

This paper is an exploration of the concept of attention in Kundalini meditation also known as superconscious meditation.

We explore a flavor of Kundalini Meditation called Sahaja Meditation, an amalgam of therapeutic and spiritual meditation. In this practice, we define seven chakras or the meeting points of the astral and the physical bodies and turn our attention on each of these chakras, each chakra being the focus of attention on the rising of kundalini energy from the basal point to the crown. The energy is gradually focussed at each chakra with different therapeutical and spiritual results.

We explore the meaning of attention in the context of meditation. While this practice of meditation assumes that attention exists even in the super-conscious state of the Sahasrara chakra, we argue against the existence of attention in this state of highest consciousness.

Attention, is a corrolate of concentration, which can be easily studied in EEG data from the cranium. Given a quantitative description of attention in terms of beta and alpha waves, we explore if there exist correlates of attention in the delta, gamma and theta wave domains. It is argued that in deep meditation, in the slow wave range, in high delta or theta

#### Attention and meditation

(“Attention, Memory, and Meditation,” n.d.; Carswell and Frewen 2017; Chen and Chang 2014; Frewen et al. 2016; Halsband 2012; Davidson 2017; Valentine and Sweet 1999; Brower and Jago 2016; Chan 2003; Singh and Srinivasan 2019; Deepeshwar, Nagendra, and Rana 2019; Schmidt et al. 2018; McLean 2017)

#### Attention in Sahaja meditation

(Coney 2013; Greaves 2012; Raman 2014)

(Mazak 1990; Shamdasani 2015; Das 2019; Damodharan 2015; Jung and HG Jung 2012; Harger 2014; Shannahoff-Khalsa 2012; Goel 2007; Bharati, n.d.; Manblunder 2009; Khalsa et al. 2008; Miller 1990)

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