

# **New Scientific Insights in Meditation and Mental Silence: Its Effects on Wellbeing, Stress and Performance**

**SPEAKER: Dr Ramesh Manocha MBBS BSc**

**TIME: 1:00pm – 2:00pm, 10th October 2007**

**VENUE:**

**John B. Reid Lecture Theatre  
Ground Floor of AGSM Building  
Entries via Botany Street, Gate 11, UNSW**

## OVERVIEW:

This is a three-part presentation, each building on the previous to bridge from objective discussion of scientific evidence to direct subjective experience in order to create a comprehensive understanding of meditation. This understanding will be of significant help to those who have an interest in understanding meditation and its potential role in health and behaviour regardless of whether they are examining it from a neurological, cognitive-behavioural or philosophical perspective. The presentation will include findings of scientific studies and will supplement these with practical and experiential examples to illustrate the arguments. The three parts of the presentation will include:

1. Does meditation have unique effects? Is there scientific evidence for meditation as a unique state of consciousness?
2. The traditional eastern understanding of consciousness; A powerful thought experiment that clearly illustrates the relevance of the traditional definition of meditation.
3. A brief hands-on meditation session aimed at eliciting the state of mental silence. The same technique that was used in our clinical and physiological trials, Sahaja Yoga, will be demonstrated for the audience to personally experience the practical aspects of meditation.

Dr Ramesh Manocha completed his medical training at UNSW and is now completing his doctorate at the Faculty of Medicine, UNSW. The focus of his doctorate is scientific evaluation of meditation and whether or not it has a specific effect. A unique aspect of this series of scientific studies is the use of a novel definition of meditation as a state of consciousness characterized by the experience of mental silence.

You are warmly invited to attend this interesting talk. Please feel free to forward this message to other people who may be interested in coming along. No RSVP is required.