

Chapter 26. Meditation and Growth

Written by Charles T. Tart
Thursday, 31 March 2011 00:00

Chapter 26. □ □ Meditation and Growth

THE QUESTIONNAIRE asked whether the users regularly practiced any sort of meditation or non-drug discipline for spiritual or personal growth. Sixteen percent indicated regular practice of some form of Oriental or Occidental meditation. Seven percent indicated they were or had been regularly involved in some form of conventional psychotherapy (2 percent) or growth discipline (5 percent), such as psychoanalysis, Gestalt therapy, sensitivity training, encounter groups, etc. Users indicating irregular practice were not included in either the Meditation group or the Therapy and Growth group.

Overall, the three-way chi-square analyses comparing the Meditators and the Therapy and Growth group against all other users were quite significant. Twenty-eight analyses were significant at the .05 level (19 expected by chance), 14 at the .01 level (4 expected by chance) and 2 at the .001 level (none expected by chance).

In most analyses, either the Meditators or the Therapy and Growth group were clearly higher or lower than Ordinary Users. Occasionally both these groups were higher or lower than the Ordinary Users, and in such cases both groups have been indicated in the summary tables as significantly different from Ordinary Users. [1]

Most often the Meditators were clearly higher or lower on various effects than the Therapy and Growth group or the Ordinary users. Tables 26-1 and 26-2 summarize significant differences for the Meditators. The Meditators more frequently experience a variety of effects, which we would expect in such a group of fairly disciplined [2] people.

Table 26-3 summarizes significant differences for the Therapy and Growth group. This is a rather mixed group in terms of disciplines followed, making the results difficult to interpret.

TABLE 26-1
MEDITATION AND FREQUENCY OF VARIOUS INTOXICATION EFFECTS CATEGORY
LEVEL

Meditators	<i>more</i>	frequently experience:	
Vision	FACE OF ANOTHER PERSON	CHANGES	.05
Taste	RETASTE FOOD WHEN	BELCHING	.05
Space/Time	AIR, SPACE BECOMES	SOLID	.05
Paranormal	*OOBEs before beginning	marijuana use	.01
Body	ENERGY FEELINGS IN	BODY	.05
Energy in spine	.05		
Aware of	<i>chakra</i>	centers	.01
Emotion	PRE-INTOXICATION MOOD	AMPLIFIED	.05
Identity	MERGE WITH OBJECT	OR PERSON CONTEMPLATED	.01
	AT ONE WITH THE WORLD		.01

Chapter 26. Meditation and Growth

Written by Charles T. Tart
Thursday, 31 March 2011 00:00

Spiritual	IN TOUCH WITH A HIGHER POWER	
	MEDITATE MORE EFFECTIVELY	.05
a. Spiritual experiences with	getting intoxicated	.005
a. Religious significance to	getting intoxicated	.01
Meditators	<i>less</i>	frequently experience:
Hearing	AUDITORY IMAGERY	BETTER
Taste	VIVID TASTE IMAGERY	.05
Space/Time	JERKINESS OF FLOW OF	EVENTS
Social	FEEL ISOLATED	.01
TALK MORE		.05
Sex	NEW QUALITIES TO ORGASM	
Thought	RECALL LESS OF MATERIAL	READ

[a]Not coded as to frequency of occurrence by type style.

TABLE 26-2
MEDITATION AND LEVELS OF INTOXICATION FOR VARIOUS EFFECTS CATEGORY
LEVEL

Meditators must be	<i>more</i>	intoxicated to experience:
Hearing	AUDITORY IMAGERY	ENHANCED
Social	LESS SOCIABLE	.05
Miscellaneous	FEEL THE WORLD IS ALL	RIGHT
Meditators need be	<i>less</i>	intoxicated to experience:
Hearing	AUDITORY SPACE	.05
Touch	NEW QUALITIES TO TOUCH	
TOUCH MORE SENSUAL		.01
Taste	VIVID TASTE IMAGERY	.01
Space/Time	WALKING DISTANCE CHANGED	
Body	HYPERAWARENESS OF	BREATHING
Social	FEEL PARANOID	.05
Thought	MORE HERE-AND-NOW	.05
THINK MORE INTUITIVE		.05
Sleep	EARLY EVENING DROWSINESS	

Chapter 26. Meditation and Growth

Written by Charles T. Tart
Thursday, 31 March 2011 00:00

TABLE 26-3
THERAPY AND GROWTH GROUP AND
FREQUENCY OF VARIOUS INTOXICATION EFFECTS
LEVEL

CATEGORY

INTOXICATION E

Therapy & Growth Group	<i>less</i>	frequently experiences:
Vision	NEW COLORS	.05
Thought	HARDER TO READ	.05
Memory	RECALL LESS OF MATERIAL READ	.05

Therapy & Growth Group	<i>more</i>	frequently experience:
Paranormal	<i>a. OOBES</i>	.05
	<i>a. Multiple OOBES</i>	.05
Body	AWARE OF INTERNAL ORGANS WHEN DEFECATING	.05
Memory	RECALL MORE OF MATERIAL READ	.05
Emotion	PRE-INTOXICATION MOOD AMPLIFIED	.05
Identity	Possessed by a good force or will	.05
Spiritual	IN TOUCH WITH A HIGHER POWER	.05

Therapy & Growth Group	<i>more</i>	intoxicated to experience:
Space/Time	EVENTS FLOW SMOOTHLY	.05

Therapy & Growth Group	<i>less</i>	intoxicated to experience:
Space/Time	WALKING DISTANCE CHANGED	.05
Sex	MORE NEED FOR SEX	.05

[a]Indicates not coded as to frequency of occurrence by type style.

Footnotes

1. One consequence of this is that there are more significant effects listed in the tables. because of duplication, than are reported below. ([back](#))
2. Given the generally young age of the sample, the Meditation group should not be considered representative of what sorts of results might be gotten with *highly* trained meditators. ([back](#))