MEDITATION feature utilizes a pulse oxymetry to record heart rate, AI to track changes in facial expression and posture to measure comfort level, and a special headgear to display the user's thoughts and moods during meditation onto the app.*

Meditation feature files user's thoughts and moods during meditations, enabling user to look at their meditation history and understand which thoughts bring them happiness for future exercises.

Movies, books, and podcasts features expose users to different areas of philosophy (i.e. philosophy of religion, philosophy of science, etc.) to learn how to live the best life.

*pulse oximetry & special headgear will be mailed
Ring changes color based on mood

Heart Rate: 80 BPM
Comfort Level: Relaxed

Meditation History

Thoughts displayed here

Connects to local music app

Check for meditation history here

A Moment Apart - ODESZA

Meditation Movies Books Podcasts
Steps

1. When prompted to choose specific areas within philosophy, select all that interest you.
2. Wear the headgear and pulse oximetry (or connect app through bluetooth that checks for heart rate) during meditation.
3. Make note of your happiest thoughts during meditation by looking at meditation history.
4. Explore movies, shows, books, and podcasts recommended to you based on your selected interests.

Buddhist Philosophy
Buddhist Philosophy

Medical Ethics
Medical Ethics

Of Gender
Of Gender

Metaphysics
Metaphysics

Of Biology
Of Biology

Moral & Political Philosophy
Moral & Political Philosophy

Philosophy of Biology
Philosophy of Biology