The Esalen Institute Transformation Project was organized in 1976 to explore supernormal psychophysical functioning and various bodily transformations that support it. The Project is compiling and analyzing a broad range of scientific, speculative, and anecdotal literature related to this inquiry.

Presently the archive contains over 8,000 scientific studies concerning extraordinary human functioning, drawn from more than sixty research fields and arranged under the uniterm system of indexing. Articles were obtained from a computer search of relevant fields, from the archives of Dr. Elmer Green of the Menninger Foundation and Rhea White of the American Society for Psychical Research, and from numerous private sources. The archive is kept up to date with a weekly computer search of some 7,000 scientific journals.

In 1981 the authors began a comprehensive study of meditation. The following bibliography, with 776 entries, extends through June, 1983. It includes all the articles that have been located in English language scientific journals and a number of relevant books. In addition, some doctoral and masters theses are included which, though unpublished, were referred to frequently in the published literature. Where possible, original rather than secondary sources are used. Although it covers all types of meditation practice, the bibliography rarely cites metaphysical, philosophical, or religious literature connected with meditation.

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