

Mp3 Anna Wise - The High Performance Mind

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4 CD set contains guided meditations with binaural beat frequencies, designed to encourage your brain waves into higher states of consciousness for healing, creativity and spirituality. 10 MP3 Songs in this album (236:22) ! Related styles: SPOKEN WORD: With Music, NEW AGE: Spiritual Details: 4-CD set contains ten brainwave development meditations and exercises based on the book and workshops. All meditations are backed by specifically designed frequency scores to help stimulate the appropriate brainwaves. The package also contains a booklet with 19 pages booklet which briefly explains the core concepts in the Awakened Mind training system, and gives recommendations on improving your meditations. "...She discovered that certain images, words, and timed pauses actually shifted the brain into various brainwave states. The exercises and meditations in her four-set audio program reflect these findings, and they are very powerful. David Morgan, Body, Mind, Spirit Magazine Anna Wise's Biography: Anna Wise is the world's leading authority on The Awakened Mind and EEG. Author of Awakening the Mind: A Guide to Mastering the Power of Your Brainwaves (Tarcher Putnam 2002) and The High Performance Mind - Mastering Brainwaves for Insight, Healing, and Creativity (Tarcher Putnam 1995, 2nd edition 2004), Anna has Diplomas in Neurotherapy and Peak Performance, and her M.A. is in Humanistic Psychology. She was an early member of the Academy of Certified Neurotherapists. Anna was a Founding Board Member of the European Association for Humanistic Psychology based in Geneva, Switzerland. She was also an internationally recognized workshop leader in Europe and a Director of The Natural Dance Workshop in London. In 1981, Anna returned to Boulder, Colorado, where she was Co-Director of The Evolving Institute. Anna is a contributing author of The Art of Survival - A Guide to Yoga Therapy (Unwin Hyman Ltd. 1987) with her chapter "Biofeedback Meditation and the Awakened Mind," where she first published her groundbreaking new material which included identifying alpha brainwaves as the bridge between the conscious and the subconscious mind. She also recognized that it is the interrelationship of the peak frequencies of beta, alpha, theta, and delta that distinguishes the awakened mind. By understanding and working with the importance of the relationship between the state and the content of consciousness, Anna developed her protocol for brainwave training that forms the

basis of her work. In 1981, she began her Awakened Mind program in the United States. In 1988 she founded The Anna Wise Center, moving to San Francisco and finally settling in Marin County. Over the next decade, Anna created her curriculum for training others to be practitioners, and refined her understanding of mastery, traveling throughout the world studying the brainwaves of masters. She has created numerous CDs of guided meditations, including a set of recordings of meditations from her books, and music with binaural beat frequencies for meditation, healing and awakening and is one of the premier artists in the new field of frequency composition. She writes, lectures, works as a consultant and enjoys leading seminars at Esalen Institute in Big Sur, California. Anna has taught biofeedback meditation and brainwave training for the past three decades and has led workshops and seminars throughout the United States, and in Europe, South America, and Asia.

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