

# THE WHAT

## What is Consciousness?

Consciousness is the *state of awareness* of an external environment or of something within oneself; the ability to *experience* or *feel*.



QUANTITATIVE RESEARCH HELPS US TO UNDERSTAND THE RELATIONSHIPS BETWEEN MENTAL ACTIVITY & BRAIN ACTIVITY

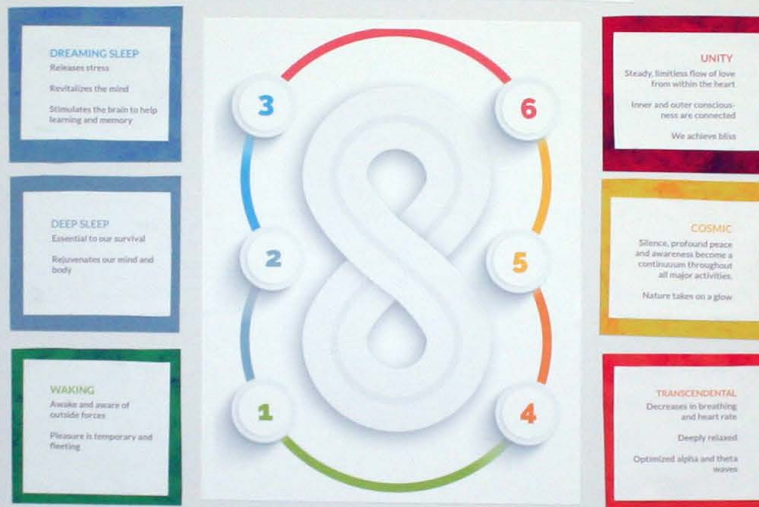
# EMERGING TECHNOLOGIES

&

# MEASURING CONSCIOUSNESS

Author: Kristin Corona, LCAL

## STATES OF CONSCIOUSNESS



# THE HOW

## How is it Measured?



## NEUROMODULATION (brain stimulation)



## NEUROIMAGING



## BRAIN WAVES & THEIR FUNCTIONS



## MEDITATION



## YOUR BRAIN ON DRUGS

Some drugs interact with neural circuits in the brain that use serotonin. There are physical and mental short-term effects of these drugs that include increased heart rate, sleepiness, feelings of relaxation, and stimulation of the senses.

