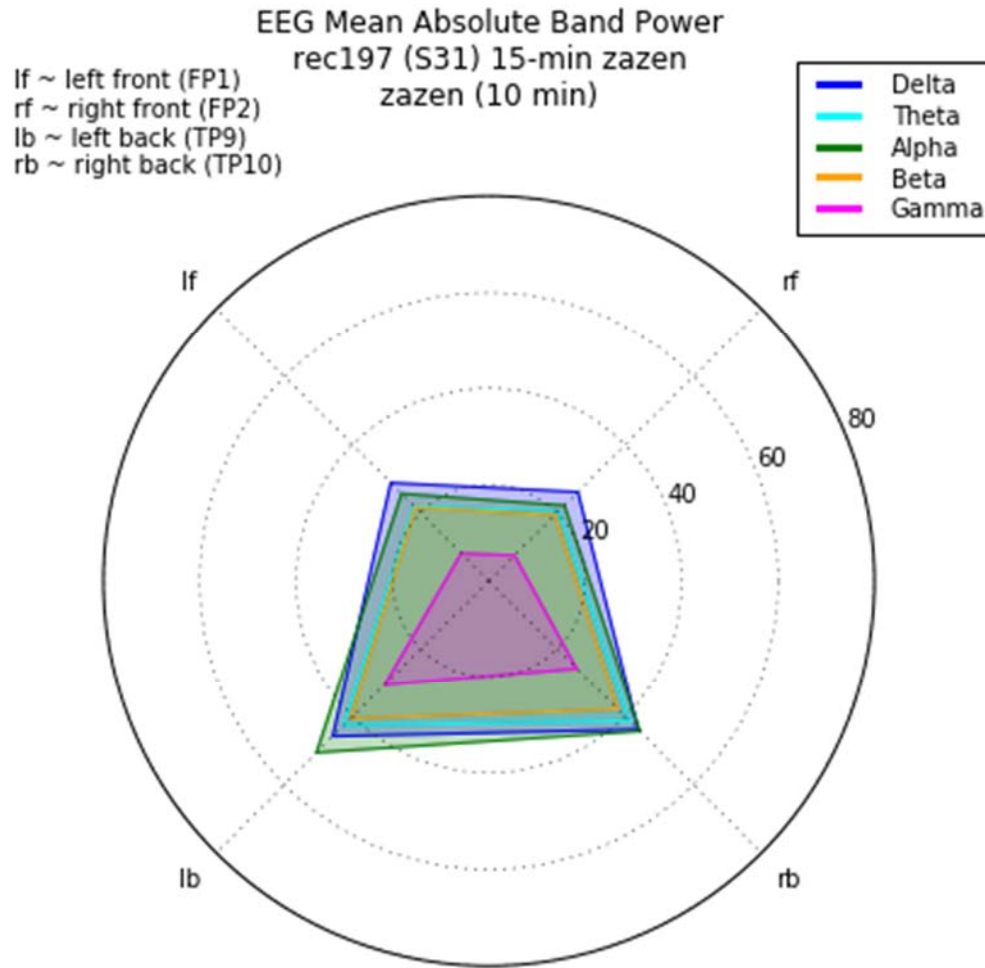
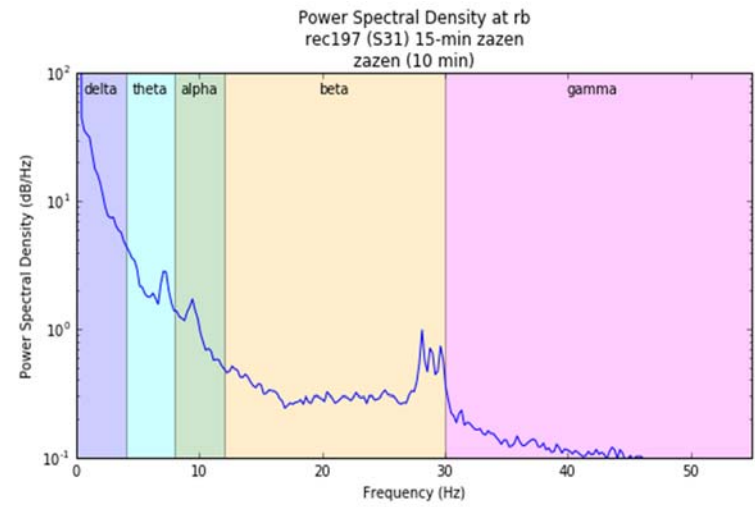
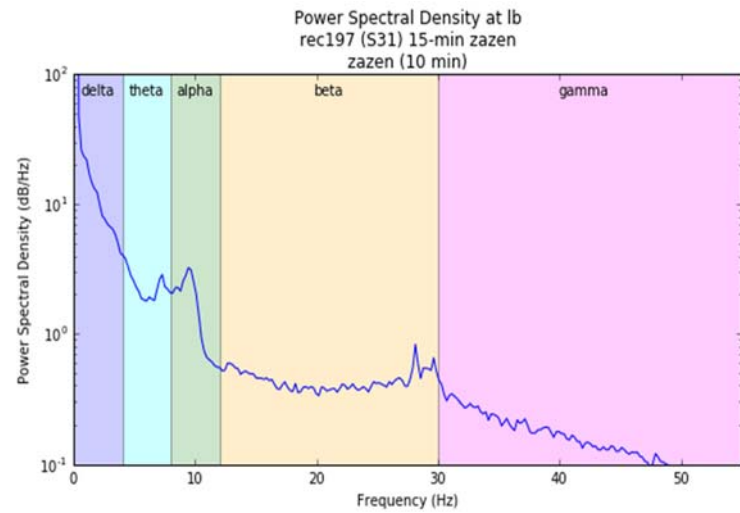
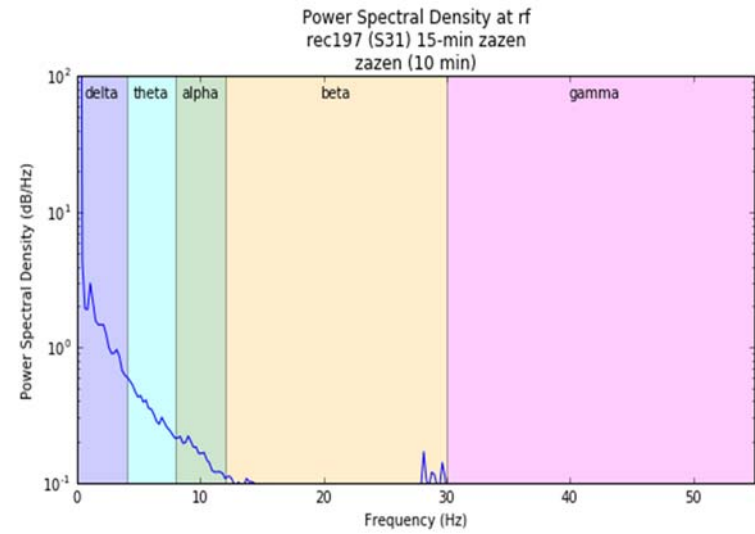
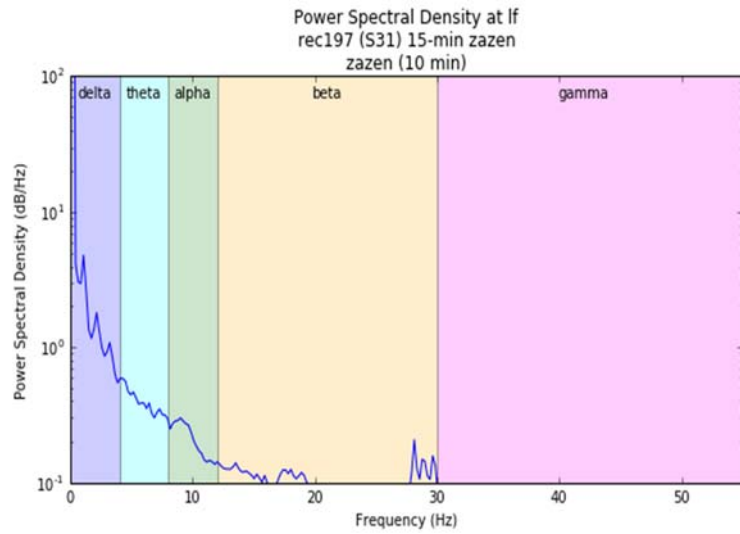


# Meditation after Sesshin

Radar chart of Mean Absolute Band Power

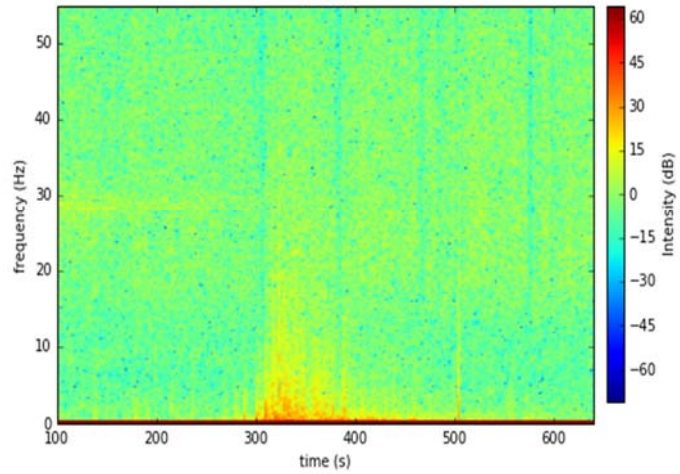


# Power Spectral Density vs. Frequency

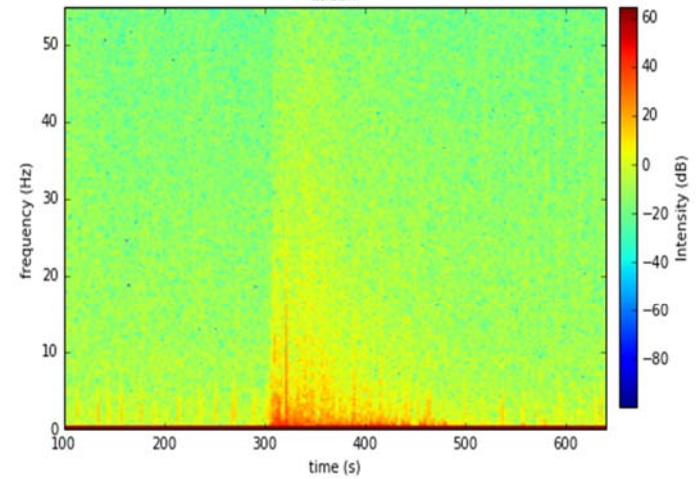


## Spectrogram of Frequency vs. Time

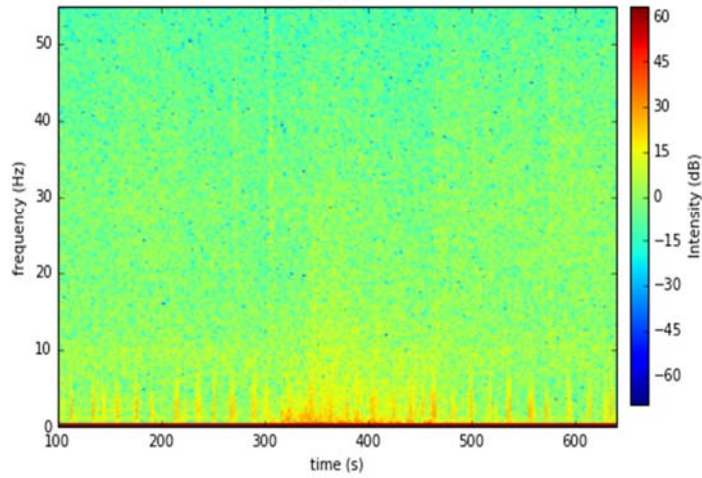
Spectrogram for lf  
rec196 (S30) 15-min zazen  
zazen



Spectrogram for rf  
rec196 (S30) 15-min zazen  
zazen



Spectrogram for lb  
rec196 (S30) 15-min zazen  
zazen



Spectrogram for rb  
rec196 (S30) 15-min zazen  
zazen

