

**Madison Area Psychologist's Wearable Meditation Device
Named "Top 200" Technology**

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FOR IMMEDIATE RELEASE (Madison, WI) Dr. Kenneth Kushner's [Harameter](#)® – a wearable device that provides biofeedback during meditation – has been named to the "TransTech 200", an annual list of key innovators who are inventing science and technology that significantly improves mental and emotional wellbeing. Amazon, Google, and Samsung have also been named to the list.

Kushner, a clinical psychologist and professor at the University of Wisconsin and a Rinzai Zen master, is developing a digital version of the [Harameter](#)® in partnership with 5 biomedical engineering students at UW-Madison. The device helps users deepen and measure their breathing during sitting meditation, a core practice in Zen.

Kushner, who has been studying Zen since 1977 describes the *hara* as the epicenter of Zen training. "*Hara* is a Japanese word that refers to the lower abdomen and is critically important in meditation training," says Kushner, "*Hara* can be seen as the unification of a person's physical, psychological and spiritual dimensions." When meditators use their *hara* appropriately, they are able to reach states of *samadhi* or deep concentration. Kushner also says that the Harameter® has applications outside the realm of meditation, including relaxation training, stress management programs and psychotherapy.

Dr. Jeffery A. Martin and Nichol Bradford cofounded the Transforming Technology list, called "TransTech200", to highlight and support the key people and organizations shaping the future of human wellbeing. "Recent advancements in neuroscience, bioscience, computing, sensors and more, matched with widespread consumer comfort with technology and a desire to reduce stress, anxiety, depression and increase happiness and overall wellbeing has led to an explosion of products, research and entrepreneurs seeking to create wellbeing tech for the modern age," according to Martin and Bradford's website.

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Harameter's® inclusion on the list - which includes popular smartphone applications like Headspace and sensor and wellbeing technologies from tech giants Amazon and Google - indicates the importance of breathing and hara development as a way to improve human wellbeing.

About TransTech200: Dr. Jeffery A. Martin and Nichol Bradford co-founded and curate the annual Transformative Technologies list, or "[TransTech200](#)". Martin and Bradford are co-founders of the Transformative Technology Alliance, [Transformative Technology Lab](#), [Transformative Technology Conference](#), and its associated podcast.

About Dr. Kenneth Kushner: Dr. Kushner holds a doctorate in clinical psychology and is a professor in the University of Wisconsin Department of Family Medicine and Community Health. Dr. Kushner is the author of [One Arrow, One Life: Zen, Archery and Enlightenment](#) and the founder of [HaraDevelopment.org](#), the website that addresses the role of *hara* in Zen training and sells the award winning [Harameter](#)®. Dr. Kushner founded the Chozen-ji [Betsuin](#) of Wisconsin in 1982 and is the principal instructor in the Madison Dojo. In addition, he is the Headmaster of the Chozen-ji School of Kyudo, which most people would know as "The Zen Art of Archery". He serves on the Board of Directors of the Wisconsin Betsuin and the [Institute for Zen Leadership](#).

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Media assets to support this story

- TransTech200 logo: https://pbs.twimg.com/profile_images/915140247473741824/X4UPoEeA.jpg
- Photo of Harameter® in use: <http://haradevelopment.org/wp-content/uploads/2016/01/Harameter.jpg>
- Harameter® logo: <http://haradevelopment.org/wp-content/uploads/2015/10/HaraMeterLogo.png>
- Photo of Dr. Kenneth Kushner can be downloaded from: <http://institutezenleadership.org/team/kenneth-kushner/>