



The University of Sydney

MEDITATION RESEARCH PROGRAMME

Dr Ramesh Manocha MBBS BSc PhD

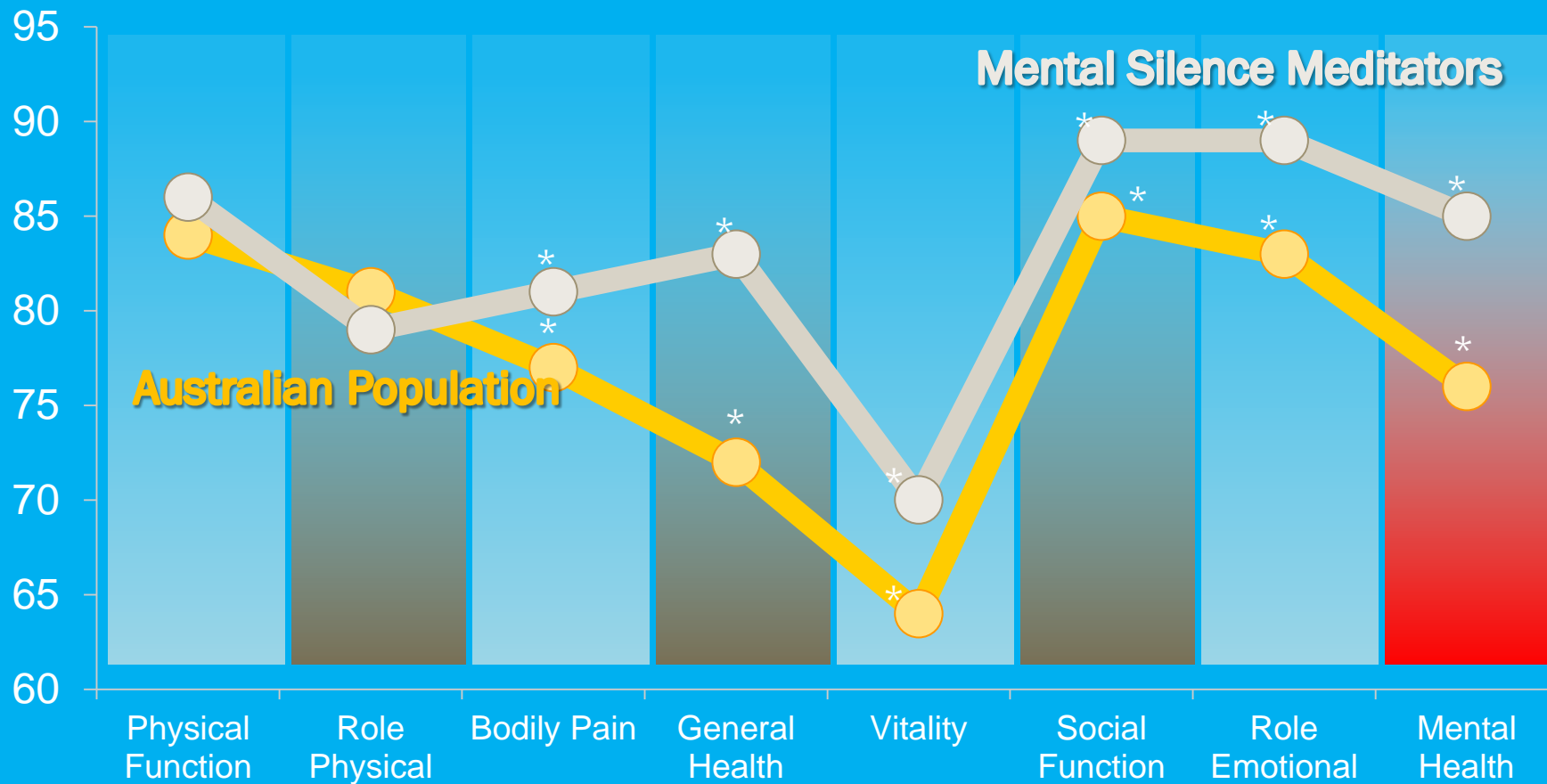
Meditation Research Programme,

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Health of Australian Meditators



Research Article

Quality of Life and Functional Health Status of Long-Term Meditators

Evidence-Based Complementary and Alternative Medicine
Volume 2012, Article ID 350674, 9 pages
doi:10.1155/2012/350674

Ramesh Manocha,¹ Deborah Black,² and Leigh Wilson²

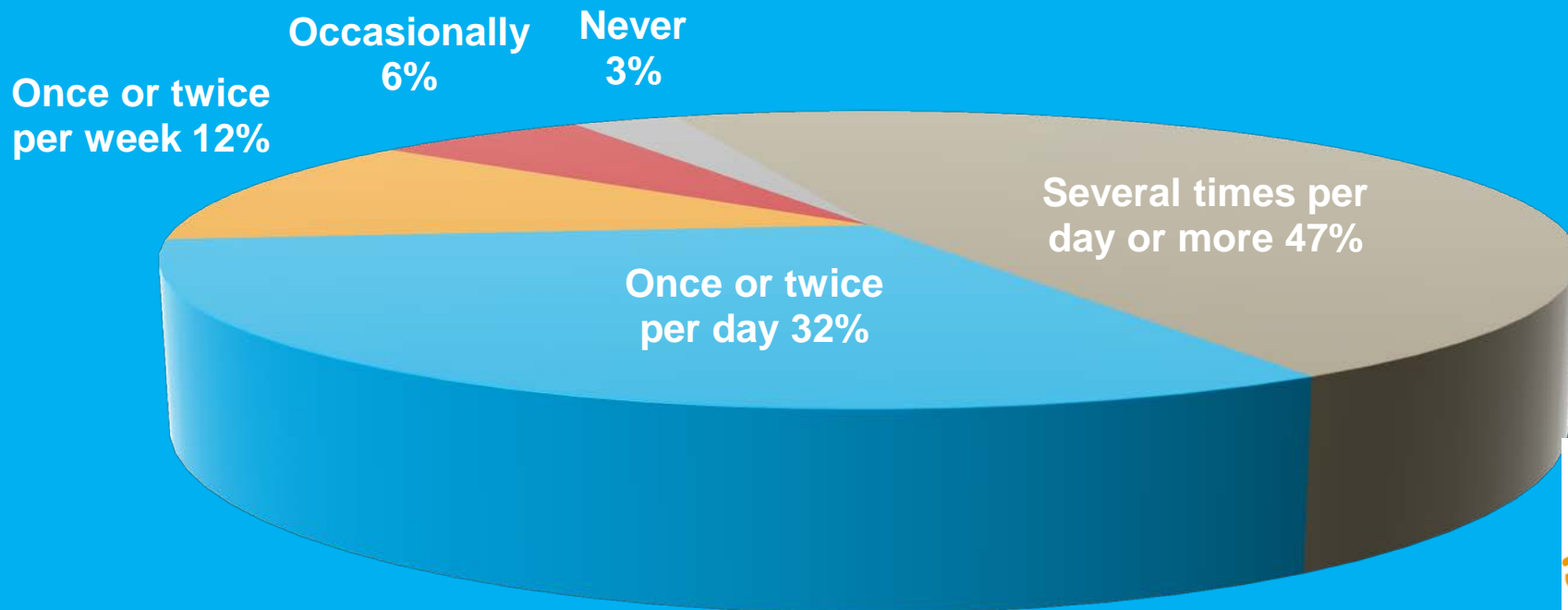


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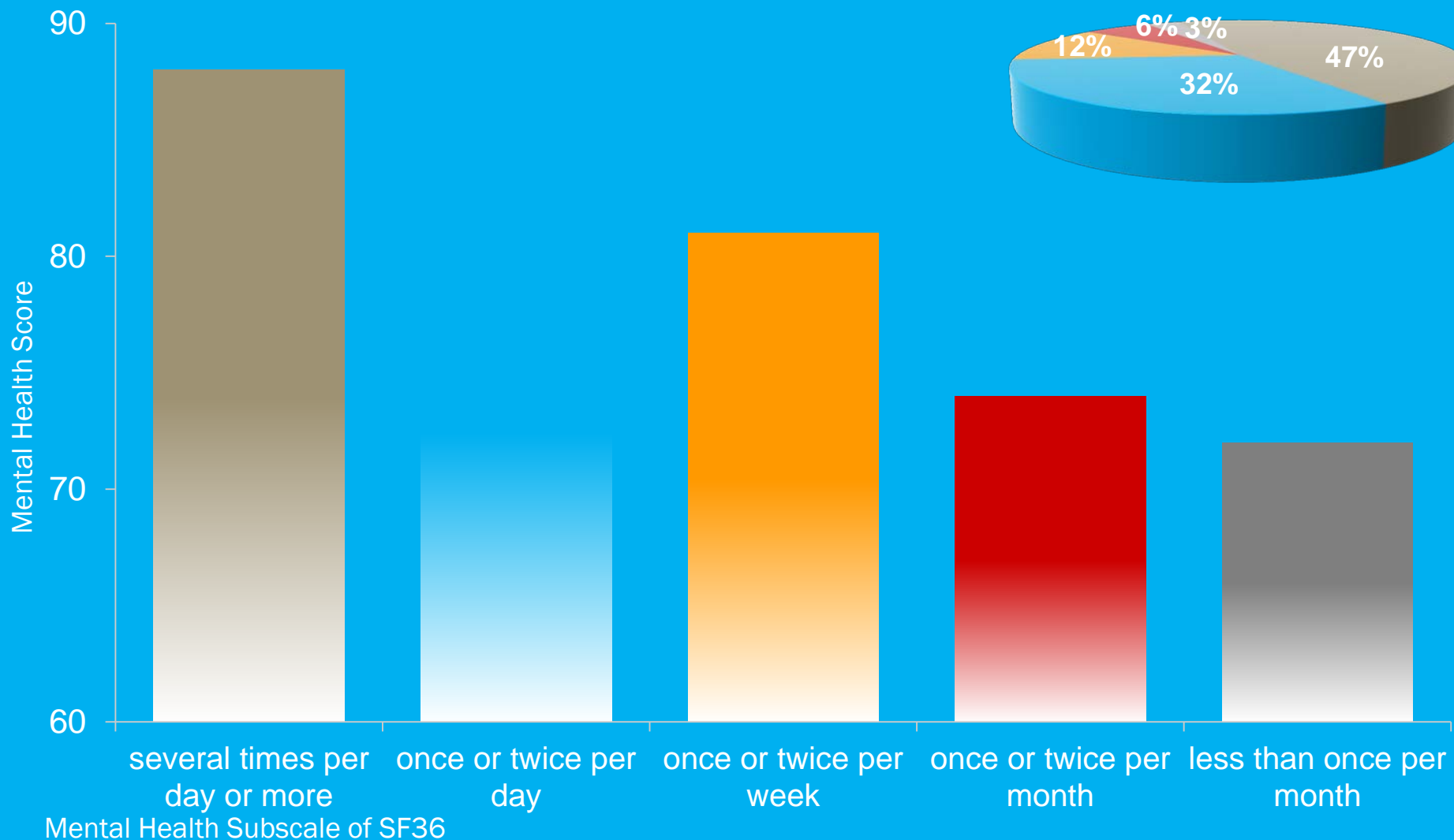
“How often do you experience thoughtless awareness for a few minutes or more?”



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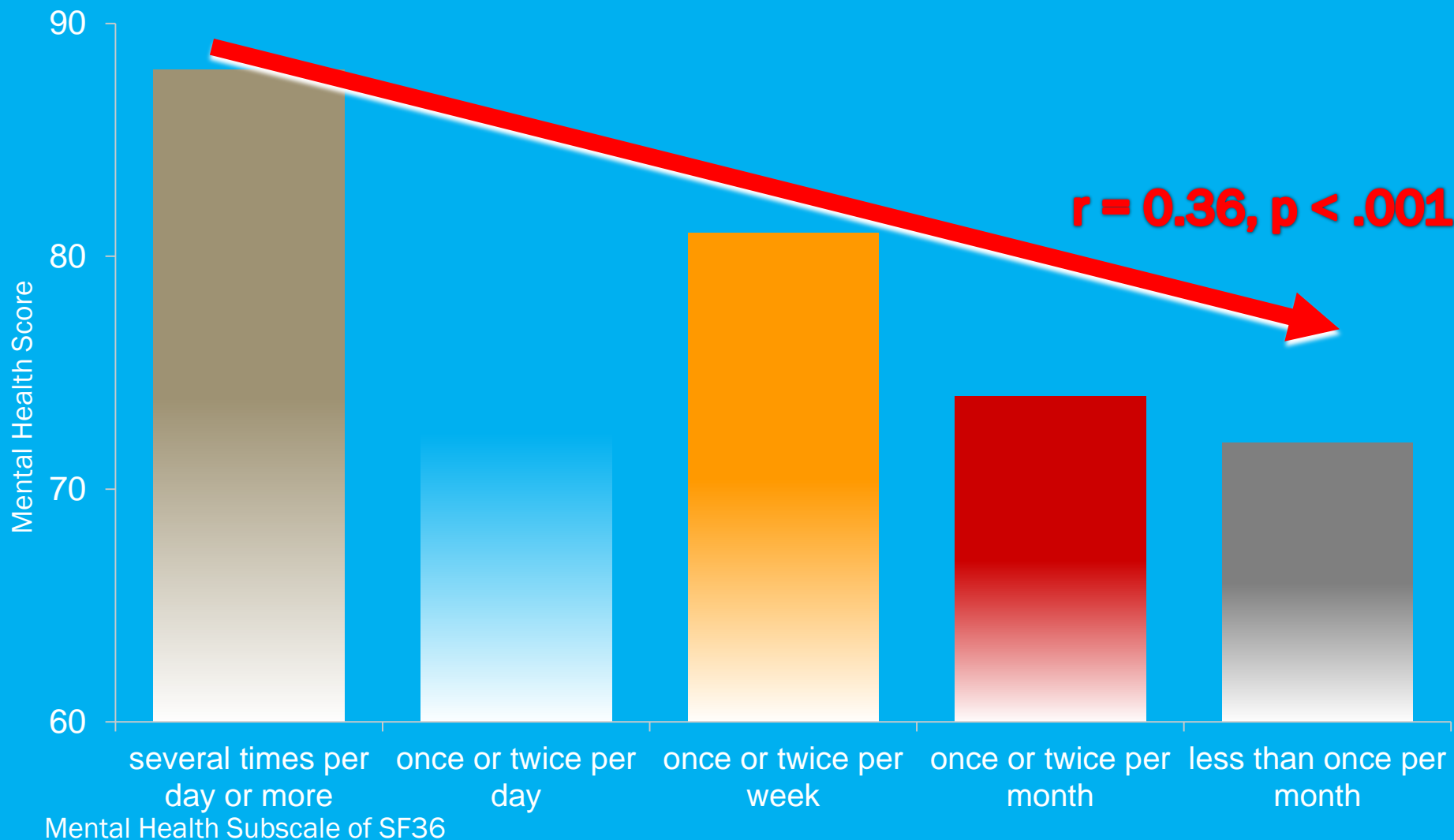
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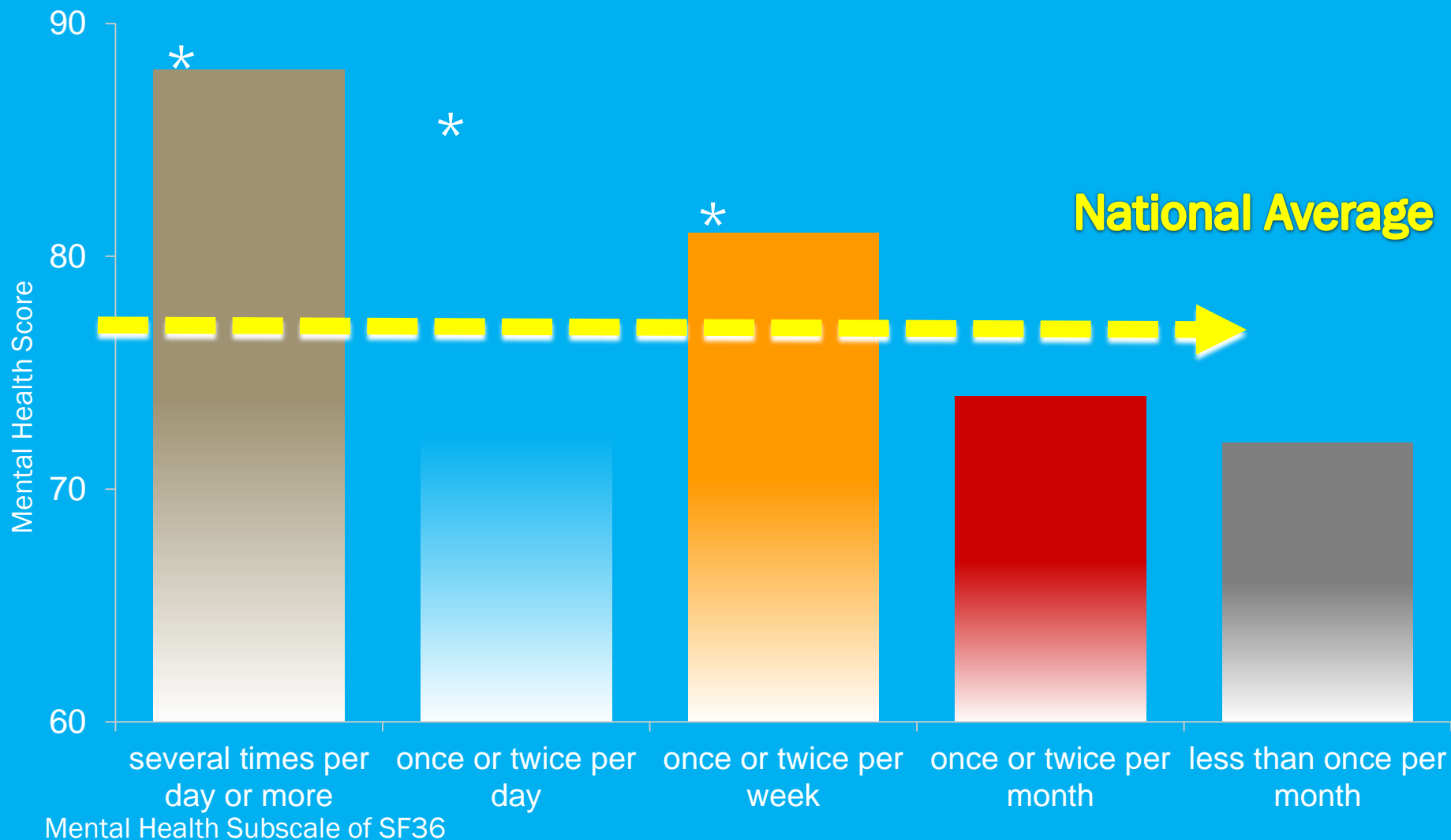
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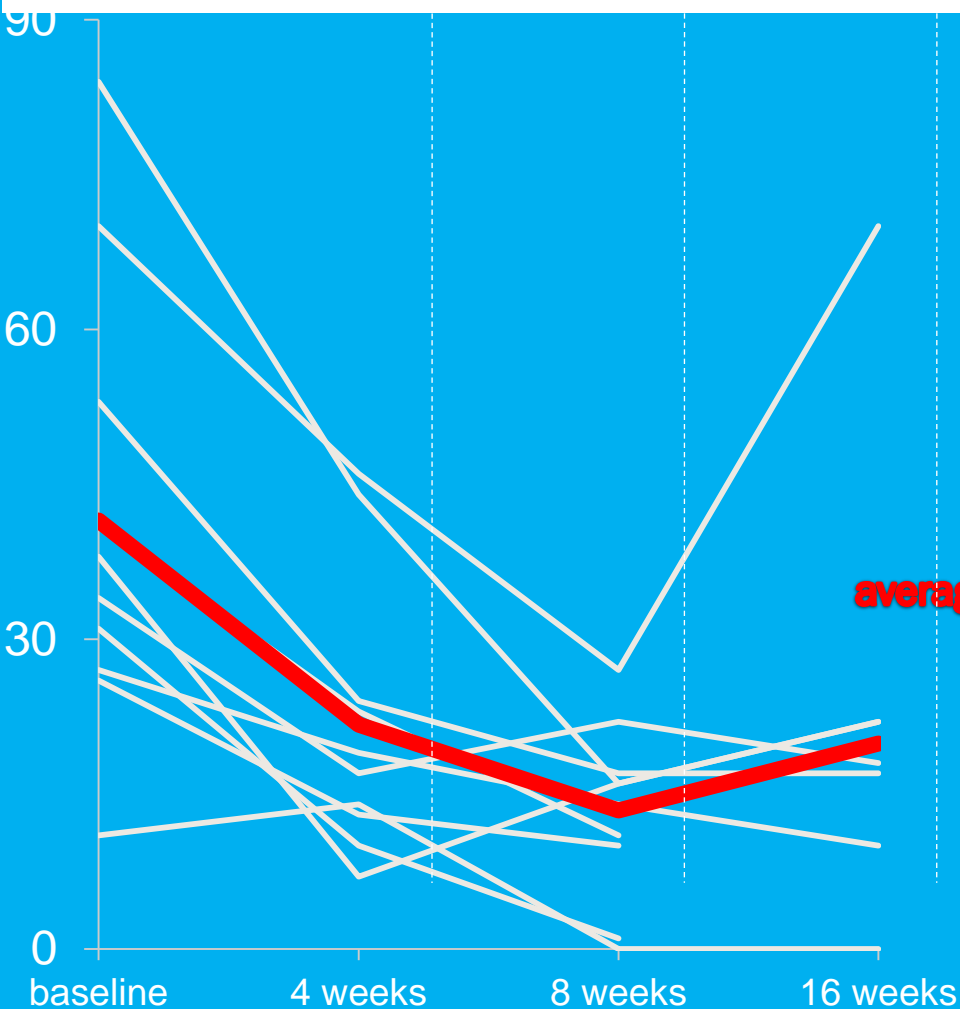
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A Pilot Study of a Mental Silence Form of Meditation for Women in Perimenopause

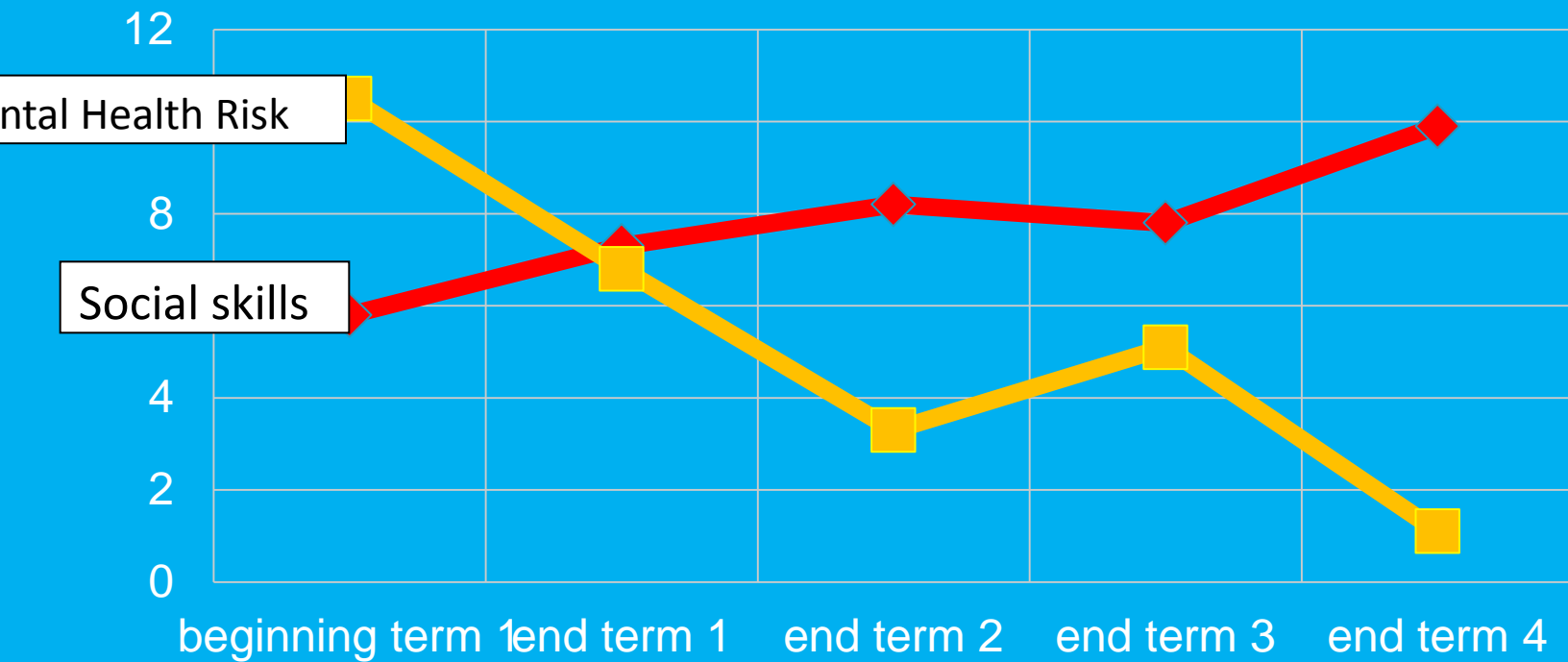
Ramona Manocha · Barbara Sommer ·
Deborah Black



- N=14, Single arm, uncontrolled, heuristic
- Perimenopausal women
- 8 weeks, 2x week at Royal Hospital for Women
- 8 week follow up
- No other pharmaceutical, herbal medications

- 12 month daily practice by 3rd class children

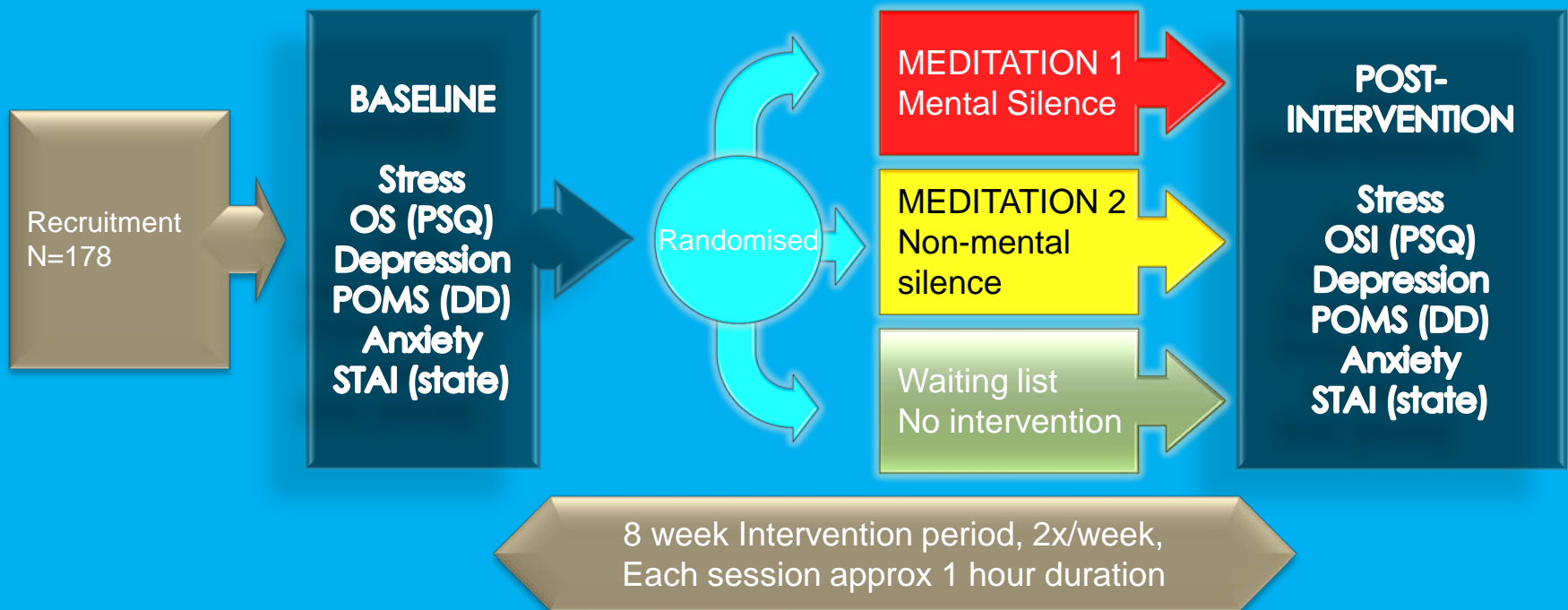
Emotional and Behavioural Wellbeing 3rd Grade Class



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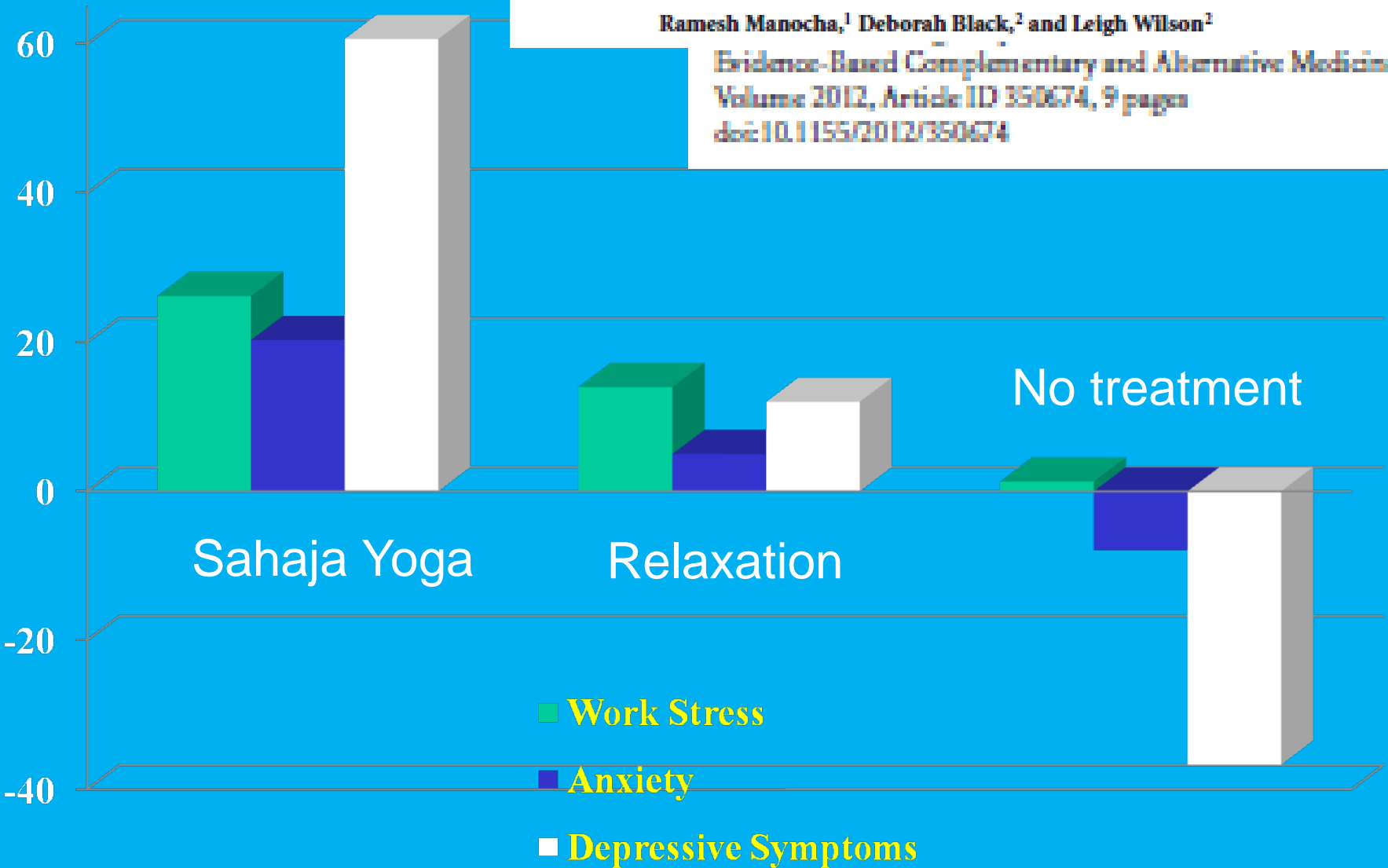
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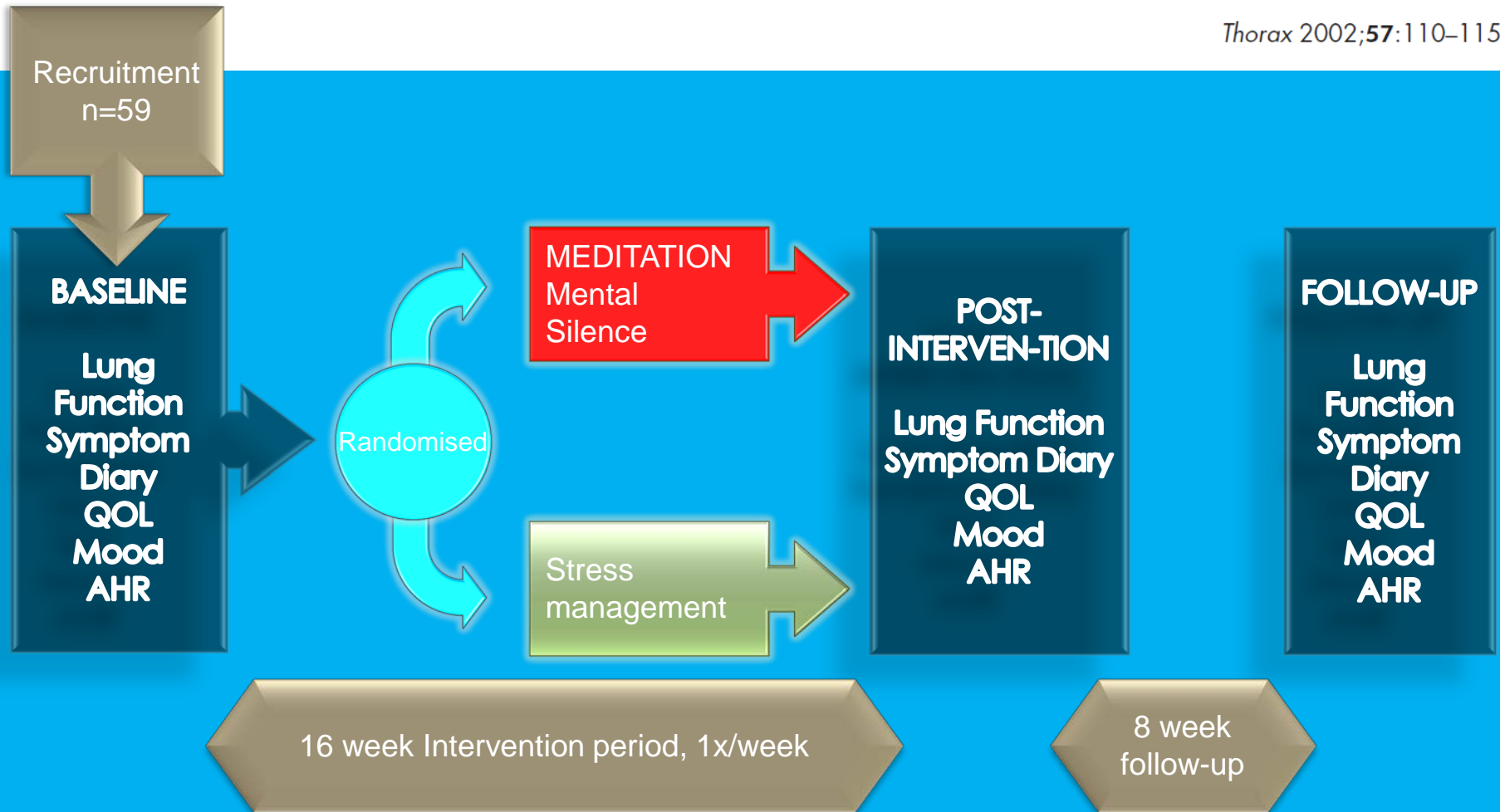
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Sahaja yoga in the management of moderate to severe asthma: a randomised controlled trial

R Manocha, G B Marks, P Kenchington, D Peters, C M Salome

Thorax 2002;**57**:110-115

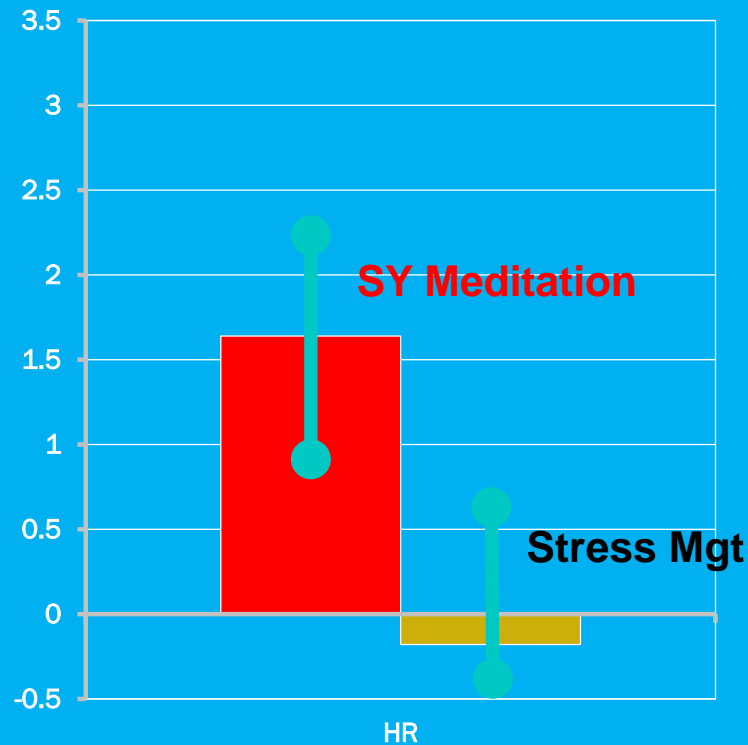


Sahaja yoga in the management of moderate to severe asthma: a randomised controlled trial

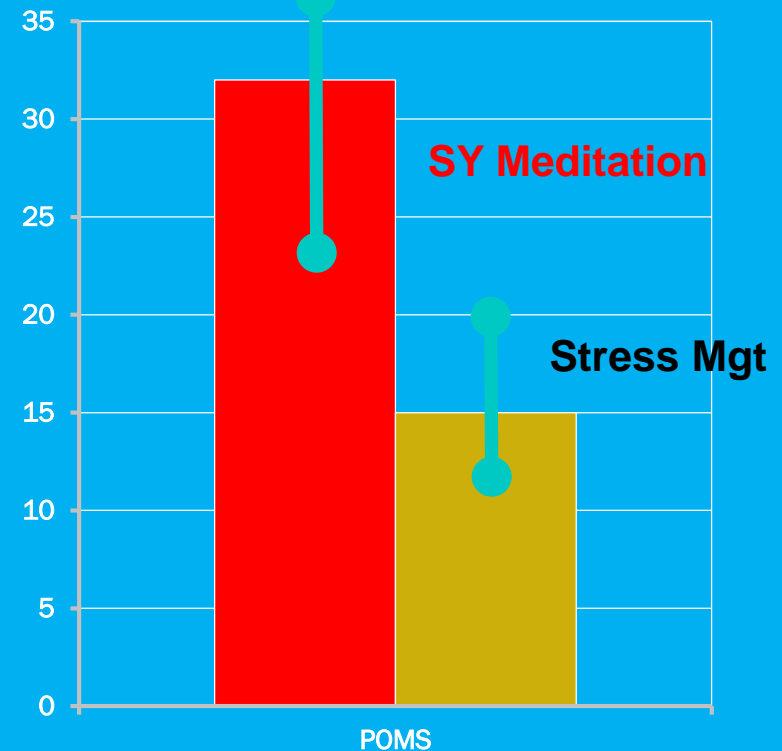
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Airway Hyperresponsiveness

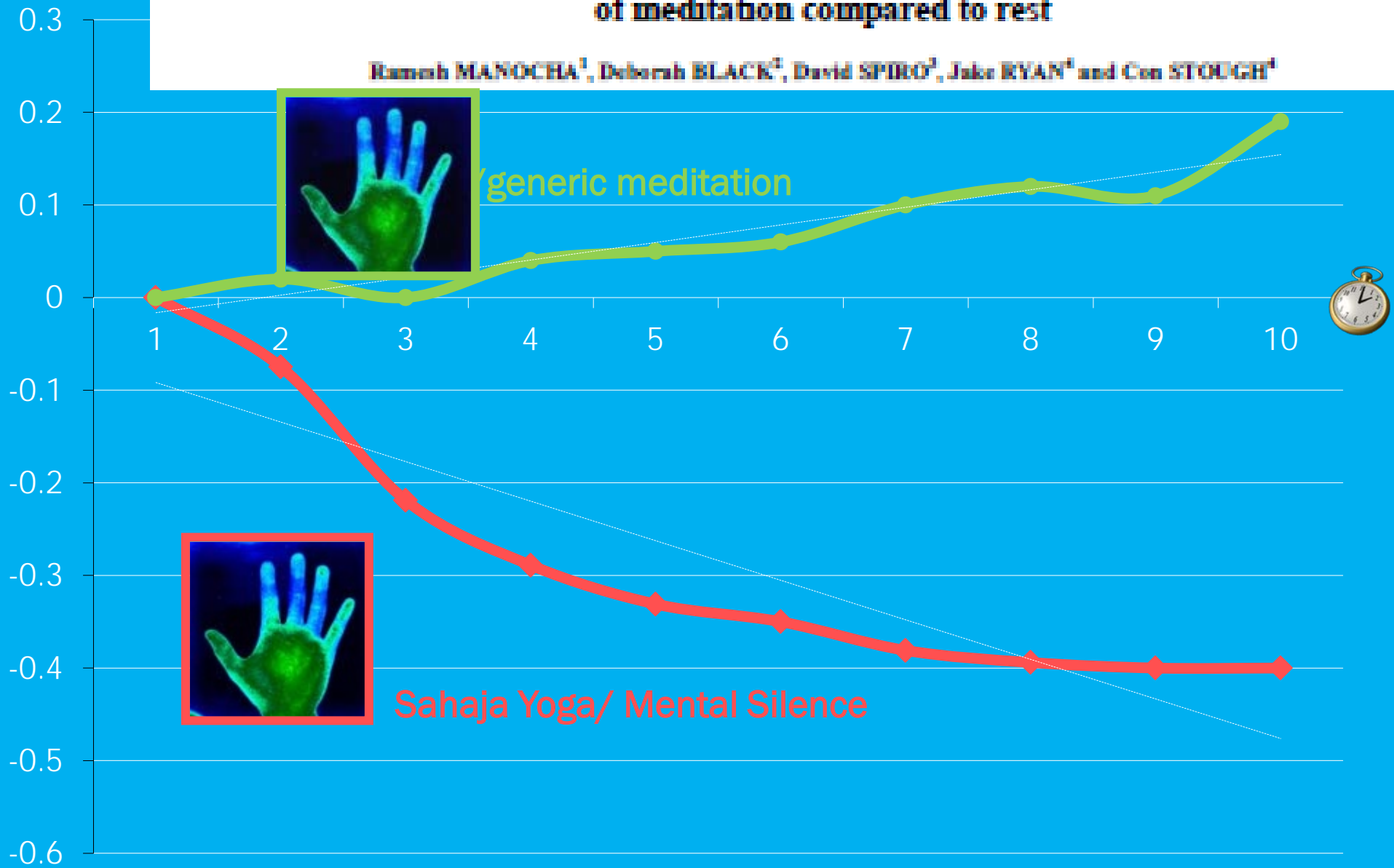


Mood



Changing Definitions of Meditation- Is there a Physiological Corollary? Skin temperature changes of a mental silence orientated form of meditation compared to rest

Ramesh MANOCHA¹, Deborah BLACK², David SPIRO³, Jake RYAN⁴ and Con STOUGH⁴



Human anterior and frontal midline theta and lower alpha reflect emotionally positive state and internalized attention: high-resolution EEG investigation of meditation

L.I. Aftanas*, S.A. Golocheikine

Neuroscience Letters 310 (2001) 57–60

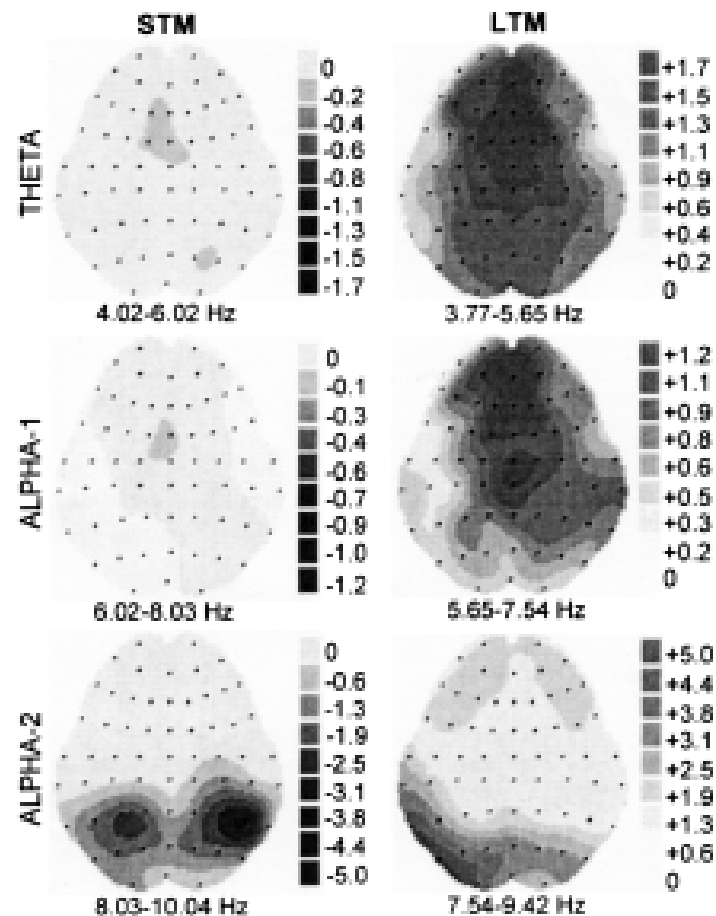


Fig. 1. Spectral power changes between eyes closed and meditation conditions in the short-term (STM) and long-term (LTM) meditators in the theta, alpha-1, and alpha-2 bands.

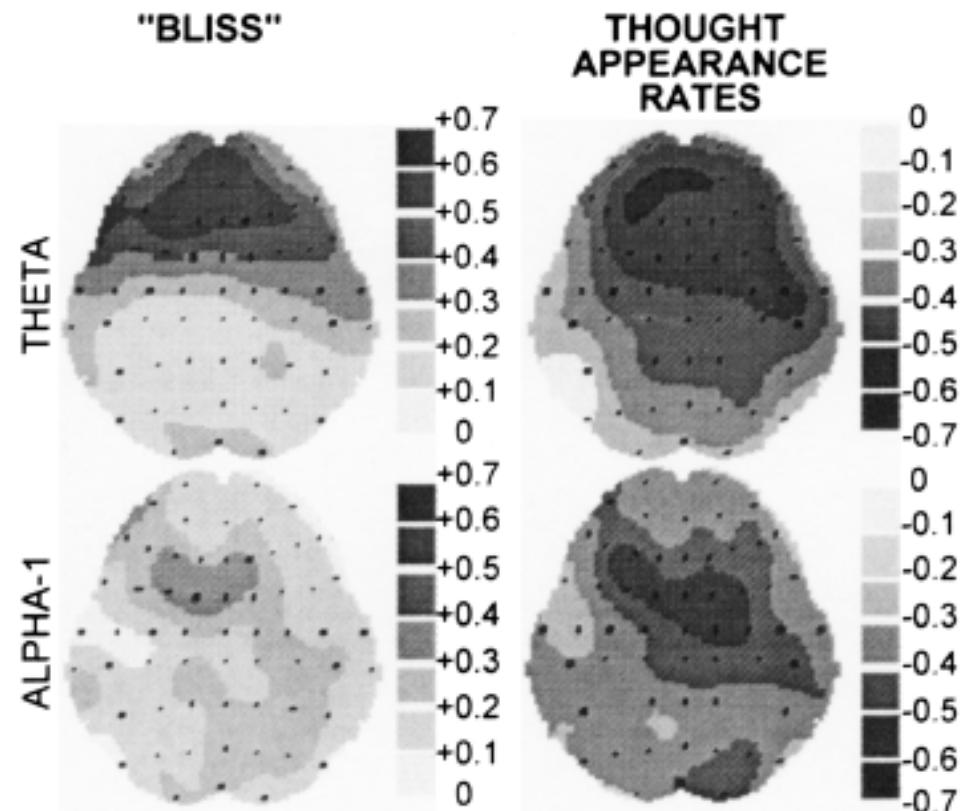


Fig. 3. Maps of correlation between subjective report measures and theta and alpha-1 spectral power changes (eyes closed vs. meditation); on the scale both positive and negative significant correlations go up from the +0.40 and down from the -0.40 scale grades.