

Attending Mindfully: A Psychophysiology Study of Sensory Processing in Meditators

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- Two independent samples (UK, India): meditators and non-meditators
- Assessed on startle habituation, sensorimotor gating and emotion regulation



Main Findings

Higher level of emotion regulation difficulties in non-meditators, compared to meditators (UK, India).

Greater startle habituation with a longer meditation practice in meditators (India)

Stronger sensorimotor gating in meditators who self-reported being able to enter and sustain a non-dual awareness during their meditation practice relative to those who did not (UK)