Abstract

An effort was made to analyze the cerebral electrical activity of fifteen meditators by means of EEG recordings. The Electroencephalogram (EEG) is a physiological electrical signal recorded
from the scalp to study the brain function. EEG is recorded before and after meditation inside and outside the pyramid. EEG after Meditation may provide an access to the mental states beyond normal consciousness. It is an attempt to score the meditation course by studying the variation in EEG parameters.

Many of the previous referred papers have no indication of quantitative analysis. Our aim is to do the quantitative and qualitative analysis. We conducted a study of EEG patterns of 15 subjects who were made to meditate under pyramid. The first set of data was taken prior to meditation and the second set of data was taken after the meditation inside the pyramid. The EEG signal consists of five bands namely, Alpha (8-12 Hz), Beta (12-30 Hz), theta (4-8 Hz), Delta (0.5-4 Hz) and Gamma above 30 Hz. The EEG is acquired using BIOPAC Student Lab with suitably placed silver/silver chloride electrodes to study the effects of meditation on rhythms of subjects EEG.

**References**

- West, M. A. (1980a). Meditation and the EEG. Psychological Medicine, 10, 369 –375

**Index Terms**

Computer Science

Biomedical
### Keywords

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