

## Mini Conference Proceedings



### Proceedings Two

## **Brain Dynamics, Conscious Thought, Psycho-Physiological Coherence and Spiritual Awareness**

Shifting our attention to Brain and Heart Dynamics, Proceedings Two, comprised of four papers, introduces the reader to topics presented at the second Biological Physics and Meaning Mini Conference on ‘*Brain Dynamics, Conscious Thought, Psycho-Physiological Coherence and Spiritual Awareness*’ (held online, April 2024).

The papers allow insight into the relationship between cognitive states based on brain and heart dynamics studies, as well as, exploring the relevance in integrating emotion with reason, both individually and socially, and how they relate to cognitive clarity, emotional stability and spiritual awareness, with the potential to alter psycho-physiological coherence at will, and the implications of such inner states, for oneself and in interaction with others and the environment.<sup>1</sup>

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<sup>1</sup> The recording of the Biological Physics and Meaning Mini Conference, No. 2 (April 2024) – “Brain Dynamics, Conscious Thought, Psycho-Physiological Coherence and Spiritual Awareness”, is available from:  
<https://thescienceofpeace.weebly.com/biological-physics--meaning-mini-conferences.html>.

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