

# Calendar

Workshops June 28-July 3, 2009

Esalen Institute - Awakening the Mind: Mastering the Power of Your Brainwaves

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually high-functioning people, the late C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a program to help access these optimal states.

Brainwaves are affected in specific ways by different methods of meditation, visualization, and psychophysiological relaxation, as well as by specific acts such as tongue, eye, and body positions. This workshop presents techniques for brainwave development of beta, alpha, theta, and delta, and helps you determine which practices are best for your particular brainwave pattern. It also addresses how to use these optimum states for creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror™ EEG will be utilized to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

CE credit for MFTs and LCSWs.

CE credit for nurses.

Register here: [www.esalen.org](http://www.esalen.org)

November 8-13, 2009

Esalen Institute - The Awakened Mind: Brainwave Training

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For more than three decades we have measured the brainwave patterns of people whose states of consciousness inspire emulation—spiritual masters, meditation teachers, people of optimum creativity in all walks of life. The brainwave pattern that was found, named the Awakened Mind, is a combination of all four categories—beta, alpha, theta, and delta—in the right relationship and proportion.

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Ongoing:

The Anna Wise Center Practitioner Training program is an in-depth series of seminars designed to teach you the fine points of helping people to awaken their minds. [Click here to learn more.](#)

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Ongoing: Anna Wise private practice in Berkeley, CA

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