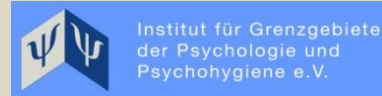


CHANGES IN SUBJECTIVE TIME AND SELF BUT NOT THE TEMPORAL WIDTH OF THE PRESENT MOMENT AFTER MEDITATION

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Background: Study based on concepts of the embodiment of subjective time and self during meditation.

Aims: Study effects of meditative states in experienced meditators on the present moment awareness, subjective time and the awareness of the self in relation to meditation-induced physiological changes.

Methods: 22 long-term meditators (average: 19.5 years of practice; 4 meditation sessions per week over the last two months). Measurements in within-subject design with **electrocardiogram and respiratory activity** during sessions. Before and after 20-minutes meditation session and 20-minutes reading session: (a) **metronome task** as operationalization of present moment awareness: integration of successive beats; (b) **self-report scales** related to **subjective time** and to the awareness of the **bodily self**.

Results/Conclusions:

- Mixed pattern of **more sympathetic and parasympathetic activity** during meditation relative to reading: breathing intervals prolonged; higher DFA α -1 and lower α -2 levels; lower levels of ApEn and SampEn as measures of HRV complexity.
- **Metronome task:** no significant differences between conditions.
- During meditation: **Body boundaries less salient; time passed more quickly and less attention to time.**

Conclusions: Meditation led to several changes in physiological parameters and subjective experience. This is probably the first quantitative study to show how the experience of time of the entire meditation session is altered in relation to the bodily self in experienced meditators.