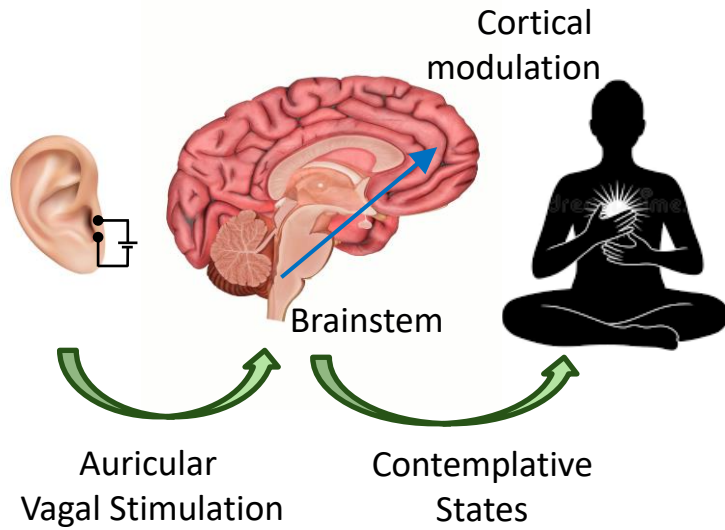
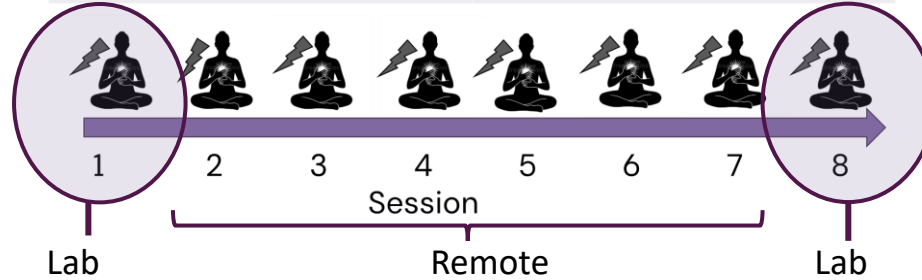


Stimulating Compassion using vagal stimulation

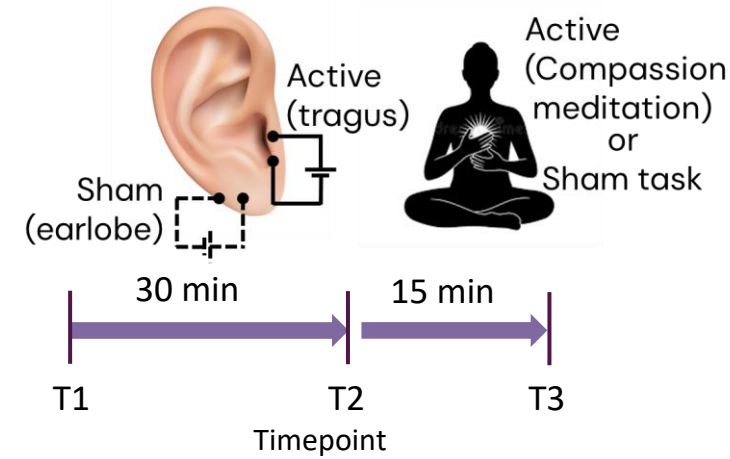


Groups | (n=120; 30/group)

Sham meditation + Sham Vagal Stimulation	Compassion meditation + Sham Vagal Stimulation
Sham meditation + Active Vagal Stimulation	Compassion meditation + Active Vagal Stimulation

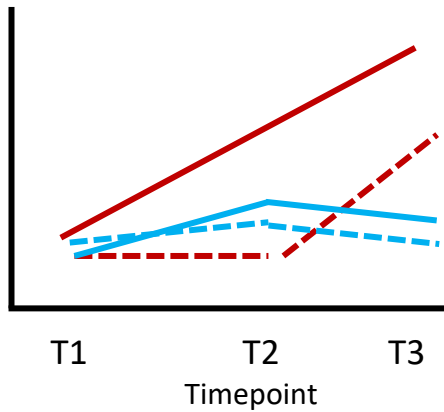


Stimulation + Meditation, daily for 8 days

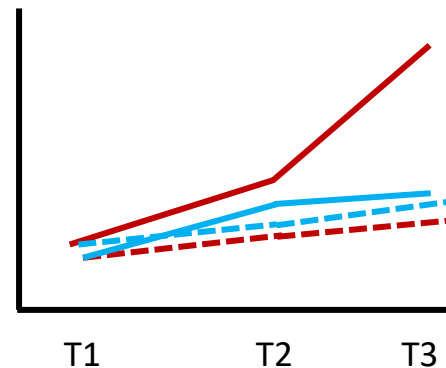


Session 1 (lab)

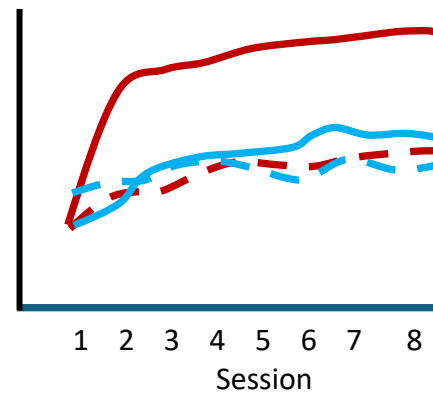
During Session 1:
State self-compassion



During Session 1:
State Mindfulness



Across Sessions 1 to 8:
State mindfulness



— tVNS + Compassion Medit — tVNS + Sham Meditation
- - - Sham + Compassion Medit - - - Sham + Sham Meditation

Conclusion:

- Additive effects of tVNS+compassion meditation on:
 - State self-compassion
 - State mindfulness
- Implications for contemplative psychotherapies?
- Implications for general wellbeing?
- Ethical implications regarding 'virtue engineering'?