

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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(All illustrations by Adeline van Waning)