

The aim of this diploma thesis was to investigate and compare effects of meditation and neurofeedback on human neurophysiology, cognitive and attentional processes.

The theoretical part consists of three chapters. First, chapter introduces the concept of meditation in neuropsychology, overviews different types of meditation, denotes methodological problems and presents health benefits and possible use in psychotherapeutic process. Second part deals with physiological specifics of meditation, meditation-induced changes in cardiovascular and cortical system, and employment of imaging methods in meditation research. Third part approaches neurofeedback from the standpoint of meditation and attempts to document some basic similarities between the two techniques and their use in psychology-related areas.