



# NEUROZYNK

MINDFULNESS-INDUCED ALPHA BRAINWAVE  
COHERENCE

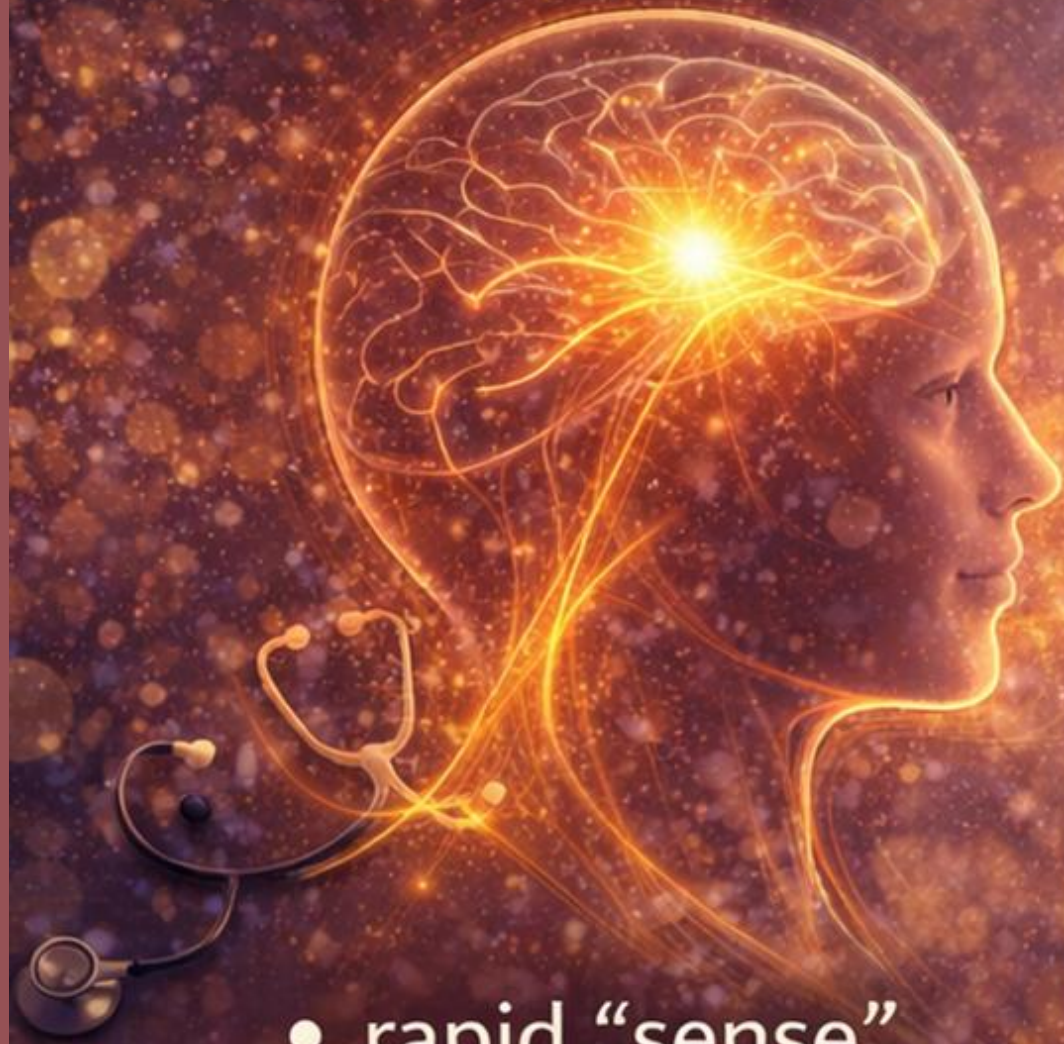
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# Intuition vs Knowledge

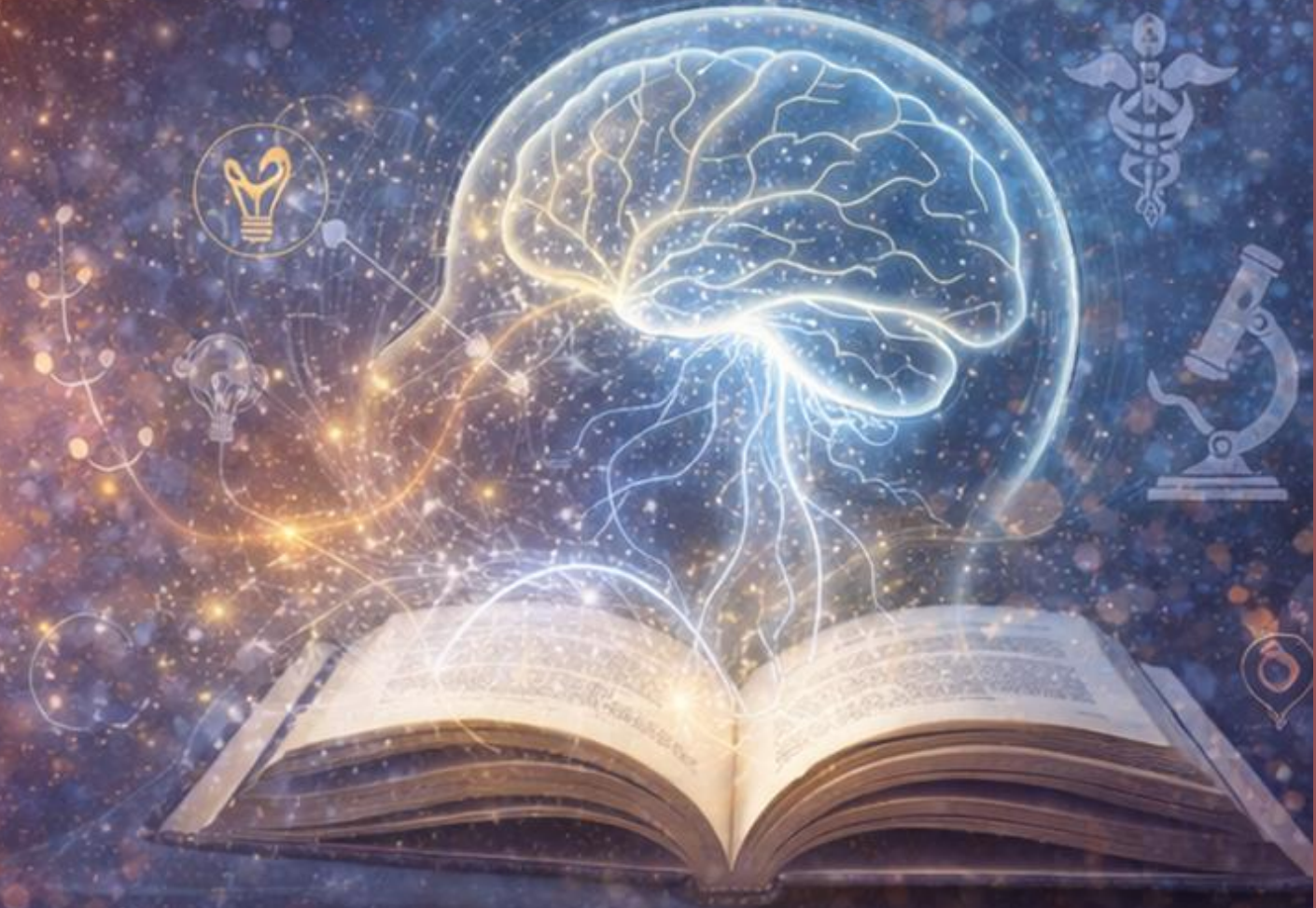
## INTUITION

## VS

## KNOWLEDGE



- rapid “sense”
- pattern recognition
- implicit memory
- holistic awareness



- learned facts
- training and research
- deliberate reasoning
- conscious understanding



# A Brief Integrative Model Informed by Bentov's Psychophysiology and Jungian Synchrony

# **RAPID AUTONOMIC RECALIBRATION**

**Sensory  
Awareness**

**Emotions**

**Thoughts**

# NEUROPHYSIOLOGY OF ALPHA OSCILLATIONS

(Klimesch, 2012; Cahn & Polich, 2006)



Alpha waves (8–12 Hz) → relaxed alertness

Support sensory gating and reduced cortical noise

Thalamocortical coherence coordinates attention networks

Mindfulness increases alpha power (EEG findings)

# BENTOV'S RESONANCE & ENTRAINMENT MODEL

- Human organism as a resonant biological oscillator
- Heart rhythm + respiration entrain neural coherence
- Controlled breathing downregulates sympathetic arousal
- Bridge between subjective experience and physiology

# JUNG'S SYNCHRONY & PSYCHOLOGICAL COHERENCE

- **Synchronicity: meaningful alignment of inner and outer experience**
- **Coherence when cognition, emotion, perception converge**
- **Supports insight, clarity, adaptive decision-making**
- **Adds subjective meaning dimension to neurophysiology**

# MINDFULNESS-INDUCED ALPHA BRAINWAVE COHERENCE



**Demonstration**



ITZHAK BENTOV died in the American Airlines Flight 191, was a regularly scheduled domestic passenger flight from O'Hare International Airport in Chicago to Los Angeles International Airport.



# THANK YOU



THE MIND CARNIVAL  
*journey to origin*

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# SCIENTIFIC STUDIES ALIGNED WITH BENTOV- SIMILAR PRINCIPLES

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