

Frankly, I believe just looking at control profiles of short and long term meditators has been done: we know what the profile is, it's been replicated; (i.e., meditation increases positive yielding, and the longer the meditator, the more the increase, etc) and so you need some new wrinkle (my opinion) to make it interesting. Frankly, what I believe now is most interesting is the matching issue you raise. For example, those who are high negative yielding (q4) may not do as well with meditation as those who are high overcontrolling (and who are willing to meditate!). Maybe if you separated people by control profiles, and added some intervention component---matching their profile to an intervention: i.e., (see Riech study or Blumental, Whalen for examples of this type of study). Or get people who have anxiety, stress, and find their control profile, and then match them to intervention (see our chapter on interventions: giving those high in overcontrol meditation; those high in negative yielding, positive assertive training, etc. Perhaps five---seven weeks interventions with each. To me, that is where the state of the art is.