

**Authentic Nei Gong - Seated Exercise - Muse S Athena**  
**Researcher: J.E. Hardee**  
**Public Version**  
**2025**

This document displays a sample set of Muse S Athena Brainwave Powerbands screenshots from one exercise over time of one Taoist Inner Alchemy teaching group. Researchers are invited to contact J.E. (Jeff) Hardee at [wyrdenenergeticarts@gmail.com](mailto:wyrdenenergeticarts@gmail.com) for discussion, collaboration, or usage of data.

Practitioner: J.E. (Jeff) Hardee

Exercise: This exercise is done while seated for a variable amount of time, most often between 30 and 60 minutes. Areas of study on the exercise include the posture, the placement of awareness, the concentration involved, and any energetic phenomena as reflected in the data.

## BRAIN DATA

### Brainwave Powerbands ⓘ

All Delta  $\delta$  Theta  $\theta$  Alpha  $\alpha$  Beta  $\beta$  Gamma  $\gamma$

24 dB

18

11

4

-3

-10 dB

3:20

6:40

10:00

13:20

16:40

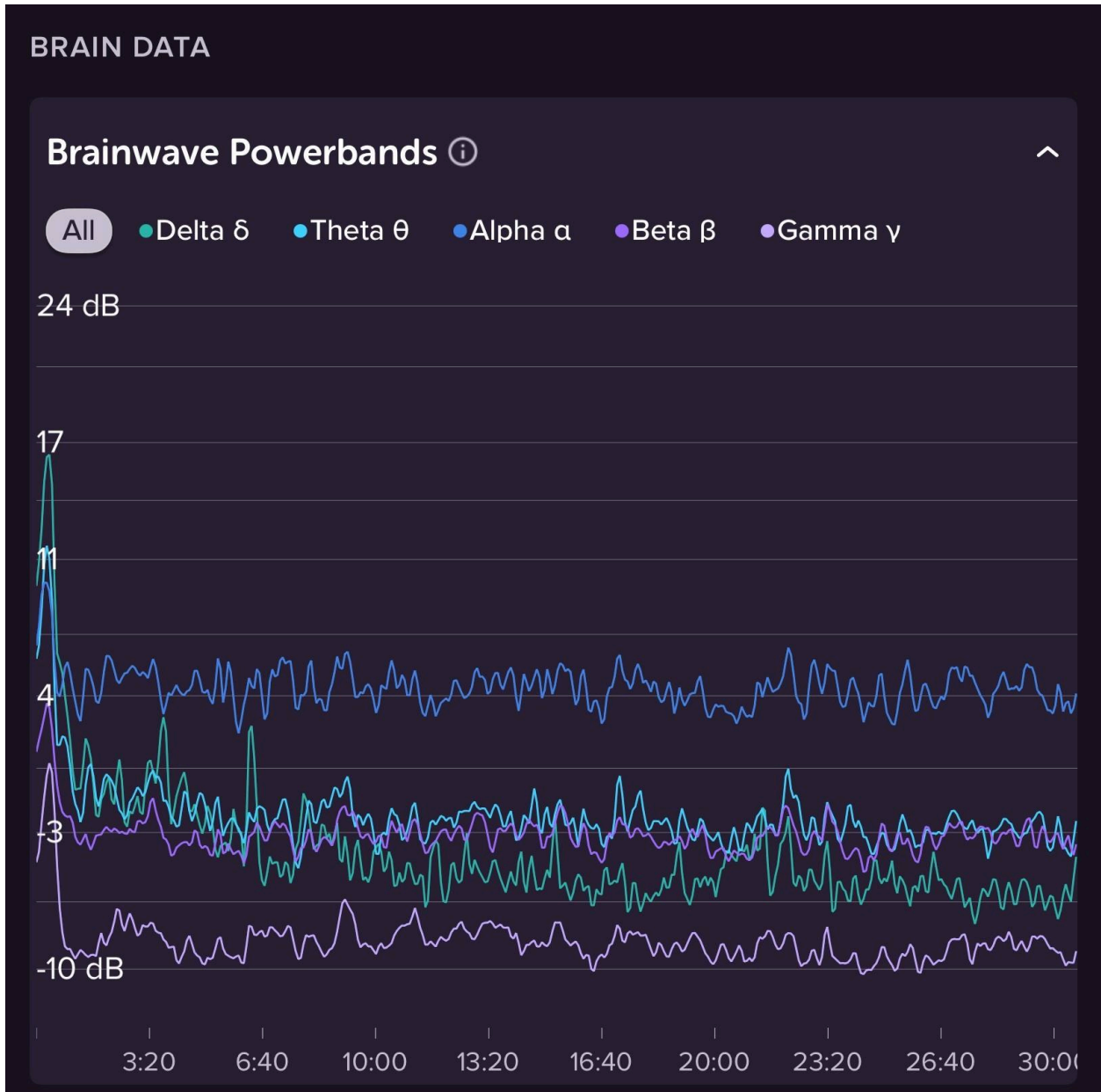
20:00

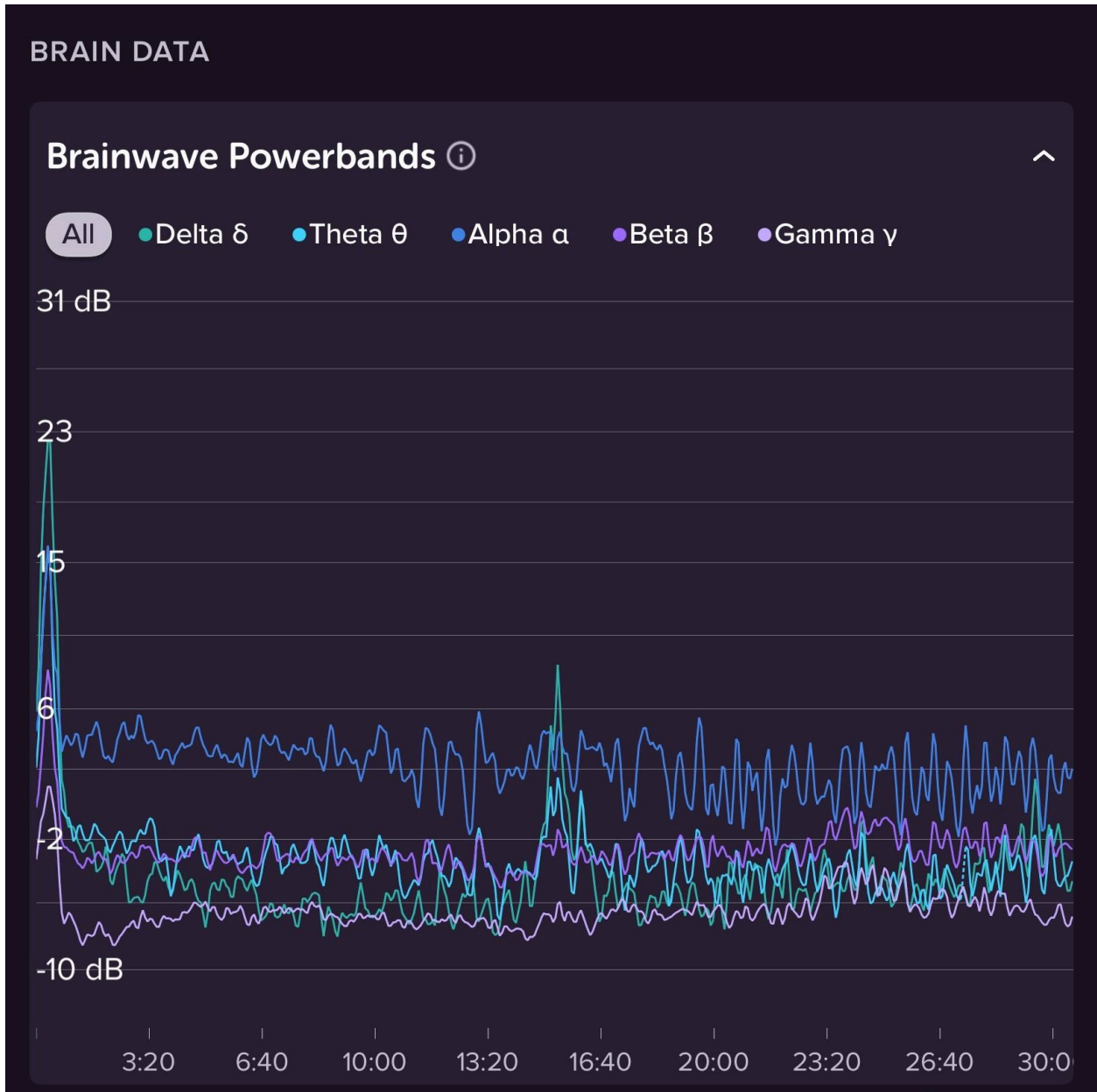
23:20

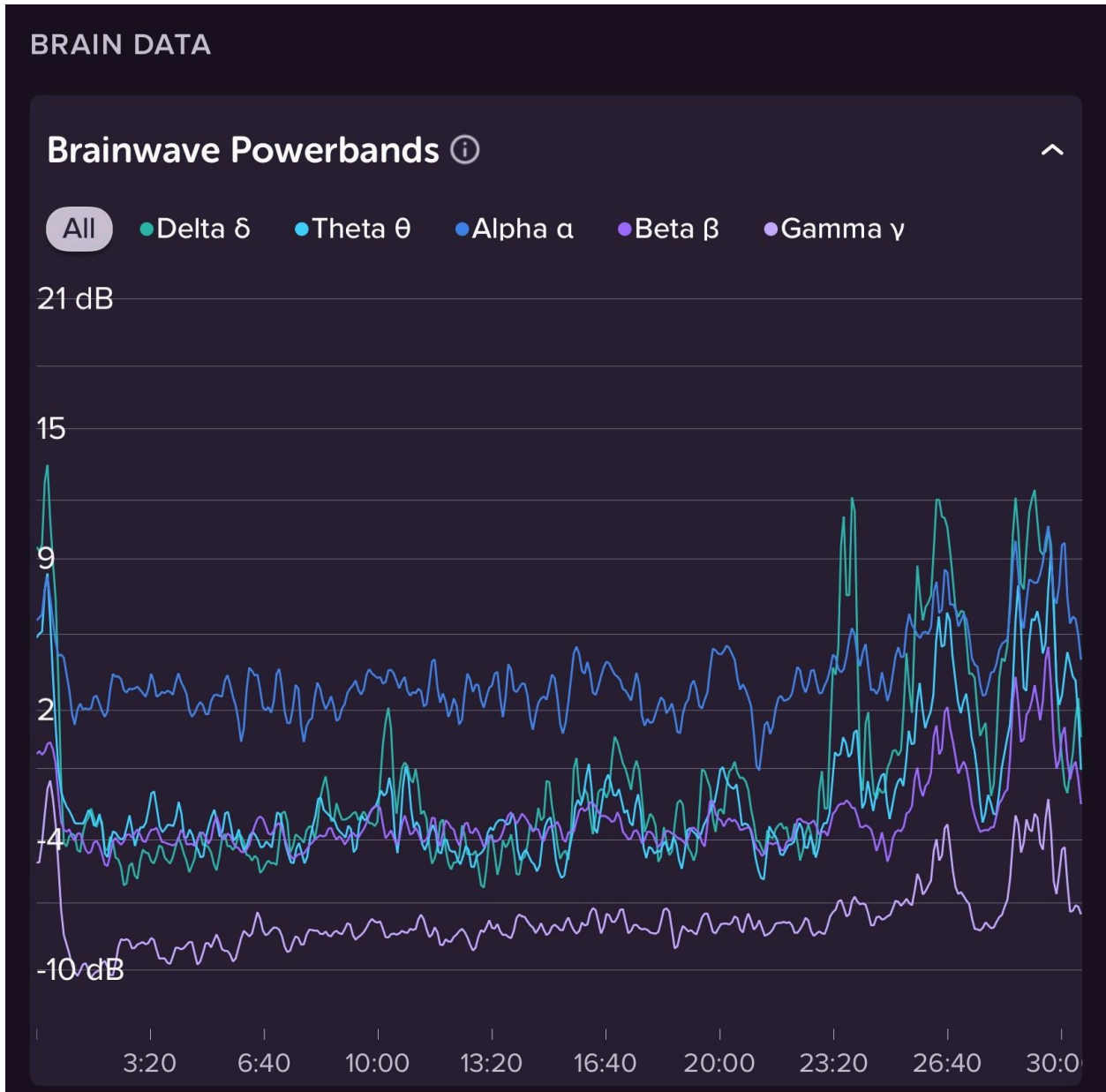
26:40

30:00

Property



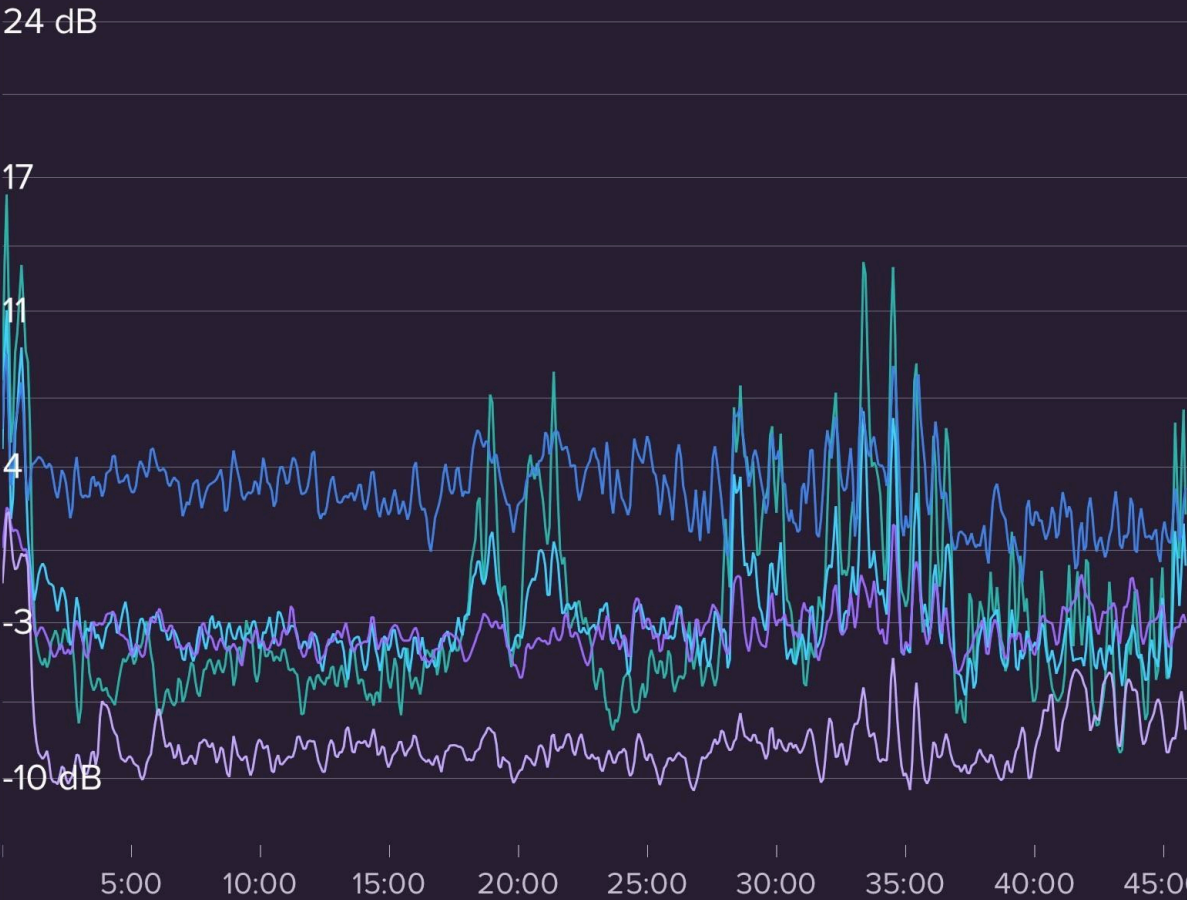


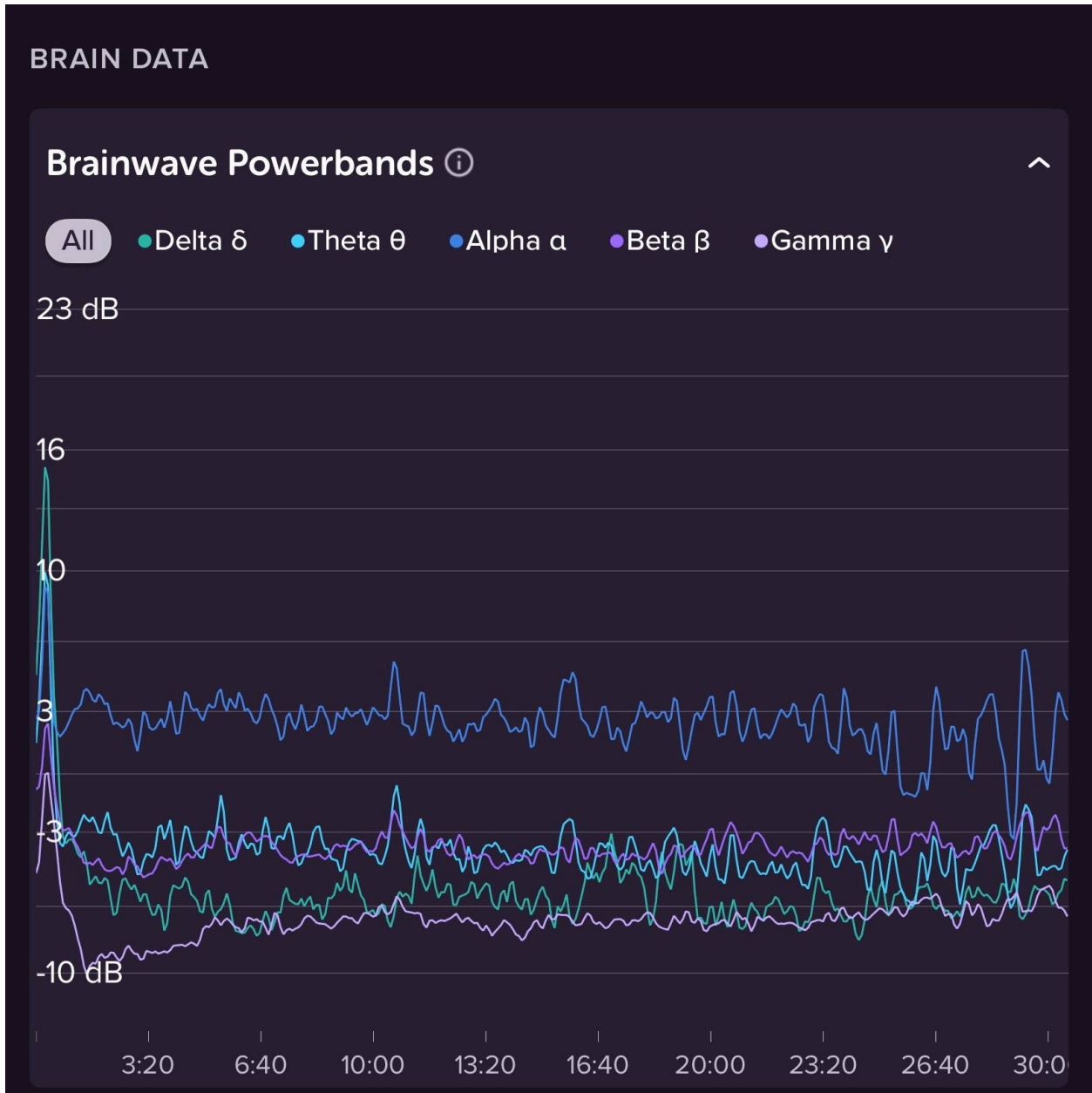


BRAIN DATA

Brainwave Powerbands ⓘ

All Delta  $\delta$  Theta  $\theta$  Alpha  $\alpha$  Beta  $\beta$  Gamma  $\gamma$







## BRAIN DATA

### Brainwave Powerbands ⓘ

All Delta  $\delta$  Theta  $\theta$  Alpha  $\alpha$  Beta  $\beta$  Gamma  $\gamma$

23 dB

17

10

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20:00

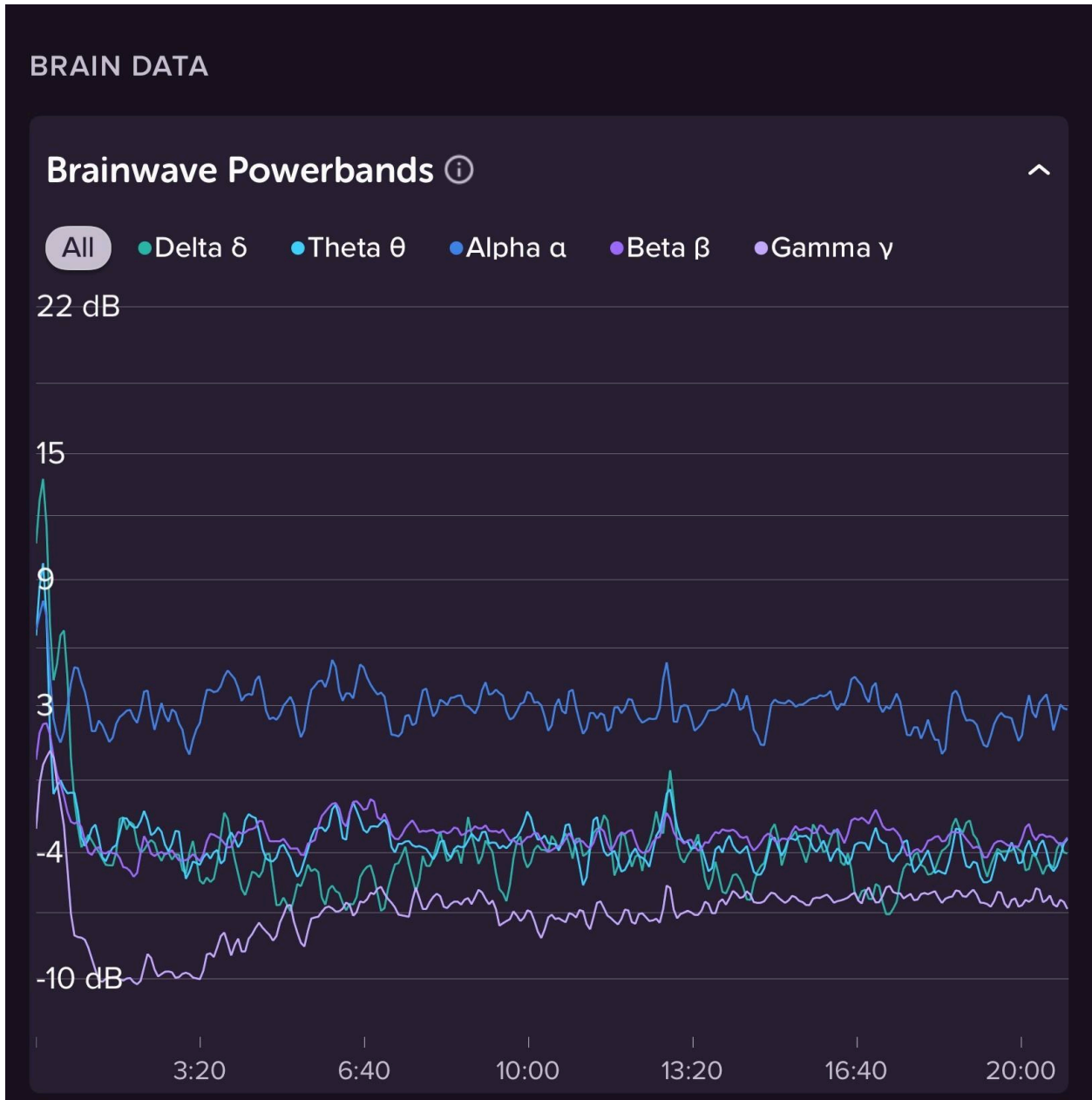
23:20

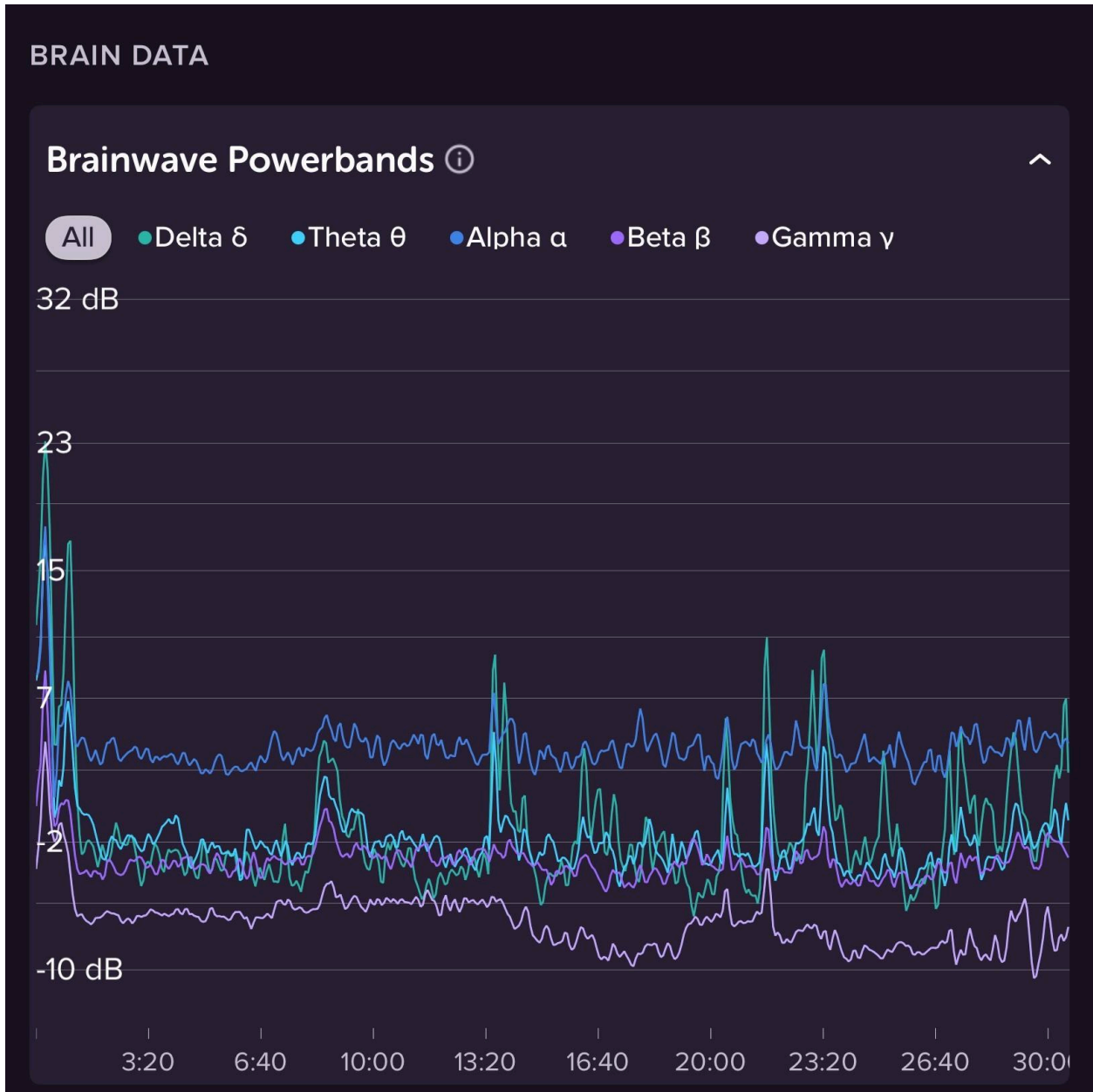
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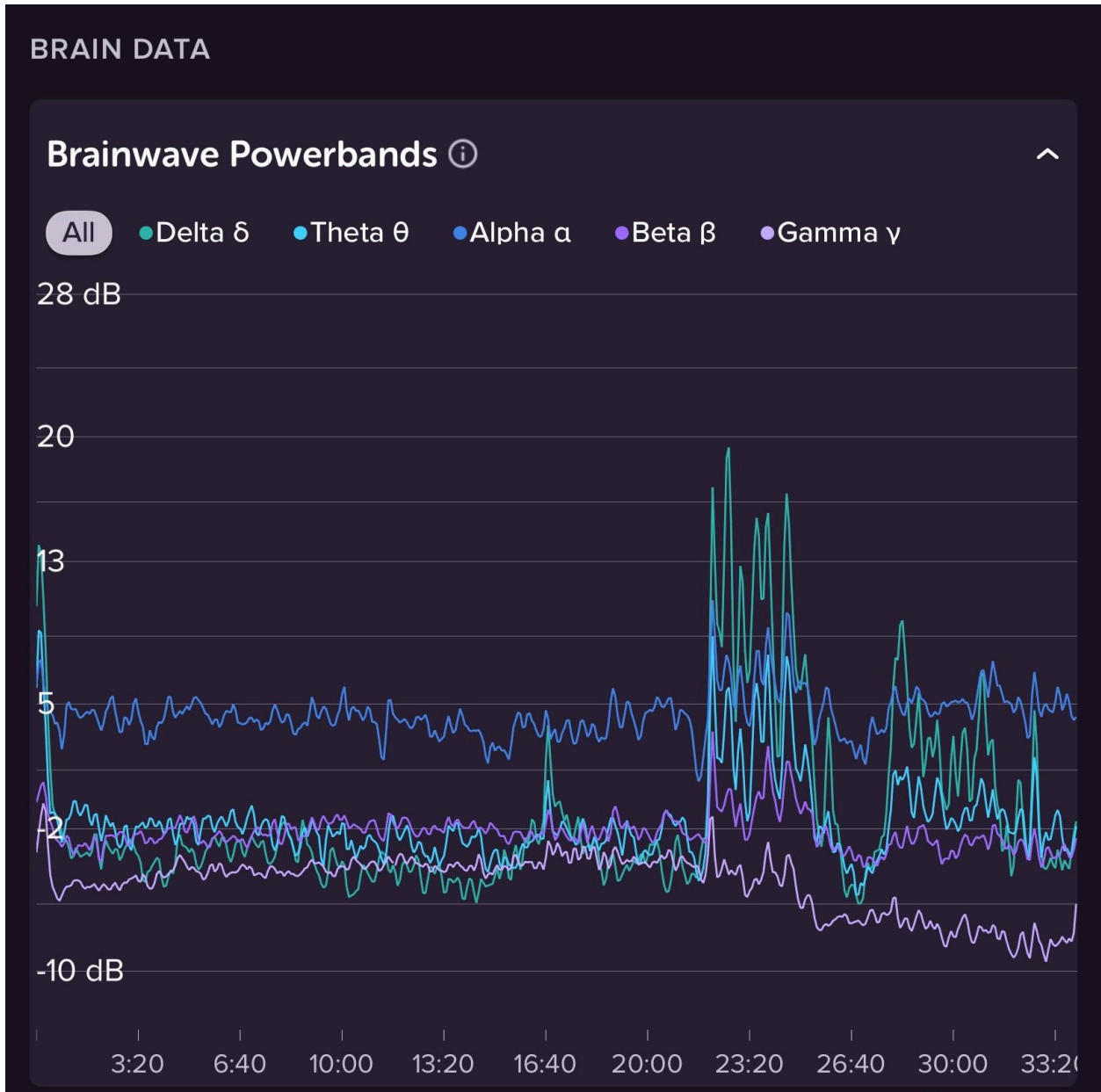
30:0

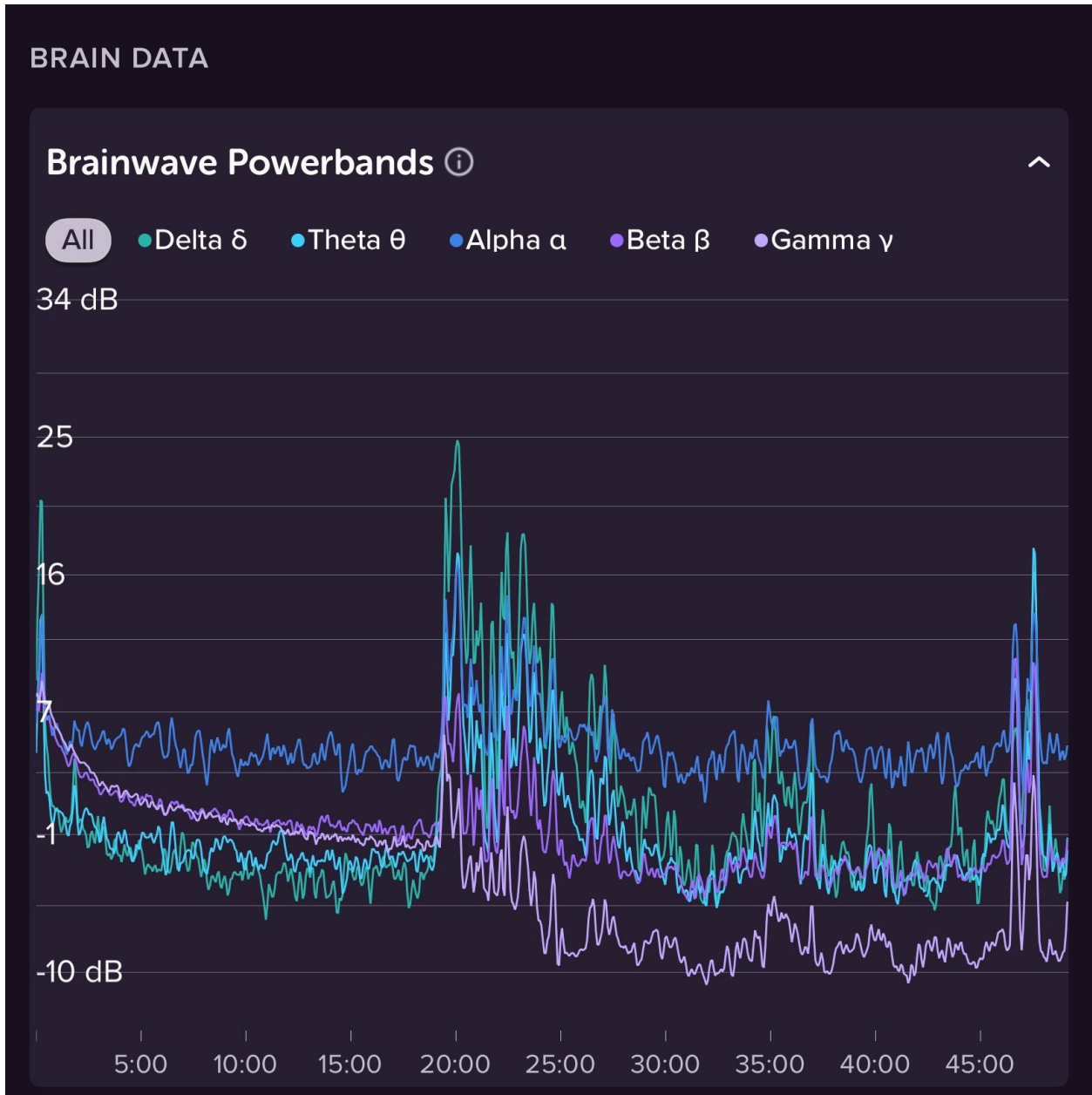
Property

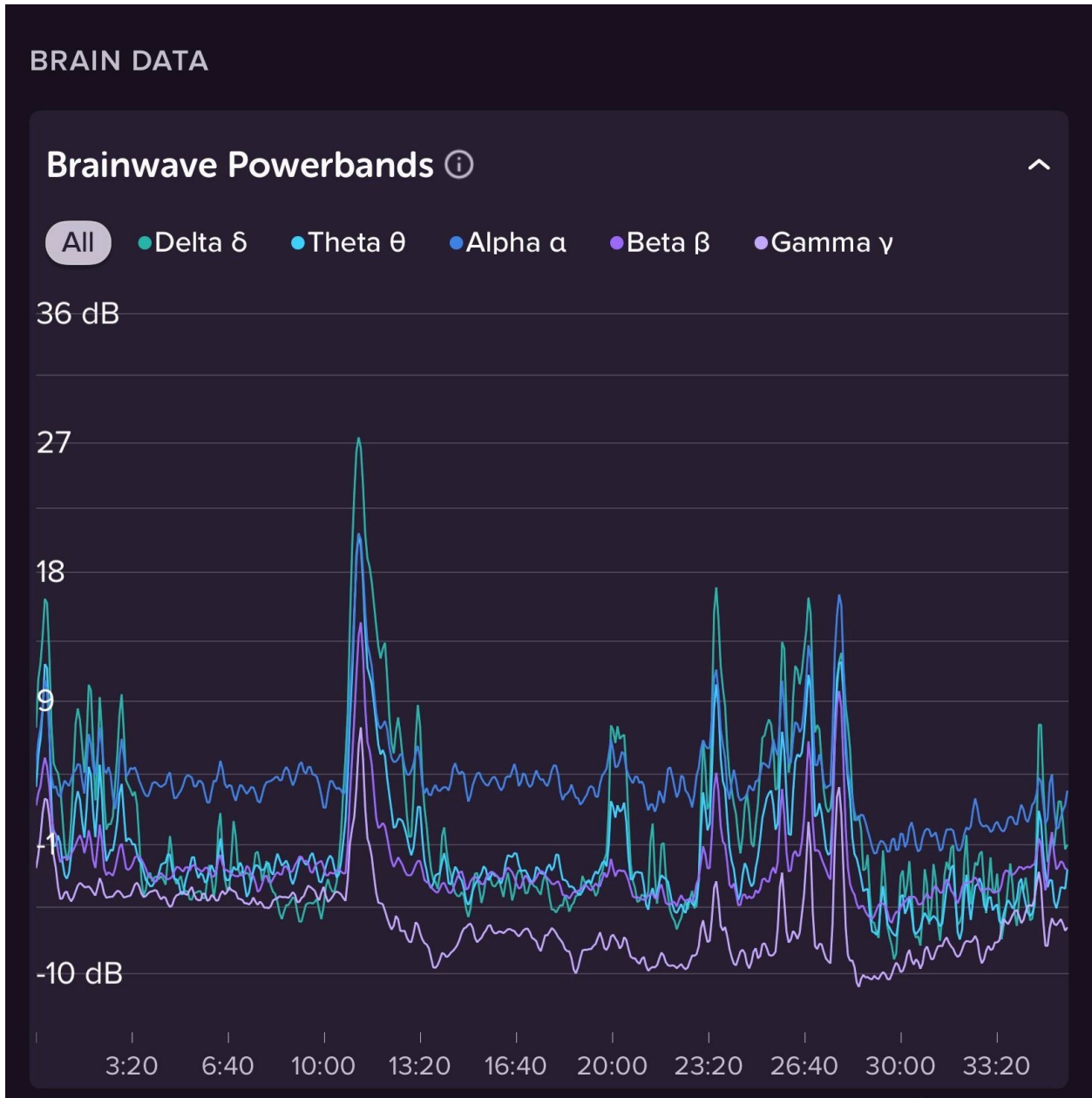


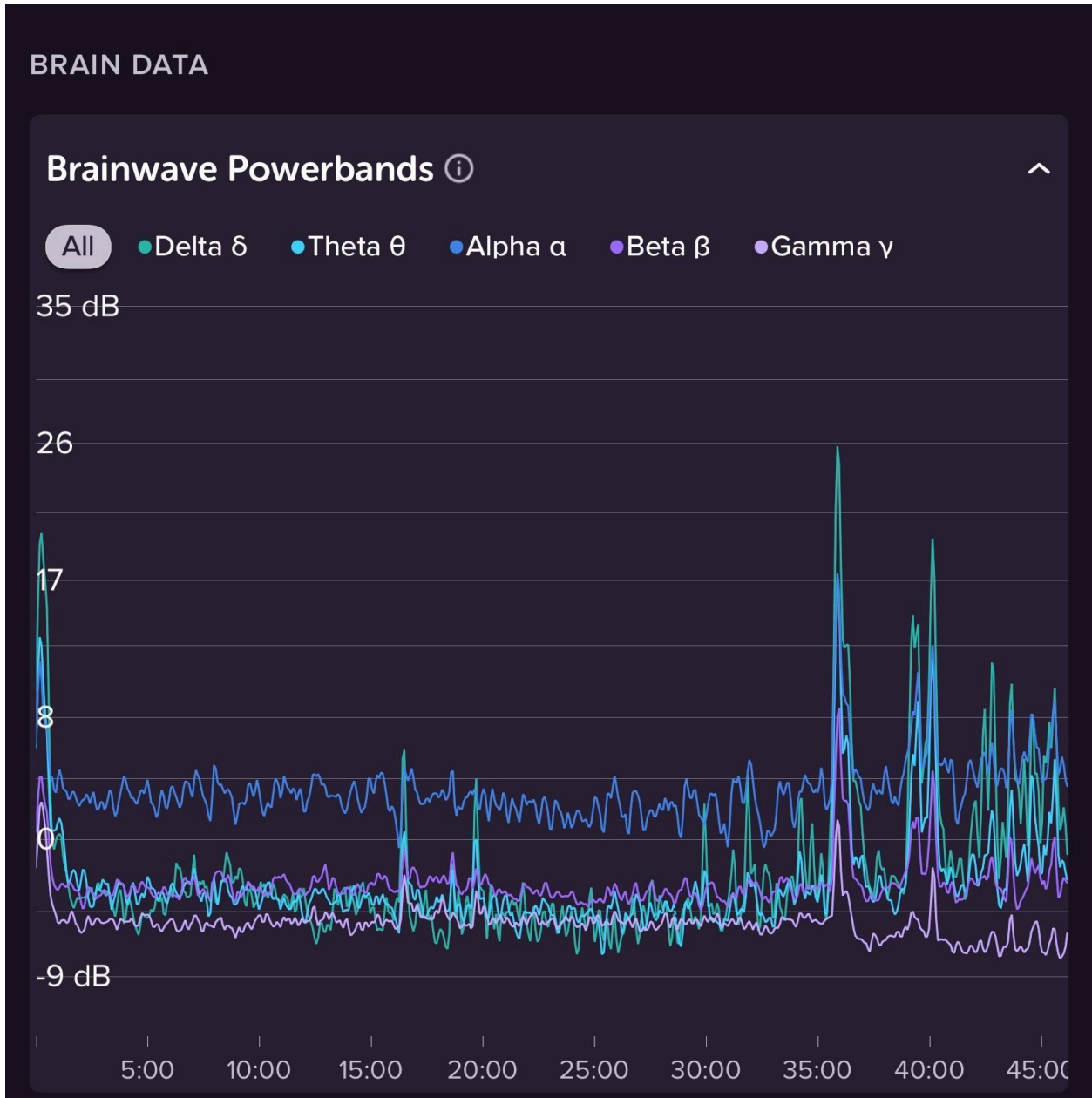














## BRAIN DATA

### Brainwave Powerbands ⓘ

All Delta  $\delta$  Theta  $\theta$  Alpha  $\alpha$  Beta  $\beta$  Gamma  $\gamma$

33 dB

24

16

7

-1

-10 dB

5:00

10:00

15:00

20:00

25:00

30:00

35:00

40:00

45:00

Property



