

Early acclaim for “The less dust, the more trust”

“An impressive view into the vast landscape of the Shamatha Project, this book is a rich account of the practices and outcomes from this pioneering endeavor of mapping meditative experience.”

– Joan Halifax Roshi, Founding Abbot, Upaya Zen Center, author of *Being with Dying*.

“What I personally find so compelling about this book is its accessibility. By the warmth and honesty of her writing, Adeline van Waning gives one the assurance of a friend who walks beside you, telling you how it was for her and her colleagues as they progressed through their ‘expedition,’ their three month Shamatha Project. She presents the practice guidance that she received in a way that it may offer a valuable path for all readers.”

– Sherry Ruth Anderson PhD, Ridhwan teacher, co-author of *The Feminine Face of God*, author of *Ripening Time*.

“In this volume Adeline van Waning admirably brings to bear her professional training and experience as a psychiatrist together with her knowledge and experience as a meditator to explain the nature and significance of these practices from both Buddhist and scientific perspectives ... With her exceptional background as a scientist and as a meditator, Dr. van Waning bridges the gap between third person and first person methodologies, showing how each one can complement the other. This, clearly, is the way forward if we are to seek the most complete understanding of the mind and consciousness.”

– B. Alan Wallace PhD, Buddhist meditation teacher, scholar, Director of the Santa Barbara Institute for Consciousness Studies, author of *The Attention Revolution*, and *Mind in the Balance*. From: Prologue.

“The many examples of shamatha meditation guidance as presented in this book, including attentional practices, the Four Qualities of the Heart and *Tonglen*, can be very useful for students on various paths in navigating their own journey with meditation.”

– Lama Palden Drolma, Founder and Resident Teacher of Sukhasiddhi Foundation.

“This is an informative and engaging work of a very high standard. It will appeal both to Western Buddhists interested in meditation and scientists interested in the measurable effects of meditation and the implications of this for understanding the brain and consciousness. This very systematic, well structured and thoughtful study is a valuable description, contextualization and analysis of a three month meditation ‘expedition’ led by B. Alan Wallace. It focuses on *shamatha* meditation as practiced in the Tibetan tradition, accompanied by scientific assessment of effects on participants.”

– Peter Harvey PhD, Professor Emeritus of Buddhist Studies, University of Sunderland, UK, Editor, *Buddhist Studies Review*.

Endorsement by a co-research subject in the Shamatha Project:

“I am both gratified and relieved that Adeline has written this ambitious book: gratified because our extraordinary opportunity and experiences in this project simply needed to be documented, and relieved because she is exactly the right person for the job. The Shamatha Project set a new standard of rigor in design and methodology for studies of meditation, and this book reflects that standard in its thoroughness and loving rendering. It provides an insider’s view of the gratitude and life-changing shifts we research subjects enjoyed as we daily received impeccable, authentic teachings and then meditated for long hours in an idyllic setting high in the Rocky Mountains, all the while certain that we were simultaneously contributing to science, to Dharma, and to the cultivation of our own hearts and minds. Adeline’s intelligent and thoughtful psychological and philosophical contextualization of her personal experiences

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makes this book appealing to those interested in meditation, Dharma, contemplative neuroscience, and the many hybrid and integrative disciplines arising from them. May this virtuous effort by my favorite ‘Shamatha Buddy’ enrich your understanding and commitment to your own path of virtue, joy, and liberation.”

– Jim Cahill, BCB, Developer, Mindfulness-based Biofeedback Therapy™

“The Less Dust, the More Trust”

Participating in
The Shamatha Project
Meditation and Science

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CONTENTS

<i>List of guided meditations</i>	
<i>List of illustrations</i>	
<i>Prologue by B. Alan Wallace PhD</i>	1
<i>Acknowledgements</i>	6
INTRODUCTION	8
Once upon a time	9
“The less dust, the more trust”	10
On my way	12
What you will find in this book	13
Chapters overview	15
Mindfulness and the mysteries of the mind	19
CHAPTER 1 The Project, the research, and some outcomes	22
1.1 The Shamatha Project, an outline	22
1.2 Inspirations, preliminaries	26
1.3 Meditation expedition: overview, daily life	29
<i>Breath, whole body practice – guided meditation</i>	30
<i>Setting, people</i>	32
<i>Program</i>	36
<i>Silence</i>	37
1.4 Science: a brief overview of biomarkers, assessments and tests	39
<i>An attention test with EEG: first and third person perspective</i>	43
<i>Blood, spit and tears</i>	46
1.5 Follow-up and some outcomes	50
<i>Transforming the body-mind</i>	51
<i>An ongoing project</i>	57
CHAPTER 2 Attention meditations	59
2.1 Some basic shamatha notions and instructions	60

<i>Posture</i>	60
<i>Object of mindfulness, introspection</i>	62
2.2 Breath meditations, tactile sensations: soothing the body	63
<i>Breath in the abdomen – guided meditation</i>	63
<i>Breath at the apertures of the nostrils – guided meditation</i>	65
2.3 Mind: the space of the mind, and what arises in it	67
<i>Settling the mind in its natural state – guided meditation</i>	67
2.4 Awareness: shamatha without a sign, illuminating awareness	71
<i>Awareness of awareness – guided meditation</i>	71
2.5 Some shamatha questions and answers	73
<i>Ascertaining awareness, stability and vividness of attention</i>	74
<i>Development, discovery and grasping</i>	76
<i>Substrate consciousness</i>	78
<i>Nine stages of meditative concentration</i>	79
<i>Which practice to do?</i>	83
<i>Nyam</i>	85
2.6 Some basic Buddhist background	86
CHAPTER 3 Qualities of the Heart and Tonglen	94
3.1 Four Heartful Qualities	95
3.2 Genuine happiness	99
<i>Loving Kindness – guided meditation</i>	99
3.3 <i>Tonglen</i> and state terror	102
3.4 Heart meditation integrations	104
<i>Equanimity and Tonglen – guided meditation</i>	104
3.5 Extra: Lucid Dreaming and Dream Yoga	108
3.6 More matters of the Heart	111
<i>Dust and trust, heartful explorations</i>	111
<i>Right from the Heart: four working hypotheses</i>	113
<i>Heart for integrative views</i>	116
CHAPTER 4 Shamatha in Buddhism as it developed in Tibet	119
4.1 Exploring shamatha meditations	120

<i>Northern Buddhism, Essence, and energy dynamics</i>	120
<i>Shamatha and vipashyana in Northern Buddhism</i>	123
4.2 Shamatha practice and the nine stages on the Elephant Path	124
<i>Disentangling from mind – guided meditation</i>	130
4.3 Attaining substrate consciousness and achieving shamatha	131
4.4 The vital role of shamatha	135
4.5 Mindfulness and introspection	137
<i>Musings on mindfulness</i>	139
CHAPTER 5 Three months of sitting with Settling	142
5.1 Evolving practice, impressions from empirical data	143
5.2 First month meditation practice: object, subject, and monitoring	144
<i>Meditation turbulence, first month: nyam, lessons in diving</i>	147
5.3 Second month meditation practice	150
<i>Meditation turbulence, second month: “I do things wrong, so I exist”</i>	158
<i>Settling the mind: no preference for calm or active – guided meditation</i>	164
5.4 Third month meditation practice	166
<i>Meditation turbulence, third month: “yo-yoing” and “whiplash”</i>	168
5.5 Just Sitting	172
CHAPTER 6 Settling the mind and “tasting” the texts	174
6.1 Basic instructions by Dzogchen master Lerab Lingpa	175
<i>Lerab Lingpa’s Settling the mind – guided meditation</i>	176
<i>Some comments to the text by Lerab Lingpa</i>	177
6.2 Dzogchen master Düdjom Lingpa: <i>The Vajra Essence</i>	182
<i>Some comments to the text by Düdjom Lingpa</i>	187
6.3 Diaries, and the texts by Lerab Lingpa and Düdjom Lingpa	194
6.4 Lerab Lingpa: nothing can harm the mind	196
6.5 Düdjom Lingpa: intolerable pain	197
<i>Body-energy</i>	198

<i>Paranoia as a sign of progress</i>	199
<i>Clarity, cognizance, joy</i>	201
6.6 Contextualizing experiences, then and now	201
CHAPTER 7 Settling the mind, Mahamudra and Dzogchen	205
7.1 Some names, notions and context for the practice	206
<i>Settling the mind, releasing grasping – guided meditation</i>	207
7.2 Settling the mind: mind and awareness	209
7.3 Shamatha, awareness and vantage point	211
<i>Perspectives</i>	213
7.4 Shamatha practice in Essential context	217
7.5 Mind practice, on the way: transcending and including	219
<i>Ways of practicing, teaching and learning</i>	224
CHAPTER 8 Contemplative and psychological views	229
8.1 Various ways of being in the world	230
<i>A few words about namings</i>	230
<i>A Buddhist view: The Wheel of Life</i>	230
<i>Compassion for ourselves doing the practices – guided meditation</i>	240
<i>A Western-psychological view: the Diagnostic Statistical Manual</i>	242
8.2 Musings: Buddhist and Western-psychological manifestations	243
8.3 Defensive patterns in workings of the mind: avoiding what's here	246
<i>About the use of terminology</i>	247
<i>A Western-psychological view: seven levels of defensive functioning</i>	249
<i>A Buddhist view: The Four Maras</i>	256
8.4 Musings: Western-psychological and Buddhist ways in self-limitation	258
<i>Connecting with Settling the mind practice</i>	259
8.5 Development and discovery, states and stages	262

CHAPTER 9 Psychological turbulence and self-healing	267
9.1 Variation on a theme: body-mind turbulence, falling on head	268
9.2 Settling the mind and “falling out of habitual conditionings”	272
<i>Mind: the union of stillness and motion – guided meditation</i>	273
9.3 The energetic dynamics of selfhood	276
<i>Contraction, relaxation and re-orientation</i>	278
<i>Emergence and emergency</i>	282
9.4 About Settling the mind and therapeutic effects	285
<i>Deeper layers of the psyche revealing</i>	289
<i>A Tibetan view on mental turbulence and health</i>	291
<i>A fundamental re-orientation on what is health</i>	292
9.5 Summarizing special contributions of Settling the mind practice	293
<i>Settling the mind and attention practices</i>	294
<i>Settling the mind, connecting concentration and insight meditation</i>	295
<i>Settling the mind, self-healing and therapeutic qualities</i>	296
CHAPTER 10 Contemplation and science, some considerations	298
10.1 About a map and five attentional abilities	299
10.2 Meditation and baselines	302
10.3 Crucial Heart Qualities	307
<i>Compassion, expanding the scope – guided meditation</i>	308
10.4 Research on two basic types of meditation	311
<i>Focused Attention</i>	311
<i>Open Monitoring</i>	312
10.5 A model protocol for meditation research	317
<i>Settling the mind in its natural state, a structured description</i>	318
10.6 Two shamatha pilot-explorations, some impressions	323
<i>“Settling the mind questionnaire”</i>	324
<i>“After shamatha retreat questionnaire”</i>	327

CHAPTER 11 Applications, integrations: shamatha in society	333
11.1 Back to the working hypotheses: observing our minds	334
11.2 Wholesome effects for every human being, irrespective of worldview	335
11.3 Coping with turbulence, signs of progress, signals for worry	338
11.4 Consciousness and collaboration between contemplatives and scientists	339
<i>An alternative stance for a new amplified science</i>	341
11.5 Concentration-calm and possible practical applications in society	343
<i>Shamatha in psychiatry, meditation guidance, and the dying process</i>	344
<i>Compassion and dying – guided meditation</i>	350
11.6 In a larger evolutionary context	352
CHAPTER 12 On human flourishing: continuing the project	356
12.1 The most compassionate thing we can do	357
<i>Empathetic Joy – guided meditation</i>	357
<i>A spirit of emergence, and nadi-plasticity</i>	359
12.2 A new round of follow-up for the Shamatha Project, six years later	361
12.3 “Settling” the “mind” in its “natural state”	363
12.4 Doing what needs to be done, just being	365
<i>Four aspects</i>	366
Notes	369
References	379
Select Index	393

List of guided meditations

Breath, whole body practice	30
Breath in the abdomen	63
Breath at the apertures of the nostrils	65
Settling the mind in its natural state	67
Awareness of awareness	71
Loving Kindness	99
Equanimity and <i>Tonglen</i>	104
Distangling from mind	130
Settling the mind: no preference for calm or active	164
Lerab Lingpa's Settling the mind	176
Settling the mind, releasing grasping	207
Compassion for ourselves doing the practices	240
Mind: the union of stillness and motion	273
Compassion, expanding the scope	308
Compassion and dying	350
Empathetic Joy	357

List of illustrations

Figure 1: The Elephant Path in shamatha practice, a pictorial impression	128
Figure 2: The Six Realms in the Wheel of Life	232
Figure 3: Diagram regarding physical and mental functioning, correlating with energy dynamics	279

(All illustrations by Adeline van Waning)