

Anna Wise



1950 - 2010

Memorial Service

Sunday 2nd May
1: 00 pm

Reception Follows

Glide Memorial Methodist Church,
330 Ellis Street,
San Francisco, CA 94102.
415- 674-6000

(Corner of Ellis St. & Taylor St.)
BART Station - Powell St.

Anna's Professional Biography

Anna was a leading pioneer and a bright light in the worlds of Biofeedback and Neurofeedback, before the fields took hold. She taught a model based on what was called The Awakened Mind, which she developed with her mentors Maxwell Cade and Geoffrey Blundell in London in the '70's, then took further. She used the Mind Mirror as her instrument to teach Consciousness Training.

Her M.A. was in Humanistic Psychology, she had Diplomas in Neurotherapy and Peak Performance, and was an early member of the Academy of Certified Neurotherapists.



The Awakened Mind Pattern

Anna's work was not medical or pathology oriented, she danced to the beat of a different drummer - so to some her work was controversial. 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 state of being, balancing the Yin to so much Yang.

Anna was the world's leading authority on The Awakened Mind and EEG. 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). She was a contributing author to 'The Art of Survival - A Guide to Yoga Therapy' (Unwin Hyman Ltd. 1987) with her chapter "Biofeedback Meditation and the Awakened Mind". Her groundbreaking new material included identifying alpha brainwaves as the bridge between the conscious and the subconscious mind. *...continued on back*

...Professional Biography continued

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 formed the basis of her work.

Over this time 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, Yogis, Swamis, Artists, Qigong Practitioners and others. She 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. She was one of the premier artists in the new field of frequency composition. Anna taught biofeedback meditation and brainwave training for three decades, and led workshops and seminars throughout the United States, and in Europe, South America, and Asia.

She will be greatly missed by the many students and colleagues in her professional field.

Anna's website is:

www.annawise.com

It contains a message board for friends and students to post their thoughts and memories. If you wish to contribute a message to the Memorial Service, let us know and we will read it out.

Web Site services provided by Aurora Studios, LLC
www.aurorastudios.tv. With thanks to Dan Edwards

There is also a page on Facebook where people have left their comments. www.facebook.com/pages/Anna-Wise-Awakened-Mind-Fan-Page/350096929425

The Future

Before she passed-on, John and Jim made a commitment to Anna to establish an organization to perpetuate her work. If you are interested in more information about this, please check out the website above.

To **RSVP** about attending the Memorial Service, or for further information, please contact:
John Wise or James MacRitchie,
annawisememorial@gmail.com
303-442-2250
--- or write to ---

PO Box 40075, San Francisco, CA 94140, USA

Anna's Personal Biography



Anna Anderson Wise was born July 13th 1950, in Selma, Alabama. She died on Wednesday night, 3rd March, at 11.42pm, in Monterey, California at the age of 59 years, after a remarkable life.

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 Major General, with 2 stars, 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 later 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. She also met James MacRitchie at The School.

Anna and Jim went on to create The Natural Dance Workshop, a social arts project, and taught, led workshops and presented

participatory performances throughout the UK and Europe from 1975-1981. She was a Founding Board Member of the European Association for Humanistic Psychology in Geneva, in 1979.

In 1981 Anna and Jim married and moved to Boulder, where they created The Evolving Institute - A Center for Personal and Social Evolution. In 1984 they had a son, John.

Anna found great success in the US in her work with Biofeedback Consciousness Training and The Awakened Mind. Jim practiced Classical Acupuncture and taught Chi Kung / Qigong. However, by 1988 Anna and Jim had moved in different professional and creative directions. They separated and divorced.



Anna moved to San Francisco with John and created The Anna Wise Center. She became nationally and internationally successful, and traveled across the globe teaching her work. She was highly regarded, and honored, as an innovator in her field. The history of her work in Biofeedback is described in her professional biography.

In the 1994 Anna developed the first symptoms of what ended up being diagnosed as Multiple Sclerosis, a degenerative neurological 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. She was in a wheelchair. However, undaunted by her tremendous difficulties and disabilities, and

with enormous courage and determination, she cheerily continued to teach, lead workshops, write books, record audio programs and see private clients.

John lived nearby and visited often. She reconnected with Jim. Over the last three years she had the comfort of Mike Scahill, who began as her attendant, and became her constant companion and friend

In the week of 15th February 2010 Anna went to Esalen Institute, in Big Sur on the coast of California, to teach what she declared to be her last workshop after 66 such programs there over the previous 20+ years. She loved Esalen, it was the 'second home' for her work. She said that following this she was retiring. On the last day of the workshop she felt ill, and ended in the Community Hospital in nearby Monterey. She had contracted pneumonia, and despite the best medical attention was not able to recover. She spent her last days cared for in comfort and dignity, with John, Mike and other friends present.

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.

Dear Anna brought great light and awareness into this world, and left it a better place. We will miss her always, but feel blessed by her extraordinary presence and being. Thank You, Anna - on behalf of ourselves, and everybody else's life you touched, and graced, all over this world.



It has been said if a film was made of Anna's life, people would think it was fiction.