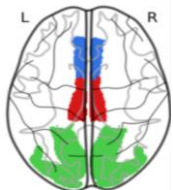
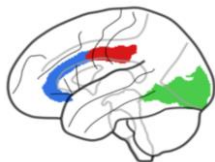


## Closing the Loop: Using Real-time EEG to Mutually Enlighten First and Third-person Perspectives on the Self

Fynn-Mathis Trautwein

Neural correlates of meditation

Subjective experience?



EEG:

**Theta** → Focused attention

**Alpha** → Relaxation

**Beta** → Boundary dissolution

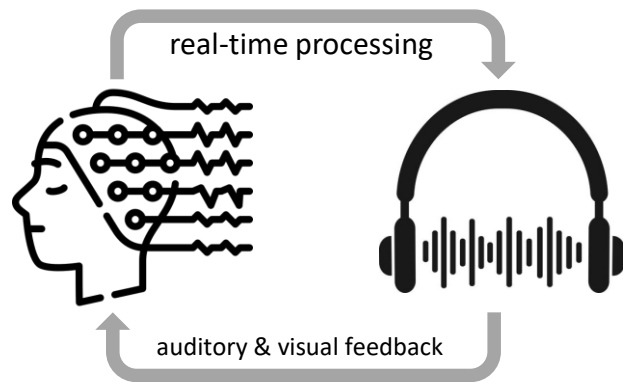
**Gamma** → Effortless awareness

Trautwein et al. (2024); Lutterveld et al. (2017);

Brandmeyer & Delorme (2020); Lomas et al (2015)



Neurofeedback  
experiment



- Correspondance with experience?
- Regulation of the signal?