



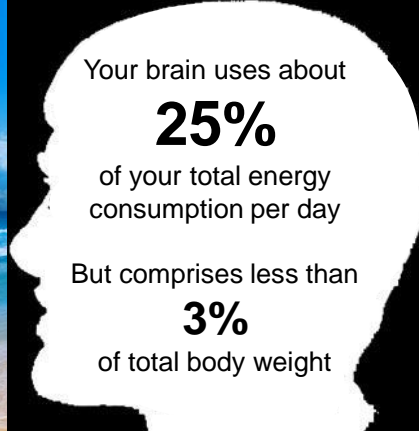
MEDITATION RESEARCH PROGRAMME

Kabir Sattarshetty RN MPhil Candidate,
Sue Nickson Dep/ Principal

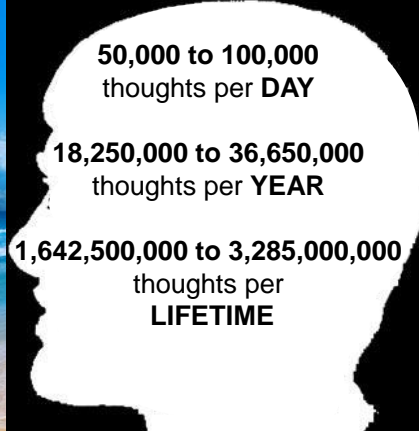
Meditation Research Programme,
Senior Lecturer
Department of Psychiatry, University of Sydney
www.researchinmeditation.com



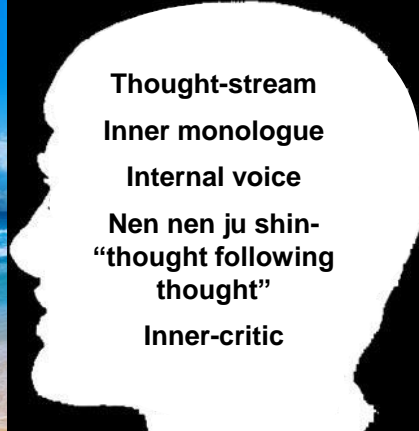

Silent Talk
Question Suggestion
Verbalization
Self Tape Talk
Mirror Talk
Written Self Talk
Partner Talk
Self-Conversation



Your brain uses about
25%
of your total energy
consumption per day
But comprises less than
3%
of total body weight



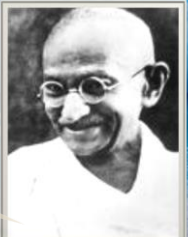
50,000 to 100,000
thoughts per DAY
18,250,000 to 36,650,000
thoughts per YEAR
1,642,500,000 to 3,285,000,000
thoughts per
LIFETIME




Thought-stream
Inner monologue
Internal voice
Nen nen ju shin-
"thought following
thought"
Inner-critic

Mental Stillness for Young People

"Prepare our minds
to listen to The Voice of
the Great Silence..."



Mahatma Gandhi 1869-1948



A Universally Described Experience

focusing the attention and enhancing awareness of the present moment....

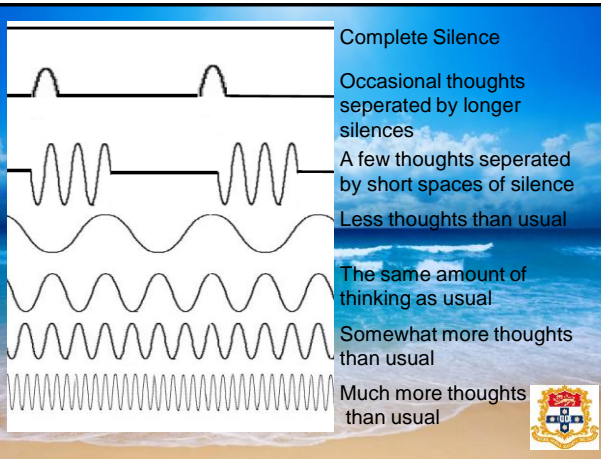
.....Allowing the meditator to perceive a distinction between themselves and any negative thoughts or feelings that they may have....

.....ultimately arriving at a state of complete inner silence



The Evidence

What is mental silence?



The Evidence

Is it possible to experience mental silence?

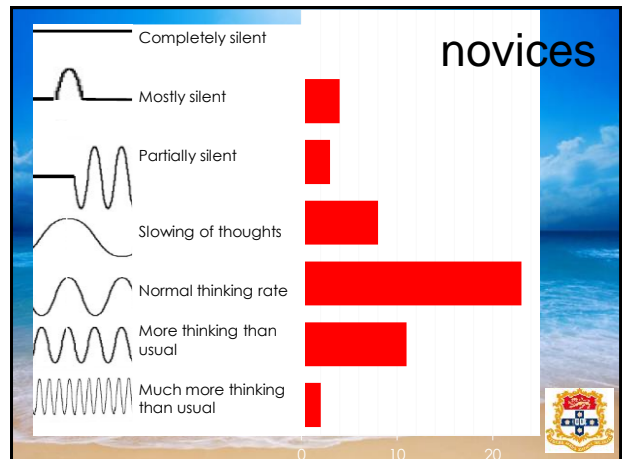


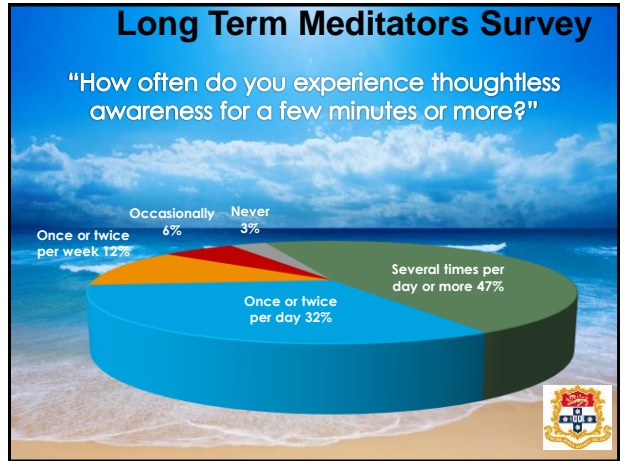
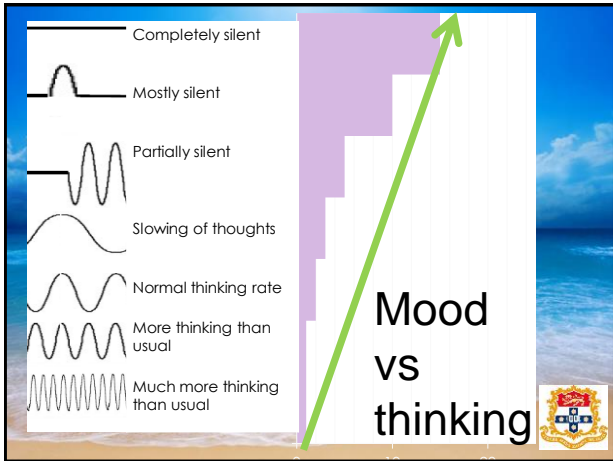
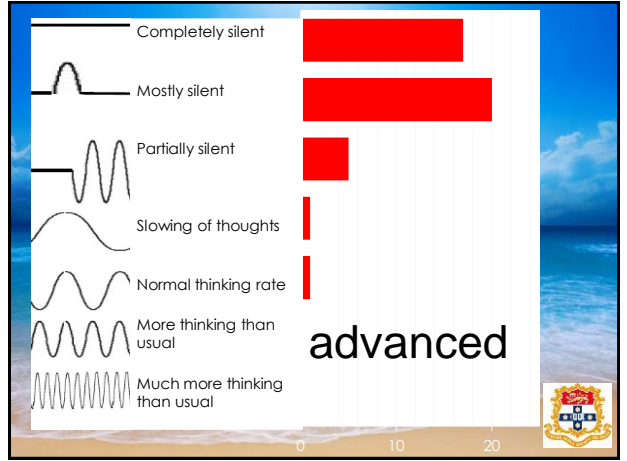
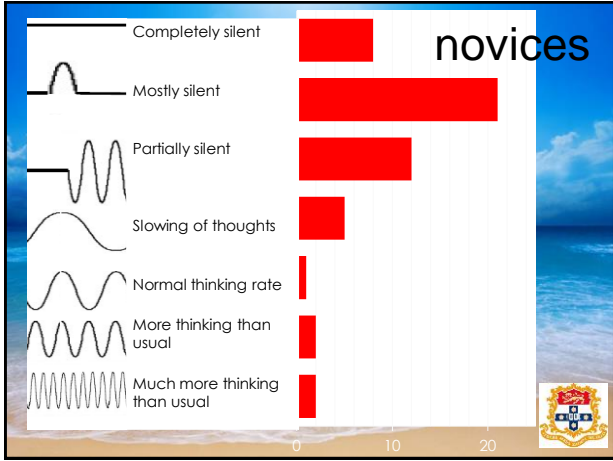
Young People

Mental Stillness in Schools

A program for children of Self Awareness and Self Management

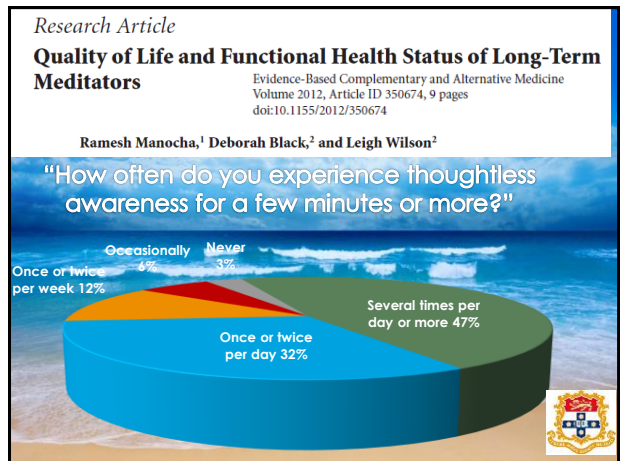
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Tandore Mountain State High School - 22/11/10

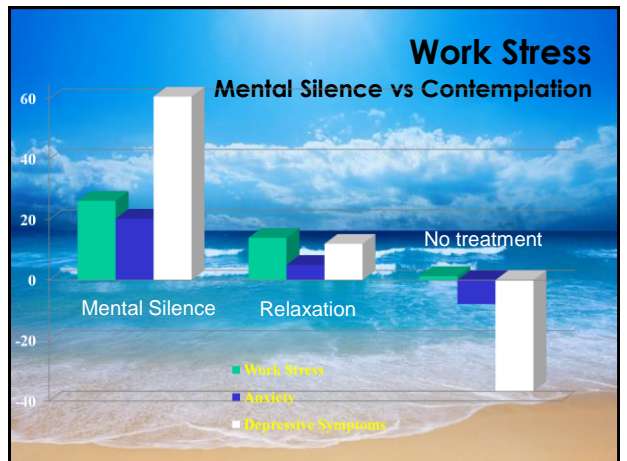
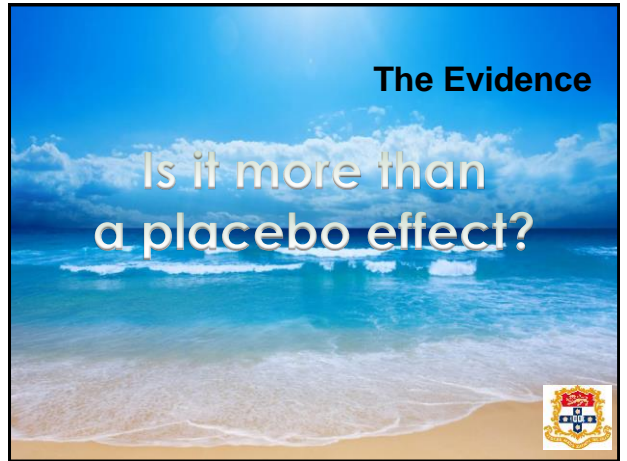
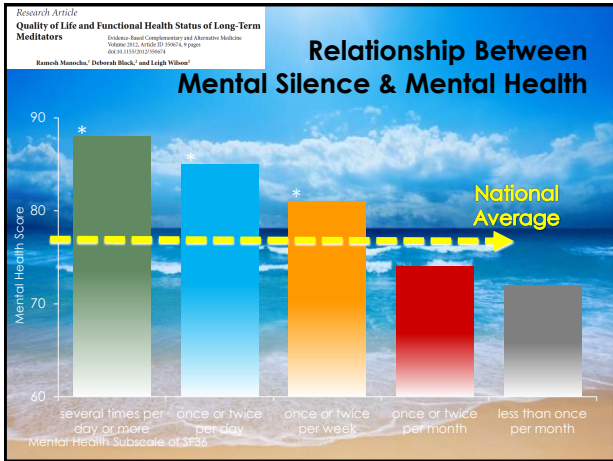
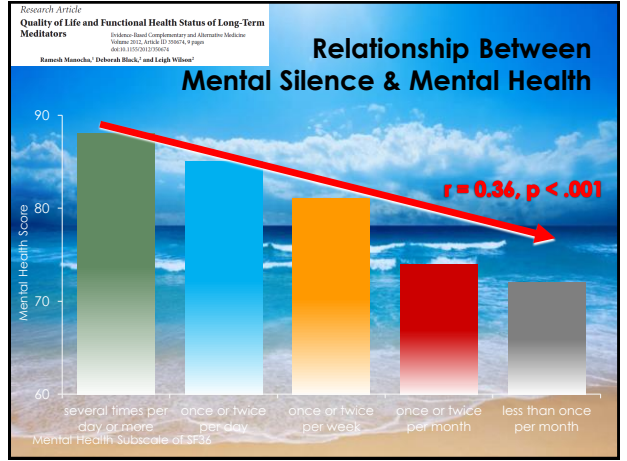
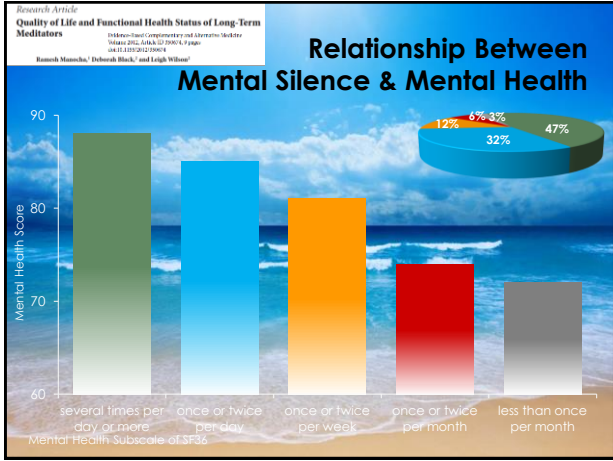


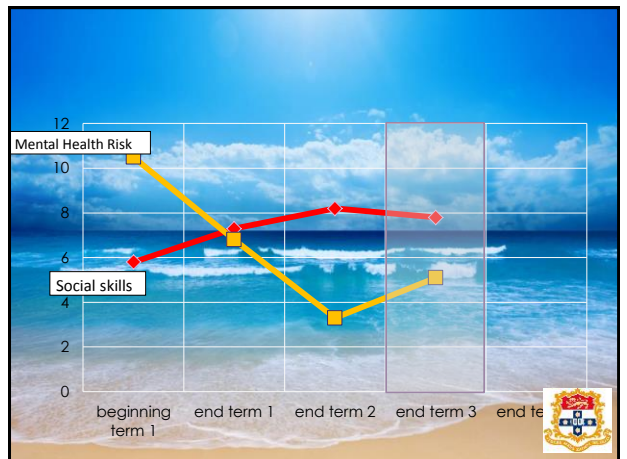
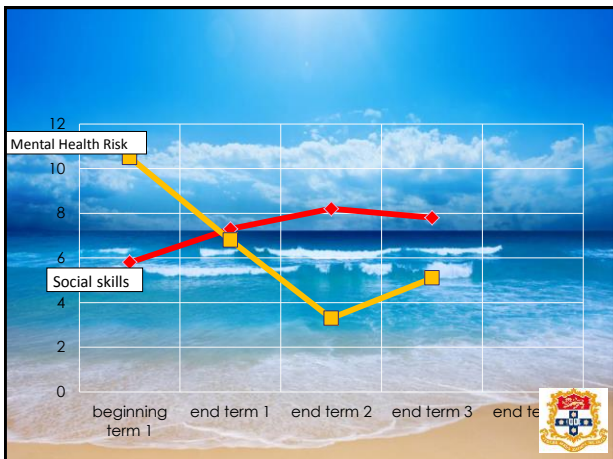
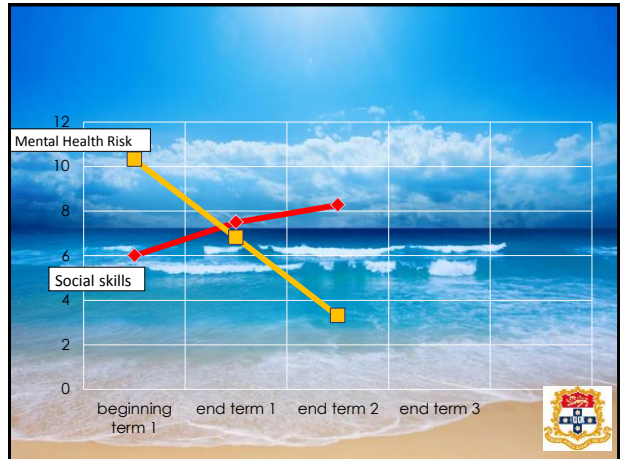
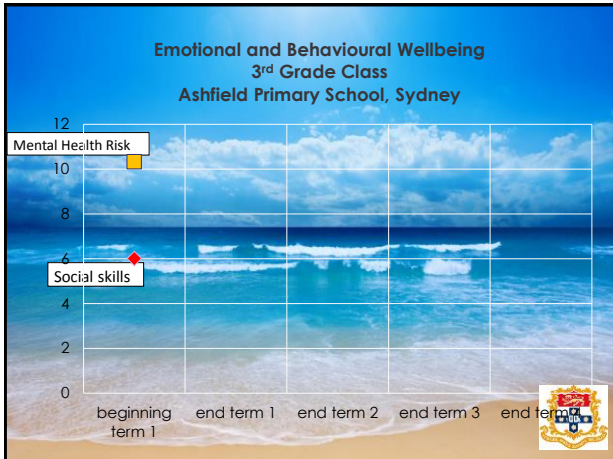
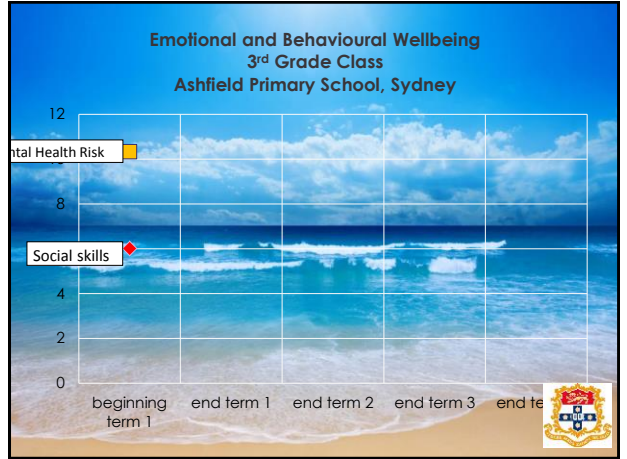
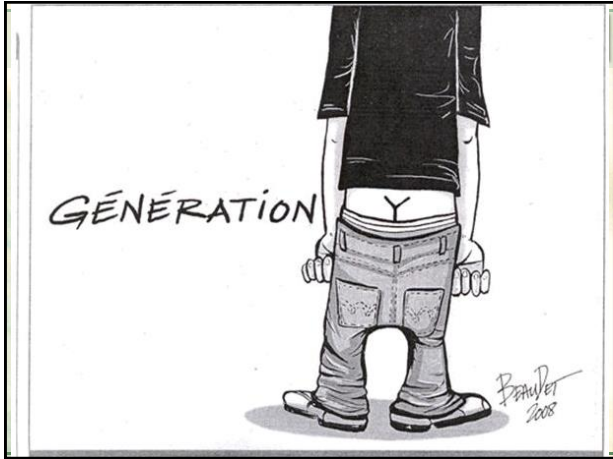


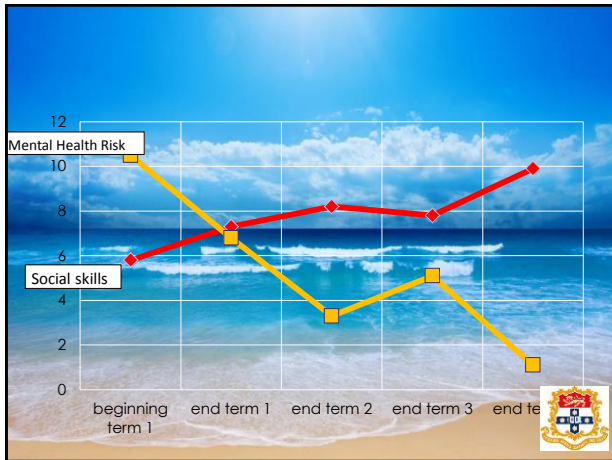
The Evidence

Is it associated with any benefit?









Reduced Mental Health Risk

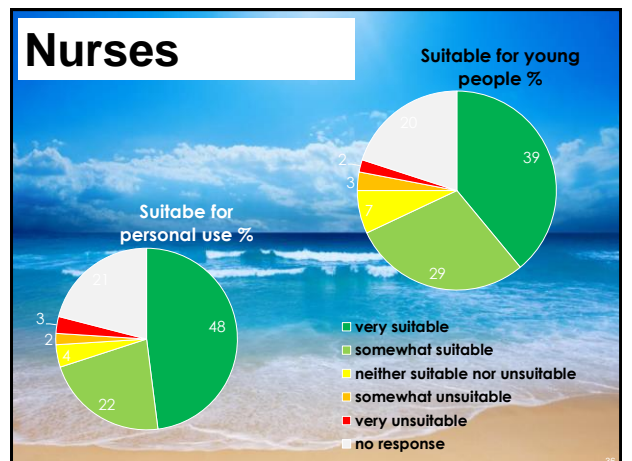
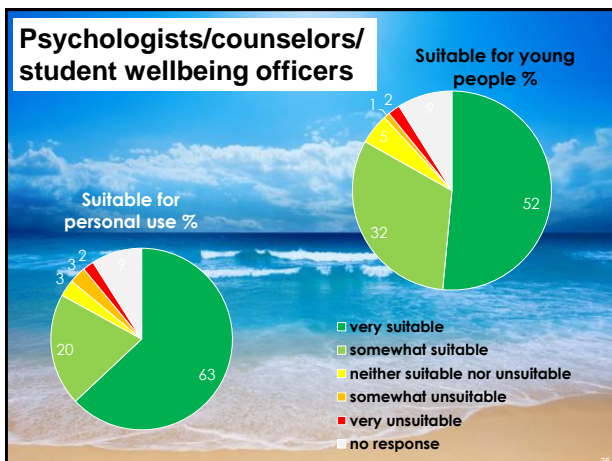
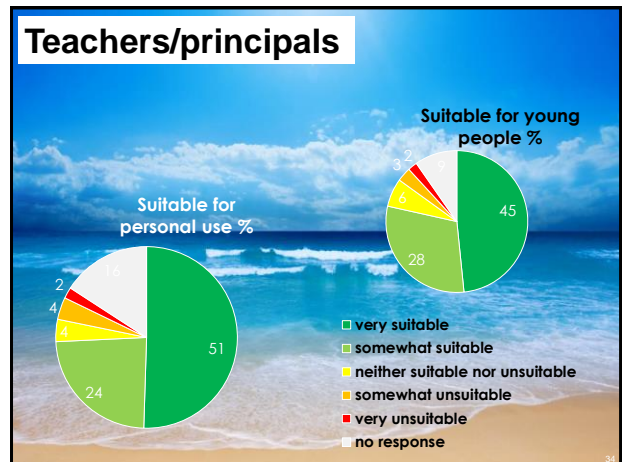
Mental Stillness in Schools

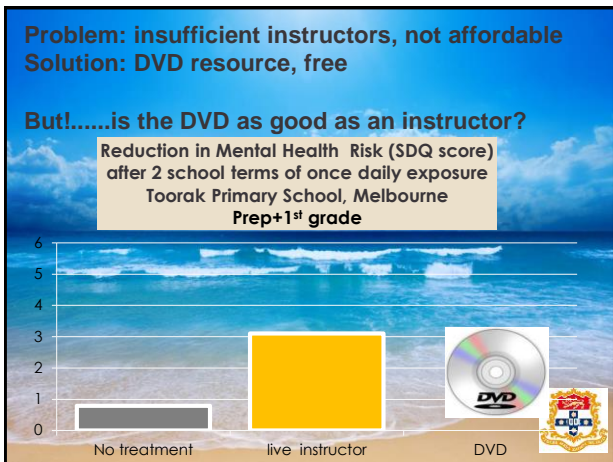
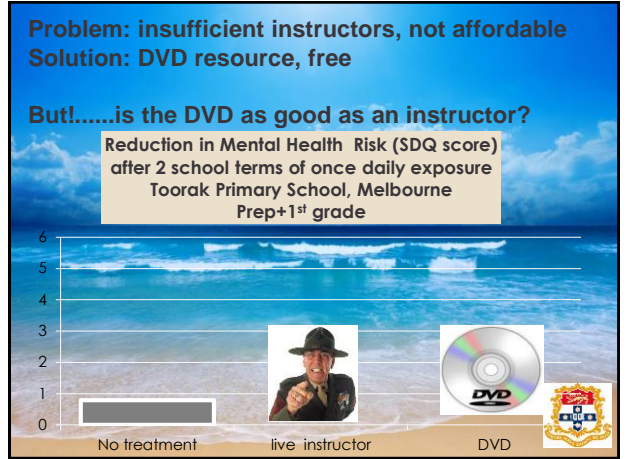
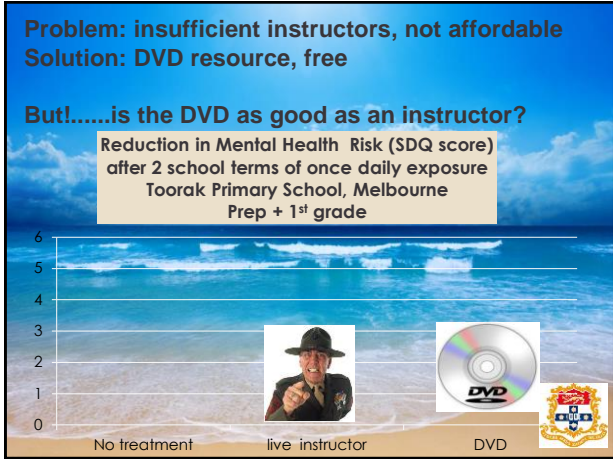
A program for children of Self Awareness and Self Management

TCR 00:56:06:18
Narang State Primary School - 01/12/10

Video acceptability survey

- National sample, n=1,234
- Part of Generation Next seminars
- Professionals who work with young people
 - Teachers/principals
 - Psychologists/counselors/wellbeing officers
 - nurses
- Watched and participated in video, then gave feedback on
 - Suitability for young people
 - Suitability for personal use- self care

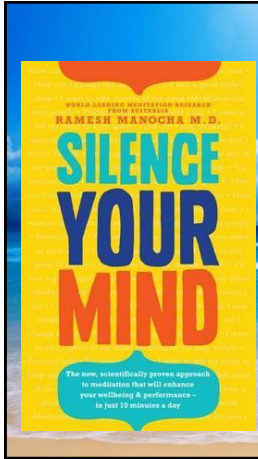




“Since war begins in the minds of men,
 it is in the minds of men
 that the defences of peace must be constructed”
 UNESCO constitution

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- More details on research and historical background
- Supported by www.beyondthemind.com which has lots of free resources
- Chapters 10 & 11 describe evidence and application for children in classrooms in much more detail