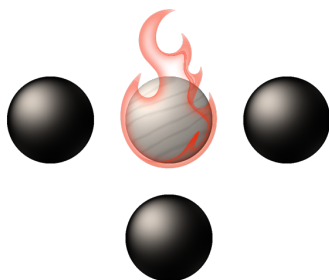


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# **A Householder Research Proposal**

## **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 householders (the laity), predominantly studying Mindfulness-Based Stress Reduction (MBSR), a very mild technique of meditation.

Monks are not easily accessed. Modern householders tend to peak at 2 or 3 hours of meditation per day, due to other responsibilities. This is the paradox of meditation research. One either sporadically studies monks, who can have tremendous meditative capacity — or one regularly studies householders, who have little to none.

Bridging this monastic / householder divide requires individuals willing to (a) dedicate themselves to long periods (years or decades) 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 (forgetting curves).

To begin with, I will not work with a larger research body like a university. The initial project will be financed through sponsorship. Sponsors will receive qualitative analysis and quantitative data, delivered quarterly, prior to the publishing of results.

I am gathering sponsorship data to determine if this is even a remote possibility. If you have a minute and are willing, please fill the anonymous form below:

<https://forms.gle/w4S56j58ji1txRD47> (1 required question)

A detailed, long-form proposal is to follow.