



## Press Release

18 June 2025

### World's First Quantified Meditation Institute Opens in Geneva

**Geneva, Switzerland – 18 June 2025** – All Here today announced the opening of the **All Here Quantified Meditation Institute** in Eaux-Vives, Geneva — where meditation meets science and technology.

All Here integrates **Electroencephalogram (EEG) technology** and **Brain Microstate Analysis** to track how the mind regulates thought, pinpointing when deep meditation is achieved.

The Institute opens just ahead of the **Geneva Meditation Challenge** on Sunday, 22 June 2025. This marks the first public event of the **World Meditation League (WML)**, where participants will be able to measure their mental performance and receive a **Quantified Meditation Report**.

Founder **Erkin Bek** explains:

*“Meditation has helped people since ancient times. Today, we’re pioneering its integration with neuroscience and advanced technology to help people gain more control of their mental wellbeing. While over 240 million people use meditation apps, dropout rates remain high, often due to a lack of feedback and measurable progress. We believe meditation is a journey, not a one-off activity. All Here bridges this gap by making meditation measurable, quantifiable, and trackable — transforming an abstract path toward mental clarity into objective progress you can follow.”*

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### Transforming a Noisy Mind into a Silent Mind

All Here has pioneered **Quantified Meditation**, a data-driven approach aligning meditation practice with neuroscience and advanced technology. Using **EEG-guided brain-computer interfaces (BCI)**, All Here measures focal attention, mind-wandering, self-awareness, and the state of self beyond bodily consciousness.

After each session, participants receive a personalized **Quantified Meditation Report**, offering measurable insights into their brain activity. Neuroscience experts then work with participants to refine their practice and deepen their meditative states.



The **All Here Quantified Meditation Institute** welcomes everyone — from first-time meditators to seasoned practitioners. Whether seeking to reduce mental noise, sharpen concentration, or explore inner silence, All Here provides a structured, supportive environment.

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## Programmes and Experiences at All Here

### 1. Quantified Meditation Session

A meditation session recorded with high-density EEG and analyzed through All Here's proprietary **Silent Mind Index (SMI)**. Each participant receives a personalized report, offering objective assessment and insights to refine their meditation.

### 2. XR Immersive Meditation Platform

Developed with the **Swiss Federal Institute of Technology Lausanne (EPFL)**, this multi-stage system integrates volumetric body reconstruction, haptic devices, and **Self-Attention Perspective (SAP)** tools. It guides participants through four stages: Noisy Mind, Focal Mind, Stable Mind, and Silent Mind.

### 3. Zenbu Koko XR Meditation Capsule

*Zenbu Koko* ("All Here" in Japanese) is a mixed-reality capsule developed with **Kengo Kuma & Associates**. This portable architectural structure blends contemplative tradition with immersive innovation and All Here's XR guidance system.

Unveiled at **SIGGRAPH Asia 2024 in Tokyo**, Zenbu Koko was acclaimed for showing how architecture and XR technology can converge to deepen focus and self-awareness.

### 4. World Meditation League (WML)

A global initiative founded by All Here to identify impactful meditation practices and establish scientific benchmarks through Quantified Meditation.

The **inaugural Geneva Meditation Challenge** (22 June 2025) will be WML's first public showcase. Participants will meditate while their brain activity is recorded using advanced neuroimaging, then receive personalized reports assessing attention, self-awareness, and mind-wandering.



The next **Tokyo Meditation Challenge** will be held 1–2 October 2025 in collaboration with neuroscientist **Ken Mogi** (University of Tokyo), **Kengo Kuma & Associates**, and **Zen2.0 Japan**.

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### **Strategic Collaborations**

All Here works with world-leading institutions to advance the science of meditation, including:

- University of Geneva, Switzerland
- Foundation Campus Biotech Geneva, Switzerland
- Swiss Federal Institute of Technology Lausanne (EPFL), Switzerland
- Collective Intelligence Research Lab, University of Tokyo, Japan
- SVYASA University, Bengaluru, India
- ANT Neuro, Berlin, Germany

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## About All Here and the Founder

**All Here** is a Geneva-based meditation organisation built on three pillars: **Science, Technology, and Meditation Practice**. Through partnerships with neuroscientists, expert practitioners, and global institutions, All Here is pioneering the research and quantification of the Silent Mind.

**Erkin Bek**, founder of All Here and the World Meditation League, is a scientifically accomplished meditation practitioner. His research on Silent Mind and Quantified Meditation has used EEG, ECG, and fMRI to benchmark meditative states and connect practitioners with neuroscientists worldwide.

**Website:** [Allhere.org](https://allhere.org)

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## Media Contact

High-resolution images, video demonstrations of the Quantified Meditation process, and b-roll footage of the Institute are available for media use.

**Email:** [media@allhere.org](mailto:media@allhere.org)

## Additional Expert Sources

- Prof. Christoph Michel, University of Geneva (Neuroscience)
- Erkin Bek, Founder (Meditation practice)
- Dr. Loup Vuarnesson, XR & AI Design Director (XR & AI)
- Interviews available in English, French, German