Correction to: Exploring the Relationship between Character Strengths and Meditation: a Cross-Sectional Study among Long-Term Practitioners of Sahaja Yoga Meditation

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In the initial online publication of this article the presentation of the Appendix 1 was incorrect and Appendix 2 was missing. The correct versions of Appendices 1 and 2 are given below. The original article has been corrected.

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Appendix 1 Emic psycho-physiological strength model of Sahaja Yoga meditation

Here is a possible assignment of character strengths to SY qualities. Some effort was undertaken to assign each character strength to a single quality most closely associated with SY, but true assignments may not be so constrained. This chart should be regarded as provisional and subject to revision.

Center/Chakra	SY Qualities	Character strengths	Center/Chakra	SY Qualities	Character strengths
<i>Mooladhara</i> (Pelvis plexus)	- Innocence - Wisdom - Chastity/Purity - Eternal Childhood	- Curiosity	<i>Anahata</i> (Centre cardiac plexus)	- Love - Compassion - Security - Fearlessness - Courage - Responsibility	- Love - Bravery - Perseverance
<i>Swadisthan</i> (Aortic plexus)	- Creativity - Attention/Knowledge - Inspiration - Energy - Sense of Aesthetics and Art	- Creativity - Love of Learning - Zest - Appreciation of Beauty and Excellence	<i>Vishuddhi</i> (Cervical plexus)	- Collectivity - Communication - Truthfulness - Diplomacy - Detachment - (Self) Respect	- Teamwork - Honesty - Prudence - Perspective
<i>Nabhi</i> (Solar plexus)	- Satisfaction - Peacefulness - Generosity Evolution	- Gratitude - Fairness	<i>Agya & Hamsa</i> (Crossing optic thalamus)	- Forgiveness - Humility - Discernment	- Forgiveness - Humility - Judgment
<i>Bhavsagar</i> *	- Self-Mastery - Balance/Stability - Righteousness	- Self-regulation	<i>Sahasrara</i> (limbic area)	- Joy - Integration (Self realization) - Thoughtless awareness - Collective consciousness	- Spirituality

*Bhavsagar, or void, is a region located within the abdominal cavity. It contains the nabhi

Appendix 2 Overview of means and standard deviation of VIA-IS character strengths by group

Character Strength	Group	Mean	SD	Group	Mean	SD
Spirituality	SY	4.50	0.49	CG	3.36	1.00
Forgiveness	SY	4.25	0.56	CG	3.73	0.72
Gratitude	SY	4.27	0.57	CG	3.85	0.73
Self-Regulation	SY	3.70	0.62	CG	3.32	0.79
Teamwork	SY	4.08	0.56	CG	3.78	0.67
Appreciation of Beauty	SY	4.23	0.55	CG	3.93	0.72
Appreciation of Beauty	SY	4.04	0.55	CG	3.73	0.75
Kindness	SY	4.34	0.51	CG	4.14	0.58
Zest	SY	3.89	0.66	CG	3.64	0.77
Fairness	SY	4.28	0.53	CG	4.11	0.58
Judgment	SY	3.96	0.57	CG	4.13	0.59
Curiosity	SY	4.12	0.60	CG	3.91	0.72
Love	SY	4.15	0.58	CG	3.96	0.69
Humility	SY	3.71	0.66	CG	3.51	0.75
Leadership	SY	4.02	0.56	CG	3.85	0.64
Bravery	SY	3.81	0.63	CG	3.64	0.73
Love of Learning	SY	3.72	0.69	CG	3.90	0.77
Perseverance	SY	3.89	0.64	CG	3.71	0.82
Social Intelligence	SY	4.00	0.56	CG	3.87	0.65
Perspective	SY	3.92	0.64	CG	3.81	0.65
Prudence	SY	3.81	0.62	CG	3.70	0.70
Honesty	SY	4.42	0.45	CG	4.34	0.49
Humor	SY	3.88	0.67	CG	3.80	0.77
Creativity	SY	3.89	0.65	CG	3.87	0.77

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