

The Anna Wise Center...

... is dedicated to teaching people self mastery and consciousness development through meditation and biofeedback. We recognize that a resurgence of spirituality, an increasing awakening of awareness, and a craving for an understanding and experience of the ineffable are now major motivating forces in countless people. Taking the ancient art of meditation into the 21st century, we utilize our latest technological expertise for our spiritual seeking, creativity, and personal development. This marriage of science and spirituality offers us a new mode of self-healing, a new approach to spiritual crisis, a new method of awakening, and a new means of mastery.