Energy Healing in Higher States of Consciousness

Judith Pennington
Institute for the Awakened Mind
“From our studies of the brain-wave patterns of some three thousand pupils, as well as swamis, yogis, Zen masters, healers, mediums and clairvoyants, it has become possible to establish that all of the unusual abilities that some people are able to manifest (self-control of pain and healing, healing of others, telepathy, etc.) are associated with changes in the EEG pattern toward a more bilaterally symmetrical and integrated form.” ~The Awakened Mind: Biofeedback and the Development of Higher States of Awareness

C. Maxwell Cade,
English biophysicist,
Zen master, and
Mind Mirror inventor

Anna Wise
"Put as simply as possible, this distinct and visible pattern is produced by adding more relaxed, imaginative alpha waves to the beta of ordinary thinking, and by also awakening the slower theta waves associated with deep meditation, creativity, and access to the subconscious, as well as the delta radar of intuition and empathy.

The Awakened Mind pattern describes a symphony of brainwaves, with each frequency playing its own characteristic part. The score of this symphony can be seen as a template against which an individual's brainwave pattern can be measured and assessed."

Anna Wise
Humanistic psychologist

The High Performance Mind: Mastering Brainwaves for Insight, Healing and Creativity
Awakening the Mind: A Guide to Mastering the Power of Your Brain Waves
Ordinary mind. Beta with delta, but no alpha bridge.

Ordinary mind. Alpha-theta meditation state

Evolved Mind

Awakened Mind

THE EVOLUTION OF CONSCIOUSNESS ON THE MIND MIRROR EEG
### Mind Mirror Training Summary

<table>
<thead>
<tr>
<th>Metric</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<th>7</th>
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<td>52%</td>
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<td>Alpha/Theta Training</td>
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### Mind Mirror Summary Plot

- The Mind Mirror [left=channel 2, right=channel 6]
Mid Gamma Amplitude (45-65Hz) – Gamma Synchrony Pattern

Susan – left brain (EEG1), right brain (EEG5)

Frans – left brain (EEG2), right brain (EEG6)
Client: Mr. H, age 49
2009 – Deep-brain stroke due to a tumor in the brainstem
2012 – Second stroke, doctors operated to remove the tumor

Left with:
• Paresis of the right eye muscle, left to midway
• Disrupted hearing
• Left leg and arm motoric restraint
• Temperature difference in left and right side of body
Methodology: 2017

1. **Energy Healing and Mind Mirror Self-Training.**
   Suzanne sat quietly and sent energy to Mr. H while he self-trained on the Mind Mirror for 20 minutes at a time. Mr. H’s brain self-optimized while listening to audio cues for: Beta Reduction, Alpha Symmetry, and the Awakened Mind. She checked his brainwave patterns on the Mind Mirror each of 9 visits over a period of 8 months.

2. **Mr. H’s Homework:**
   - Binaural beats with HemiSync meditations
   - Visualization of electrical impulses flowing from the brain into his left eye, ear, and body: 15 minutes in the morning, 15 minutes in the evening.

Results

**Two months:**
Balancing problems remitted
Mr. H became more aware of his left side and began to use it..

**Nine months:**
Reflexes improved
More use of the left side of his body
Throat: swallowing and talking improved
Overall improvement in stamina
Greater enjoyment of life
Psychotherapist and integrative health-care specialist, author of many books on healing trauma, pioneer in the field of epigenetics, and an internationally known professional trainer in Emotional Freedom Techniques (EFT),
Dawson Church EFT Seminar
The Open Center, New York City
October, 2017
EYES OPEN – Open to Close

AM 28, EM 37, GS 37
AM 33, EM 57, GS 50

AM 48, EM 41, GS 20
AM 53, EM 61, GS 4

AM 27, EM 48, GS 25
AM 54, EM 49, GS 72

Isabel Saez
Psychologist

Karen Charman
Journalist & Author

Lev Hoffman
Poet

EYES CLOSED – Open to Close

AM 95, EM 46, GS 82
AM 90, EM 66, GS 95

AM 98, EM 19, GS 4
AM 97, EM 33, GS 13

AM 73, EM 16, GS 32
AM 81, EM 9, GS 28
Collaborative Research with the Mind Mirror and The Monroe Institute, Virginia, U.S.

“Discovery” Brainwave Training Programs with SAM Gamma Beat Frequencies
CONCLUSIONS

• The human heart, mind and spirit are infinite in their reach and ability to heal and evolve.
• People heal in many different ways: silent meditation, EEG-led meditation, EFT, binaural beats, hands-on healing, communion with nature, NLP, shamanic journeying...you name it. Self-awareness and the desire and intention to heal always open the way.
• High-frequency gamma brain waves are intimately involved with the healing process. Gamma forms new brain cells, rewires neural circuitry, and heightens awareness of our potential to heal self and others. We become aware of ourselves as beloved and inseparable waves in this quantum sea of light.
• Our brains are rapidly evolving, through gamma frequencies, in the direction of spiritual intelligence.
• The Mind Mirror is an integral part of our collective transformation, now with data-driven research capabilities.
• Humankind is in the midst of a quantum leap in evolution.
• A wave is cresting on our planet: the understanding of our power and potential.
• Isn’t it lovely to be alive on Planet Earth today?
Expansion and Contraction of Consciousness
Anna Wise meditation

Deepening into unconscious delta, rising up into the higher self, connecting the higher and lower self to recognize that all is well.

Pure Spirit
What is the Awakened Mind?

"The awakening of awareness is like gradually awakening from sleep and becoming more and more vividly aware of everyday reality - only it's everyday reality from which we are awakening!"

Max Cade wrote those tantalizing words in his ground-breaking book, *The Awakened Mind: Biofeedback and the Development of Higher States of Awareness*. This distinguished British physicist, psychobiologist and Zen master used the Mind Mirror EEG - a real-time "moving picture" of consciousness - to measure, map and train the brainwaves of thousands of people. He and electronics engineer Geoffrey Blundell co-invented the Mind Mirror in 1970. Nothing else like it existed at the time, and there is still nothing else like it today.

Humanistic psychologist Arna Wise worked closely with Cade and Blundell on their London mind research from 1973 until 1981, when she carried a Mind Mirror to the United States. For the next 30 years she conducted research of her own, wrote books, recorded meditations, led brainwave training seminars at Esalen Institute, and implemented the Awakened Mind Practitioner Training Program. She wrote in a paper handed out to students of the Anna Wise Center.
Merci
et
Namaste