

**SYSTEMS AND METHODS FOR FACILITATING MIND – BODY – EMOTION
STATE SELF-ADJUSTMENT AND FUNCTIONAL SKILLS DEVELOPMENT
BY WAY OF BIOFEEDBACK AND ENVIRONMENTAL MONITORING**

5

ABSTRACT

A system for aiding a subject development of physical, mental, and/or emotional skills, subject awareness of their mind state, body state, and/or emotional state, and providing subject biofeedback includes subject-internal signal sensing devices wearable by the subject for sensing signals generated internal to the subject's body; subject-external signal sensing devices for sensing signals generated external to the subject's body; a local computing unit configured for authenticated wireless communication with the subject-internal and subject-external signal sensing devices, and presenting particular types of mind state, body state, and emotional state information to the subject, for instance, in the form of biofeedback (e.g., mind – body state biofeedback, and/or mind – body – emotion state biofeedback); and a cellular network communication unit configured for communicating data corresponding to sensed subject-internal signals and sensed subject-external signals to at least one server by way of at least one cellular network.

20 FIG. 1