

Supplementary File 1 – Overview of Mantra Meditation Programme

Session 1	<ul style="list-style-type: none">• Introduction to Meditation• Physical Preparation for Meditation• A Brief History of Meditation Practices• Katha Upanishad (Indian Hindu Text)*
Session 2	<ul style="list-style-type: none">• Dealing with Distractions• Evaluations• Developing the Practice• Tao Te Ching – Lao Tzu (Chinese Taoist Text)*
Session 3	<ul style="list-style-type: none">• Being and Doing• Attention• Martha and Mary, Gospel of Luke (Christian Text)*
Session 4	<ul style="list-style-type: none">• Stages of Mantra Meditation• Levels of Consciousness• Health and Meditation• Parable of the Mustard Seed (Buddhist Text)*
<p><i>*The purpose of the texts in the context of this programme was to experience reading a contemplative text and consider its significance in your life, to explore the concepts of stillness and 'being', and to understand meditation in relation to these texts.</i></p>	