



# Preparing For Participation in the Study: “Towards Enhancing Meditation with Focused Ultrasound Neuromodulation in Novice Meditators”

**\*\*Please review these materials prior to your first meditation webinar\*\***

If you have any questions, please email [ninette@advancedconsciousness.org](mailto:ninette@advancedconsciousness.org)

# **Welcome!**

## **Towards Enhancing Meditation with Focused Ultrasound Neuromodulation in Novice Meditators**

Welcome to the Institute for Advanced Consciousness Studies in Santa Monica, California! Thank you for joining us in investigating the neuroscience of meditation. These next slides will introduce you to the experiment intended to identify the effect, if any, of ultrasound neuromodulation on the depth of Vipassana meditation.

# About This Experiment

You were selected for this study because you are a naïve meditator and do not have any significant prior experience in mediation. Your main task—prior to beginning our in-lab procedure—will be to complete four remotely guided meditation sessions to introduce yourself to Vipassana meditation techniques. Afterwards, you will make a site visit where you will get an MRI and be introduced to the laboratory environment. You will then complete four onsite meditation sessions, where you will be asked during random periods during your 1 hour meditation session to rate the depth and intensity of your meditation. We will also ask you to complete several questionnaires after completing the remote meditation sessions, as well as before and after your onsite meditation sessions.

**This study will take place over 4 remote meditation sessions and 5 onsite visits. The remote sessions will take 45 minutes to 1 hour and 15 minutes. The onsite visits will take 2 to 3 hours each.**

# Webinar Session 1: Introduction Webinar

**Your 1st online session will take place over Zoom and will last approximately 1 hour and 15 minutes.** You will receive an email and calendar invite containing the Zoom link.

A research assistant will greet you and give you an overview of what you will experience during the online portion of this study, as well as the in-person visits.

You will receive some introductory techniques in meditation, then the proctor will launch [Vipassana 1 hour Guided Meditation](https://www.youtube.com/watch?v=dl6iviwRiC8) (link: <https://www.youtube.com/watch?v=dl6iviwRiC8>). Afterward, you will complete a survey sent to your email regarding your meditation experience.

You will be assigned instructions and due dates to complete session 2 and session 3 on your own. You will have time at the end of the webinar to ask any questions about the study and/or meditation.

# Webinar Session 2 and Session 3: Independent Remote Meditation Sessions

Your 2nd and 3rd remote session will be done independently and will last 45 minutes. You will receive reminders 24 hours before your due date to make sure you complete your meditation session in time.

You will follow this [Vipassana Meditation Guided 30 minute sit](https://www.youtube.com/watch?v=PxuNf87E1_c) (link: [https://www.youtube.com/watch?v=PxuNf87E1\\_c](https://www.youtube.com/watch?v=PxuNf87E1_c)) on your own for 30 minutes. Please try your best to meditate in a quiet location with no distractions and minimize physical movement. Afterward, you will complete a survey sent to your email regarding your meditation session.

Once you have completed the survey, you will receive an email about scheduling your final webinar (web session 4), three days after completing web session 3.

# Session 4: Final Webinar

**We will have one final online session that will take approximately 1 hour and 15 minutes and be proctored by a research assistant.** You will receive an email and calendar invite containing the Zoom link.

You will follow the same video from the first session on [Vipassana 1 hour Guided Meditation](https://www.youtube.com/watch?v=dI6iviwRiC8) (link: <https://www.youtube.com/watch?v=dI6iviwRiC8>). After completing the follow-up survey, you will be contacted through email about scheduling your first on-site visit.

Please note that it is important to complete you 1st and 2nd onsite visits within 2 weeks of completing your online sessions.

# Recommendations

**We urge you to practice your meditation sessions around the same time of day, preferably in the morning.** If you'd like to schedule your first session around 9am, we ask you to practice your independent meditation (session 2 and session 3) around the same time. Additionally, we will ask you to schedule your fourth session around the same time. It is more important that you complete all sessions than that they occur at the same time.

Although we will offer sessions in the evening, for those who cannot schedule earlier in the day, we **suggest meditating first thing in the morning, within 30 minutes of waking up.** Additionally, it is recommended that you **do not meditate right after eating a meal.**

# Compensation

You will be compensated \$30 per hour for your participation including webinar sessions.

You can choose to:

1. Receive payment after each session using Venmo
2. Pick up cash payment at the lab (traveling time/costs are not included in this option)
3. Receive payment for all online sessions (session 1 through session 4) in one payment after session 4 using Venmo
4. Receive payment for all online sessions (session 1 through session 4) in one payment on your first on-site visit with cash or Venmo



# THANK YOU!

Your participation in this study is genuinely appreciated. You are helping to advance the scientific understanding of the brain during the meditative experience.

If you have any questions you may contact our Lab Manager, Ninette Simonian at [ninette@advancedconsciousness.org](mailto:ninette@advancedconsciousness.org) or our Principal Investigator, Nicco Reggente, Ph.D. at [jcain@advancedconsciousness.org](mailto:jcain@advancedconsciousness.org)

We appreciate it if you share our sign up link (<https://newmeditator.studyenrollment.com/>) with anyone you feel would also be interested in participating.