

## Heather

### Related readings:

- Baker, J.O. (2009). The variety of religious experiences. *Review of Religious Research* 51(1):39-54.
- Garrett, C. (2001). Transcendental Meditation, Reiki and Yoga: Suffering, Ritual and Self-Transformation. *Journal of Contemporary Religion* 16(3): 329-342.
- Gross, R. M. (2009). *A garland of feminist reflections: Forty years of religious exploration*. Berkeley, CA: University of California Press.
- Monk-Turner, E. (2003). The benefits of meditation: Experimental findings. *The Social Science Journal* 40(3): 465-470.
- Vilaythong, O.T., Lindner, N.M. & Nosek, B.A. (2010). "Do unto others": Effects of priming the golden rule on Buddhists' and Christians' attitudes towards gay people. *Journal for the Scientific Study of Religion* 49(3): 494-506.
- Wayment, H.A., Wiist, B., Sullivan, B.M., Warren, M.A. (2011). Doing and Being: Mindfulness, Health, and Quiet Ego Characteristics Among Buddhist Practitioners. *Journal of Happiness Studies* 12(4): 575-589.