

# Appendix A

## Meditation competency questionnaire

1. How long have you been practising meditation? \_\_\_\_years \_\_\_\_months
2. How regularly do you practise meditation? (e.g. once/week, twice/day)  
\_\_\_\_\_/\_\_\_\_\_
3. How long do you practise each session? \_\_\_\_minutes
4. How many times have you practised in the last week?
5. Which absorption levels can you confidently reach? (please circle)  
1st—2nd—3rd—4th—formless
6. Approximately how long, in retreat conditions, can you hold each of the following absorptions?
  - ❖ The first absorption: \_\_\_\_minutes
  - ❖ The second absorption: \_\_\_\_minutes
  - ❖ The third absorption: \_\_\_\_minutes
  - ❖ The fourth absorption: \_\_\_\_minutes
  - ❖ The formless absorption: \_\_\_\_minutes

# Appendix B

## Pre-study report

Please fill out this questionnaire as accurately as possible regarding your activities and feelings yesterday.

1. Briefly list your activities for yesterday:
2. How many hours did you sleep last night?
3. How were you feeling yesterday?
4. How are you feeling today?

# Appendix C

## Post-study report

Please answer the following questions as accurately as you can recall.

1. Approximately how long did you spend in each absorption?

❖ The first absorption: \_\_\_\_minutes

❖ The second absorption: \_\_\_\_minutes

❖ The third absorption: \_\_\_\_minutes

❖ The fourth absorption: \_\_\_\_minutes

❖ The formless absorption: \_\_\_\_minutes

2. Please give a brief description of your physical, mental and emotional experience during each absorption:

❖ The first absorption:

❖ The second absorption:

❖ The third absorption:

❖ The fourth absorption:

❖ The formless absorption:

# Appendix D

## Instructions for meditative absorptions

### Preparatory instructions

“Check that the back of your neck feels open, with your chin very slightly tucked in. Check that your eyes are relaxed and that your tongue is resting with the tip behind your bottom teeth.”

### The first absorption

“First absorption. Now move to simply watching the breath at your nostrils and as you follow your breathing count with the breath, or if you prefer, count your pulse if you can feel your heart beat or just count seconds.”

### The second absorption

“Second absorption. Now move to feeling the breath moving right through your torso. If you prefer, imagine the central channel and as you breathe in follow the breath, moving down the central channel; as you breathe out, following it up through the channel.”

### **The third absorption**

“Third absorption. As you follow your breathing, follow your in-breath to the heart centre or the navel centre and slightly slow down the in-breath, focusing on the in-breath. As you do this, let your body boundaries dissolve and allow a feeling of heaviness to come over your body.”

### **The fourth absorption**

“Fourth absorption. Following the breath to you heart centre or to your navel centre, focus on the out-breath and follow the breath right to the end of the breath. As your breath comes to it’s natural pause, hold your mind at the end of the out-breath, just letting it rest there for as long as possible.”

### **The formless absorption**

“Meditating on space. Now move from following your breath to opening your mind out into space. Feel your mind expanding and opening into infinite space. You can either use the idea of space or actually opening your mind to the feeling of space, letting your mind open further and further as it opens out into infinite space.”

# Appendix E

## Statistics from attention experiment

Please see appropriate folder on attached cd.

# Appendix F

## Statistics from meditation experiment

Please see appropriate folder on attached cd.

# Appendix G

## Statistics from perception experiment

Please see appropriate folder on attached cd.