

Introduction	1
Meditation research also in psychotherapy	5
State of research on TM and Mindfulness Meditation	7
"Automatic Self Transcending" in TM	7
Turiya as junction point: Physiology	11
Turiya as junction point: Psychology	16
Respiratory suspension during TM	17
VLF and heart	21
Heart communicates with brain	27
TM: Breath suspension and Automatic-SELF-Transcending	29
The field effect of "Pure Consciousness"	31
Mindfulness Meditation: Vipassana & anapanasati	33
TM and Mindfulness Meditation (FM): Metaanalyses	44
Our Pilot Study: Data collection	53
Results Mindfulness Meditation and TM	59
Longterm-HRV	59
Short-term HRV: Initial test and retest	61
Short-term HRV immediately before and after meditation	63
Fitness mode and regeneration mode: Related HRV patterns	65
Mindfulness Meditation: Related patterns	67
Transcendental Meditation: Related patterns	68
Discussion	73
Closing	77

VI | Table of Contents

Appendix: HRV measurements: Mindfulness and TM	83
Long-term – HRV	83
Short-term – HRV, First test and Retest	84
Short-term HRV immediately before (“Pre”) and after (“Post”) meditation	85
Questionnaires used	87
References	89