



Fig. 3 EEG topographies of  $\theta$  (4-7.8 Hz),  $\alpha$  (8-12.8 Hz) and  $\beta$  (13-29.8 Hz) bands  
 a. Resting (eyes closed) b. Zen meditation (eyes half closed) c. Mantra meditation (eyes closed) d. Sky gazing (eyes open) e. Sky gazing (eyes closed)