

About Us

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 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. In 2007, Anna relocated to Berkeley, CA.

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), 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.

About the Anna Wise Center

Workshops are held in a variety of locations. The Training Program is usually offered in Berkeley, CA, which is just across San Francisco Bay in Northern California.

Many workshops are non-residential. If you do not live in the area, you may want to

check out local weather conditions, and our lists for hotels and car rentals.