Students of Za-zen, a technique of Zen meditation attain the sustained Alpha state by the practice of an EEG. The Alpha state is true for visual and transcendental meditation. Children up to the age of five can achieve the Alpha state.

Electronic Technique for Centering, ETC, is a self-instructional tool which when conscientiously used may enable the student to attain the sustained Alpha State. When "realizing" the brain electrically changes from a normally noise, low volume signal to a high, volume, resonant pitch. This pitch, called the alpha rhythm, is advanced stage of meditation tones in turn until it becomes the Thetan Alpha. ETC, by means of alpha waves on the surface of the head which act as antennae, receives the resonant pitch and changes them to an audible tone; thus the feedback occurs which is necessary for the Alpha state. By connecting "terminating" on the presence of the audible tone one learns to sustain the alpha rhythm, which awakens the alpha state and control it can be reached without the use of ETC. ETC is ideal for group use since it is usually used only briefly each day per person.

Two general types of feedback are available, continuous and discontinuous. Continuous feedback utilizes an audible tone which the subject responds to with any change in pitch or intensity of the brainwaves. Binary feedback uses a tone which changes continuously with any high entropy. Thus the threshold is gradually increased so that a stronger alpha rhythm is required to trigger the tone.