

BRAIN RESEARCH ON MEDITATION AND STATES OF CONSCIOUSNESS

We are looking for research participants at least 25 years old with either a significant history of meditation practice or novices just starting to practice. We are studying how meditation affects consciousness and brain function and the experience of the changed relationship to narrative thought during meditation. The study is conducted by Dr. Rael Cahn, MD, PhD and colleagues at the USC Brain and Creativity Institute and funded by the Bial Foundation.

Eligibility:

- Age 25 – 70
- Infrequent drug (alcohol, marijuana, psychedelics) use
- Ability to read, write, and comprehend English fluently
- **For Experienced:** 5 years or more regular (daily or near daily, 20-30min/day minimum) meditation practice including open awareness practices (Zen, Vipassana, mindfulness, dzogchen, mahamudra, non-dual awareness); intensive retreat practice (minimum 10 days or more); familiarity with sometimes experiencing the cessation of internal dialog when meditating
- **For Novices:** Interest in meditation but new to the practice (2 months or less of regular practice)

What does the study involve?

- Come to the lab two days: one for fMRI assessment, one for EEG assessment
- Meditating with eyes closed in the lab while brain activity is being measured
- Questionnaires assessing states of consciousness psychological functioning
- Total time commitment for all parts of the study is approximately 5 hours.

Compensation is \$100 (\$50 for each experimental day) plus reimbursement for travel/parking expenses and offered an image of your brain activity if you desire.

If interested please contact Rael Cahn at: raelcahn@gmail.com or (858) 366-3615