Open Peer Review on Qeios

Enhanced cognitive state (ECS)

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Source

Jonathan D. Nash, Andrew Newberg. (2013). <u>Toward a unifying taxonomy and definition</u> <u>for meditation</u>. Front. Psychol., vol. 4 . doi:10.3389/fpsyg.2013.00806.

Is defined as the resultant state of consciousness due to the successful employment of a CDM, in which the phenomenological content is primarily cognitive in nature.