

## **Supplementary Material B**

### Additional Tables

Article: What Do Meditators Do When They Meditate?

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**Table B1**

*Number of Experience Meditators per Experience Rating Score for Each Basic Meditation Technique*

Technique	1 = No experience	2	3	4	5	6 = A lot of experience
Scan_Body	23	46	73	87	129	277
Abdomen_Breath	26	44	83	68	145	269
Observe_Thoughts	24	42	71	98	152	248
Resp_Flow	31	55	74	94	143	238
Release_Tensions	36	61	74	120	123	221
Singing_Sutras_Mantras	73	69	65	96	112	220
Lying_Relaxing	69	76	73	80	121	216
Compassion	35	60	88	119	135	198
Observe_Body	41	69	87	109	133	196
Recite_Mantra	152	83	60	68	83	189
Concentrate_Energy	66	71	78	103	135	182
Nose_Breath	62	74	84	94	140	181
Observe_Emotions	49	82	90	106	135	173
Manipulate_Breath	114	99	89	66	94	173
Singing_Together	111	82	83	94	95	170
Pause_Breath	59	74	83	116	137	166
Repeat_Words_Breath	137	83	69	88	98	160
Mantra_Mnemonic	178	93	63	62	80	159
Point_Breath	112	93	79	89	112	150
Channel_Energy	115	91	69	98	112	150
Count_Breath	88	94	102	84	119	148
Breath_Visualization	115	89	82	93	109	147
Opening_Up	117	101	76	93	117	131
Walking_Senses	69	81	108	137	111	129
Meditative_Movement	119	107	87	91	102	129
Mantra_Bodypoints	200	101	72	68	68	126
Visualize_Thoughts_Silence	156	90	75	105	89	120
Visualize_Expanding	137	86	85	102	106	119

Repeat_Affirmation	132	126	98	94	74	111
Listen_Sounds	116	124	110	104	82	99
Contemplate_Question	108	118	112	112	93	92
Intention_Mantra	196	120	82	75	72	90
Feel_Heartbeat	171	120	94	87	75	88
Visualize_Heart_Opening	174	105	89	105	74	88
Fixate_Object	133	123	113	100	86	80
Visualize_Light_Fire	219	94	76	81	85	80
Sitting_Do_Nothing	237	114	72	72	65	75
Contemplate_Death	199	117	90	83	73	73
Contemplate_Condition	210	122	79	89	65	70
Focus_Object	239	132	58	67	71	68
Move_Smoothly	227	113	77	84	67	67
Labeling	199	127	82	96	67	64
Deity_Merging	295	122	58	49	53	58
Walking_Labeling	194	156	83	77	67	58
Read_Text	206	139	95	81	58	56
Internal_Sounds	190	135	111	79	64	56
Humming	240	133	80	70	56	56
Contradiction	357	108	55	58	28	29
Spinning	385	118	60	34	22	16
Visualize_Decay	419	113	35	31	24	13

**Table B2**

*Number and Percentage of Meditators Practicing in One or More Subgroups of Buddhist and Hindu Meditative Traditions*

Tradition	Buddhist		Hindu	
	n	%	n	%
Zen	117	42.2	0	0
Theravada, Vipassana	89	32.1	0	0
Tibetan Buddhism	71	25.6	0	0
Sivananda Yoga	0	0	112	45.0
Kundalini Yoga	0	0	28	11.2
Yoga (other)	0	0	25	10.0
Hindu (other)	0	0	68	27.3
Osho	0	0	16	6.4
Sum	277	100	249	100
				526

**Table B3**

*Mean Rating Scores and Standard Deviations of the 10 Most Popular Meditation Techniques Across Buddhist Meditators (n = 216)*

Meditation technique	M	SD
Observing how thoughts arise in the mind without adhering to them	4.94	1.37
Being mindful of the rise and fall of the abdomen while breathing	4.39	1.56
Cultivating compassion, sympathetic joy, equanimity, loving kindness (for oneself, friends, neutral people, enemies, the whole world)	4.36	1.63
Observing emotions without adhering to them	4.35	1.58
Scanning the entire body	4.35	1.56
Observing how bodily sensations arise without adhering to them	4.32	1.64
Being mindful of the respiratory flow in the entire body	4.25	1.62
Walking and being mindful of sensory perceptions (movement of the feet, legs, clothing, air, hair etc.), coordinating it with the breath if necessary	4.14	1.63
Perceiving, then releasing emotions and tensions (e.g., with the help of the breath), while scanning the body	4.13	1.63
Being mindful of the sensations arising in the nose during inhalation and exhalation	4.10	1.73

**Table B4**

*Mean Rating Scores and Standard Deviations of the 10 Most Popular Meditation Techniques Across Hindu Meditators (n = 204)*

Meditation technique	M	SD
Singing sutras/mantras	5.08	1.29
Being mindful of the rise and fall of the abdomen while breathing	4.92	1.48
Scanning the entire body	4.91	1.38
Fostering and focusing on a spiritual connection created by singing together	4.78	1.43
Concentrating on a location in the body (e.g., abdomen or an "energy center" like chakra, Dan Tien) or on a series of locations in the body/ "energy centers"	4.72	1.46
Lying down and going into a state of deep relaxation while being fully conscious	4.61	1.64
Being mindful of the respiratory flow in the entire body	4.61	1.52
Voluntary manipulation of breath, e.g., reducing the strength of breathing or "pranayama" with holding one's breath	4.59	1.62
Reciting a mantra loudly, in a whisper, and silently	4.55	1.78
Accumulating energy in specific centers (e.g., abdomen) and channeling it through certain pathways (e.g., spine)	4.54	1.62

Table B5

*Sample Size, Gender Ratio, Mean Age and Mean Meditation Experience in Subgroups of Meditators From 12 Major Meditative Traditions*

<b>Tradition</b>	<b>Meditation</b>				<b>Age</b>		
	<b>n</b>	<b>%</b>	<b>% female</b>	<b>M</b>	<b>SD</b>	<b>M</b>	<b>SD</b>
Zen	123	19.4	39.9	17.4	11.3	54.4	11.5
Theravada, Vipassana	84	13.2	50.0	13.7	11.0	52.6	12.8
Tibetan	73	11.5	53.4	18.9	11.3	55.8	8.5
Sivananda Yoga	122	19.2	81.2	9.0	7.6	50.5	9.2
Kundalini Yoga	27	4.3	92.6	10.3	7.7	47.9	10.4
Yoga (other)	39	6.1	74.4	14.4	9.9	49.3	10.5
Hindu (other)	66	10.4	60.6	16.8	12.8	49.4	9.7
Osho	16	2.5	56.3	21.1	11.3	54.6	9.5
MBSR	9	1.4	77.8	11.7	6.9	51.6	13.7
Christian	12	1.9	50.0	22.7	12.5	52.2	7.3
Sufism	24	3.8	62.5	22.0	10.7	59.2	9.1
Qigong/Tai Chi	5	0.8	20.0	10.4	4.0	43.6	10.1
Total	635	100.0	59.9	15.7	9.8	51.8	10.2

**Table B6**

*Tradition-Specific Meditation Techniques Not Ranked in the Top 10 by Any Other Tradition*

Tradition	Meditation technique
Christian	Repeating an affirmation (e.g., "I am patient")
Hindu (other)	Looking at/focusing on a sacred object (image of the master, sacred geometric pattern, etc.)
Kundalini Yoga	With a specific intention (e.g., open one's heart, raise one's mood) selecting and repeating a mantra, combining it with associated hand postures or arm movements; Carrying out predetermined, meditation sequences of movements while allowing the breath to flow naturally; Repeating a mantra while focusing on corresponding points in the body
Qigong/Tai Chi	Combining inhalation and exhalation with visualization of energy, qualities, light, smoke etc.; Contemplating on a spiritually important question (e.g., "Who am I?"); Visualizing that thoughts are inherently restless, and focusing on the silence and the vastness that lies beyond them
Tibetan	Creating a visual representation of a deity and then merging with this visualization; Contemplating death and one's own mortality
Zen	Sitting and gazing at the wall, observing oneself doing nothing; Counting breaths