R., WILSON, A.F., & MORTON, M.E. Alterations in blood flow during Transcendental Meditation. *Psychophysiology*, 1976, 13, 168.

JIVINSINGH, R., & WILSON, A.F. Altered red cell metabolism in TM. *Psychophysiology*, 1977, 14 (1), 94.

JIVINSINGH, R., & WILSON, A.F. Behavioral increase of cerebral blood flow. *In: The Physiology*, vol. 21. 1978, p. 60.

JIVINSINGH, R., WILSON, A.F., & DAVIDSON, J.M. Autonomic activity during meditation. *Harmonies & Behavior*, 1978, 10 (1), 54-60.

JIVINSINGH, R., WILSON, A.F., & SMITH, W.R. Plasma amino acids during the Transcendental Meditation technique: Comparison to sleep. In D.W. Onne Johnson & J.T. Fairrow (Eds.), *Review on the Transcendental Meditation Program*. *Child Development Papers*, Volume I. New York: M.I.R.U. Press, 1977.

JIVINSINGH, R., WILSON, A.F., & SMITH, W.R. The Transcendental Meditation technique, autonomic activity, and implications for stress. *Journal of Psychosomatic Research*, 1978, 24 (5), 618-619.

JIVINSINGH, R., WILSON, A.F., SMITH, W.R., & MORTON, M.C. Redistribution of blood flow in acute hypometabolic behavior. *American Journal of Physiology*, 1978, 235 (1), R89-92.

JIVINSINGH, R., WILSON, A.F., & VASDURIAN, F. Plasma prolactin and growth hormone during meditation. *Psychosomatic Medicine*, 1978, 40 (4), 329-333.

JIVINSINGH, R., WILSON, A.F., VASDURIAN, F., & LIVESTRI, S. Plasma prolactin & cortisol during Transcendental Meditation. *In: The Endocrine Society Program 57th Annual Meeting*. New York City, 1975, June 18-20, 257.

JONES, R.C. A comparison of aerobic exercise, anaerobic exercise and meditation on multidimensional stress measures. *Dissertation Abstracts International*, 1981, 43 (6-B), 2504-2505. (Abstract)

JOSLIAN, J.A. The effects of the Transcendental Meditation technique on a measure of self-actualization. *Dissertation Abstracts International*, 1979, 39 (8-B), 4104. (Abstract)

JOSLIAN, J.A. The influence of one form of Zen meditation on levels of anxiety and self-actualization. *Dissertation Abstracts International*, 1979, 40 (3-B), 1338-1340. (Abstract)

Journal of the American Medical Association. Meditation may find use in medical practice. 1972, 270 (3), 298.

KAUAI-ZINS, J. An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation, theoretical considerations and preliminary results. *General Hospital Psychiatry*, 1982, 4, 33-47.

KALYANADHARAYYA, SARJIMAN, MADHUVAA, YOGA, MAYURA SASHI. Experiments on Pranayama: Bhastrika Pranayama. *Franziska*

fection on urinary acid excretion and pH. *Yoga-Mimamsa*, 1956, 6, 9-18.

KAIWATANAKA, SHOJI MASA MANDIKA YOGA MANDIKA SAMUJI. Studies on alveolar air. I. Carbon dioxide concentration in different parts of the alveolar air samples. *Yoga-Mimamsa*, 1957.

KAIWATANAKA, SHOJI MASA MANDIKA YOGA MANDIKA SAMUJI. Studies in alveolar air. II. Variation in composition of different parts resting alveolar air. *Yoga-Mimamsa*, 1957, 7, 9-17.

KAIWATANAKA, SHOJI MASA MANDIKA YOGA MANDIKA SAMUJI. Studies in alveolar air at the end of two minutes' Kapalabhati. *Yoga-Mimamsa*, 1957, 7, 18-25.

KAIWATANAKA, SHOJI MASA MANDIKA YOGA MANDIKA SAMUJI. Studies in alveolar air. III. Carbon dioxide concentration on resting alveolar air. *Yoga-Mimamsa*, 1957, 7, 79-86.

KAIWATANAKA, SHOJI MASA MANDIKA YOGA MANDIKA SAMUJI. Studies in alveolar air in Kapalabhati. II. Alveolar air at the end of five minutes Kapalabhati. *Yoga-Mimamsa*, 1957, 7, 87-94.

KAMALYA, J. Conscious control of brain waves. *Psychology Today*, 1968, 1 (1), 56-60.

KAMALYA, J. Operant control of the EEG-Alpha rhythm and some of its reported effects in consciousness. In C. Tait (Ed.), *Altered States of Consciousness*. New York: Wiley, 1969.

KARAS, N., & HOROWITZ, M.J. Reactions of transcendental mediators & non-mediators to stressful films: A cognitive study. *Archives of General Psychiatry*, 1977, 34 (12), 1431-1436.

KARLIAKOS, D.P. Transcendental consciousness: Expanded awareness as a means of preventing and eliminating the effects of stress. In C.D. Spielberger & L.G. Satanson (Eds.), *Stress and anxiety* (Clinical Psychology Series, Volume 4). New York: Halsted Press, 1977.

KASTELAKOS, D.P., & LAKS, J. *The psychopathology of Transcendental Meditation: A literature survey*. Final Report, IR&D Project 933531-01-AFB. Stanford Research Institute, Menlo Park, California, 1973.

KARAMBHUKAR, P., BHONI, M., & GUAROLIKER, M. Effect of yogic asanas on uteropineal excretion. *Indian Journal of Medical Research*, 1969, 57, 944-947 (ab).

KARAMBHUKAR, P., BHONI, M., & GUAROLIKER, M. Muscle activity in some asanas. *Yoga-Mimamsa*, 1969, 12, 1-13 (ab).

KARAMBHUKAR, P.V., VISIKAR, S.L., & PHOTI, M.V. Studies on human subjects staying in an airtight pit. *Indian Journal of Medical Research*, 1968, 56, 1281-1288.

KASAMATSU, A., et al. The EEG of Zen & yoga practitioners. *Electroencephalography & Clinical Neurophysiology*, 1957, Supplement 9, 51-52.

KASAMATSU, A., & HIRAI, T. Science of Zen. *Psychologia*, 1963, 7, 86-91.

KASAMATSU, A., & HIRAI, T. An EEG study of zen meditation. *Journal of Transpersonal Psychology*, 1963, Vol. 15, No. 2, 9-18.

Transcendental Meditation and Mental Health, 1966, 20 (4), 415-416.

KASAMATSU, A., & HIRAI, T. An electroencephalographic study of Zen meditation. In C. Tait (Ed.), *Altered States of Consciousness*. New York: John Wiley & Sons, 1969.

KASAMATSU, A., & HIRAI, T. An EEG study on the Zen meditation (Zen). *Psychologia*, 1969, 12 (3-4), 205-225.

KASAMATSU, A., & HIRAI, T. An electroencephalographic study of the Zen meditation (Zen). *Journal of American Institute of Hypnosis*, 1973, 14 (3), 107-114.

KATZ, D. Decreased drug use and prevention of drug use through the Transcendental Meditation program. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Meditation Research on the Transcendental Meditation Program: Collected Papers, Vol. 1*. New York: M.E. R.U. Press, 1977.

KELLI, T. Meditation and the psychotherapist. *American Journal of Orthopsychiatry*, 1975, 45 (3), 484-489.

KELSI, G. Meditation and transcendence. *Australian Psychiatry*, 1981, 16 (2), 285.

KELVIN, R., M.A. The influence of the Transcendental Meditation program and personality variables on auditory thresholds and cardiotachypnoe responding. *Dissertation Abstracts Internationa*l, 1981, 42 (4-B), 1662-1663.

KELTON, J.J. Perceptual and cognitive processes in meditation. *Dissertation Abstracts International*, 1978, 38 (8-B), 3941.

KEMMURUNG, L. Effect of Transcendental Meditation on musical tone. *Psychopathologie*, 1978, 39, 437-440.

KENNIH, J. On meditation. *Journal of Transpersonal Psychology*, 1974, 6 (2), 111-121.

KELLY, W.F. Critique of mystical states: A reply. *Journal of Nervous & Mental Disease*, 1974, 179 (3), 196-197.

KENDRICK, H.S. The influence of a meditation relaxation technique on group problem solving effectiveness. *Dissertation Abstracts International*, 1979, 39 (7-A), 4370-4371.

KINOSHITA, D.J. The relationship between meditation practice and components of anxiety and creativity. *Dissertation Abstracts International*, 1982, 42 (8-A), 3511.

KING, J.W. Meditation and the enhancement of focusing ability. *Dissertation Abstracts International*, 1979, 39 (6-B), 2844. (Abstract)

KINOSHITA, K. A study on response of EEG during Zen meditation: Alphabetlocking to name calling. Author's transl., *Psychologia et Neuropatologia Japonica*, 1975, 77 (9), 623-629.

KINOSHITA, K., & HIRAI, T. Self-desensitization and meditation in the reduction of public speaking anxiety. *Journal of Consulting & Clinical Psychology*, 1979, 47 (3), 36-541.

KIRCHNER, R., S. Zen meditators: A clinical study. *Dissertation Abstracts International*, 1976, 36 (7-B), 3613-3614. (Abstract)

KIRKWOOD, T.M. Changes in inflammation in persons practicing the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Meditation Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E. R.U. Press, 1977.

- KLINE, K.S. Effects of a Transcendental Meditation program on personality and arousal. *Dissertation Abstracts International*, 1976, 36 (2-B, Pt. B), 6,386-6,387. (Abstract)
- KLINE, K.S., DODD JR., E.M., & FARLEY, F.H. TM, self-actualization and global personality. *Journal of General Psychology*, 1982, 106 (1), 3-8.
- KOBAI, G., WANDORTON LIRK, A., & PIALETTA, K.H. EEG power spectra and auditory evoked potentials in transcendental meditation. *Plaeger's Archiv.*, 1975, 39, R96.
- KOUR, R.L. Dimensionality in meditative experience: A replication. *Journal of Transpersonal Psychology*, 1977, 9 (2), 193-203.
- KOUR, R.L. Changes in subjective meditation experience during a short-term project. *Journal of Altered States of Consciousness*, 1977, 3 (3), 221-234.
- KOSHO, A. Zen in psychotherapy. *Chicago Review*, 1958, 12.
- KONGLAWN, T. Effects of meditation on self-concept. *Dissertation Abstracts International*, 1977, 38 (3-A), 1230. (Abstract)
- KORENBLIT, J. The psychology of mindfulness meditation. Doctoral dissertation. Humanistic Psychology Institute, San Francisco, 1976.
- KORNBLIT, J. Intensive insight meditation: A phenomenological study. *Journal of Transpersonal Psychology*, 1979, 11 (1), 41-58.
- KORY, R. TM: An investment with positive returns. *Management World*, 1978, 5 (11), 8-11.
- KORY, R., & HUFF-SACAT, P. The effect of the science of creative intelligence course on high school students: A preliminary report. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- KOHARI, I.-K., BORDIA, A., & GUPTA, O.P. The yogic claim of voluntary control over the heart beat: An unusual demonstration. *American Heart Journal*, 1973, 86, 282-284.
- KRAHNE, W., & TANERI, G. EEG and Transcendental Meditation. *Plaeger's Archiv.*, 1975, 359, R93.
- KRAS, D.J. The Transcendental Meditation technique and EEG alpha activity. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- KRISTENSON, W. Meditative techniques in psychotherapy. In C.T. Tari (Ed.), *Altered states of consciousness*. New York: Anchor, 1969.
- KRIPKE, S., & MAJSAWSKI, M. Meditation and the creative process. *Journal of Indian Psychology*, 1978, 1 (1), 40-58.
- KRISHNA, G. Meditation: Is it always beneficial? Some positive and negative views. *Journal of Altered States of Consciousness*, 1975, 2 (1), 37-47.
- KRUZIG, R.C. The comparative effects of Zen focusing and muscle relaxation training on selected experimental variables. *Divertissement Abstracts International*, 1980, 40 (4-A), 1405. (Abstract)
- KRYNICKI, V.E. The double orientation of the ego in the practice of Zen. *American Journal of Psychoanalysis*, 1980, 40 (3), 239-248.
- KUBOJI, S.K. An experimental investigation of psychological aspects of meditation. *Psychologia*, 1976, 19 (1), 1-10.
- KUROST, S.K., & UMI MOJO, T. Creativity and the Zen Koan. *Psychologia*, 1980, 23 (1), 1-9.
- KYNA, D.J. Meditation and work. *Vocational Guidance Quarterly*, 1975, 23 (4), 342-346.
- LAIK, J.J. Relationship between experience in TM and adaptation to life events and related stress. Doctoral dissertation, Ohio State University, Columbus, Ohio, 1974.
- LAMBERT, Editorial: "Transcendental Meditation." 1972, 1 (1959), 1058-1059.
- LANG, R., DIETRICH, K., METZLER, K., & KAUFMAN, W. Sympathetic activity and TM. *Journal of Neural Transmission*, 1979, 44 (1-2), 117-135.
- LAURIE, G. An investigation into the changes in skin resistance during the 'Transcendental Meditation' technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- LAZARUS, Z., FAWCETT, L., & FAIRROW, J.T. The effects of the Transcendental Meditation program on anxiety, drug abuse, cigarette smoking, and alcohol consumption. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- LEGENDRE, P., TOUCON, M., BARRABINO, JR., PARCOT, G., & FADEVITCH, A. Contingent negative variation in meditation. *Electroencephalography & Clinical Neurophysiology*, 1977, 43 (4), 532-533.
- LI SHI, T.V. The relationship between Zen meditation and the development of accurate empathy. *Dissertation Abstracts International*, 1970, 30 (11-A), 4778-4779. (Abstract)
- LI SHI, T.V. Zen & psychotherapy: A partially annotated bibliography. *Journal of Humanistic Psychology*, 1970, 10 (1), 75-83.
- LI SHI, T.V. Zen meditation and the development of empathy in counselors. *Journal of Humanistic Psychology*, 1970, 10 (1), 39-74.
- LI SUAN, L. *How to meditate: A guide to self-discovery*. Boston: Little, Brown, 1974.
- LUNG, P. Comparative effects of training in external and internal

- concentration on two counseling behaviors. *Journal of Counseling Psychology*, 1973, 20, 227-234.
- LEVANDER, V. L., BENSON, H., WHEELER, R. C., & WALLACE, R. K. Increased forearm blood flow during a wakeful hypometabolic state. *Federation Proceedings*, 1972, 31, 405. (Abstract)
- LEVIN, S. The Transcendental Meditation technique in secondary education. *Dissertation Abstracts International*, 1977, 38 (2-A), 706-707. (Abstract)
- LEVINE, P. H. Analysis of the EEG by COSPAR: Application to TM. In J. I. Martin (Ed.), *Proceedings of the San Diego Biomedical Symposium*, Volume 15, 1976, 237-247.
- LEVINE, P. H., HOBART, J. R., HAVENS, C. T., & STROUT, U. EEG coherence during the Transcendental Meditation technique. In D. W. Orme-Johnson & J. T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- LEVINE, S. A gradual awakening. Garden City, NY: Anchor, 1979.
- LEWIS, J. Jungian depth psychology and Transcendental Meditation: Complementary practices for the realization of the self. *Dissertation Abstracts International*, 1978, 39 (2-B), 986-987. (Abstract)
- LEWIS, J. The effects of a group meditation technique upon degree of test anxiety and level of digit-letter retention in high school students. *Dissertation Abstracts International*, 1978, 38 (10-A), 6015-6016. (Abstract)
- LINDEN, W. Practicing of meditation by school children and their levels of field dependence-independence, test anxiety, and reading achievement. *Journal of Consulting & Clinical Psychology*, 1973, 41 (1), 139-143.
- LING, P. K. The intensive Buddhist meditation retreat and the self: Psychological and Theravadin considerations. *Dissertation Abstracts International*, 1982, 42 (7-B), 2992-2993. (Abstract)
- LINTEL, A. G. Physiological anxiety responses in Transcendental mediators & nonmediators. *Perceptual & Motor Skills*, 1980, 50, 295-300.
- LIONEL, N. D. Meditation and medicine. *Ceylon Medical Journal*, 1976, 21 (1), 1-2.
- LOURDES, P. B. Implications of the Transcendental Meditation program for counseling: The possibility of a paradigm shift. *Dissertation Abstracts International*, 1978, 39 (3-A), 1343-1344. (Abstract)
- MACCALLUM, M. J. The Transcendental Meditation program and creativity. In D. W. Orme-Johnson & J. T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- MCCUAIG, I. W. Salivary electrolytes, protein & pH during TM. *Experiencia*, 1974, 30 (9), 988-989.
- MCDONAGH, J. M., & EGERTON, T. The Transcendental Meditation technique and temperature homeostasis. In D. W. Orme-Johnson & J. T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: Brunner Mazel, 1977.
- MARAI, G., PAGANO, R., ROSE, R., & MARGOLIS, J. K. Effect of meditation and relaxation training upon alcohol use of male social drinkers. In D. Shapiro & R. N. Walsh (Eds.), *Mediation*.

Transcendental Meditation Program: Collected Papers, Volume 1. New York: M.E.R.U. Press, 1977.

MC LEVY, T. M., FRUMKIN, I. R., & HAWKINS, S. W. Effects of meditation on brainstem auditory evoked potentials. *International Journal of Neuroscience*, 1980, 10, 165-170.

MCINTYRE, M. E., SHIVKARAN, F. H., & TROTTER, W. D. Transcendental Meditation and suffering: A preliminary report. *Perception & Motor Skills*, 1974, 39 (1), 294.

MACMILLIAN, B. A. Transcendental Meditation. *New England Journal of Medicine*, 1977, 297 (9), 513.

MAHLER, M. F. Movement exploration and Zazen meditation: A comparison of two methods of personal-growth-group approaches on the self-actualization potential of counsel candidates. *Dissertation Abstracts International*, 1979, 39 (9-A), 5329. (Abstract)

MALIC, J., & SUPPILU, C. N. Physiological and subjective effects of Zen meditation and demand characteristics. *Journal of Consulting & Clinical Psychology*, 1977, 45 (2), 339-340.

MALHOITRA, J. C. Yoga and psychiatry. *Journal of Neurology*, 1962, 4, 375-385.

MALUSZWSKI, M. Need for stimulation: Its relationship to interest in and the practice of Transcendental Meditation technique. *Dissertation Abstracts International*, 1978, 38 (8-B), 3932-3933. (Abstract)

MALUSZWSKI, M., TWEMLOW, S. W., BROWN, D. P., & ENGLER, J. M. A phenomenological typology of intensive meditation: A suggested methodology using the questionnaire approach. *Vision*, 1981, 4 (2), 3-27.

MAYURI, J. Expressive space and Theravada values: A meditation monastery in Sri Lanka. *Itithya*, 1975, 3 (1), 1-21.

MAYURI, J. Meditation in contemporary Sri Lanka: Idea and practice. *Journal of Transpersonal Psychology*, 1975, 7 (2), 182-196.

MARCUS, J. B. Transcendental Meditation: A new method of reducing drug abuse. *Drug Forum*, 1974, 3 (2), 113-136.

MARCUS, J. B. Transcendental Meditation: Consciousness expansion as a rehabilitation technique. *Journal of Psychiatric Drugs*, 1975, 7 (2), 169-179.

MARCUS, J. B. What the supervisor should know about TM (Part 1). *Supervision Management*, 1978, 23 (6), 31-41.

MARCUS, S. J. The influence of Transcendental Meditation on the marital dyad. *Dissertation Abstracts International*, 1978, 38 (8-B), 3895. (Abstract)

MARIS, L., & MARIS, M. Mechanics of stress release: The TM program and occupational stress. *Police Stress*, 1979, 1 (2), 29-36.

MARSHALL, A. G., & MARGOLIS, J. Meditation, self-control and alcohol use. In R. B. Stuart, *Behavioral self-management strategies, techniques and outcomes*. New York: Brunner Mazel, 1977.

MARSHALL, G., PAGANO, R., ROSE, R., & MARGOLIS, J. K. Effect of meditation and relaxation training upon alcohol use of male social drinkers. In D. Shapiro & R. N. Walsh (Eds.), *Mediation*.

- tion: Contemporary and classical perspectives*. New York: Aldine, 1983 (in press).
- MARRON, J.P. Transcendental Meditation: A clinical evaluation. *Dissertation Abstracts International*, 1974, 34 (8-B), 4051. (Abstract)
- MARUSIĆ, I.I. R.F. Influence of Transcendental Meditation on perceptual illusion: A pilot study. *Perceptual & Motor Skills*, 1976, 43 (3 Pt. 1), 822.
- MAUPIN, E.W. An exploratory study of individual differences in response to a Zen meditation exercise. Doctoral dissertation, University of Michigan, 1962.
- MAUPIN, E.W. Individual differences in response to a Zen meditation exercise. *Journal of Consulting Psychology*, 1965, 29, 139-145.
- MAUPIN, E.W. On meditation. In C.T. Tart (Ed.), *Altered states of consciousness: A book of readings*. New York: John Wiley & Sons, 1969.
- MEARI, E.I. On the psychological nature of resistances to meditation which arise during the meditation process. A study of a form of alternative education. *Dissertation Abstracts Internationa*l, 1975, 35 (9-A), 5929-5930. (Abstract)
- MEARI, A. Regression of cancer of the rectum after intensive meditation. *Medical Journal of Australia*, 1979, 17, 539-540.
- MEARI, A. Stress, meditation and the regression of cancer. *The Practitioner (Australia)*, 1982, 226, 1607-1609.
- MEARI, A. Regression of cancer after intensive meditation. *Medical Journal of Australia*, 1976, 2 (5), 184.
- MEARI, A. The relief of anxiety through relaxing meditation. *Australian Family Physician*, 1976, 5 (7), 906-910.
- MEARI, A. Ayurvedic regression as a factor in the remission of cancer. *Medical Journal of Australia*, 1977, 2 (4), 132-133.
- MEARI, S.A. The quality of meditation effective in the regression of cancer. *Journal of the American Society of Psychosomatic Dentistry & Medicine*, 1978, 25 (4), 129-132.
- MEARI, S.A. Regression of osteogenic sarcoma metastases associated with intensive meditation. *Medical Journal of Australia*, 1978, 2 (9), 433.
- MEARI, S.A. Vivid visualization and dim visual awareness in the regression of cancer in meditation. *Journal of the American Society of Psychosomatic Dentistry & Medicine*, 1978, 25 (3), 85-88.
- MEARI, S.A. Meditation: A psychological approach to cancer treatment. *Practitioner*, 1979, 222 (1327), 119-122.
- MEASITI, G.S.E. The effects of TM on the reading achievement of learning-disabled youngsters. *Dissertation Abstracts Internationa*l, 1978, 39 (11-A), 6099.
- MEHMINOV, M. Transcendental Meditation. *New England Journal of Medicine*, 1977, 267 (19), 513.
- MICHAELIS, R.R., HUNN, M.J., & MCCANN, D.S. Evaluation of Transcendental Meditation as a method of reducing stress. *Science*, 1976, 192 (4255), 1242.
- MICHAELIS, R.R., PARKER, J., MCCANN, D.S., & VANDER, A.J.

- Benin, cortisol and aldosterone during Transcendental Meditation. *Psychosomatic Medicine*, 1979, 41 (1), 50-54.
- MICHAELIS, W.L. Buddhism and behavior modification. *Psychological Record*, 1981, 31 (3), 331-342.
- MILLS, W.R. Oxygen consumption during three yoga-type breathing patterns. *Journal of Applied Physiology*, 1964, 19, 75-82.
- MILLER, M.P., MURPHY, P.J., & MILLER, J.P. Comparison of EMG feedback and progressive relaxation training in treating circumscribed anxiety stress reactions. *Journal of Consulting & Clinical Psychology*, 1978, 46, 1291-1298.
- MILLS, G.K., & CAMPBELL, K. A critique of Gelhorn & Kiely's mystical states of consciousness. *Journal of Nervous & Mental Disease*, 1974, 159, 191.
- MILLS, W.W., & FARROW, J.C. The TM technique and acute experimental pain. *Psychosomatic Medicine*, 1981, 43 (2), 157-164.
- MISKIMAN, D.E. The effect of the Transcendental Meditation program on compensatory paradoxical sleep. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- MISKIMAN, D.E. Long-term effects of the Transcendental Meditation program in the treatment of insomnia. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- MISKIMAN, D.E. Performance on a learning task by subjects who practice the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- MISKIMAN, D.E. The treatment of insomnia by the Transcendental Meditation program. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- MOLIS, E.A. Zen meditation: A study of regression in service of the ego. *Dissertation Abstracts International*, 1977, 38 (6-B), 2871-2872. (Abstract)
- MONAHAN, R.J. Secondary prevention of drug dependence through the Transcendental Meditation program in metropolitan Philadelphia. *International Journal of the Addictions*, 1977, 12 (6), 729-754.
- MORST, D.R. Meditation in dentistry. *General Dentistry*, 1976, 24 (5), 57-59.
- MORST, D.R. Use of a meditative state for hypnotic induction in the practice of endodontics. *Oral Surgery, Oral Medicine, Oral Pathology*, 1976, 41, 664-672.
- MORST, D.R. An exploratory study of the use of meditation alone and in combination with hypnosis in clinical dentistry. *Journal of the American Society of Psychosomatic Dentistry & Medicine*, 1977, 24 (4), 113-120.

- MORSE, D.R. Overcoming practice stress via meditation and hypnosis. *Dental Survey*, 1977, 53 (7), 32-36.
- MORSE, D.R. Variety, exercise meditation can relieve practice stress. *Dental Studies*, 1977, 56 (3), 26-29.
- MORSE, D.R., & HUDEBREND, C. Case report: Use of TM in periodontal therapy. *Dental Survey*, 1976, 52, 36-39.
- MORSE, D.R., MARIN, S., FURSTI, M.L., & DUBIN, I. A physiological and subjective evaluation of meditation, hypnosis and relaxation. *Psychosomatic Medicine*, 1977, 39 (5) 304, 324.
- MORSE, D.R., SCHACHTER, G.R., FURSTI, M.L., GOLDBERG, J., GLENNAN, B., SWIERNICKI, D., & SUSTIK, J. The effect of stress and meditation on salivary protein and bacteria: A review and pilot study. *Journal of Human Stress*, 1982, 8 (4), 31-39.
- MORSE, D.R., & WU KO, J.M. Nonsurgical endodontic therapy for a vital tooth with medication-hypnosis as the sole anesthetic: A case report. *American Journal of Clinical Hypnosis*, 1979, 21 (4), 258-262.
- MUCHLMAN, M. Transcendental meditation. *New England Journal of Medicine*, 1977, 297 (9), 513.
- MURASE, T., & JOHNSON, F. Naikan, Morita, and Western psychotherapy: A comparison. *Archives of General Psychiatry*, 1974, 31 (1), 121-128.
- MURDOCK, M.H. Meditation with young children. *Journal of Transpersonal Psychology*, 1978, 10 (1), 29-44.
- MURPHY, M.J. Explanations in the use of group meditation with persons in psychotherapy. *Dissertation Abstracts International*, 1973, 33 (12-B), 6089. (Abstract)
- MURRAY, J.B. What is meditation? Does it help? *Genetic Psychology Monographs*, 1982, 106 (1), 85-115.
- NARANJO, C., & ORESKES, R.E. On the psychology of meditation. New York: Viking, 1971.
- NASH, C.B. Hypnosis and Transcendental Meditation as inducers of ESP. *Parapsychology*, 1982, 13 (1), 19-20.
- NEKI, J. Giyu-Cheka: The possibility of a therapeutic paradigm. *American Journal of Orthopsychiatry*, 1973, 43, 5.
- NEPTUNE, C. An investigation of the effect of meditation training in a cigarette smoking extinguishing program. *Dissertation Abstracts International*, 1978, 39 (1-B), 416. (Abstract)
- NEW ENGLAND JOURNAL OF MEDICINE, Letter: Study of meditation and blood pressure. 1976, 294 (14).
- NIDICH, S.I. A study of the relationship of Transcendental Meditation on a measure of self-actualization: A replication to Kohlberg's stages of moral reasoning. *Dissertation Abstracts International*, 1976, 36 (7-A), 4361-4362. (Abstract)
- NIDICH, S.I., SELMAN, W., & DRUSKIN, T. Influence of Transcendental Meditation on a measure of self-actualization: A replication. *Journal of Consulting Psychology*, 1973, 37 (3), 565-566.
- NIDICH, S.I., SELMAN, W., & SIEBERT, M. Influence of TM on state anxiety. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- NIXON, P.G.F. Meditation or methyldopa? *British Medical Journal*, 1976, 2 (6034), 525.

- NOOLY, G.A. The immediate aftereffects of meditation on perceptual awareness. *Dissertation Abstracts International*, 1975, 36 (2-B), 919. (Abstract)
- NORDBERG, R.B. Meditation: Future vehicle for career exploration. *Vocational Guidance Quarterly*, 1974, 22 (4), 267-271.
- NORMAN, W.H. Asceticism in mysticism: Transcendental Meditation. *Sociological Spectrum*, 1982, 2, 315-331.
- NEURNBERGER, E.P. The use of meditation in the treatment of alcoholism. *Dissertation Abstracts International*, 1977, 38 (3-B), 1413. (Abstract)
- NYSIUT, M.S., & GARDI, M. Comparison of self-concepts of Transcendental meditators and non-meditators. *Psychological Reports*, 1977, 41 (1), 303-306.
- NYSIUT, M.S., & GARDI, M. The self-concepts of regular Transcendental meditators, dropout meditators, and non-meditators. *Journal of Psychology*, 1979, 103 (1), 15-18.
- O'HARE, T.D., & MARCIA, J.E. Some personality characteristics associated with Ananda Marga meditators: A pilot study. *Perceptual & Motor Skills*, 1980, 51 (2), 447-452.
- ONDA, A. Autogenic training and Zen. In W. Lüth. (Ed.) *Autogenic training*. Stuttgart, Germany: George Thieme, 1965.
- ONDA, A. Zen, autogenic training and hypnotism. *Psychologia*, 1967, 10, 133-136.
- ONDA, A. Autogenic training and Zen. *Psychologia*, 1967, 10, 133-136.
- ONDA, A. Zen, hypnosis and creativity. *Interpersonal Development*, 1974-5, 5 (3), 156-163.
- O'RIGAN, B. Mind-Body effects: The physiological consequence of Tibetan meditation. *Newsletter of the Institute of Noetic Sciences*, 1982, 10 (2).
- ORME-JOHNSON, D.W. Autonomic stability and Transcendental Meditation. *Psychosomatic Medicine*, 1973, 35 (4), 341-349.
- ORME-JOHNSON, D.W. The dawn of the age of enlightenment: Experimental evidence that the Transcendental Meditation technique produces a fourth and fifth state of consciousness in the individual and a profound influence of the orderliness in society. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W. Coherence during transcendental consciousness. *Electroencephalography & Clinical Neurophysiology*, 1977, 43 (4), 581. (Abstract)
- ORME-JOHNSON, D.W., ARTHUR, G.K., FRANKLIN, L., & O'CONNELL, J. The Transcendental Meditation technique and drug abuse counselors. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., CLEMENTS, G., HAYNES, C.T., &

- BADAOUR, K. Higher states of consciousness: EEG coherence, creativity and experiences of the sixthis. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., & DUCK, B. Psychological testing of MIU students: First report. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., & DUCK, B. Psychophysical testing of MIU students: First report. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., & FARRROW, J.T. (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., & HAYNES, C.T. EEG phase coherence, pure consciousness, creativity, and TM-Sidhi experiences. *International Journal of Neuroscience*, 1981, 13, 211-217.
- ORME-JOHNSON, D.W., KLEINBAUCH, J., MOOR, R., & BURTON, J. Personality and autonomic changes in prisoners practicing the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- ORME-JOHNSON, D.W., KOHN, D., & HUBER, J.R. An experimental analysis of the effects of the Transcendental Meditation technique on reaction time. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1*. New York: M.E.R.U. Press, 1977.
- OSIS, K., & BOEKERT, E. ESP and changed states of consciousness induced by meditation. *Journal of the American Society of Psychical Research*, 1971, 65 (1), 17-65.
- OSIS, K., BOEKERT, E., & CARLSON, M.L. Dimensions of the meditative experience. *Journal of Transpersonal Psychology*, 1973, 5 (2), 109-135.
- ORLINS, L.S. The facts on Transcendental Meditation: III. If well-integrated but anxious, try TM. *Psychology Today*, 1974, 7 (11), 45-46.
- ORLINS, L.S. Meditation or simulated meditation by nonpredisposed volunteers. In E. Taub (chair), *The psychobiology of meditation*. Symposium presented at American Psychology Association, Montreal, August, 1973.
- ORTENS, A.F. The effect of Transcendental Meditation upon modifying the cigarette smoking habit. *The Journal of School Health*, 1975, 45 (10), 577-583.
- PAGANO, R.R., & FRUNKIN, L.R. The effect of Transcendental Meditation on right hemispheric functioning. *Biofeedback and Self-Regulation*, 1977, 2 (4), 407-415.

- PAGANO, R.R., ROSE, R.M., SULLIVAN, R.M., & WARRINSBURG, S. Sleep during Transcendental Meditation. *Science*, 1976, 191 (4224), 308-310.
- PALMIERI, D.K. Inspired analgesia through TM. *New Zealand Dentistry Journal*, 1980, 76, 61-63.
- PALMIERI, J., KHAMASHI, K., & ISRAELSON, K. An ESP ganzfeld experiment with Transcendental Meditators. *Journal of American Society of Psychical Research*, 1979, 73 (4), 333-348.
- PARKER, J.C. The effects of progressive relaxation training and meditation on autonomic arousal in alcoholics. *Dissertation Abstracts International*, 1977, 37 (9-B), 4697-4698. (Abstract)
- PARKER, J.C., & GILBERT, G.S. Anxiety management in alcoholics: A study of generalized effects of relaxation techniques. *Addictive Behavior*, 1978, 3 (2), 123-127.
- PARKER, J.C., GRIMMER, G.S., & THOMSON, R. Reduction of autonomic arousal in alcoholics: A comparison of relaxation and meditation technique. *Journal of Consulting & Clinical Psychology*, 1978, 46 (5), 879-886.
- PARUKAR, V.G., PRAHAWALKER, S.L., & BHALLI, J.V. Observations on some physiological effects of Transcendental Meditation. *Indian Journal of Medical Science*, 1974, 28 (3), 156-158.
- PASKWITZ, D.A. EEG alpha activity and its relationship to altered states of consciousness. *Annals of the New York Academy of Science*, 1977, 296, 154-161.
- PATTI, C.H. TM and hypertension. *Lancet*, 1976, 1 (7958), 539.
- PATTI, C.H. Yoga and biofeedback in the management of hypertension. *Lancet*, 1973, 2, 1053-1055.
- PATTI, C.H. Twelve-month follow-up of yoga and biofeedback in the management of hypertension. *Lancet*, 1975, 2, 62-64.
- PATTI, C.H. Biofeedback-aided relaxation & meditation in the management of hypertension. *Biofeedback & Self-Regulation*, 1977, 2 (1), 1-41.
- PATTI, C.H., & NORRIS, W.R.S. Randomized controlled trial of yoga and biofeedback in management of hypertension. *Lancet*, 1975, 2, 93-95.
- PATTI, C.H., VINCENCI, J.D., & FAURE, J.M.A. CNV studies during meditation. *Electroencephalography & Clinical Neurophysiology*, 1982, 1977, 43, 540.
- PAUL, G.L. Physiological effects of relaxation training and hypnotic suggestion. *Journal of Abnormal Psychology*, 1969, 74, 425-437.
- PETROULTE, M. Meditation for school children. *Main Currents in Modern Thought*, 1967, 24, 19-21.
- PETRIE, K.R. Influence of Transcendental Meditation upon autokinetic perception. *Perception & Motor Skills*, 1974, 39 (3), 1031-1034.
- PETRIE, K.R. The effects of the Transcendental Meditation program on perceptual style: Increased field independence. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research*

- lar stress response. *Journal of Clinical Psychology*, 1980, (1), 291-295.
- PURYEAR, H.B., CAYCE, C.T., & THURSTON, M.A. Anxiety reduction associated with meditation: Home study. *Perceptual & Motor Skills*, 1976, 43 (2), 527-531.
- RACHMAN, A.W. Clinical meditation in groups. *Psychotherapy: Theory, Research & Practice*, 1981, 18 (2), 252-258.
- RADIORD, J. What we can learn from Zen? A review of some speculations. *Psychologia*, 1976, 19 (2), 57-66.
- RAO, K.R., DUKHAN, H., & KRISHNA RAO, P.V. Yogic meditation and PSI scoring in forced-choice and free-response tests. *Journal of Indian Psychology*, 1978, 1 (2), 160-173.
- RAO, K.R., & PU, I. Subsensory perception (SSP), extrasensory perception (ESP) and Transcendental Meditation (TM). *Journal of Indian Psychology*, 1978, 1 (1), 69-74.
- RAO, S. Oxygen consumption during yoga-type breathing at attitudes of 220M & 3800M. *Indian Journal of Medical Research*, 1968, 56, 701-705.
- RAO, S. Yoga & autohypnotism. *British Journal of Medical Hypnotism*, 1965, 17.
- RASKIN, M., BALI, L.R., & PIETTE, H.V. Muscle biofeedback and transcendental meditation: A controlled evaluation of efficacy in the treatment of chronic anxiety. *Archives of General Psychiatry*, 1980, 37 (1), 93-97.
- REIDY, M.K., LAKSHMI, A.J., & RAO, V.R. The effects of the Transcendental Meditation program on athletic performance. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- REDFIRING, D.L., & BOWMAN, M.J. Effects of a meditative-relaxation exercise on non-attending behaviors of behaviorally disturbed children. *Journal of Clinical Child Psychology*, 1981, 10 (2), 126-127.
- REED, H. Improved dream recall association with meditation. *Journal of Clinical Psychology*, 1978, 34 (1), 150-156.
- REED, J.I. The impact of Transcendental Meditation on cognitive flexibility, field dependence, and directional priorities in attention deployment. *Dissertation Abstracts International*, 1976, 37 (1-B), 475-476.
- REYNOLDS, D.K. Naikan therapy: An experimental view. *Journal of Social Psychology*, 1977, 23 (4), 252-263.
- RIMOT, A.G. Effects of selected elements of meditation on self-actualization locus of control, and trait anxiety. *Dissertation Abstracts International*, 1980, 40 (7-B), 3419. (Abstract)
- RIMOT, A.G.P. The Transcendental Meditation technique and its effects on sensory-motor performance. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- RIOS, R.J. The effect of hypnosis and meditation on state and trait anxiety and locus of control. *Dissertation Abstracts International*, 1980, 40 (12-A, Pt. 1), 6209-6210. (Abstract)
- RIVERS, S.M., & SPANOS, N.P. Personal variables predicting vol-
- on the Transcendental Meditation Program: Collected Papers, Volume I. New York: M.E.R.U. Press, 1977.
- PELLETIER, K.R., & GARNFIELD, C. Meditative states of consciousness. In P. Zimbardo & C. Maslach (Eds.), *Psychology for our times*. New York: Scott Foresman, 1977.
- PELLETIER, K.R., & PEPLER, E. The chutzpah factor in altered states of consciousness. *Journal of Humanistic Psychology*, 1977, 17 (4), 63-73.
- PEPLER, E., & ANCOURT, S. Does an EliG continuum of meditation: Alpha/beta & fast beta. In E. Pepler, S. Ancourt, & M. Quinn, *MindBody integrations: essential readings in biofeedback*. New York: Plenum, 141-149, 1979.
- PETERS, R.K., BURSON, H., & PETERS, J.M. Letter. *American Journal of Public Health*, 1977, 67, 954.
- PIGGINS, D., & MORGAN, D. Note upon steady visual fixation and repeated auditory stimulation in meditation and the laboratory. *Perceptual & Motor Skills*, 1977, 44 (2), 357-358.
- PIGGINS, D., & MORGAN, D. Perceptual phenomena resulting from steady visual fixation and repeated auditory input under experimental conditions and in meditation. *Journal of Altered States of Consciousness*, 1977/78, 3 (3), 197-203.
- PIROT, M. The effects of the Transcendental Meditation technique upon auditory discrimination. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- POLLACK, A.A., WABER, M.A., CASE, D.B., et al. Limitations of Transcendental Meditation in the treatment of essential hypertension. *Lancet*, 1977, 1 (8002), 71-73.
- POLLARD, G., & ASURION, R. Heart rate decrease: A comparison of feedback modalities and biofeedback with other procedures. *Biological Psychology*, 1982, 14, 245-257.
- POLOWNIK, W.A. The meditation-encounter-growth group. *Dissemination Abstracts International*, 1973, 34 (4-B), 1732. (Abstract)
- PRESTON, D.L. Meditative ritual practice and spiritual conversion-committment: Theoretical implications based on the case of Zen. *Sociological Analysis*, 1982, 43 (3), 257-270.
- PRIBRAM, K., & MCGUINNESS, D. Arousal, activation, and effort in the control of attention. *Psychological Review*, 1975, 82, 116-149.
- PRINGLE, R. Meditation: Some psychological speculations. *Psychiatric Journal of the University of Ottawa*, 1978, 3 (3), 202-209.
- PULNITI, A.E. Psychophysiological investigations on Transcendental Meditation. *Biofeedback & Self Regulation*, 1981, 6 (3), 327-342.

- unitary participation in and attrition from a meditation program. *Psychological Reports*, 1981, 49 (3), 795-801.
- Ross, J. The effects of Transcendental Meditation program on anxiety, neuroticism, and psychotism. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- ROUTT, T.J. Low normal heart and respiration rates in individuals practicing the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- ROUBOTOM, A.E. TM and its potential uses in schools. *Social Education*, 1972, 36 (4), 851-857.
- RUSSELL, P.J. Transcendental Meditation. *Lancet*, 1972, i (7760), 1125.
- RUSSELL, P.J. *The TM Technique: An introduction to Transcendental Meditation and the teachings of Mahatma Mahesh Yogi*. London, England: Routledge & Kegan, 1976.
- RUSSELL, W.R. Yoga and the vertebral arteries. *British Medical Journal*, 1972, i, 685.
- RUSSET, R.E. The influence of Transcendental Meditation on positive mental health and self-actualization and the role of expectation, rigidity and self-control in the achievement of these benefits. *Dissertation Abstracts International*, 1976, 36 (11-B), 5816.
- SABIL, B.A. TM and concentration ability. *Perceptual & Motor Skills*, 1980, 50 (3 Pt. 1), 799-802.
- SACRISTÓN, P. Application of hypnotically elicited mystical states of the treatment of physical and emotional pain. *International Journal of Clinical & Experimental Hypnosis*, 1977, 25, 309-324.
- SALLIS, J.F. Meditation and self-actualization: A theoretical comparison. *Psychologia*, 1982, 25 (1), 59-64.
- SANFORD, D.E. Inspiration in the creative process and meditation. *Dissertation Abstracts International*, 1978, 39 (5-B), 2481. (Abstract)
- SARGANT, W. *The mind preserved*. New York: Lippincott, 1974.
- SCHEINKLINTH, H., & GLISTER, M. A longitudinal study of the influence of the Transcendental Meditation program on drug abuse. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SCHMEIDER, G.R. High ESP scores after a swami's brief instruction in meditation and breathing. *Journal of American Society of Psychical Research*, 1970, 64 (1), 100-103.
- SCHMIDT, K.E. Transcendental Meditation. *British Medical Journal*, 1976, i (6007), 459.
- SCHUSTER, R. Meditation: Philosophy and practice in a drug rehabilitation setting. *Drug Forum*, 1975, 6, 5 (2), 163-170.
- SENKWARD, G. The facts on Transcendental Meditation: TM relaxes some people and makes them feel better. *Psychology Today*, 1974, 7 (11), 39-44.

- SENKWARD, G.S. Biofeedback, self-regulation, and the patterning of physiological processes. *American Scientist*, 1975, 63, 314-324.
- SENKWARD, G.L., DAVIDSON, R.J., & ORME-JOHNSON, D.J. Patterning of cognitive and somatic processes in self-regulation of anxiety. *Psychonomia: Medicine*, 1978, 40 (4), 321-328.
- SCHEINLING, P.B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SCOTT, L.J. Transcendental Meditation: Effect of pre-treatment personality and prognostic subjects self-actualizing changes while practicing TM. *Dissertation Abstracts International*, 1977, 38 (5-B), 2383.
- SCUDERI, R.J. The effects on meditation on general anxiety, test anxiety, and non-verbal intelligence. *Dissertation Abstracts International*, 1978, 38 (10-A), 5930-5931. (Abstract)
- SICIMAN, W., NINDUA, D., & BANSI, T. Influence of Transcendental Meditation on a measure of self-actualization. *Journal of Consulting Psychology*, 1972, 19 (3), 184-187.
- SIKADA, K. *Zen training: Methods and philosophy*. Tokyo, Japan: John Weatherhill, 1975.
- SIRUDA, L. Some effects of relaxative and meditative states on learning, memory and other cognitive processes. *Dissertation Abstracts International*, 1978, 38 (8-A), 4697-4698. (Abstract)
- SIRIHI, A.S., & DAYA, A. Management and meditation. *Dimensions in Health Services*, 1978, 55 (7), 32-33.
- SIVAN, M. Adaptive and therapeutic aspects of meditation. *International Journal of Psychoanalytic Psychotherapy*, 1973, 2 (3), 364-382.
- SIVAN, M. Silence in the service in ego: Psychoanalytic study of meditation. *International Journal of Psychoanalysis*, 1973, 54 (4), 431-443.
- SIVAN, M., LAVELLY, R.A., & JAFFE, R.D. Meditation and marijuana. *American Journal of Psychiatry*, 1974, 131 (1), 60-63.
- SIVAN, M., LAVELLY, R., JAFFE, R. Meditation and the prevention of alcohol abuse. *American Journal of Psychiatry*, 1975, 132 (9), 942-945.
- SHAPIRO, D.H. The effects of a "Zen meditation-behavioral self-management" training package in treating methadone addiction: A formative study. *Dissertation Abstracts International*, 1973, 34 (6-B), 2952-2953. (Abstract)
- SHAPIRO, D.H. Zen meditation and behavioral self-management applied to a case of generalized anxiety. *Psychologia*, 1976, 19 (3), 134-138.
- SHAPIRO, D.H. Behavioral and attitudinal changes resulting from a Zen experience workshop in Zen meditation. *Journal of Humanistic Psychology*, 1978, 18 (3), 21-29.
- SHAPIRO, D.H. Instructions for a training package combining formal and informal Zen meditation with behavioral self-control strategies. *Psychologia*, 1978, 21 (2), 70-76.

- SHAPIRO, D.H. *Meditation and the East: The Zen master*. In D.H. Shapiro, *Precision Nirvana*. Englewood Cliffs, NJ: Prentice-Hall, 1978.
- SHAPIRO, D.H. *Precision Nirvana*. Englewood Cliffs, NJ: Prentice-Hall, 1978.
- SHAPIRO, D.H. *Mediation: Self-regulation strategy and altered state of consciousness*. New York: Aldine, 1980.
- SHAPIRO, D.H. Meditation and holistic medicine. In A. Hastings, J. Fadiian, & J. Gordon (Eds.), *Holistic medicine*. Rockville, MD: NIMH, 1980.
- SHAPIRO, D.H. Meditation: Clinical and Health Related Applications. *Western Journal of Medicine*, 1981, 134, 141-142.
- SHAPIRO, D.H. Overview: Clinical and physiological comparison of mediation and other self-control strategies. *American Journal of Psychiatry*, 1982, 139 (3), 267-274.
- SHAPIRO, D.H. Meditation and behavioral medicine: Application of a self-regulation strategy to the clinical management of stress. In S. Burchfield (Ed.), *Physiological and psychological interactions in the response to stress*. NY: John Wiley. (In Press)
- SHAPIRO, D.H. A systems approach to meditation research: Guidelines and suggestions. In D.H. Shapiro & R.W. Walsh (Eds.), *Meditation: Contemporary and Classical Perspectives*. New York: Aldine, 1983. (In Press)
- SHAPIRO, D.H. Meditation as an altered state of consciousness: Contributions of Western behavioral science. *Journal of Transpersonal Psychology*, 1983, 15 (1), 61-81.
- SHAPIRO, D.H., & GINSER, D. Meditation and psychotherapeutic effects: Self-regulation strategy and altered state of consciousness. *Archives of General Psychiatry*, 1978, 35 (3), 294-302.
- SHAPIRO, D.H., & ZAFARULAIN, S.M. An applied clinical combination of Zen meditation and behavioral self-management techniques: Reducing methadone dosage in drug addiction. *Bhavior Therapy*, 1976a, 7, 694-695.
- SHAPIRO, D.H., & ZAFARULAIN, S.M. Zen meditation and behavioral self-control: Similarities, differences and clinical applications. *American Psychologist*, 1976, 31 (7), 519-532.
- SHAPIRO, J. The relationship of the Transcendental Meditation program to self-actualization and negative personality characteristics. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SHAPIRO, J.S. The relationship of selected characteristics of TM to measures of self-actualization, negative personality characteristics and anxiety. *Dissertation Abstracts International*, 1975, 36 (1-A), 137.
- SHAW, R., & KOT, B. Reaction time following the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SHECTER, H. The Transcendental Meditation program in the classroom: A psychological evaluation. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SHEETAL, H. Attentional style in undergraduates as a function of experience with Transcendental Meditation. *Dissertation Abstracts International*, 1979, 40 (3-B), 1342. (Abstract)
- SHIMANO, E.T., & DOUGLAS, D.B. On research in Zen. *American Journal of Psychiatry*, 1975, 132 (12), 1300-1302.
- SHIMIZU, H. Two concentration methods. *Psychologia*, 1972, 15, 110-111.
- SHOKI, D. Meditation or methyldopa? *British Medical Journal*, 1976, 1 (6025), 1592.
- SIMULZ, J.V. Stages on the spiritual path: A Buddhist perspective. *Journal of Transpersonal Psychology*, 1975, 7 (1), 14-28.
- SILVER, J. The effects of Transcendental Meditation and masker uncertainty on the detection of a masked psychoacoustic signal: A selective attention theoretical approach. *Dissertation Abstracts International*, 1977, 37 (8-B), 4167. (Abstract)
- SIMON, D.B., OPARIL, S., & KIMBALL, C.P. The Transcendental Meditation program and essential hypertension. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SINCLAIR, T.G. Transcendental Meditation. *New England Journal of Medicine*, 1978, 292 (1), 1/4.
- SINHA, S.N., PRASAD, S.C., & SHARMA, K.N. An experimental study of cognitive control and arousal processes during meditation. *Psychologia*, 1978, 21 (4), 227-230.
- SMAIL, K.H. Runners and skydivers: A comparison of psychological characteristics. *Dissertation Abstracts International*, 1980, 41 (4-B), 1527-1528. (Abstract)
- SMITH, J.C. Meditation as psychotherapy. *Dissertation Abstracts International*, 1975, 36 (6-B), 3073. (Abstract)
- SMITH, J.C. Meditation as psychotherapy: A review of the literature. *Psychological Bulletin*, 1975, 82 (4), 558-564.
- SMITH, J.C. Psychotherapeutic effects of Transcendental Meditation with controls for expectation of relief and daily sitting. *Journal of Consulting and Clinical Psychology*, 1975, 44 (4), 630-637.
- SMITH, J.C. Personality correlates of continuation and outcome in meditation and erect sitting control treatments. *Journal of Consulting and Clinical Psychology*, 1978, 46 (2), 272-279.
- SMITH, T.R. The Transcendental Meditation technique and skin resistance response to loud tones. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- SOLOMON, E.G., & BUMPUS, A.K. The running meditation re-

- sponses: An adjunct to psychotherapy. *American Journal of Psychotherapy*, 1978, 32 (4), 583-592.
- SOKSIS, D.A. Teaching meditation to medical students. *Journal of Religion & Health*, 1978, 17 (2), 136-143.
- SPANOS, N.P., GOETTNER, J., & RIVIERS, S.M. The effects of short-term meditation practice on hypnotic responsiveness. *Psychological Record*, 1980, 30 (3), 343-348.
- SPANOS, N.P., RIVIERS, S.M., & GOODMAN, J. Hypnotic responsiveness, meditation and laterality of eye movements. *Journal of Abnormal Psychology*, 1978, 87 (5), 566-569.
- SPANOS, N.P., SIAM, H.J., RIVIERS, S.M., & RADOKI, H.I. Meditation expectation and performance on indices of nonanalytic attending. *International Journal of Clinical & Experimental Hypnosis*, 1980, 28 (2), 244-251.
- SPANOS, N.P., STOCALES, S., RADOKI, H.I., & RIVIERS, S.M. Nonanalytic attending, hypnotic susceptibility and psychological well being in trained meditators and non-meditators. *Journal of Abnormal Psychology*, 1979, 88 (1), 95-87.
- STEK, R.M., & BASS, B.A. Personal adjustment and perceived locus of control among students interested in meditation. *Psychological Reports*, 1973, 32 (3 Pt. 1), 1019-1022.
- STERN, M. The effects of the Transcendental Meditation program on trait anxiety. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- STRONBERG, M.B. Man, mind and meditation. *Dissertation Abstracts International*, 1974, 35 (5-B), 2449-2450. (Abstract)
- STEWART, R.A.C. Self-realization as the basis of psychotherapy: A look at two Eastern-based practices, Transcendental Meditation and alpha brain wave biofeedback. *Social Behavior & Personality*, 1974, 2 (2), 191-200.
- STRIGSBY, B., RODINBURG, J.C., & MORRI, H.B. Electroencephalographic findings during mantra meditation (Transcendental Meditation): A controlled, quantitative study of experienced meditators. *Electroencephalography & Clinical Neurophysiology*, 1981, 51 (4), 434-442.
- STONT, R. & DELITO, J. Psychotherapeutic control of hypertension. *New England Journal of Medicine*, 1976, 2, 80-84.
- STROEBEL, C., & GLUCK, B. Passive meditation: Subjective and clinical comparison with biofeedback. In G. Schwartz & D. Shapiro (Eds.), *Consciousness and Self-Regulation*. New York: Plenum, 1977.
- SUAREZ, V.W. The relationship of the practice of TM to subjective evaluations of marital satisfaction and adjustment. Doctoral dissertation, University of Southern California, 1976.
- SUBRAHMANYAM, S., & POKORNÝ, K. Neurohumoral correlates of TM. *Journal of Biomedicine*, 1980, 1, 73-88.
- SUGI, Y., & AKIUSU, K. Studies on respiration and energy metabolism during sitting in Zazen. *Research Journal of Physiology*, 1968, 12, 190-206.
- SURWILLO, W.W., & HOBSON, D.P. Brain electrical activity during prayer. *Psychological Reports*, 1978, 43 (1), 135-143.
- SURWILLO, R.S., SHAPIRO, D., & GROSS, M.I. Comparison of cardiovascular biofeedback, neuromuscular biofeedback, and meditation in the treatment of borderline essential hypertension. *Journal of Consulting & Clinical Psychology*, 1978, 46 (2), 252-263. (Abstract)
- SUZUKI, T.J. Psychophysiological effects of meditation on test-anxious male youthful prisoners. *Dissertation Abstracts International*, 1978, 38 (11-B), 5573.
- SWAYARD, C.A., CHAUBI, S., & SUTTON, D.B. Neurological and behavioral aspects of Transcendental Meditation relevant to alcoholism: A review. *Annals of the New York Academy of Science*, 1974, 233, 162-173.
- SYKES, D.E. TM as applied to criminal justice reform, drug rehabilitation, and society in general. *University of Maryland Law Reform*, 1973, 3 (2), 37-53.
- TARI, C.T. A psychologist's experience with Transcendental Meditation. *Journal of Transpersonal Psychology*, 1971, 3 (2), 135-140.
- TARIHANG TULAKU. A view of mind. *Journal of Transpersonal Psychology*, 1976, 8 (1), 41-44.
- TEBUCIS, A.K. A controlled study of the EEG during Transcendental Meditation: Comparison with hypnosis. *Folia Psychiatrica et Neuropathologica Japonica*, 1975, 29 (4), 305-313.
- TERCIC, A.K. Eye movements during Transcendental Meditation. *Folia Psychiatrica et Neuropathologica Japonica*, 1976, 30 (4), 487-493.
- THOMAS, D., & ABBAS, K.A. Comparison of TM and progressive relaxation in reducing anxiety. *British Medical Journal*, 1978, 2 (6154), 1749.
- THROLL, D.A. Transcendental Meditation and progressive relaxation: Their physiological effects. *Journal of Clinical Psychology*, 1982, 38 (3), 522-530.
- THIMMINS, B., & KAMIYA, J. The psychology and physiology of meditation and related phenomena: A bibliography. *Journal of Transpersonal Psychology*, 1970, 2 (1), 41-59.
- THIMMINS, B., & KANELAKOS, D. The psychology & physiology of meditation and related phenomena: Bibliography II. *Journal of Transpersonal Psychology*, 1974, 6 (1), 32-38.
- TOIA, A. Some evidence that the Transcendental Meditation program increases intelligence and reduces neuroticism as measured by psychological tests. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- TOIA, A.S. Meditation, neuroticism and intelligence: A follow-up. *Gedrag: Tijdschrift voor Psychologie*, 1975, 33 (3), 167-182.
- TOOME, E.G. TM Program. *Canadian Medical Association Journal*, 1976, 114 (12), 1093-1096.
- TRAUSCH, C.P. PSI training through meditation, and self-actualization as related to PSI performance. *Dissertation Abstracts International*, 1981, 42 (4-A), 1531-1532. (Abstract)
- TRAVIS, F. The TM technique and creativity: A longitudinal study

- of Cornell University undergraduates. *Journal of Creative Behavior*, 1979, 13 (3), 169-180.
- TRAVIS, T., KONDO, C., & KNOTT, J. Subjective aspects of alpha enhancement. *British Journal of Psychiatry*, 1975, 127, 122-126.
- TRAVIS, T., KONDO, C., & KNOTT, J. Heart rate, muscle tension, and alpha production of Transcendental Meditation and relaxation controls. *Biofeedback & Self-Regulation*, 1976, 1 (4), 387-394.
- TRYNHAM, R.N. The effects of experimental meditation, relaxation training, and electromyographic feedback on physiological and self-report measures of relaxation and altered states of consciousness. *Dissertation Abstracts International*, 1977, 38 (5-B), 2386-2387. (Abstract)
- TREICHEL, M., CLINCH, N., & CRAN, M. The metabolic effects of Transcendental Meditation. *The Physiologist*, 1973, 16, 471. (abs.)
- TRUNGPA, CHOGYAM. An approach to meditation. *Journal of Transpersonal Psychology*, 1973, 5 (1), 62-74.
- TSAKONAS, F.A. The response of obese and non-obese women to meditation. *Dissertation Abstracts International*, 1977, 37 (7-B), 3636-3637. (Abstract)
- TUTTLE, T.H. Yogic exercises in the management of ischaemic heart disease. *Indian Heart Journal*, 1971, 23 (4), 259-264.
- TURNBULL, M.J., & NORRIS, H. Effects of TM on self-identity indices and personality. *British Journal of Psychology*, 1982, 73 (1), 57-68.
- TYSON, P.D. A general systems theory approach to consciousness, attention and meditation. *Psychological Record*, 1982, 32, 491-500.
- UDUPA, K.N. The scientific basis of yoga. *Journal of the American Medical Association*, 1972, 220, 1365.
- UDUPA, K.N., SINGH, R.H., DWIVEDI, K.N., PANDHY, H.P., & RAI, V. Comparative biochemical studies on meditation. *Indian Journal of Medical Research*, 1975, 63 (12), 1676-1679.
- UDUPA, K.N. Certain studies in psychological and biochemical responses to the practice of hatha yoga in young normal volunteers. *Indian Journal of Medical Research*, 1973, 67 (2), 237-244.
- VAHIA, H.S., DOONGAJI, D.R., JESTE, D.V., et al. A deconditioning therapy based upon concepts of Patanjali. *International Journal of Social Psychiatry*, 1972, 18 (1), 61-66.
- VAHIA, H.S., DOONGAJI, D.R., JESTE, D.V., et al. Psychophysiological therapy based on the concepts of Patanjali. *American Journal of Psychotherapy*, 1972, 27, 557-565.
- VAHIA, H.S., DOONGAJI, D.R., JESTE, D.V., et al. Further explorations with the therapy based upon concepts of Patanjali in the treatment of psychiatric disorders. *Indian Journal of Psychiatry*, 1973, 15, 32-37.
- VAKIL, R.J. Remarkable feat of endurance of a yogi priest. *Lancet*, 1950, 2, 871.
- VALOIS, M.G.L. The effects of Transcendental Meditation on the self concept as measured by the Tennessee Self Concept Scale.

Dissertation Abstracts International, 1976, 37 (1-A), 208. (Abstract)

VAN DIEN BERG, W.P., & MULDER, B. Psychological research on the effects of the TM technique on a number of personality variables. *Gedrag: Tijdschrift voor Psychologie*, 1976, 4 (4), 206-218.

VAN DER LANS, J. Therapeutic importance of yoga and meditation. *Gedrag: Tijdschrift voor Psychologie*, 1975, 3 (2), 49-62.

VAN NUYS, D. A novel technique for studying attention during meditation. *Journal of Transpersonal Psychology*, 1971, 3 (2), 125-133.

VAN NUYS, D. Meditation, attention and hypnotic susceptibility: A correlational study. *International Journal of Clinical & Experimental Hypnosis*, 1973, 21 (2), 59-69.

VANSELLOW, K. Meditative exercises to eliminate the effects of stress. *Hippocrate*, 1968, 39, 462-465 (Ger.).

VASSILIADIS, A. Physiological effects of Transcendental Meditation: A longitudinal study. In D.P. Kanellatos & J.S. Lukas (Eds.), *Psychobiology of Transcendental Meditation: A Literature Review*. Menlo Park, California: Stanford Research Institute, 1973.

VIALL, I. On the principles of the heart and the psychiatric insights of Zen. *The New England Journal of Medicine*, 1971, 1458-1460.

VIRMAI, J.C., JAYASHAN, B.C., & PALANI, M. Effect of Transcendental Meditation on the performance of some cognitive psychological tests. *International Journal of Medical Research*, 1982, 7 (s), 136-143.

VROLJK, A. Transcendental Meditation and dianetics. *Gratia: Tijdschrift voor Psychologie*, 1978, 6 (3-4), 181-206.

WACHSMUTH, D. The EEG during the technique of Transcendental Meditation and sleep: A contribution to the psychophysiology of restfulness. Doctoral dissertation, Johann-Wolfgang-Goethe University, Frankfurt, West Germany, 1978.

WACHSMUTH, D., DONCT, T., & OHLNORCH, K. Computerized analysis of the EEG during Transcendental Meditation and sleep. *Electroencephalography and Clinical Neurophysiology*, 1980, 48 (3), 39.

WADA, J.A., & HAMM, A.E. Electrographic glimpse of meditative state: Chronological observations of cerebral evoked response. *Electroencephalography & Clinical Neurophysiology*, 1974, 37 (2), 201.

WALLACE, J.M. The effects of a measure of self-actualization of adding a meditation exercise to a sensitivity group/group facilitator training program. *Dissertation Abstracts International*, 1976, 36 (10-A), 6533-6534. (Abstract)

WALLACE, R.K. The physiological effects of Transcendental Meditation: A proposed fourth state of consciousness. Unpublished doctoral thesis. Physiology Department, University of California Los Angeles, 1970. *Dissertation Abstracts International*, 1971, 31, 4303-13.

WALLACE, R.K. Physiological effects of Transcendental Meditation. *Science*, 1970, 167 (26), 1751-1754.

WALLACE, R.K. Neurophysiology of enlightenment. In D.W.

- Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WALLACE, R.K. The physiological effects of Transcendental Meditation: A proposed fourth state of consciousness. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WALLACE, R.K., & BENSON, H. The physiology of meditation. *Scientific American*, 1972, 226 (2), 84-90.
- WALLACE, R.K., BENSON, H., GATTOZZI, A.A., & LUCE, G. Physiological effects of a meditation technique and a suggestion for curbing drug abuse. National Institute of Mental Health, *Mental Health Program Reports*, 1971.
- WALLACE, R.K., BENSON, H., & WILSON, A.F. A wakeful hypometabolic physiologic state. *American Journal of Physiology*, 1971, 221, 795-799.
- WALLACE, R.K., BENSON, H., WILSON, A.F., & GARRET, M.D. Decreased blood lactate during TM. *Federation Proceedings*, 1971, 30, 376.
- WALLACE, R.K., MILLIS, P.J., ORME-JOHNSON, D.W., DILLBECK, M.C., & JACOBI, E. Modification of the Paired H-Reflex through the Transcendental Meditation and TM-Sidhi program. *Experimental Neurology*, 1983, 79, 77-86.
- WALLACE, R.K., SILVER, J., MILLIS, P.J., DILLBECK, M.C., & WAGNER, D.E. Systolic blood-pressure and long-term practice of the transcendental meditation and TM-sidhi program: Effects of TM on systolic blood pressure. *Psychosomatic Medicine*, 1983, 45 (1), 41-46.
- WALRAUD, L.C., & HAMILTON, D.W. Autonomic correlates of meditation and hypnosis. *American Journal of Clinical Hypnosis*, 1975, 17 (3), 190-197.
- WALSH, R.N. Initial meditative experience: Part I. *Journal of Transpersonal Psychology*, 1977, 9 (2), 151-192.
- WALSH, R.N. Initial meditative experience: Part II. *Journal of Transpersonal Psychology*, 1978, 10 (1), 1-28.
- WALSH, R.N. Meditation research: An introduction and review. *Journal of Transpersonal Psychology*, 1979, 11 (2), 161-174.
- WALSH, R.N. A model for viewing meditation research. *Journal of Transpersonal Psychology*, 1982, 14 (1), 69-84.
- WALSH, R.N. Meditation practice and research. *Journal of Humanistic Psychology*, 1983, 23 (1), 18-50.
- WALSH, R.N., GOLEMAN, D., KORNFIELD, J., PENSA, C., & SHAPIRO, D. Meditation: Aspects of research and practice. *Journal of Transpersonal Psychology*, 1978, 10 (2), 113-134.
- WALSH, R., & ROCHE, L. Precipitation of acute psychotic episodes by intensive meditation in individuals with a history of schizophrenia. *American Journal of Psychiatry*, 1979, 136 (8), 1085-1086.
- WANDHOFFER, A., & PLATTIG, K.H. Stimulus-linked DC-shift and auditory evoked potentials in Transcendental Meditation. *Pflüger's Archiv*, 1973, 343, R79.

- WARRILBURG, S. Meditation and hemispheric specialization. *Dissertation Abstracts International*, 1979, 40 (6-B), 2892-2893.
- WARRILBURG, S. Sleep during Transcendental Meditation. *Science*, 1976, 191, 308-310.
- WARRILBURG, S., PACIANO, R.R., WOODS, M., & HASTAIA, M. Oxygen consumption, HR., EMG, and EEG during progressive muscle relaxation (PMR) and transcendental meditation (TM). *Biological and Self-Regulation*, 1977, 2, 321. (Abstract)
- WARSCHAU, D. Effects of the TM technique on normal and Jendrassik reflex time. *Perceptual & Motor Skills*, 1980, 50 (3 Pt. 2), 1103-1106.
- WASHBURN, M.C. Observations relevant to a unified theory of meditation. *Journal of Transpersonal Psychology*, 1978, 10 (1), 45-65.
- WATANABE, T., SHAPIRO, D., & SCHWARTZ, G.E. Meditation as an anoxic state: A critical review and theory. *Psychophysiology*, 1972, 9, 29.
- WAXMAN, J. A finite states model for meditation phenomena. *Perceptual & Motor Skills*, 1979, 49 (1), 123-127.
- WEINER, A.J. Attention and expectations: Their contribution to the meditation effect. *Dissertation Abstracts International*, 1973, 33 (11-B), 5528-5529. (Abstract)
- WEINER, D.E. The effects of mantra meditation and progressive relaxation on self-actualization, state and trait anxiety, and frontalis muscle tension. *Dissertation Abstracts International*, 1977, 37 (8-B), 4174. (Abstract)
- WEIDON, J.T., & ARON, A. The Transcendental Meditation program and normalization of weight. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WELWOOD, J. Exploring mind: Form, emptiness and beyond. *Journal of Transpersonal Psychology*, 1976, 8 (2), 89-99.
- WELWOOD, J. Meditation and the unconscious: A new perspective. *Journal of Transpersonal Psychology*, 1977, 9 (1), 1-26.
- WELWOOD, J. Reflections of psychotherapy, focusing, and meditation. *Journal of Transpersonal Psychology*, 1980, 12 (2), 127-141.
- WENGER, M.A., & BAGCHI, B.K. Studies of autonomic functions in practitioners of yoga in India. *Behavior Science*, 1961, 6, 312-323.
- WENGER, M.A., BAGCHI, B.K., & ANAND, B.K. Experiments in India on voluntary control of heart and pulse. *Circulation*, 1961, 24, 1319-1325.
- WEST, L.J. TM and other non-professional psychotherapies. In A. Freedman & H. Kaplan (Eds.), *Comprehensive textbook of Psychiatry*, (2nd Ed.). Baltimore: Williams & Wilkins, 1975.
- WEST, M. Meditation. *British Journal of Psychiatry*, 1979, 135, 457-467.
- WEST, M.A. Changes in skin resistance in subjects resting, reading, listening to music, or practicing the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program*.

- gram: *Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WEST, M.A. Physiological effects of meditation: A longitudinal study. *British Journal of Social & Clinical Psychology*, 1979, 18 (2), 219-226.
- WEST, M.A. Meditation and the EEG. *Psychological Medicine*, 1980, 10 (2), 369-375.
- WEST, M.A. Meditation, personality and arousal. *Personality & Individual Differences*, 1980, 1 (2), 135-142.
- WEST, M.A. The psychosomatics of meditation. *Journal of Psychologial Research*, 1980, 24 (5), 265-273.
- WESTCOTT, M. Hemispheric symmetry of the EEG during the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WHITELEY, D. Further comments on Herbert Benson's article. *Integrative Psychiatry*, July-August, 1983, 65.
- WHITE, J. *What is meditation?* Garden City, NJ: Anchor, 1974.
- WHITE, K.D. Salivation: The significance of imagery in its voluntary control. *Psychophysiology*, 1978, 15 (3), 196-203.
- WILCOX, G.G. Autonomic functioning in subjects practicing the Transcendental Meditation technique. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WILLIAMS, L.R. Transcendental Meditation and mirror-tracing skill. *Perceptual & Motor Skills*, 1978, 46 (2), 371-378.
- WILLIAMS, L.F., & HERBERT, P.G. Transcendental Meditation and fine perceptual motor skill. *Perceptual & Motor Skills*, 1976, 33 (1), 303-309.
- WILLIAMS, L.R., LODGE, B., & REDDISH, P.S. Effects of Transcendental Meditation on rotary pursuit skill. *Research Quarterly*, 1977, 48 (1), 196-201.
- WILLIAMS, L.R.T., & VICKERMAN, B.L. Effects of Transcendental Meditation on fine motor skill. *Perceptual & Motor Skills*, 1976, 43 (2), 607-613.
- WILLIAMS, P., FRANCIS, A., & DURHAM, R. Personality and meditation. *Perceptual & Motor Skills*, 1976, 43 (3 Pt. 1), 787.
- WILLIAMS, P., & WEST, M. EEG responses to photic stimulation in persons experienced at meditation. *Electroencephalography & Clinical Neurophysiology*, 1975, 39 (5), 519-522.
- WILLIS, C.L.R. Transcendental Meditation and its influence on the self-concept. *Dissertation Abstracts International*, 1975, 36 (1-A), 139. (Abstract)
- WILLIS, R.J. Meditation to fit the person: Psychology and the meditative way. *Journal of Religion & Health*, 1979, 18 (2), 93-119.
- WILSON, A.F., & JEVNING, R. Rest relaxation, sleep and Transcendental Meditation. *Journal of Chronic Diseases & Therapeutic Research*, 1 (1-4).
- WINQUIST, W.T. TM and drugs. In E.M. Becker (Ed.), *Licit and illicit drugs*. Boston: Little, Brown & Co., 1972.

- WINQUIST, W.T. The Transcendental Meditation program and drug abuse: A retrospective study. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- WONG, M.R., BRAUCHIN, N.B., & GRINDRON, K.L. Effects of meditation on anxiety and chemical dependency. *Journal of Drug Education*, 1981, 11 (2), 91-105.
- WOOD, D.T. The effects of progressive relaxation, heart rate feedback, and content-specific meditation on anxiety and performance in a class situation. *Dissertation Abstracts International*, 1978, 39 (6-A), 3458. (Abstract)
- WOOLFOLK, R.L. Psychophysiological correlates of meditation. *Archives of General Psychiatry*, 1975, 32 (10), 1326-1333.
- WOOLFOLK, R., CARR-KATASHAN, L., & McNUTTY, T.F. Meditation training as a treatment for insomnia. *Behavior Therapy*, 1976, 7 (3), 359-366.
- WORKER, E. Application of awareness methods in psychotherapy. *Journal of Transpersonal Psychology*, 1982, 14 (1), 61-68.
- YAMAKA, T. Psychological study of mental self-control. *Bulletin of the Faculty of Literature of Kyushu University*, 1974, 5, 225-271.
- YAMAKA, T. Psychological study of self-control. In Y. Akishige (Ed.), *Psychological studies on Zen*. Tokyo: Zen Inst. of Komazawa University, 1973.
- YOCN, B.Y. A study of an extended concept of human intrapsychic capacity as expressed in D.T. Suzuki's Zen Buddhism. *Dissertation Abstracts International*, 1979, 40 (5-B), 2346-2347. (Abstract)
- YOUNGER, J., ADRIANCE, W., & BERGER, R. Sleep during Transcendental Meditation. *Perceptual & Motor Skills*, 1975, 40 (3), 953-954.
- YUNLIE, J.C., & SEDA, L. Positive effects of meditation: A limited generalization. *Journal of Applied Psychology*, 1980, 65 (3), 333-340.
- ZAHNER, R.C. *Zen, drugs and mysticism*. New York: Random House, 1972.
- ZAIACKOWSKY, L.D., & KAMEN, R. Biofeedback & meditation: Effects on muscle tension & locus of control. *Perceptual & Motor Skills*, 1978, 45 (3 Pt. 1), 955-958.
- ZAMBARRA, G.W.M., BESSEGGINI, I., & WERNERBERG, S. The effects of the Transcendental Meditation program on the exercise performance of patients with angina pectoris. In D.W. Orme-Johnson & J.T. Farrow (Eds.), *Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume I*. New York: M.E.R.U. Press, 1977.
- ZETTL, T. The psychological and physiological effects of meditation and the physical isolation tank experience on the type A behavior pattern. *Dissertation Abstracts International*, 1981, 41 (10-B), 3877-3878. (Abstract)
- ZUROFF, D.C., & SCHWARZ, J.C. Effects of Transcendental Meditation and muscle relaxation on trait anxiety, maladjustment,

locus of control and drug use. *Journal of Consulting & Clinical Psychology*, 1978, 46 (2), 264-271.

ZURONI, D.C., & SCHWABE, J.C. Transcendental Meditation vs. muscle relaxation: A two-year follow-up of a controlled experiment. *American Journal of Psychiatry*, 1980, 137 (10), 1229-1231.

ANNOUNCEMENT REGARDING THE JOURNAL'S STATEMENT OF PURPOSE

Miles A. Vich
Journal Editor

Over the last 15 years, a Statement of Purpose has appeared in the front pages of each *Journal* issue. Its current version is as follows:

The Journal of Transpersonal Psychology is concerned with the publication of theoretical and applied research, empirical papers, articles and studies in transpersonal process, values and states, unitive consciousness, metaneeds, peak experiences, ecstasy, mystical experience, being, essence, bliss, awe, wonder, transcendence of self-spirit, sacralization of everyday life, oneness, cosmic awareness, cosmic play, individual and species-wide synergy, the theories and practices of meditation, spiritual paths, compassion, transpersonal cooperation, transpersonal realization and actualization; and related concepts, experiences and activities.

Various editorial discussions and comments from *Journal* authors and readers have indicated that the Statement is in need of reformulation to reflect one-and-a-half decades of development in the field of transpersonal psychology. To this end, a Committee of Editors has been formed to review the Statement and draft a new version to appear in Volume 16 #2, 1984 or earlier.

Changes in the Statement have been an ongoing aspect of the *Journal's* evolution since the Founding Editor first observed that "... statements of purpose are understood to be formulations subject to change as required by the development of the objective living conditions, relationships, forces, etc., that they may represent" (Sutich, 1969).

Reference List of Published Scientific Research on the TM and TM-SIDHI Programme

Most of the following published 125 research and 26 review papers can be found in Volumes 1, 2, 3, and 4 of *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*. In addition, the Collected Papers contains over two hundred doctoral dissertations, masters theses, papers presented at scientific conferences and other papers not published elsewhere that do not appear in the following reference list. The numbers preceding the references refer to the paper numbers in the Collected Papers.

Orme-Johnson, D.W., and Farrow, J.T., eds. 1977. *Scientific Research on the Transcendental Meditation Program: Collected Papers*, Vol. 1. Rheinweiler, W. Germany: MERU Press.

Chalmers, R.A.; Clements, G.; Schenkluhn, H.; and Weinless, M., eds. In press. *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Vols. 2-4. Vlodrop, the Netherlands: MIU Press.

PART I: PHYSIOLOGY

A: Metabolic Changes

1. Wallace, R. K. Physiological effects of Transcendental Meditation. *Science* 167: 1751-1754, 1970.
3. Wallace, R. K., et al. A wakeful hypometabolic physiologic state. *American Journal of Physiology* 221: 795-799, 1971.
4. Wallace, R. K., et al. The physiology of meditation. *Scientific American* 226: 84-90, 1972.
5. Allison, J. Respiratory changes during Transcendental Meditation. *Lancet* (7651): 833, 1970.
11. Levander, V. L., et al. Increased forearm blood flow during a wakeful hypometabolic state. *Federation Proceedings* 31: 405 (Abstract), 1972.
12. Jevning, R.; Wilson, A.; Vanderlaan, E.; and Levine, S. Plasma prolactin and cortisol during Transcendental Meditation. Findings previously published in *The Endocrine Society Program 57th Annual Meeting*, New York City, 18-20 June 1975, p. 257 (Abstract).
13. Jevning, R.; Wilson, A. F.; and Smith W. R. Plasma amino acids during the Transcendental Meditation technique: Comparison to sleep. Findings previously published in *Sleep Research*, Vol. 4, ed. M. H. Chase, W. C. Stern, and P. L. Walter, pp, 79-80 (Abstract). Los Angeles: Brain Information Service, Brain Research Institute, University of California at Los Angeles, Los Angeles, California, U.S.A., 1975.
105. Jevning, R.; Smith, R.; Wilson, A. F.; and Morton, M.E. Alterations in blood flow during

changes in relaxation procedures. *Proceedings of the Endocrine Society of Australia* 19: 59 (Abstract), 1976.

110. Bujatti, M., and Riederer, P. Serotonin, noradrenaline, dopamine metabolites in Transcendental Meditation technique. *Journal of Neural Transmission* 39:257-267, 1976.

112. Jevning, R. and Wilson, A. F. Altered red cell metabolism in T.M. *Psychophysiology* 14: 94 (Abstract), 1977.

113. Jevning, R.; Pirkle, H. C.; and Wilson, A. F. Behavioral alteration of plasma phenylalanine concentration. *Physiology & Behavior* 19: 611-614, 1977.

190. Jevning, R.; Wilson, A. F.; and Davidson, J. M. Adrenocortical activity during meditation. *Hormones and Behavior* 10(1): 54-60, 1978.

191. Jevning, R.; Wilson, A. F.; and Smith, W. R. The Transcendental Meditation technique, adrenocortical activity, and implications for stress. *Experientia* 34: 618-619, 1978.

192. Jevning, R.; Wilson, A. F.; and Vanderlaan, E. F. Plasma prolactin and growth hormone during meditation. *Psychosomatic Medicine* 40(4): 329-333, 1978.

194. Jevning, R.; Wilson, A. F.; Smith, W. R.; and Morton, M. E. Redistribution of blood flow in acute hypometabolic behavior. *American Journal of Physiology* 235(1): R89-R92, 1978.

195. Jevning, R. and Wilson, A. F. Behavioral increase of cerebral blood flow. *The Physiologist* 21:60 (Abstract), 1978.

196. Arnhold, E.; Charles, B. M.; Gandhi, J. S.; Bragg, M. C.; and Rigby, B. P. Endocrinological changes following instruction in the TM-Sidhi programme. In *XIVth International Congress of Internal Medicine Abstracts*, Rome, Italy, October 1978, p. 363. Amsterdam: Excerpta Medica.

198. Lang, R.; Dehof, K.; Meurer, K. A.; and Kaufmann, W. Sympathetic activity and Transcendental Meditation. *Journal of Neural Transmission* 44: 117-135, 1979.

199. Bevan, A. J. W.; Symons, R. G.; Beng, C. G.; and Wellby, M. L. Short-term endocrine changes in Transcendental Meditation. *Proceedings of the Endocrine Society of Australia* 2 (Abstract 56), 1979.

200. Bevan, A. J. W. Endocrine changes in Transcendental Meditation. *Clinical and Experimental Pharmacology and Physiology* 7: 75-76 (Abstract), 1980.

202. Subrahmanyam, S. and Porkodi, K. Neurohumoral correlates of Transcendental Meditation. *Journal of Biomedicine* 1: 73-88, 1980.

204. Walton, K. G.; Lerom, M.; Salerno, J.; and Wallace, R. K. Practice of the Transcendental Meditation (TM) and TM-Sidhi program may affect the circadian rhythm of urinary 5-hydroxyindole excretion. *Society for Neuroscience Abstracts* 7: 48, 1981.

205. Farrow, J. T. and Hebert, J. R. Breath suspension during the Transcendental Meditation technique. *Psychosomatic Medicine* 44(2): 133-153, 1982.

207. Jevning, R.; Wilson, A. F.; and O'Halloran, J. P. Muscle and skin blood flow and metabolism during states of decreased activation. *Physiology & Behavior* 29(2): 343-348, 1982.

291. Jevning, R.; Wilson, A. F.; O'Halloran, J. P.; and Walsh, R. N. Forearm blood flow and metabolism during stylized and unstylized states of decreased activation. *American Journal of Physiology* 245 (Regulatory Integrative Comp. Physiol. 14): R110-R116, 1983.

292. Jevning, R.; Wilson, A. F.; Pirkle, H.; O'Halloran, J. P.; and Walsh, R. N. Metabolic control in a state of decreased activation: modulation of red cell metabolism. *American Journal of Physiology* 245 (Cell Physiol. 14): C457-C461, 1983.
293. Wolkove, N.; Kreisman, H.; Darragh, D.; Cohen, C.; and Frank, H. Effect of Transcendental Meditation on breathing and respiratory control. *Journal of Applied Physiology: Respiratory, Environmental and Exercise Physiology* 56(3): 607-612, 1984.
- *356. O'Halloran, J. P.; Jevning, R. A.; Wilson, A. F.; Skowsky, R.; and Alexander, C. N. Behaviorally induced secretin of arginine vasopressin. *Physiology and Behavior*, in press.
- *357. Walton, K. G. Francis, D.; Lerom, M.; and Tourenne, C. Behaviorally-induced alterations in urinary 5-hydroxyindoles. *Transactions of the American Society for Neurochemistry* 14: 199, 1983.
- *358. Walton, K. G.; McCorkle, T.; Hauser, T. MacLean C.; Wallace R. K.; Ieni J.; and Meyerson, L. R. "Substance M", A serotonin modulator candidate from human urine? *Molecular Mechanisms of Neuronal Responsiveness*, A chapter in *Advances in Experimental Medicine and Biology*. Plenum Press (in press).
- *359. Werner, O. R.; Wallace, R. K.; Charles, B.; Janssen, G.; Styker T.; and Chalmers, R. A. Long-term endocrinologic changes in subjects practicing the Transcendental Meditation and TM-Sidhi program. *Psychosomatic Medicine* Volume 48, 59-66, 1986.

B: Electrophysiological and Electroencephalographic Changes

14. Banquet, J. P. EEG and meditation. *Electroencephalography and Clinical Neurophysiology* 33: 454 (Abstract), 1972.
15. Banquet, J. P. Spectral analysis of the EEG in meditation. *Electroencephalography and Clinical Neurophysiology* 35: 143-151, 1973.
17. Banquet, J. P., and Sailhan, M. EEG analysis of spontaneous and induced states of consciousness. *Revue d'electroencephalographie et de neurophysiologie clinique* 4: 445-453 1974.
29. Williams, P., and West, M. EEG responses to photic stimulation in persons experienced a meditation. *Electroencephalography and Clinical Neurophysiology* 39: 519-522, 1975.
114. Kobal, G.; Wandhofer, A.; and Plattig, K.-H. EEG power spectra and auditory evoked potentials in Transcendental Meditation (TM). *Pflugers Archiv*, Supplement 359: 191, R 96 (Abstract), 1975.
115. Krahne, W. and Taneli, B. EEG and Transcendental Meditation. *Pflugers Archiv*, Supplement 359: 190, R 95 (Abstract), 1975.
116. Wandhofer, A.; Kobal, G.; and Plattig, K. -H. Shortening of latencies of human auditory evoked brain potentials during the Transcendental Meditation technique. *Zeitschrift fur Elektroenzephalographie und Elektromyographie EEG-EMG* 7: 99-103, 1976. (Transl.)
118. Banquet, J. P.; Haynes, C.; Hebert, R.; and Reber, B. Analysis of sleep in altered states of consciousness by classical EEG and coherence spectra. *Electroencephalography and Clinical Neurophysiology* 43(4): 503, E 203 (Abstract), 1977.
120. Bennett, J. E. and Trinder, J. Hemispheric laterality and cognitive style associated with Transcendental Meditation. *Psychophysiology* 14: 293-296, 1977.
121. Hebert, R. and Lehmann, D. Theta bursts: An EEG pattern in normal subjects practising

the Transcendental Meditation technique. *Electroencephalography and Clinical Neurophysiology* 42: 397-405, 1977.

170. Orme-Johnson, D. EEG coherence during transcendental consciousness. *Electroencephalography and Clinical Neurophysiology* 43(4): 581-582, E 487 (Abstract), 1977.

209. Kemmerling, T. Wirkung der Transzendentalen Meditation auf den Muskeltonus. *Psychopathometrie* (4): 437-438, 1978.

213. Badawi, K.; Wallace, R.K.; Orme-Johnson, D.; and Rouzere, A.-M. Electrophysiologic characteristics of respiratory suspension periods occurring during the practice of the Transcendental Meditation program. *Psychosomatic Medicine* 46(3): 267-276, 1984.

214. McEvoy, T.M.; Frumkin, L.R.; and Harkins, S.W. Effects of meditation on brainstem auditory evoked potentials. *International Journal of Neuroscience* 10: 165-170, 1980.

216. Orme-Johnson, D.W., and Haynes, C.T. EEG phase coherence, pure consciousness, creativity, and TM-Sidhi experiences. *International Journal of Neuroscience* 13: 211-217, 1981.

217. Dillbeck, M. C., and Bronson, E.C. Short-term longitudinal effects of the Transcendental Meditation technique on EEG power and coherence. *International Journal of Neuroscience* 14: 147-151, 1981.

219. Dillbeck, M. C.; Orme-Johnson, D. W.; and Wallace, R. K. Frontal EEG coherence, H-reflex recovery, concept learning, and the TM-Sidhi program. *International Journal of Neuroscience* 15: 151-157, 1981.

222. Orme-Johnson, D.; Dillbeck, M. C.; Wallace, R. K.; and Landrith III, G. S. Intersubject EEG coherence: Is consciousness a field? *International Journal of Neuroscience* 16: 203-209, 1982.

223. Nidich, S.I.; Ryncarz, R.A.; Abrams, A.I.; Orme-Johnson, D.W.; and Wallace, R.K. Kohlbergian cosmic perspective responses, EEG coherence, and the Transcendental Meditation and TM-Sidhi program. *Journal of Moral Education* 12(3): 166-173, 1983.

C: Physiological Efficiency and Stability

25. Orme-Johnson, D. W. Autonomic stability and Transcendental Meditation. *Psychosomatic Medicine* 35: 341-349, 1973.

227. Warshal, D. Effects of the Transcendental Meditation technique on normal and Jendrassik reflex time. *Perceptual and Motor Skills* 50: 1103-1106, 1980.

228. Mills, W. W. and Farrow, J. T. The Transcendental Meditation technique and acute experimental pain. *Psychosomatic Medicine* 43(2): 157-164, 1981.

229. Wallace, R. K.; Mills, P. J.; Orme-Johnson, D. W.; Dillbeck, M. C.; and Jacobe, E. Modification of the paired H reflex through the Transcendental Meditation and TM-Sidhi program. *Experimental Neurology* 79: 77-86, 1983.

230. Wallace, R. K.; Mills, P. J.; Orme-Johnson, D. W.; Dillbeck, M. C.; and Jacobe, E. The paired H reflex and its correlation with EEG coherence and academic performance in normal subjects practicing meditation. *Society for Neuroscience Abstracts* 8: 537, 1982.

*369. Dillbeck, M. C., and Aaras Vesely, S. Participation in the Transcendental Meditation program and frontal EEG coherence during concept learning. *Inter. J. Neuroscience*. (in press).

D. Health

32. Wallace, R. K., et al. Decreased blood pressure in hypertensive subjects who practiced meditation, Supplement II to *Circulation* 45 and 46: 516 (Abstract), 1972.
33. Blackwell, B.; Hanenson, I. B.; Bloomfield, S. S.; Magenheim, H. G.; Nidich, S. I.; and Gartside, P. Effects of Transcendental Meditation on blood pressure: A controlled pilot experiment. *Psychosomatic Medicine* 37 (1): 86 (Abstract), 1975.
36. Honsberger, R. W., and Wilson, A. F. The effect of Transcendental Meditation upon bronchial asthma. *Clinical Research* 21: 278 (Abstract), 1973.
37. Honsberger, R. W. and Wilson, A. F. Transcendental Meditation in treating asthma. *Respiratory Therapy: The Journal of Inhalation Technology* 3: 79-80, 1973.
38. Wilson, A. F.; Honsberger, R. W.; Chiu, J. T.; and Novey, H. S. Transcendental Meditation and asthma. *Respiration* 32: 74-80, 1975.
43. McIntyre, M. E.; Silverman, F.H.; and Trotter, W.D. Transcendental Meditation and stuttering: A preliminary report. *Perceptual and Motor Skills* 39: 294 (Abstract), 1974.
125. Doner, D. W., Jr. The Transcendental Meditation technique--a "self-care" program for the dialysis/transplant patient. Findings previously published in *Journal of the American Association of Nephrology Nurses and Technicians* 3(3): 119-125, 1976.
232. Graf, D. and Pfisterer, G. Der Nutzen der Technik der Transzendentalen Meditation fur die arztliche Praxis. *Erfahrungsheilkunde* (9): 594-596, 1978.
233. Cooper, M. J. and Aygen, M. M. Effect of Transcendental Meditation on serum cholesterol and blood pressure. Findings previously published in *Harefuah*, the Journal of the Israel Medical Association 95(1): 1-2, 1978.
236. Cooper, M. J. and Aygen, M. M. Transcendental Meditation in the management of hypercholesterolemia. *Journal of Human Stress* 5(4): 24-27, 1979.
237. Seiler, G. and Seiler, V. The effects of Transcendental Meditation on periodontal tissue *Journal of the American Society of Psychosomatic Dentistry and Medicine* 26(1): 8-12, 1979.
241. Overbeck, K.-D. Auswirkungen der Technik der Transzendentalen Meditation (TM) auf die psychische und psychosomatische Befindlichkeit. *Psychotherapie-Psychosomatik Medizinische Psychologie* 32(6): 188-192, 1982.
242. Wallace, R. K.; Dillbeck, M.; Jacobe, E.; and Harrington, B. The effects of the Transcendental Meditation and TM-Sidhi program on the aging process. *International Journal of Neuroscience* 16: 53-58, 1982.
243. Lovell-Smith, H. D. Transcendental Meditation--treating the patient as well as the disease. *The New Zealand Family Physician* 9: 62-65, April 1982.
244. Wallace, R. K.; Silver, J.; Mills, P. J.; Dillbeck, M. C.; and Wagoner, D. E. Systolic blood pressure and long-term practice of the Transcendental Meditation and TM-Sidhi program: Effects of TM on systolic blood pressure. *Psychosomatic Medicine* 45(1): 41-46, 1983.
- *366. Garnier, D.; Cazabat, A.; Thebault, P., and Gauge, Ph. Etude experimentale de la ventilation pulmonaire pendant la technique de Meditation Transcendentale applications en

medecine preventive. *EST-Medicine*, 1984, 4, 867-870.

E. Motor and Perceptual Ability, and Athletic Performance

46. Appelle, S. and Oswald, L. E. Simple reaction time as a function of alertness and prior mental activity. *Perceptual and Motor Skills* 38: 1263-1268, 1974.
51. Pelletier, K. R. Influence of Transcendental Meditation upon autokinetic perception. *Perceptual and Motor Skills* 39: 1031-1034, 1974.
232. Graf, D. and Pfisterer, G. Der Nutzen der Technik der Transzendentalen Meditation fur die arztliche Praxis. *Erfahrungsheilkunde* (9): 594-596, 1978.
248. Holt, W. R.; Caruso, J. L.; and Riley, J. B. Transcendental Meditation vs pseudo-meditation on visual choice reaction time. *Perceptual and Motor Skills* 46: 726, 1978.
249. Friend, K. E. and Maliszewski, M. More on the reliability of the kinesthetic after-effects measure and need for stimulation. *Journal of Personality Assessment* 42(4): 385-391, 1978.
251. Banquet, J. P. and Lesevre, N. Event-related potentials in altered states of consciousness. *Motivation, Motor and Sensory Processes of the Brain, Progress in Brain Research* 54: 447-453, 1980.
253. Dillbeck, M. C. Meditation and flexibility of visual perception and verbal problem solving. *Memory and Cognition* 10(3): 207-215, 1982.
259. Jedrczak, A. The Transcendental Meditation and TM-Sidhi programme and field independence. Findings to be published in *Perceptual and Motor Skills*, 1984.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

55. Tjoa, A. Increased intelligence and reduced neuroticism through the Transcendental Meditation program. Findings previously published in *Gedrag: Tijdschrift voor Psychologie (Behavior: Journal for Psychology)* (3): 167-182, 1975.
135. Harrison, S.D.; Pagano, R.; and Warrenburg, S. Meditation and right hemispheric functioning--spatial localization. In *Proceedings of the Biofeedback Research Society*, Seventh Annual Meeting, Colorado Springs, Colorado, U.S.A., 27 February-2 March 1976, p. 33 (Abstract).
140. Pagano, R. R., and Frumkin, L. R. The effect of Transcendental Meditation on right hemispheric functioning. *Biofeedback and Self-Regulation* 2(4): 407-415, 1977.
260. Travis, F. Creative thinking and the Transcendental Meditation technique. Findings previously published in *The Journal of Creative Behavior* 13(3): 169-180, 1979.
261. Aron, A.; Orme-Johnson, D.; and Brubaker, P. The Transcendental Meditation program in the college curriculum: A 4-year longitudinal study of effects on cognitive and affective functioning. *College Student Journal* 15(2): 140-146, 1981.
263. Eyerman, J. Transcendental Meditation and mental retardation. *Journal of Clinical Psychiatry* 42(1): 35-36, 1981.

265. Kotchabhakdi, N. J.; Pipatveravat, S.; Kotchabhakdi, N.; Tapanya, P.; and Pornpathkul, S. Improvement of intelligence, learning ability and moral judgement through the practice of the Transcendental Meditation technique. In *Proceedings of the Second Asian Workshop on Child and Adolescent Development*, Bangkok and Bangsaen, Thailand, 15-24 February 1982. Bangkok: Sri Nakharinwirot University.
306. Kember, P. The Transcendental Meditation technique and academic performance: A short report on a controlled longitudinal pilot study. Findings to be published in *British Journal of Educational Psychology*, 1985. (Abstract)
- *361. Kember, P. The Transcendental Meditation technique and post graduate academic performance. *British Journal of Educational Psychology*, 1985, 55, 164-166.
- *364. Nidich, S.; Nidich, R., and Rainforth M. School effectiveness: Achievement gains at the Maharishi School of the Age of Enlightenment. *Education*. (in press).
- *368. Dillbeck, M. C.; Assimakis, P. D.; Raimondi, D.; Orme-Johnson, D. W., and Rowe, R. (1986). Longitudinal effects of the Transcendental Meditation and TM-Sidhi program on cognitive ability and cognitive style. *Perceptual and Motor Skills*, 62 731-738.

B: Development of Personality

64. Seeman, W.; Nidich, S.; and Banta, T. Influence of Transcendental Meditation on a measure of self-actualization. *Journal of Counseling Psychology* 19: 184-187, 1972.
66. Stek, R. J. and Bass, B. A. Personal adjustment and perceived locus of control among students interested in meditation. *Psychological Reports* 32: 1019-1022, 1973.
67. Berg, W. P. Van Den and Mulder, B. Psychological research on the effects of the Transcendental Meditation technique on a number of personality variables. Findings previously published in Gedrag: *Tijdschrift voor Psychologie (Behavior: Journal for Psychology)* (4): 206-218, 1976. See also Dijk, H. Van and Berg, W. P. Van Den. Begripsvaliditeit van de NPV-Zelfwaarde-Ringsschaal. *Heymans Bulletins*, Psychologische Instituten R.U., Groningen, the Netherlands, NR: HB-74-147 Ex.
69. Hjelle, L.A. Transcendental Meditation and psychological health. *Perceptual and Motor Skills* 39:623-628, 1974.
70. Nidich, S.; Seeman, W.; and Dreskin, T. Influence of Transcendental Meditation: A replication. *Journal of Counseling Psychology* 20: 565-566, 1973.
71. Penner, W. J.; Zingle, H. W.; Dyck, R.; and Truch, S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? *Western Psychologist* 4: 104-111, 1974.
78. Ferguson, P.C., and Gowan, J.C. Psychological findings on Transcendental Meditation. Findings previously published in *Journal of Humanistic Psychology* 16(3): 51-60, 1976.
154. Dillbeck, M. C. The effect of the Transcendental Meditation technique on anxiety level. *Journal of Clinical Psychology* 33(4): 1076-1078, 1977.
156. Nystul, M. S. and Garde, M. Comparison of self-concepts of Transcendental Meditators and nonmeditators. *Psychological Reports* 41: 303-306, 1977.
266. Hanley, C. P. and Spates, J. L. Transcendental Meditation and social psychological attitudes. *The Journal of Psychology* 99: 121-127, 1978.
267. Ljunggren, G. Inflytandet av Transcendental Meditation pa neuroticism, medicinbruk och somnproblem. *Lakartidningen* 74(47): 4212-4214, 1977.

271. Holeman, R. and Seiler, G. Effects of sensitivity training and Transcendental Meditation on perception of others. *Perceptual and Motor Skills* 49: 270, 1979.
273. Kniffki, C. Transcendental Meditation and autogenic training: A comparison. *Transzendentale Meditation und Autogenes Training--Ein Vergleich* in the series 'Geist und Psyche'. Munich: Kindler Verlag, 1979.
274. Turnbull, M. J. and Norris, H. Effects of Transcendental Meditation on self-identity indices and personality. *British Journal of Psychology* 73: 57-68, 1982.
- *371. Alexander, C. N.; Davies, J. L.; Oetzel, R., and Muehlman, J. M. The Vedic psychology of human development: Unfreezing development of consciousness. In C.N. Alexander, et al. (eds.) *Higher Stages of Development: Adult Growth Beyond Formal Operations*. New York: Oxford University Press, (in press).

PART III: SOCIOLOGY

A: Rehabilitation

80. Wallace, R. K., et al. Decreased drug abuse with Transcendental Meditation: A study of 1,862 subjects. In *Drug Abuse: Proceedings of the International Conference*, ed. Chris J. D. Zarafonetis, pp. 369-376. Philadelphia: Lea and Febiger, 1972.
82. Shafii, M.; Lavelly, R. A.; and Jaffe, R. D. Meditation and marijuana. *American Journal of Psychiatry* 131: 60-63, 1974.
83. Shafii, M.; Lavelly, R. A.; and Jaffe, R. Meditation and the prevention of alcohol abuse, *American Journal of Psychiatry* 132: 942-945, 1975.
157. Candelent, T. and Candelent, G. Teaching Transcendental Meditation in a psychiatric setting. *Hospital & Community Psychiatry* 26(3): 156-159, 1975.
159. Bloomfield, H. H. and Kory, R. The Transcendental Meditation program, spiritual crisis and enlightenment. Findings previously published in *Holistic way to health and happiness*, pp. 243-259. New York: Simon and Schuster, 1978.
162. Dhanaraj, H. The influence of Transcendental Meditation on cessation of drug use: Some preliminary findings. Findings previously published in *RODA Summer Scholarship Abstracts*, National Health and Welfare, Canada, 1973.
163. Monahan, R. J. Secondary prevention of drug dependence through the Transcendental Meditation program in metropolitan Philadelphia. *The International Journal of the Addictions* 12(6): 729-754, 1977.
276. Shafii M.; Lavelly, R.; and Jaffe, R. Decrease in cigarette smoking following Transcendental Meditation. University of Michigan Medical School, Ann Arbor, Michigan, U.S.A. Findings previously published in *MERU Journal* (24): 29 (Abstract), 1976.
277. Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. *Zeitschrift fur klinische Psychologie* 7(4): 235-255, 1978.
278. Abrams, A. I. and Siegel, L. M. The Transcendental Meditation program and rehabilitation at Folsom State Prison: A cross-validation study. *Criminal Justice and Behavior* 5(1): 3-20, 1978.
279. Abrams, A. I. Transcendental Meditation and rehabilitation at Folsom Prison: Response to a critique. *Criminal Justice and Behavior* 6(1): 13-21, 1979.

287. Aron, E. N., and Aron, A. The patterns of reduction of drug and alcohol use among Transcendental Meditation participants. *Bulletin of the Society of Psychologists in Addictive Behaviors* 2(1): 28-33, 1983.
288. Aron, A. and Aron, E. N. Rehabilitation of juvenile offenders through the Transcendental Meditation program: A controlled study. *Journal of Crime and Justice*, in press.
313. Brooks, J. S. and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. *Journal of Counseling and Development*, in press.

B: Productivity and Quality of Life

96. Frew, D. R. Transcendental Meditation and productivity. *Academy of Management Journal* 17: 362-368, 1974.
315. Aron, E. N. and Aron, A. Transcendental Meditation program and marital adjustment. *Psychological Reports* 51: 887-890, 1982.
318. Dillbeck, M. C.; Landrith III, G.; and Orme-Johnson, D. W. The Transcendental Meditation program and crime rate change in a sample of forty-eight cities. Findings previously published in *Journal of Crime and Justice* 4:25-45, 1981.

REVIEW PAPERS

A: Health

167. Graf, H.-D. Transzendentale Meditation--ein Weg in der psychophysischen Therapie. *Arzteblatt Baden-Wurttemberg* (6), 1975.
168. Toane, E. B. The Transcendental Meditation program. *Journal of the Canadian Medical Association* 114: 1095-1096, 1976.
169. Stutz, E. Transzendentale Meditation in der Medizin. *Medizinische Klinik* 72(20): 905-908, 1977.
172. Graf, D. Die Technik der Transzendentalen Meditation und ihre Wirkungen auf die Gesundheit. *Erfahrungshscheilkunde* 27(3): 99-102, 1978.
173. Kanellakos, D. P. Transcendental consciousness: Expanded awareness as a means of preventing and eliminating the effects of stress. In *Stress and Anxiety*, ed. Speilberger and Sarason, vol. 5, pp. 261-315. Washington, D.C.: Hemisphere Publishing Corporation, 1978.
174. Graf, D. Die Transzendentale Meditation (TM) und ihre therapeutischen Möglichkeiten. *Zeitschrift fur Allgemeinmedizin* 54(12): 701-709, 1978.
175. Kroener, D. Transzendentale Meditation und ihre Indikationen für den niedergelassenen Arzt. *Biologische Medizin* 9(3): 122-127, 1980.
338. Werner, O. Das Programm der Transzendentalen Meditation in der Medizin. *Schweizerische Arztezeitung* (39):1722-1726, 1978.
339. Werner, O. Perfect health through enlightenment. In *XIVth International Congress of Internal Medicine Abstracts*, Rome, Italy, October 1978, pp. 370-371. Amsterdam: Excerpta Medica.
341. Blicher, B.; Blondeau, F.; Choquette, C.; Deans, A.; Drouin, P.; Glaser, J.; and Thibaudeau

P. Meditation Transcendantale revue de la litterature scientifique. *Le Medecin du Quebec* 15(8):46-66, 1980.

344. Rasmussen, S. G.; Jensen, M. R.; and Rodenberg, J. Praesentation af en sundhedsmodel. *Ugeskrift for Loeger* 145(24): 1900-1902, 1983.

B: Education

176. Levine, P. H. Transcendental Meditation and the Science of Creative Intelligence. *Phi Delta Kappan* 54(4): 231-235, 1972.

177. Driscoll, F. TM as a secondary school subject. *Phi Delta Kappan* 54(4): 236-237, 1972.

178. Price, J. F. Education and the Science of Creative Intelligence. *Vestes: the Australian Universities' Review* 17(1): 28-37, 1974.

347. Dillbeck, S. L. Maharishi's integrated system of education: Offering excellence in American education. In *Proceedings of the hearing before the Subcommittee on Education, Arts and Humanities of the Committee on Labor and Human Resources, United States Senate, Ninety-Eighth Congress, First Session, on Examination of the report of the National Commission on Excellence in Education*, 22 September 1983, pp. 522-531. Washington, D.C. U.S. Government Printing Office, 1984.

C: Personality

348. Nidich, S. I. and Orme-Johnson, D. W. Kohlberg Stage 7, natural law, and the Transcendental Meditation and TM-Sidhi program. In *Proceedings of the International Symposium on Moral Education*, University of Fribourg, Fribourg, Switzerland, 3 September 1982, in press.

349. Dillbeck, M. C. Testing the Vedic Psychology of the *Bhagavad-Gita*. *Psychologia* 26: 232-240, 1983.

D: Rehabilitation

181. Kniffki, K.-D. Transzendentale Meditation--TM--u.a. eine nichtchemische Methode gegen Drogenmissbrauch. *Neidersachsisches Arzteblatt* 44(24): 805-809, 1971.

182. Cox, S. B. Transcendental Meditation and the criminal justice system. *Kentucky Law Journal* 60(2), 1971-1972.

183. Sykes, D. E. Transcendental Meditation--as applied to criminal justice reform, drug rehabilitation and society in general. *The University of Maryland Law Forum* 3(2), 1973.

184. Marcus, J. B. Transcendental Meditation: A new method of reducing drug abuse. *Drug Forum* 3(2): 113-136, 1974.

187. Stutz, E. Transzendentale Meditation in der Behandlung Drogenabhängiger. *Das öffentliche Gesundheitswesen* 39: 759-766, 1977.

351. Aron, A. and Aron, E. N. The Transcendental Meditation program's effect on addictive behavior. *Addictive Behaviors* 5: 3-12, 1980.

352. Orme-Johnson, D. Prison rehabilitation and crime prevention through the Transcendental Meditation and TM-Sidhi program. In *Holistic approaches to offender*

Rehabilitation, ed. Leonard J. Hippchen, Chapter 15. Springfield, Illinois: Charles C. Thomas, 1981.

E: Quality of Life

189. Baumann, E. Neurophysiologische Integration als Grundlage fur Lernen und Arbeiten in der Okologie. *Verhandlungen der Gesellschaft fur Okologie*, Kiel 1977, 6: 557-560, 1978.

355. Orme-Johnson, D. and Dillbeck, M. C. A proposal to establish a U.S. Academy of Peace. In *Proceedings of the hearing before the Subcommittees on International Security and Scientific Affairs and on International Operations of the Committee on Foreign Affairs, and the Subcommittee on Postsecondary Education of the Committee on Education and Labor, House of Representatives, Ninety-Seventh Congress, Second Session, on Bills H. R. 5088 and H. R. 6182*, 21 July 1982, pp. 241-250. Washington, D. C.: U. S. Government Printing Office, 1982.

* The "star" indicates papers not in the the Collected Papers vols. 1-4.

PLAKAT PUBLIKATIONEN

POSTER PUBLICATIONS