

Deane H. Shapiro, Jr., Ph.D.
1009 Canyon View Drive
Laguna Beach, Ca 92651
714-497-5090

4/6/90

Charles Alexander, Ph.D.
Acting Chairman, Psychology Department
MIU
Fairfield, Iowa, 52556-2091,

Dear Charles:

As per your telephone message, of course you have permission to use the SCI in your research. It seems the sections you were using 9-12 refer to the mode of control and 13-18 to dimensions of self-control. Items 1-2 are the first two of the species.

In terms of part one of the instrument, I'd also be interested in the other aspects of the species (e.g., fear of losing control, etc). I would assume that there would be a shift toward less fear in meditators; and also I'd be interested in whether there is a shift in the nature of the source from which a person gains their sense of control (e.g., questions 20-23). I discuss this issue of beliefs in the enclosed paper.

Finally, I'd be interested in part two with meditators, the specific-domain questions. How is the sense of control (general domain) in part one translated into specific domains. We have interesting profiles of pathology with this instrument (e.g., eating disorders; depression; anxiety; panic attacks, borderline; adult children of alcoholics; and normals. I'd be interested in a population which is seeking to live and experience the "higher stages" which you refer to in your most interesting book/chapters.

I am also enclosing a copy of a recent book chapter from the International Conference on Psychotherapy, Meditation, and Health in Holland. I met your colleague Paul Gelderloos and his wonderful new baby *Shane*.

This article describes my research program on control (second part); and in the middle, describes a shift in belief that occurred within me--from a non-theistic to a theistic universe. It is the most personal sharing I have yet done in writing. Of course I would be interested in your comments--personally and professionally.

I understand from Paul that David has been/is in Armenia. My warm regards to all of you.

Deane