

1. Atwood, J. & Maltin, L. ( 1991 ). Putting Eastern Philosophies into Western Psychotherapies. *American Journal of Psychotherapy*, July, pp. 368-381.
2. Benson, H. & Wallace, R. ( 1972 ). Decreased Blood Pressure In Hypertensive Subjects Who Practiced Meditation. *Circulation*, 46: (Suppl. 11), I, 130.
3. Benson, H., Frankel, F., Apfel, R. et. al. ( 1978 ). Treatment Of Anxiety: A Comparison Of The Usefulness Of Self-Hypnosis And A Meditational Relaxation Technique. *Psychotherapy and Psychosomatics*, 30: 229-242.
4. Bogart, G. ( 1991 ). The Use of Meditation In Psychotherapy: A Review of the Literature. *American Journal of Psychotherapy*, July, pp. 383-412.
5. Castillo, R. ( 1990 ). Depersonalization and Meditation. *Psychiatry*, 53: 158-168.
6. Craven, J. ( 1989 ). Meditation and Psychotherapy. *Canadian Journal of Psychiatry*, 34: 648-653.
7. Dass, R. and Gorman, P. ( 1985 ). *How Can I Help?* New York. Alfred A. Knopf.
8. DelMonte, M. (1985 ). Meditation And Anxiety Reduction: A Literature Review. *Clinical Psychology Review*, 5: 91-102.
9. Delmonte, M. ( 1990 ). Meditation and Change: Mindfulness Versus Repression. *The Australian Journal of Clinical Hypnotherapy and Hypnosis*, 11: 57-63.

10. Delmonte, M. (1989). Meditation, The Unconscious, and Psychosomatic Disorders. *International Journal of Psychosomatics*, 36: 45-52.
11. Engler, J. (1986). Therapeutic Aims In Psychotherapy And Meditation: Developmental Stages In The Representation Of Self. In K. Wilber, J. Engler & D. Brown *Transformations Of Consciousness*. Boston: New Science Library.
12. Epstein, M. Attention in Analysis. *Psychoanalysis and Contemporary Thought*, 11:1.
13. Epstein, M. & Lieff, J. (1986). Psychiatric Complications Of Meditation Practice. In K. Wilber, J. Engler & D. Brown *Transformations Of Consciousness*. Boston: New Science Library.
14. Fulton, P. (1990). Meditation as Medicine. *Common Boundary*, March/April. pp. 27-31.
15. Gear, T. (1991). Seminar Report: Buddhism and Psychotherapy. *Mindstream*, 1: 6-10.
16. Goldberg, R. (1982). Anxiety Reduction By Self Regulation: Theory, Practice, and Evaluation. *Annals Of Internal Medicine*, 96: 483-487.
17. Goldstein, J. (1983). *The Experience of Insight*. Boulder & London. Shambhala.