

Executive Performance

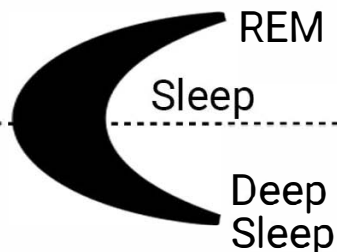
Aroused Mind  
Relaxed Body

Reading  
Studying  
Fixed Parasympathetic Tone

Body

Meditation

Relaxed Mind  
Relaxed Body



Mind

Beta

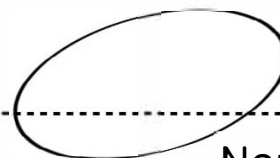
Alpha

Theta

Delta

PANIC 

Aroused Mind  
Aroused Body



Normal Waking State

Athletic Performance

Moving Meditation  
Martial Arts  
Trance Dancing  
Sports  
Somnambulism  
Fixed Sympathetic

Relaxed Mind  
Aroused Body