

The eternal movement of a still mind: Exploring the properties of dynamic brain networks in meditation practices.

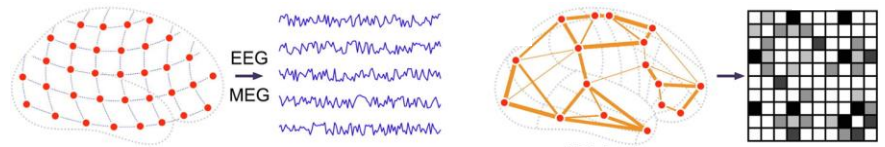
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Project goals:

- Study meditation practice and brain networks in the light of control theory
- Understanding the energetic properties of meditative brain states.
- Shed light on the controllability aspects of different meditation styles.

Brain network analysis

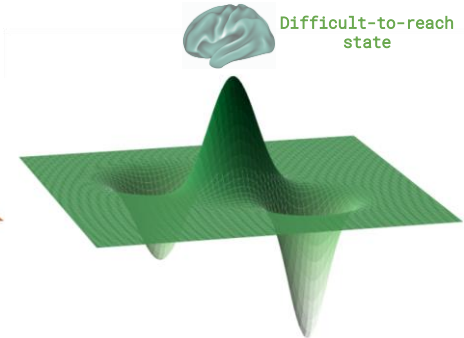
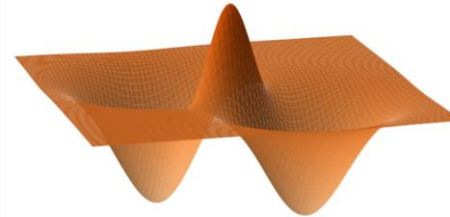


Meditative brain

Naive brain

Easy-to-reach state

Difficult-to-reach state



Stable brain state

Unstable brain state