

Onderzoek

Studies & publicaties naar effecten van mediteren:

- Transcendente meditatie techniek in de psychiatrie, een onderzoek naar de waarde van de Transcendente Meditatie techniek en biofeedback bij de behandeling van psychiatrische ziekten. Bernard C. Glueck en Charles F. Stroebel, gepubliceerd in *Comprehensive Psychiatry* 1975.
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- "ON THE BRAIN" Dr. James D. Watson and Charlie Rose Harvard Mahoney neuroscience institute Harvard Mahoney Neuroscience Institute Landmark Center 401 Park Drive, Suite 22 Boston, MA 02215
- "Body-mind meditation boosts performance, reduces stress": Public release date: 8-Oct-2007 Sources: Yi-Yuan Tang, professor of Neuro Informatics (Dalian University of Technology, China) and visiting scholar (University of Oregon) and Michael I. Posner, professor emeritus of psychology.
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