

Spiritual Implications of Brain Research

by Peter Holleran



"There is no machine that can measure a person's realization."

- Tsoknyi Rinpoche

This will be a short summary of the results of brain-wave studies conducted on meditators over the past thirty years, and conclusions that may be drawn from them.

One of the first areas of study involved Transcendental Meditation (TM). While touting the many healthy benefits of meditation, it was shown that TM reduced certain brain wave frequencies and increased others in research subjects, which was assumed to imply stress reduction. There has been much written, both pro and con regarding these results and other effects of the technique and organization.

