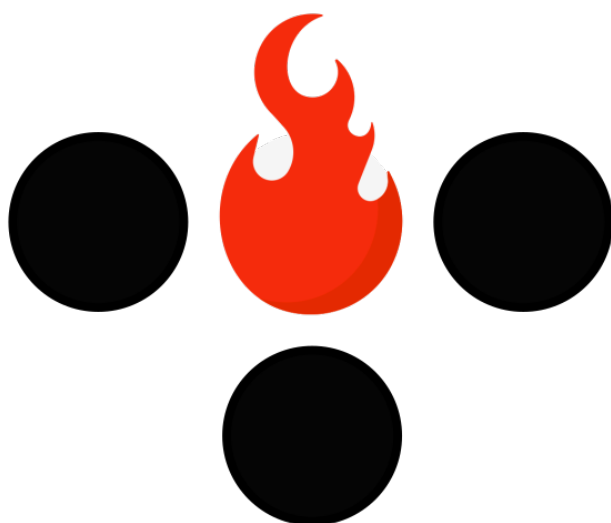


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A Householder Research Proposal

Problem Statement

There is a dearth of high-quality scientific meditation research. Due to decades of misunderstanding the subject, it's estimated that — of the 50,000+ papers published on the broad topic of “meditation” — only a few dozen conform to scientific rigour.

There are exceptions. Notably, Richard Davidson's 2002 study on Mingyur Rinpoche and the subsequent EEG and fMRI studies of serious Tibetan monks. There have also been effective double-blind trials of laypeople (householders), predominantly studying Mindfulness-Based Stress Reduction (MBSR), a very mild technique of meditation.

This is the paradox of meditation research. One can either periodically study monks, who can have tremendous meditative capacity — or one can use the scientific method to study the laity, who have little to none. Monks are not easily accessed. Laypeople tend to max out at 2 or 3 hours of meditation per day, due to other responsibilities.

Bridging this monastic / householder divide requires individuals willing to (a) dedicate themselves to long periods of continuous meditation practice and (b) submit themselves to continuous scientific inquiry.

Research Proposal

I am proposing to dedicate myself to this purpose. I will act as the first human guinea pig of this study, in the fashion of Hermann Ebbinghaus and Nathaniel Kleitman, who studied forgetting curves and circadian rhythms, respectively.

The initial project will be financed through sponsorship. Sponsors will receive qualitative analysis and quantitative data, delivered quarterly, prior to the publishing of results.

At this point, I am only gathering sponsorship data to determine if this is even a remote possibility. If you are interested in sponsoring, please fill the anonymous form below:

<https://forms.gle/oQDd919fDAyiVbwS9> (2 required questions)

If I choose to pursue this, I will publish a detailed, long-form proposal first.