**Table S1.** Heart Rate Variability Analysis

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meditation Tradition** | **Condition (FA/OM)** | **df**  | **F** | **p** | **ηp²** |
| **Theravada** |
|  | HF | 2,18 | 3.20 | 0.06 | 0.26 |
|  | LF/HF | 2,18 | 3.67 | 0.046 | 0.29 |
| **Vajrayana** |
|  | HF | 2,16 | 3.19 | 0.07 | 0.29 |
|  | LF/HF | 2,16 | 1.31 | 0.30 | 0.14 |