

The Anna Wise Center

Presents

The
Awakened Mind
Practitioners
Directory

Biofeedback
Consciousness
Training
with
The Mind Mirror

For
Anna



Anna Wise

1950-2010

www.annawise.com

Welcome To This Directory

This Directory has been created to make available the names and contact information of the people who studied and trained with the late Anna Wise in The Awakened Mind Program. Anna taught Biofeedback Meditation and Brainwave Training for heightened states of consciousness and spiritual development, using the Mind Mirror and other biofeedback technology.

The people listed herein trained personally with Anna, and, to varying degrees are practitioners of, or resources about, her work. As producers of this Directory we are just providing basic contact information so people can connect with these practitioners, then make their own assessment and judgment of who and what is right for them.

Each practitioner listed here has their essential information ~ name, business, address, telephone, email and/or website ~ in the way that they chose to present it: some have all of these; some have multiple listings; others just one. The decision of what to list was theirs. Presenting this minimum information allows people to follow up from here. For more about this Directory, and an email list for updates, please see the 'Further Information' section at the back.

The Directory is a PDF document. It is a very small file size, less than 500 kb, smaller than a picture of a flower. It can be viewed in various ways:

- It can be read on your computer, phone, pad or tablet
- It can be printed out, as a booklet
- It can be emailed to anybody, anywhere, over the internet

There are no copyright restrictions or limitations, however an Acknowledgement would be appreciated.

We hope that you find this Directory useful, and that it helps to guide you to the people, information and resources that will assist you in the development and cultivation of an Awakened Mind.

Good Wishes,

James MacRitchie

PLEASE NOTE:

The producer assumes no responsibility for the accuracy of the information contained herein, nor any actions of the individuals and organizations listed.

Any information given in this document is not intended to be a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist.

Foreword

Anna Wise was my mother. From my perspective and understanding now, it was unusual to grow up as the child of a woman who was traveling around the world, a guest speaker at national and international conferences, showing executives of major corporations how to optimize their consciousness, teaching workshops to people from around the country and beyond in our home... Esalen was my vacation get-a-way, while she was working there.

It wasn't the normal upbringing - but she was always just 'Mom' to me.

My mother's teaching was unique and remarkable and has helped many, many people over the decades of tireless work that she was dedicated to. All of the people who came and studied and trained were learning about consciousness training and The Awakened Mind, either for their own personal development, or for the purposes of spreading and extending the work.

In the mid 1990's my mother became aware that she had a degenerative illness, called multiple sclerosis. Where someone else could have easily laid down and given up, she met it eye-to-eye, and fought with everything she had. She used it as a fire to fuel her desire to teach and help others. She possessed inspiring determination, will power and strength, and gave the strongest fight and battled harder than anyone I have ever seen. But in the end, sadly it took her from us.

This Directory, created with my father Jim MacRitchie, is the fulfillment of a promise we made to my mother, and a testament to, and a continuation of, her work.

It is my wish that those in this directory, and those using it to find practitioners, help this wonderful work continue to evolve and grow, spreading it farther across the world, and deeper into each one's own consciousness.

John Wise

The Awakened Mind and The Mind Mirror

The Awakened Mind is the name given to a state of consciousness where the various brainwave rhythms are in a particular relationship to each other. The name was originated by British scientist C. Maxwell Cade, in association with others, including his wife Isabel Cade, to describe the state that healers, meditators, qigong practitioners, yogis, gurus and other high-functioning and creative individuals were in when they were at a heightened level of consciousness.

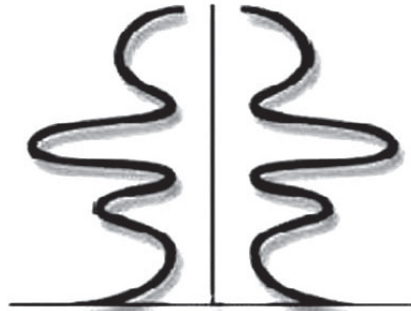


C. Maxwell Cade

To measure and 'read' these states Max Cade worked with Geoffrey Blundell of Audio Ltd, in London UK, to create an Electroencephalograph (EEG) that would show a multi-display of all of the known brainwaves simultaneously. This instrument was attached to a person's head with electrodes, and displayed the Beta, Alpha, Theta and Delta brainwaves, as a pattern on a screen. They called this EEG instrument The Mind Mirror.

Max and Geoff gathered data and readings of their subject's brainwaves patterns and found an ideal state of combination of brainwaves that they named The Awakened Mind. The technical description of these, and the research behind it, are described on The Anna Wise Center website at **www.annawise.com**, and in the various websites of the practitioners named in this Directory, to which you are directed for more information.

Anna Wise remained faithful to the original research, which has proved over the years to be correct. But she added to it her own insights and innovations, and developed her own ways of teaching it. Through the years she worked closely with Neil Hancock, Geoff Blundell's nephew, to make sure the Mind Mirror technology stayed current.



The Awakened Mind Pattern

One of her terms for this work was Consciousness Training. As the whole field of Biofeedback became more recognized and established the name changed to Neurofeedback, with its own institutions, certifications and professional associations.

Anna's work was not medical or pathology oriented. In a field largely populated with male scientists, engineers and medical Doctors investigating illness and disease, she sparkled with her work on consciousness, meditation, enlightenment and higher states of being - balancing the Yin to so much Yang.

Her groundbreaking new material included identifying alpha brainwaves as the bridge between the conscious and the subconscious mind.

She 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 formed the basis of her work.

She also added to the understanding of the content of each category, and how the mind works and consciousness develops. With her ability to "see" the activities of brainwaves and consciousness on the Mind Mirror, Anna perfected her skills as a meditation guide, and taught her students and

practitioners how to usher people into deep, profound states - to clear blocks, release suppressed creativity, and awaken to higher states of awareness.

She was the 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). These are available at www.amazon.com, and other sites.

Her guided meditation CD set, titled 'The High Performance Mind' has sold worldwide, and is available through CD Baby (www.cdbaby.com) as both disc and as a download.

She created music with binaural beat frequencies for meditation, healing and awakening, and was one of the premier artists in the new field of frequency composition. One of her major works in this field is the orchestral descent into 'The Deep', featured on a CD by Dr. Andrew Weil, titled 'Sound Body, Sound Mind'.

Anna ran workshops, saw individual clients, taught training programs, lectured, wrote books, recorded audio programs and promoted this work every way she could. She conducted Awakened Mind seminars at Esalen Institute, the oldest Human Potential center in America, for many years, and these seminars drew students and future Mind Mirror practitioners from around the world.

She taught biofeedback meditation and brainwave training through The Awakened Mind Program for three decades, because she felt it was the most important thing that she could do, and that the world needed to know about this remarkable approach to consciousness and awareness.

Anna led workshops and seminars throughout the United States, and in Europe, South America, and Asia. It was her life's work. The list of practitioners in this Directory is, in many regards, the culmination and manifestation of that work.

(With Thanks to Judy Pennington for her contribution to this section.)

The Anna Wise Story

Anna Anderson Wise was born July 13th 1950, in Selma, Alabama. Her mother was the daughter of the Mayor, and her father was an officer in the United States Air Force. She had a brother, Bill, 3 years older. Anna's father rose to the rank of Two-Star General, and was a Base Commander, so she grew up on Air Force bases throughout North America. After her father's retirement the family settled near Denver in Colorado, and she went to High School in the town of Golden, then attended the University of Colorado, Boulder.



She studied abroad in England, and eventually became a Director of The Franklin School of Contemporary Studies in London. It was there that she trained with Maxwell Cade, Isabel Cade and Geoffrey Blundell in Biofeedback Consciousness Training, using the Mind Mirror to create The Awakened Mind state. She began teaching this work with her friend Elizabeth St. John.

Anna met James MacRitchie at The Franklin School in 1975. They went on to create The Natural Dance Workshop together, a social arts project. In 1981 they married and moved to Boulder, where they created The Evolving Institute - A Center for Personal and Social Evolution, and had a son, John. However, in 1988 they divorced.

She moved to the Bay Area in California with John and created The Anna Wise Center. Anna became nationally and internationally successful, and traveled around the world. She was highly regarded and honored as an innovator in her field. The history of her professional work is described earlier.



However, in the mid '90's Anna developed the first symptoms of what ended up being diagnosed as Multiple Sclerosis, a degenerative disease. Over the following 16 years it became more and more severe, and despite every effort and avenue of treatment, got to the point that she was nearly quadriplegic, and was in a wheelchair.

But, undaunted by her tremendous difficulties and disabilities, and with enormous courage, bravery and determination, she cheerily continued to teach, lead workshops, write books, record audio programs and see private clients.

In her last years she was aided by the incalculable assistance of her 'attendant' Mike Scahill, and the support of Dan Edwards, Marina Gamble and other friends and students. Also the Boulder back-up team of Mark Carson, Berkley Freeman, Steve Clymer and others.

Thanks, Everyone!



In February 2010 Anna went to Esalen Institute, in BigSur on the coast of California, to teach what she declared in advance to be her last workshop there, after 66 such programs over the previous 20+ years. She said that following this she was retiring. On the last day of the workshop she fell ill, and ended in the Community Hospital in nearby Monterey. Despite the best medical attention she did not recover.

Anna was a Christian and a Taoist, and was prepared and ready to move into her next life. She slowly faded until on Wednesday 3rd March she ascended into the Immortal Realm. It was a Happy Day in Heaven.

Anna was held in high regard, and is missed by many. She brought great light and awareness into this world, and left it a better place. Thank You, Anna.

Awakened Mind Practitioners

~ Contact Information ~

The following is the Contact Information for the practitioners of the Awakened Mind Program, and other associated styles and names of such related work, who trained with Anna Wise.

This information is presented as supplied by the individual practitioner. Some people had info in every category. Others just an email. What to submit was each person's decision and choice. Professional titles and credentials have been omitted.

Each entry is listed in the following order:

- Name
- Business Name
- Address
- Telephone
- Email
- Website
- 2nd address, where relevant

- TBA means To Be Announced

This is not a comprehensive listing of students and graduates of Anna's, as such a complete list was not available. It may change, or expand, over time - so please check again back later.

This Directory has been created to provide access to practitioners of this work, and to stimulate further interest.

For more information see the contact page at the end.

Good Wishes for your cultivation of an Awakened Mind.

The following four people not only trained with Anna Wise, but also had in-depth study and guidance in the sense of a personal apprenticeship. In this regard they have more information, knowledge and experience than others listed, and are available to answer queries about the work.

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With Many Thanks and
Great Appreciation to:

Dan Edwards

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www.aurorastudios.tv

for his invaluable assistance
with this project.

- and -

Karelle Scharff

at

Bestwwwsolutions.com

for Web Development and
Internet Functionality.

This Directory was created
and produced by
Mac Chi Print
a division of
The Center For
Personal Energy Cultivation.
Boulder, Colorado, USA.

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Notes

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