

Appendix D: Publications Selection Flowcharts

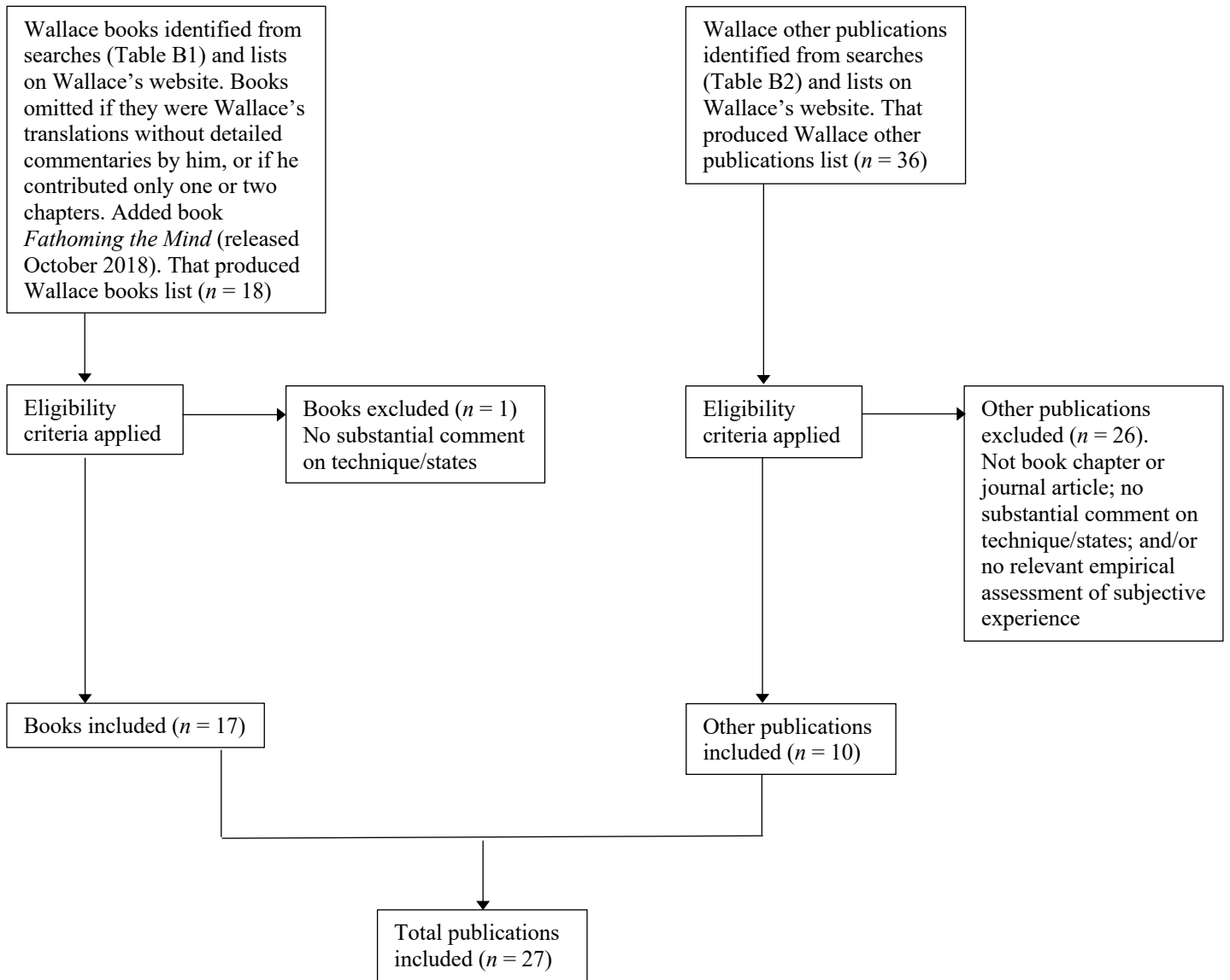


Figure D1. Flowchart summarizing the Shamatha publications selection process.

Note: A small number of the Shamatha, TM and Stillness Meditation publications have been published under multiple titles. In each of these cases of duplication, one publication alone was focused on. For ease of comprehension, the publication numbers in Figures D1 to D3 do not include the duplicates.

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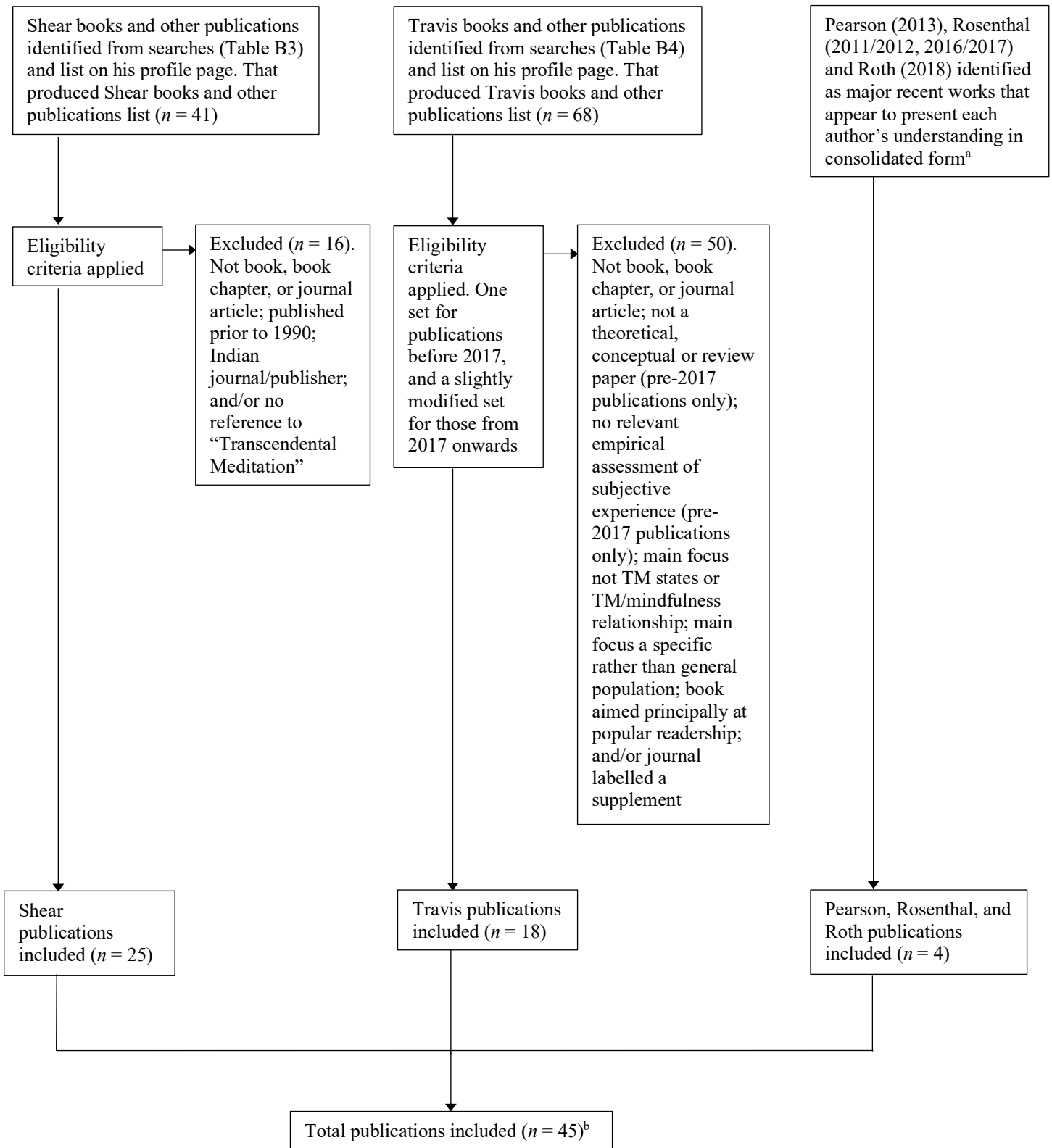


Figure D2. Flowchart summarizing the TM publications selection process. ^a It was not necessary to apply eligibility criteria to these four publications. The purpose of the criteria was to identify samples of publications revealing authors’ understandings of the practices. For these three authors the four publications already comprised an appropriate sample (see section “Selection of Publications”). ^b Two publications were selected for both Shear and Travis. These were only counted once in calculating the total TM publications.

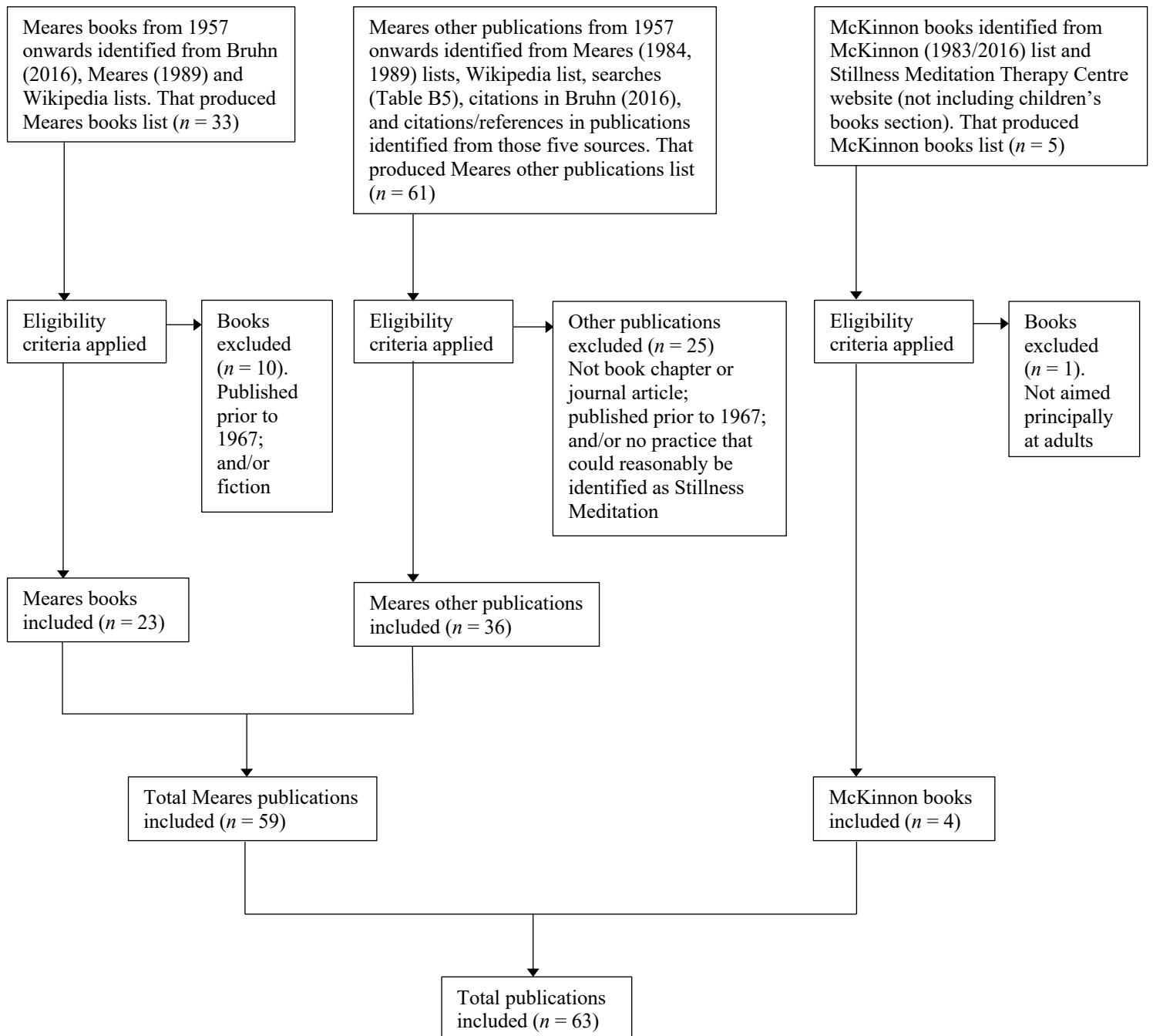


Figure D3. Flowchart summarizing the Stillness Meditation publications selection process.

References

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