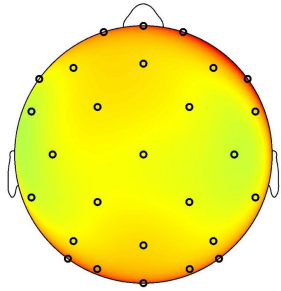


# Frequency Band Maps as a Function of A 10-Day Meditation Retreat

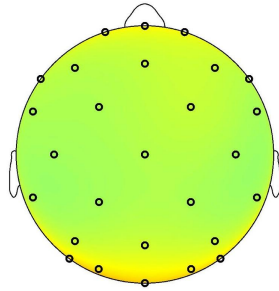


Robert Kimelman

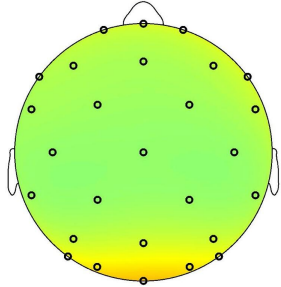
# Podcast Listening (PC) Condition



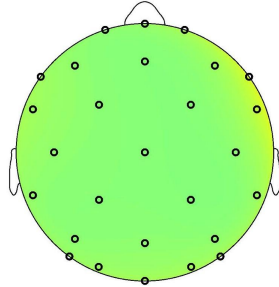
Delta



Theta

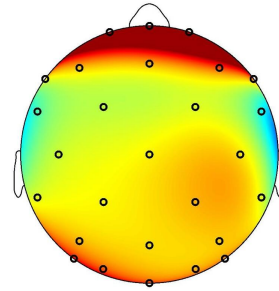


Alpha

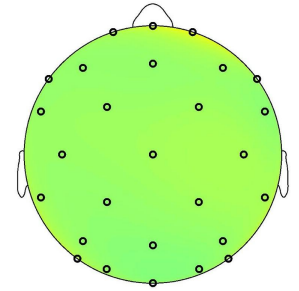


Beta

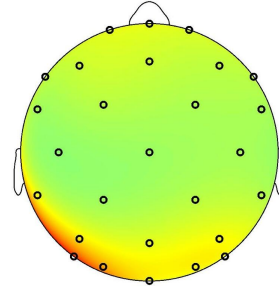
Before



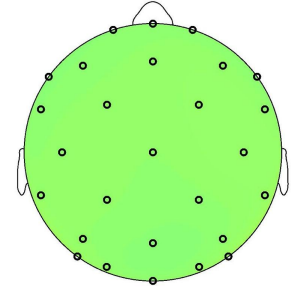
Delta



Theta



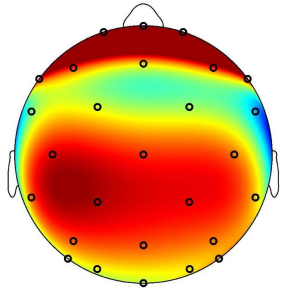
Alpha



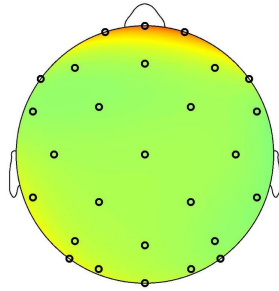
Beta

After

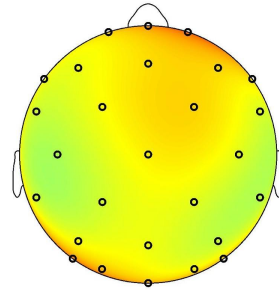
# Mind Wandering (MW) Condition



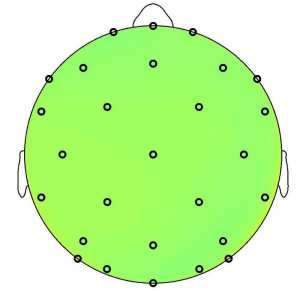
Delta



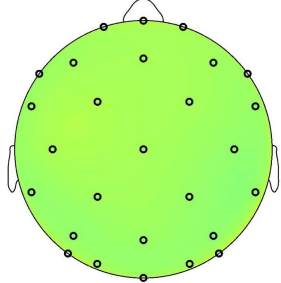
Theta



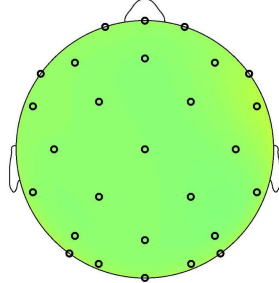
Delta



Theta



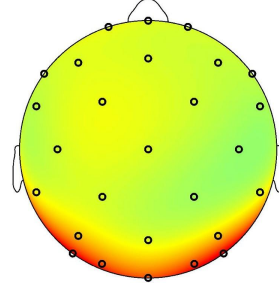
Alpha



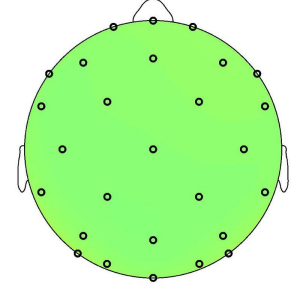
Beta

-1  $\mu V^2$  0  $\mu V^2$  1  $\mu V^2$

Before



Alpha

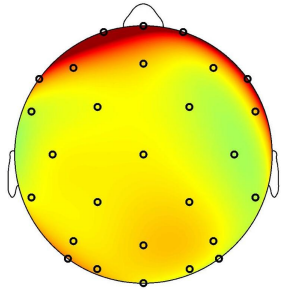


Beta

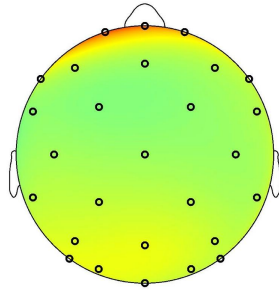
-1  $\mu V^2$  0  $\mu V^2$  1  $\mu V^2$

After

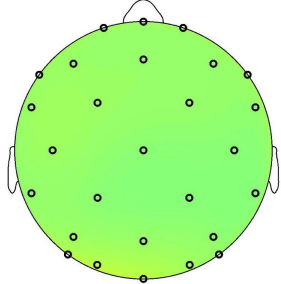
# Body Scan (BS) Meditation



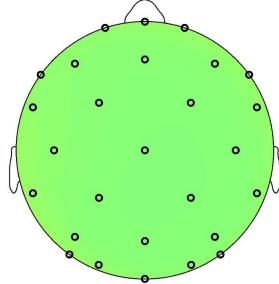
Delta



Theta



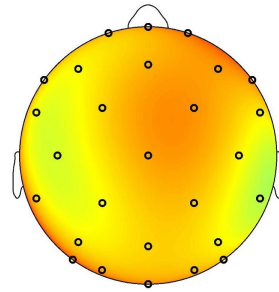
Alpha



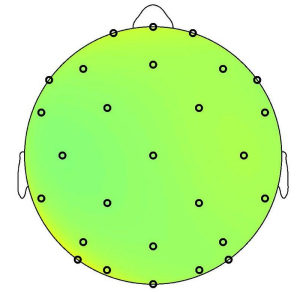
Beta

-1  $\mu V^2$  0  $\mu V^2$  1  $\mu V^2$

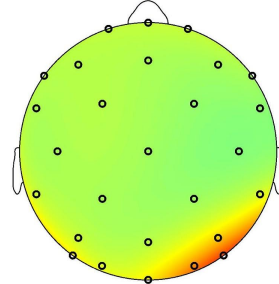
Before



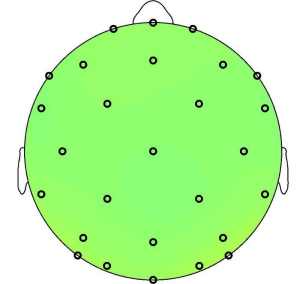
Delta



Theta



Alpha

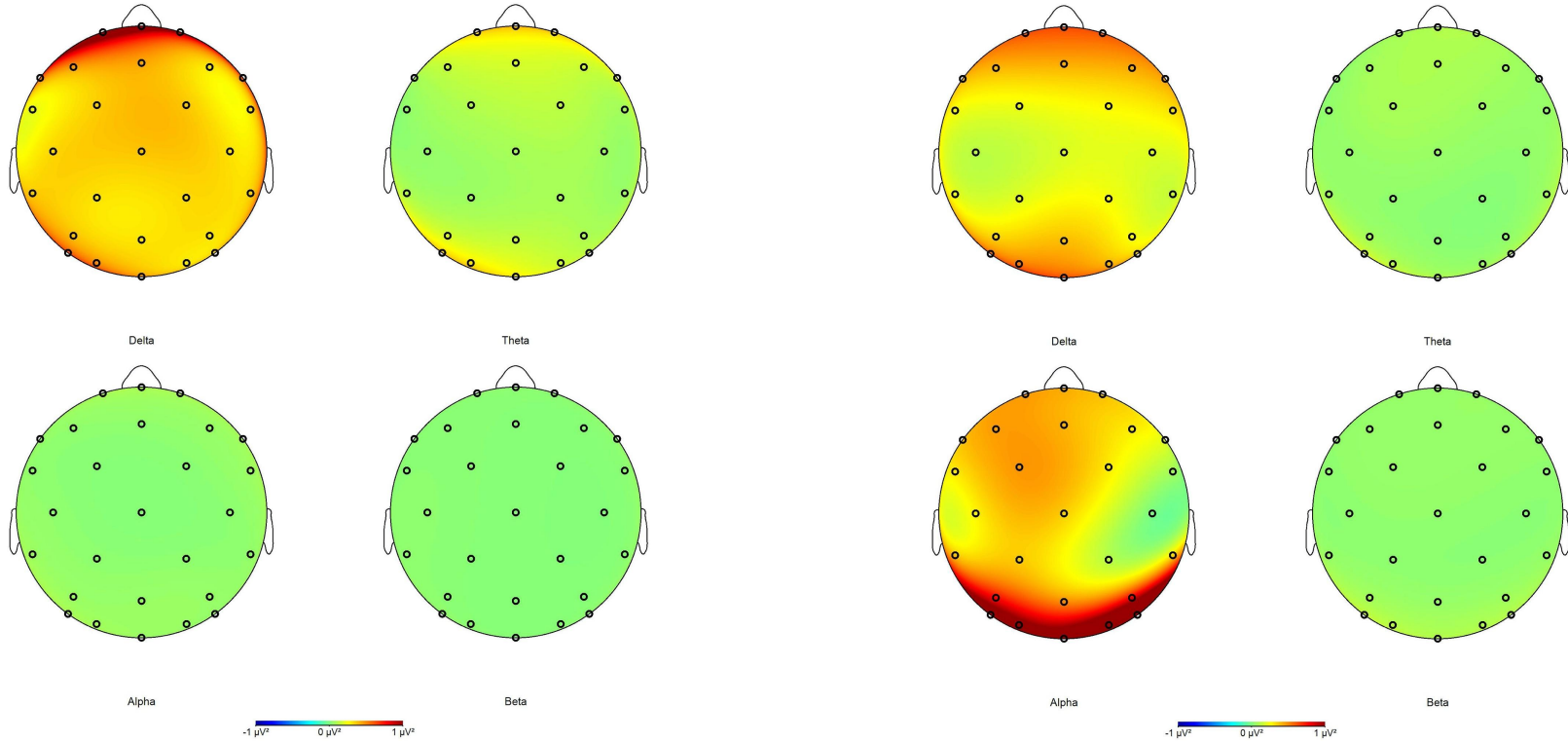


Beta

-1  $\mu V^2$  0  $\mu V^2$  1  $\mu V^2$

After

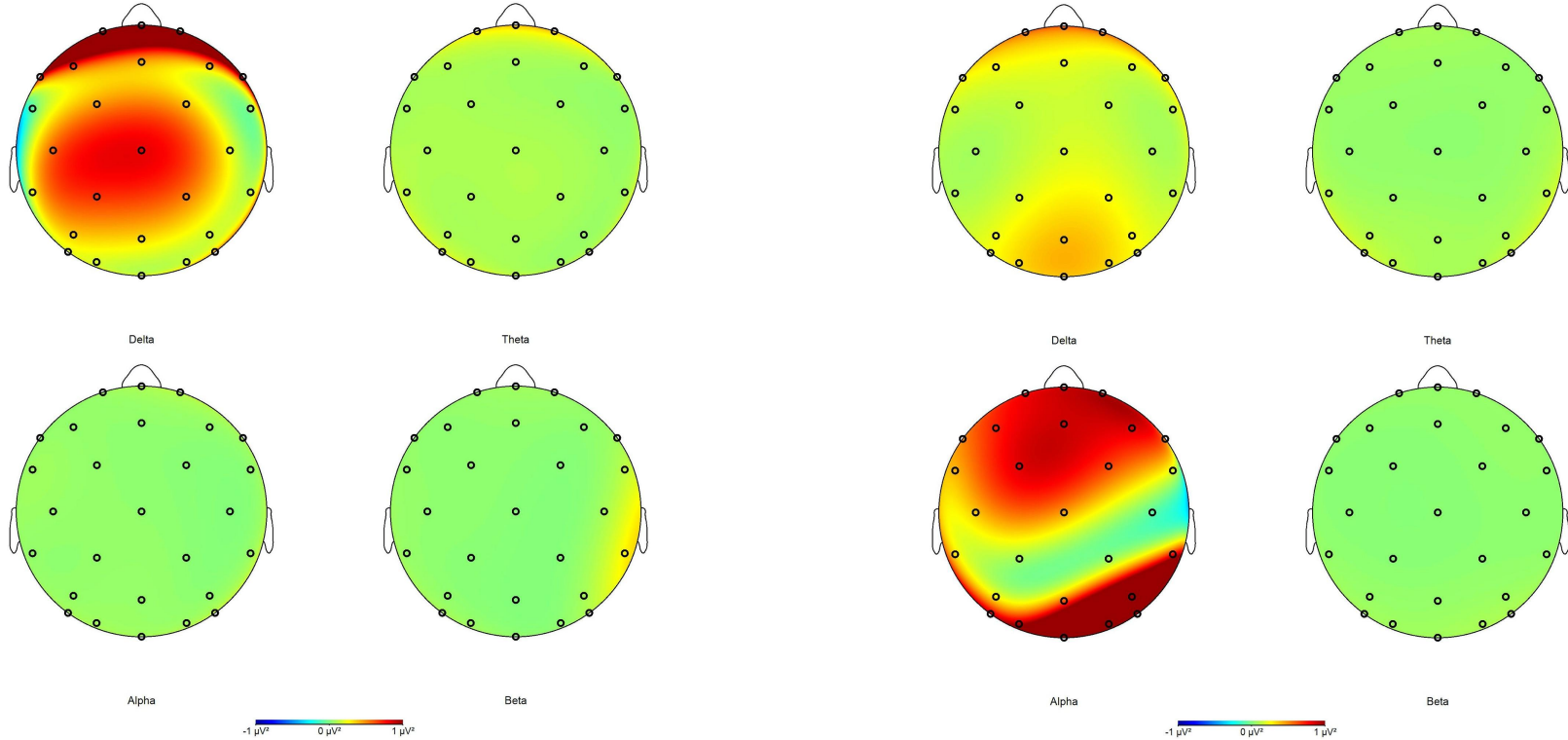
# Focused Attention (FA) Meditation



Before

After

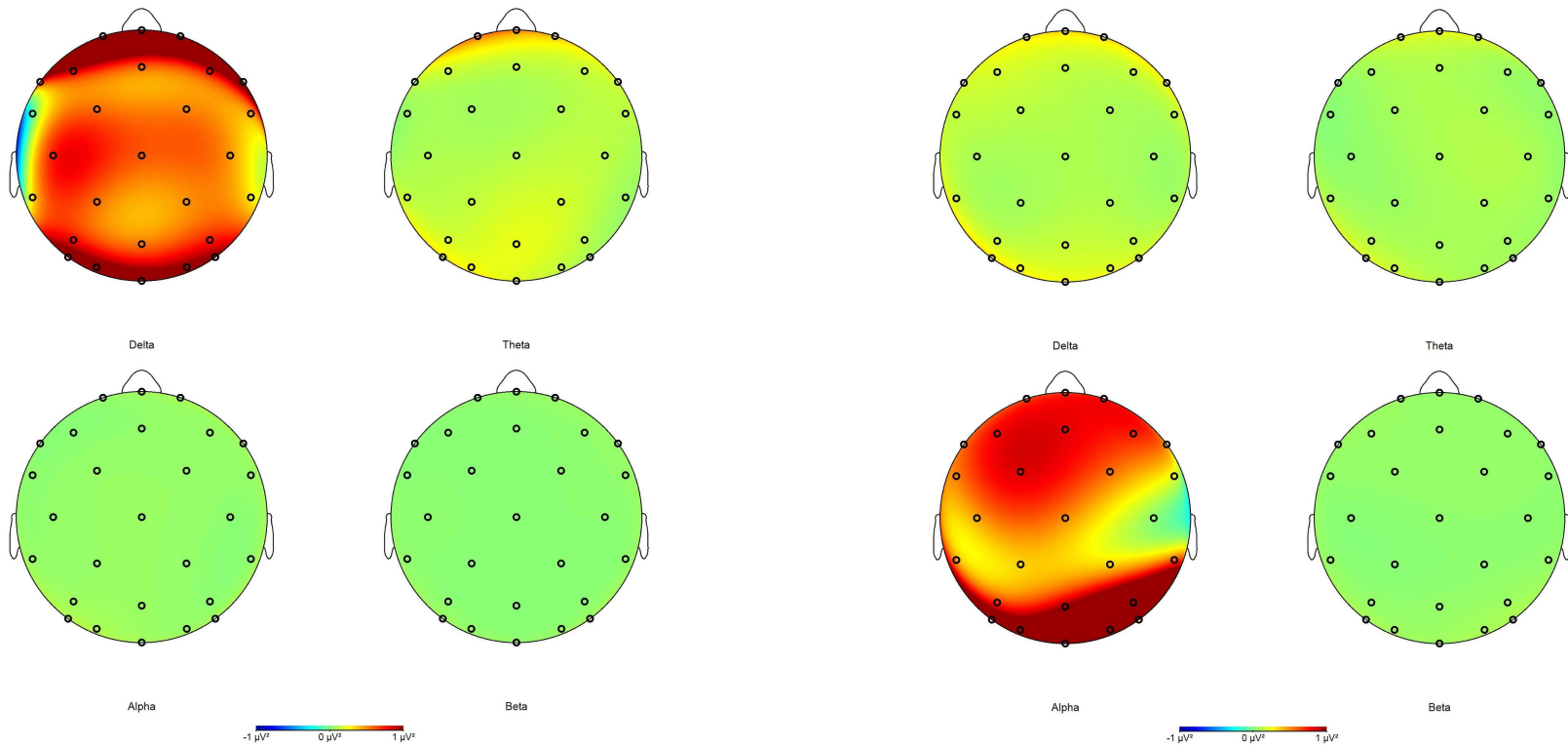
# Loving Kindness (LK) Meditation



Before

After

# Open Monitoring (OM) Meditation



Before

After