

# **Supporting Meditative Awareness through Neurofeedback Wearables**

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## **1 Introduction**

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### **1.2 Meditation**

### **1.3 Awareness**

## **2 Goals**

## **3 Measurement Data**

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## **5 Conclusion**

## **References**

- [BD1] Tracy Brandmeyer, Arnaud Delorme, Meditation and neurofeedback Frontiers in Psychology, Article 688 (October 2013).