



**AWAKENED MIND**  
**SELF-TRAINING GUIDE**  
**FOR THE MIND MIRROR 6**

Mastering Your Brainwaves for Relaxation, Inner Peace,  
Improved Health, Creativity, Healing, and Self-Evolution

**By Judith Pennington**  
EEG Meditation and Consciousness Trainer  
[www.InstitutefortheAwakenedMind.com](http://www.InstitutefortheAwakenedMind.com), [BrainwaveTraining.com](http://BrainwaveTraining.com), [EagleLife.com](http://EagleLife.com)  
Email: [Judith@AwakenedMind.org](mailto:Judith@AwakenedMind.org)

# Introduction

Nothing soothes and benefits us like the calm, still waters of meditation. Whether we seek relaxation, stress reduction, improved health, creative solutions to challenges, or higher states of awareness, meditation is unrivaled in its ability to awaken the power and potential of the mind and in this way to heal, transform and evolve consciousness.

EEG biofeedback takes the uncertainty out of meditation training. Using the musical rewards in the Vilistus Mind Mirror 6 self-training program and the brainwave mastery principles and techniques in this text will help you sink quickly and easily into deep, profound meditation and its awakened mind of creative flow and peak performance.

Your intelligent and self-aware brain will assist by adjusting its functioning to receive the musical rewards that say it's on the right track. You are also encouraged to incorporate the meditation techniques in this text, create biofeedback landmarks to reimagine felt states of awareness, and use your own creativity and intuition to find shortcuts to higher levels of consciousness.

The strength of this book is its brainwave biofeedback map of the mind. Like a blueprint of consciousness, this roadmap enables you to see where you are in awareness from moment to moment and understand where you want to go and how to get there.

The content of this text is based on forty years of EEG meditation and awakened mind research. This research was conducted by British biophysicist C. Maxwell Cade and his successor, humanistic psychologist Anna Wise, on Mind Mirror versions 1 through 4.

Co-invented in 1976 by Max Cade and electronics engineer Geoffrey Blundell, the Mind Mirror is a unique, dual-hemisphere electroencephalograph (EEG) that provides a composite picture of brainwave frequencies. Nothing like it existed at the time of its invention, and today, it is still the only such device that is specifically designed to train and develop the brainwaves of meditation and higher states of consciousness.

The Mind Mirror 6, with its integrated Galvanic Skin Response and Blood Volume Pulse meters, now allows self-trainers to work with the *physiology* of higher states of awareness as well.

Cade's studies on thousands of meditators, intuitives, healers and spiritual adepts revealed the brainwave patterns of an optimal meditation state, the awakened mind of creative flow and peak performance, and the evolved mind of unity and illumination.

This book looks at all three of these brainwave patterns—plus a new gamma-driven pattern, the superconscious mind—and explains how to train each of them.

The self-training program co-designed by this writer for the Mind Mirror 6 incorporates all the features of Cade’s original Mind Mirror and with its new features and applications immeasurably speeds attainment of these higher states of awareness.

### **Meditation and the Awakening of the Mind**

In his seminal book, *The Awakened Mind: Biofeedback and the Development of Higher States of Awareness*, Cade wrote that people awaken from meditation feeling enriched, enlivened and enhanced. Meditation unites the mind and puts people "on a magic journey to the storehouse of visions and ideals" in the subconscious, where we encounter imagery that wells up on its own to guide us through everyday life.

Seasoned meditators cherish this opening of the mind, as the rich, vivid imagery in the subconscious provides ideas and solutions that enable them to master the content of their minds and thus master their lives. Resolving personal issues unblocks suppressed content, releases creativity, and orchestrates the clarity, creativity, insight, intuition and spiritual awareness of the high-performance mind, wrote Anna Wise in her classic book, *The High Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity*.

Nothing awakens the mind to its powers and potential more than personal discovery and transformation.

Becoming conscious of what was not known or understood before makes us more aware of who we are and what we want out of life. While accessing untapped information and energy, we shed the past to create a brighter future. With the mind and emotions calmer and more peaceful, our perceptual abilities increase and our perspectives broaden.

The result is tangible: the awakened mind becomes “more and more vividly aware of everyday reality,” as Cade described the awakening of the mind’s awareness.

This meditative process of awakening is accompanied by many other amazing benefits described in Appendix A. Chapter 1 explains brainwave frequencies and how to optimize them in meditation and in waking life to develop consciousness. Succeeding chapters explain how to attain each of the patterns and progress to the next-higher one.

See Appendix B for ways to increase your sensory awareness and stabilize your all-important alpha frequency bridge, in some ways the key to meditation and awakened mind development.

## Spiritual Evolution

Even if your only immediate goal is to relax and reduce stress, the regular practice of meditation will gradually awaken you to a sensed awareness of the spiritual light at the core of your being, or, as Anna Wise called it, your “essential being.” If you do not remember the luminosity of your spirit, you will be delighted to reacquaint yourself with it while experiencing the meditation and mind-expansion techniques in this book.

There is nothing magical or mysterious about the concept of a pure, perfect light within. It may seem strange, at first, as with anything new, but as you delve into the riches of your deeper mind, you will discover how perfectly natural it is to connect with your essential spirit and within it expand into the evolved mind of spiritual illumination. It is from this ineffable source that many intuitive answers and creative solutions come.

The superconscious mind develops out of spiritual intuition. It is the basis of a quantum leap in evolution that is currently underway in meditators scattered across our planet.

## How to Use This Book

You will find in this book these experiential structures for learning:

***Questions to Contemplate*** – A series of conceptual questions for individuals to consider and groups to discuss.

***Keynotes*** – Information that is especially important; gems of insight and wisdom.

***Experiences*** – Activities and exercises that illustrate concepts discussed in this book.

***Guided Meditations*** – The meditations tracks by Anna Wise and Judith Pennington listed at the end of Chapter 1 are designed to familiarize new and seasoned meditators with the basic meditation techniques taught herein and with the feeling of the meditation, awakened mind, and evolved mind patterns. When hooked up to the Mind Mirror, listen with ear buds; when you are not hooked up, listen with headphones to enhance your focus, privacy, and enjoyment. Each of these professionally recorded tracks includes binaural beats or meditation frequencies to help you along. Once you know the feeling of the meditation, awakened mind, and evolved mind patterns, you can more easily guide yourself into them.

Please note that these meditations are copyrighted by their publishers, and it is unlawful to reproduce them without permission.

# ACKNOWLEDGMENTS

This book is largely based on the research of brainwave biofeedback meditation pioneers C. Maxwell Cade, Geoffrey Blundell, and Anna Wise. Cade and Blundell invented the Mind Mirror and discovered the meditation, awakened mind, and evolved mind brainwave patterns. Wise made discoveries of her own and refined the meditation structures featured in this book.

Special thanks also to The Institute of HeartMath, the Mind and Life Institute, the Institute of Noetic Sciences and The Maharishi Institute for their extraordinary research on the brain and consciousness. Thanks also to yogic science and to Edgar Cayce (1877-1945), the best known psychic and father of holistic healing in America, for some of the time-proven meditation techniques included herein.

All of these consciousness explorers and organizations have dedicated their lives and work to the most important frontier of all: the advancement of human consciousness. We owe them a tremendous debt of gratitude.

## CHAPTER 1

# THE BRAINWAVES OF CONSCIOUSNESS



*“If there is no stillness, there is no silence.  
If there is no silence, there is no insight.  
If there is no insight, there is no clarity.”*  
~Tenzin Priyadarshi, Buddhist teacher

The Mind Mirror, a unique electroencephalograph, produces a continuous, real-time picture of brainwave activity that is used to monitor, measure, map, and train human consciousness. This chapter explains the brainwave patterns you will see on your Mind Mirror and presents principles and techniques that will help you master your brainwaves in order to more fully awaken and evolve your mind and life.

Consciousness is a composite of all our aspects: body, mind, heart and soul, each one interacting with and influencing the others. Scientific studies show that consciousness resides in the brain-mind and in every cell of the body, and that it extends beyond the physical body in a bioenergetic field that, like brainwaves, shifts its patterns with changes in thoughts and emotions—in detectible and measurable ways.

### *State, Content, and Brainwave Mastery*

Brainwave training involves mastery over the *state* of consciousness, revealed by the shape of the pattern; and the *content* of consciousness, the subjective material of the mind that is known only to the meditator. We train the state to access the content, or access the content to train the state – or, preferably, do both at the same time.

Brainwave mastery is the goal of awakened mind meditation. *Mastery* is defined as being in the state you want to be in, when you want to be there, knowing what to do with that state, and being able to accomplish it.

The Mind Mirror's self-training program will help you master your state of consciousness with the musical rewards. How to master the state and content of your mind is the subject of this comprehensive chapter.

### *Opening the Mind to its Content*

It's important to explain the necessity of working with the mind's content. First off, you won't be able to avoid the content: quieting the conscious mind activates a sensory bridge to the subconscious, and content may spontaneously stream up or even flood across that bridge into your conscious awareness.

You may see fragments of childhood memories or discover a solution to a long-standing problem. No matter what you encounter in your subconscious, please remember that it is part of you and thus deserves care and attention. Simply ask the "part"—the memory or insight—what it needs and how you can provide that. Then do so. This is the single focus of awakened mind training: being open and receptive to what is within us and bringing it into harmony and balance in order to unite the mind with itself.

In the awakened mind, nothing is hidden and everything is welcome. However, should you encounter deep-seated trauma that you feel you cannot handle alone, do seek the counsel of a professional therapist who will help you find ways to deal with the issue or issues.

Then, when you are ready to return to your meditation practice, use this chapter's awakened mind strategies to further heal or transform the issue. The core of awakened mind training is self-discovery, healing and transformation.

### *Inner Awakening, Essential Being*

Your essential being possesses the amazing ability to find solutions to any problem, to heal unresolved issues, and to awaken your conscious mind to its power, potential, and new ways of being in the world.

Trusting in the existence of your essential being and opening up whole-heartedly to its unlimited abilities will speed up the awakening of your mind faster than anything else. We block off what we do not trust; open-hearted trust removes the blocks that separate the mind from itself.

Much will be said about the awakened mind in that section of this chapter. What we can say briefly, now, is that people engaged in awakened mind meditation become

more peaceful, accepting, tolerant, loving, and compassionate toward themselves and others. With faith in their essential being, these bold, courageous explorers embark on an exciting adventure in consciousness which benefits them and everyone else.

Besides enhancing your brain's lucidity, awareness, and intelligence, tapping into the creativity, insight and wisdom in the subconscious unites the mind, body and spirit in wonderful ways. The resulting stream of "aha" insights and peak experiences of illumination enrich and enliven us and make life more worth living.

### *Creative Flow and Peak Performance*

The ability to get answers to all of our questions is the foundation and most useful byproduct of the awakened mind, which is awake to itself, others and its spirit. If there is a health problem, the awakened person goes within to discover how to heal it (or live with it, if complete healing is unattainable). How to choose between two job offers? Deepening into awakened mind meditation reveals which job is best.

What can one do to make a relationship work? The subconscious mind knows, and if it needs help, the personal unconscious extends its radar out into the Collective Unconscious for additional ideas and insights.

Awakened mind meditation, then, is about awakening awareness to the unlimited potential of one's own consciousness for creative flow and peak performance in meditation and everyday life. The open, receptive awakened mind is able to access everything that can be known and understood.

With all available information flowing in the mind, we choose our state of consciousness and best directions in life with wisdom and confidence. In this awareness we are truly awake.

### *Biofeedback Landmarks*

Along with the musical rewards in the self-training program and the brainwave mastery techniques explained in this chapter, biofeedback landmarks are used to advance brainwave mastery and attainment of the meditation, awakened mind and evolved mind patterns.

A landmark is a word, phrase, image, symbol, concept or body sensation created to represent a *felt state of awareness*. For example, when you are deeply relaxed, perhaps you will feel a vast sense of spaciousness, or your eyes will flutter. Perhaps the word "peace" will come to mind, or you will see a vision of a bird winging across a glittering ocean. Remembering your landmark for relaxation will help you reaccess that state of awareness quicker and easier in your next meditation.



When we recall a landmark, the brain *relives* the associated memory and recreates the brainwaves of the original experience. For some people this takes a little practice. For others it works instantly.

***Keynote: A landmark is a word, phrase, image, symbol, concept or body sensation that represents the feeling of a state of awareness. It is a shortcut back to the original state of awareness.***

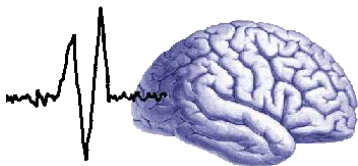
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Using landmarks in meditation and waking life will shift your brainwaves into the associated state of awareness and train your brain to it. In this way, you can master your brainwaves in order to attain the state and content of consciousness that is most appropriate for the given moment. Brainwave mastery enables one to quickly and easily externalize the meditation pattern into everyday life as the awakened mind of clarity, creativity, insight, intuition, and spiritual awareness.

This text asks you to create landmarks to help you increase your mastery over your mind and life. You may wish to record your landmarks in a journal and keep it handy.

Landmarks, musical rewards, and the upcoming brainwave mastery techniques are powerful ways to attain meditation, the awakened mind, and the evolved mind patterns. There is one more extremely important asset: the brilliance of your brain. The brain loves to learn, and it will adjust its functioning in order to optimize, receive the audio cue, and develop the awakened mind of mastery.

Using the principles and techniques in this chapter and the next will move your body-mind in the right direction; your brain and its landmarks will do the rest.

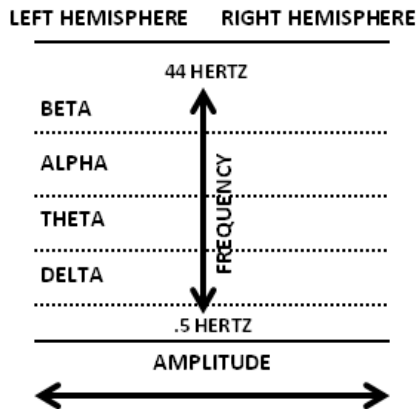


## ***Understanding Brainwaves***

Brainwaves, the electrical activity of the brain, are measured in frequency (the speed of the signal) and amplitude (the strength of the signal). Together, frequency and amplitude reveal a person's state of consciousness.

In the Mind Mirror's composite pattern the brain's left hemisphere is shown on the left; the right hemisphere, on the right.

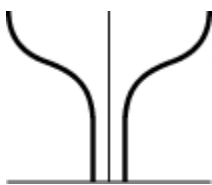
## BRAINWAVE PATTERNS



- 1) Frequency – speed of the signal, vertical arrow, ranging from 0.5 to 44Hz (hertz, or cycles per second)
- 2) Amplitude – strength of the signal, horizontal arrow, measured in microvolts ranging from 3-200uV

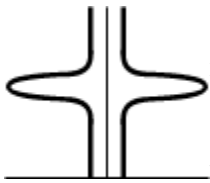
## Four Brainwave Categories & Their Content

The brainwave frequencies measured on the Mind Mirror include, in descending order, beta, alpha, theta and delta. Frequencies ranging from 44 to 0.5Hz cluster into these four categories, about which the most is known. The following is a quick reference guide.



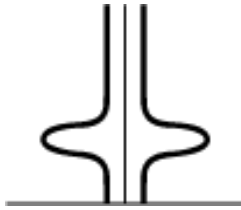
**Beta**

**BETA** – The *conscious*, thinking mind of external awareness, ranging from about 30 to 14 hertz. This is the mind's **verbal**, linear logic and analysis. Beta rises in frequency and amplitude when thoughts speed up, as in list-making and decision-making. The pattern shown here is that of random thought. High-frequency, high-amplitude beta indicates stress, anxiety and panic.



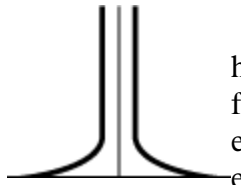
**Alpha**

**ALPHA** – The strongest amplitude of brainwaves, generated by relaxation and **sensory awareness**, at about 14 to 8 hertz. Daydreaming occurs in this detached, diffused state of consciousness. Closing the eyes activates alpha, a frequency bridge necessary for the transfer of thought between the conscious, subconscious and unconscious levels of the mind.



**Theta**

**THETA** – The *subconscious* mind, ranging from about 8 to 4 hertz. These brainwaves, the repository of long-term memories, contain the content of the mind and give rise to personal insights, creativity, intuition, and spiritual awareness. Theta is present in dreaming sleep.

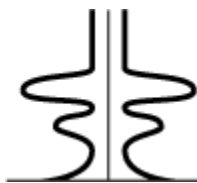


**Delta**

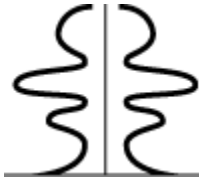
**DELTA** – The *personal unconscious* mind, at about 4 to 0.5 hertz. Delta, active in dreamless sleep, is a kind of radar that reaches out for information existing below ordinary awareness. Delta provides empathy and psychic awareness. These brainwave frequencies are highly extended in psychics, healers and people who are hypervigilant.

### *A Symphony of Brainwaves: Orchestrating Three Higher-State Patterns*

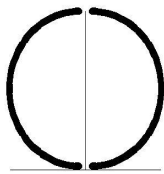
Everyone produces beta, alpha, theta and delta in some combination during sleep and waking life. When these four categories fire simultaneously and in the relative proportions shown below, they compose a symphony of brainwaves flowing with the musical attributes of clarity, creativity, insight, intuition and spiritual awareness. These brainwave patterns are the goals of self-training on the Mind Mirror.



**Meditation** – In meditation, the beta brainwaves of the conscious mind are inactive and flat. Visual-sensory alpha expands outward (amplifies) to create a bridge to theta's subconscious memories, insights, creativity and spiritual awareness. Delta, the personal unconscious reaching downward and out to the Collective Unconscious (the quantum sea of light), need not be present in meditation. The combination of alpha and theta, in the ratio shown here, gives the meditator access to the relaxation and profundity the open to deep subconscious meditation. Regular meditation conditions this brainwave pattern, which awakens the mind to itself, others and its spirit.



**Awakened Mind** – The addition of beta's external awareness to the meditation pattern shown above produces this awakened mind pattern. The awakened mind is open and flowing with awareness and information: open to itself, others and its spirit, it is filled with clarity, creativity, insight, intuition, and spiritual connection. The awakened person, using landmarks to master his/her brainwaves, can reaccess this higher state of awareness at any time to resolve questions, issues and challenges. The person with an awakened mind lives in an "aha!" state of revelation marked by self-knowledge, joy, and compassionate service to others. This is the awakened, high-performance mind of mastery.



**Evolved Mind** – The awakened mind, stabilized through inner transformation work, releases all sense of separation and unites with universal awareness in the evolved mind circle of oneness. Note that beta merges with alpha as the conscious mind unites with its deeper awareness; out-reaching delta curves upward as unconscious energy and information—what was not known or understood before—lifts into subconscious frequencies and becomes conscious.

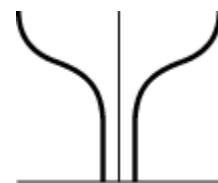
This pattern also appears when the mind merges with its spirit in pure awareness, bliss, unity, oneness, transcendence, absolute understanding, and/or spiritual ecstasy. The 38- to 44-hertz beta frequencies in this pattern are low-frequency gamma waves which “ride” on low delta and are associated with out-of-body experiences, super-lucidity, psychic insights, and yogic mastery. Its extension, the gamma-driven superconscious mind, is treated in the last chapter.

## *Brainwave Mastery: Principles and Techniques*

Let's now explore each brainwave category in greater depth and learn techniques for mastering each to orchestrate the meditation, awakened mind and evolved mind patterns.

### *Beta Reduction: Quieting the Conscious Mind*

Beta's **verbal** conscious mind of active, external thought (at about 14 hertz and above) comprises the intellect which processes information in this realm of the ego. Shown at right is the “splayed” beta of random thoughts. Without beta, we could not think logically or navigate our way through time and space.



Beta's intellectual logic and reasoning powers—the ability to evaluate, judge, plot and plan—are what make us human. However, beta is only the outer reflection of what it inside us.

Psychologists believe that some eighty percent of awareness is subconscious—that is, below conscious awareness. Yet all that we are must express itself through beta, which enables us to conceptualize and articulate the content of our deeper, innermost self.

Since most of us operate in intellectual beta most of the day, we know what it feels like. We even know how it feels to shift up into beta's highest frequencies in order multitask or process more complex information.



When beta amplifies into its highest frequencies (called high beta), the brain gets overwhelmed and thinking fragments into “broken points of consciousness.” High beta, associated with stress, anxiety and panic (except in meditators and peak performance) results in foggy, confused thinking that arouses the body's protective fight-or-flight stress response.

People who live in high beta develop nervous system hyperarousal that leads to stress-related disorders such as fibromyalgia, chronic fatigue, depression, anxiety, and many other illnesses proliferating out busy modern world.

A great many people, especially in the West, are so stressed and pressured in their daily lives that they operate in high-frequency beta a great deal of the time and seem not to realize that there are healthier, more productive ways of living in the world. People who live like this are usually unhappy and tend to infect others with their misery. No one can tolerate unmitigated stress. Some people drug themselves to reduce it. Others take it out on someone else.

It's interesting to note that thinking faster and harder in high beta *does not help people think more efficiently* for more than the few seconds or minutes it takes for the stress response to dissipate. “Speed thinking” usually produces the stress, anxiety and panic that scramble thought processes—once again, with the exception of the highly flexible meditative, high-performance mind that can speed up or slow down effortlessly, according to the needs and requirements of the moment.



Research shows that people who spend too much time in high beta and the surging adrenaline of the fight-or-flight syndrome wear out every system in their bodies and expire from heart disease, high blood pressure, addictions, and a host of other stress-related diseases.

Yet according to studies, virtually all of these can be reversed by meditation, self-awareness, and meditative living.

### *How to Reduce Beta Waves*

The simple antidote to high beta is relaxation. In most people, **relaxing the mind relaxes the body, and relaxing the body relaxes the mind.** Both immediately reduce beta waves and the busy mind chatter that distracts us from meditation.

Studies show that people who relax into meditation's low-frequency and low-amplitude beta possess a mental fluency that enables them to adapt more easily to the constant flow of change in everyday life.

The following meditation techniques will help you reduce beta and generate the alpha bridge that is integral to the meditation state. As you try these exercises, be sure to notice how you feel. Create landmarks, if you like.

While experimenting with these techniques, you may wish to consult the Table of Subjective Landmarks located at the end of this chapter. This table lists subjective descriptions of the descent into meditation and correlates these with EEG states. Most importantly, it shows you what feelings and sensations to expect as your brainwaves slow down to enter meditation.

#### **Beta Mastery Technique #1:**

##### **Withdraw Into Yourself**

*Disconnect from the external world  
by closing your eyes and going within.*

The first step in reducing beta is to withdraw from the outer world. Simply close your eyes and withdraw from the outer world into yourself. Withdraw into your body, your mind, and your inner being. Become present to yourself; shift from external to internal awareness.

When your mind jumps back to external awareness, throw an imaginary rope around your thoughts and pull them back into yourself. Wherever your thoughts are, lasso and pull them in until they remain inside of you, even if only for a few seconds at a time.

This discipline will teach you to be more self-aware and to hold your attention where you want it to be.

## **Beta Mastery Technique #2: Relaxing Your Tongue**

*Focus your awareness on the back of your tongue and relax it.  
Notice how your body relaxes and your thoughts drift away.*

**Part I.** The first part of this exercise asks you to speed up your thinking. You will need a stopwatch chime to time yourself. Set it for 60 seconds, and then close your eyes and think hard and fast. *Think, think, think* as fast as you can! Allow your thoughts to race! Imagine yourself hurrying around or envision a mildly stressful situation like being stuck in a traffic jam when you need to get somewhere on time.



At the end of the 60 seconds or as many as you can manage without getting too tense, notice the position of your tongue and the amount of tension in your body. Where do you hold tension? What is the position of your tongue? You will probably find that your tongue tensed up and stuck to the roof of your mouth or the back of your teeth.

How familiar are these feelings of stress? Do you feel like this often? How often?

Speeding up your thoughts most likely tensed up your tongue and body. Conversely, relaxing your body—especially your tongue—will relax your mind. Relaxing the tongue causes thoughts to drift away so that we cannot think.

**Part II.** For the next 60 seconds, again timing yourself with a stopwatch chime, close your eyes and focus your awareness on relaxing your tongue, far back toward its root, where talking begins. Your tongue may either lie still or float in the cavity of your mouth. Keep the back of your tongue relaxed. Do this for one minute. When the chime sounds, notice any changes in your thought streams or body arousal.

If you feel calmer and more peaceful now, then you have learned how profoundly physical relaxation (the tongue) influences the mind's state of consciousness. This works in reverse as well. When the mind is not talking to itself or someone else, the body releases the tension of mental activity.

If you saw no change, don't worry. We will work with this again.



### **Beta Mastery Technique #3: Slowing Your Breath**

*Using the rhythmic in-and-out movement of your breath as a point of focus, slow your breathing to relax your body-mind and enter meditation.*

All good meditations begin with awareness of the breath. Slow, regular breathing relaxes the body and activates the parasympathetic (relaxation) nervous system. Focusing awareness (mind) on the breath (body) overlaps these two sensory channels and unites them; the result is a feeling of inner unity and peace.

**Part I.** Using a stopwatch chime, for one minute count the number of breaths you take without altering your respiration rate in any way. Use your hand as a lever to help you count: raise one hand on the inhalation (palm up), and lower it (palm down) on the exhalation.

A full inhalation and exhalation counts as one cycle; count the numbers of cycles: 1, 2, 3 and so on for one minute. Be sure not to lose count.

❖ How many breaths did you take in one minute?

**Part II.** Now time yourself again. Use your hand as a lever and deliberately slow your respiration rate as much as possible. Stay relaxed and count your full breaths for one minute.

❖ How many breaths did you take this time?

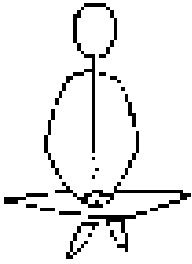
Most people breathe eight to eighteen cycles per minute. Relaxed people breathe slower, so their count is lower; stressed or anxious people breathe faster, so their count is higher. Rapid, shallow breathing is a sign of mental-emotional and physical stress and possibly chronic hyperarousal.

Relaxing your tongue and slowing your breath will rest your body, quiet your mind and sharpen your thinking.



## **Beta Mastery Technique #4: Progressive Relaxation**

*Starting at the top of your head, relax your entire body.*

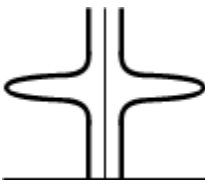


Begin by sitting comfortably in an upright position (on the floor or in a straight-back chair) with your hands placed comfortably on your lap. Conduct yourself through this meditation. Start with the muscles in your forehead and proceed downward area by area to the tips of your toes. This inward focus will relax you and increase your ability to sustain attention and awareness.

With each experience of meditation, guided or self-guided, you will gradually find perceptual senses growing sharper, more vivid and clear. Your ability to still your mind to receive and understand inner imagery will steadily increase, as will your appreciation of nature.

In time, you will begin to see patterns in nature that offer lessons relevant to you and your life.

If you do not have on hand the companion track, “The Lake of Inner Peace,” you can guide yourself into this deep place of self-discovery. Find a quiet environment, sit with your back straight, read through the following instructions, and then gently close your eyes.



### ***Alpha Generation: The Sensory Bridge***

Relaxing the body and mind into low-frequency beta activates the diffused, detached awareness of alpha (14 to 8 hertz), which is most commonly experienced in daydreaming. Any kind of sensory awareness stimulates alpha, including the brain-mind’s experience of imagery, sounds, feelings, taste, touch, smell and the sense of the body and its movement, called kinesthesia.

Alpha plays a key role in consciousness development. It is the all-important frequency bridge that connects the conscious, subconscious and unconscious levels of the mind. Without this frequency bridge, the mind cannot deepen into theta to reach the alpha-theta meditation state or access the long-term memories, insights, creativity and intuition flowing in the subconscious mind.

Cultivating a relationship with the world of the senses ensures that alpha is open to accommodate the transfer of needed information. The goal is to keep the alpha bridge open all of the time, as externalized alpha is the key to generalizing the awakened mind from meditation to the outer world.

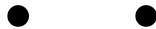
In most people, alpha appears when the eyes are closed. It is also present when we expand our awareness beyond the immediate self to the spaces surrounding the body.

### *Alpha Exercise: Shifting Your Field of Awareness*

To begin with notice your field of view—that is, what you are immediately aware of right before your eyes and in your peripheral vision. Now take a look at this dot. Focus your awareness on it for a few moments.



You probably sharpened your focus to stabilize your view of the dot. Notice how this felt and feels now. Now focus on the two dots below, taking them both into your awareness.



What did you have to do to take both dots into your vision? Did you find that you could only do so by relaxing your eyes? What effect did this have on your awareness?

Now focus on the three dots below, this time taking all three into your awareness.



If you are like most people (and not everyone is), you sharpened your focus on the single dot, relaxed your eyes to take in the two dots, and relaxed them still more to take in the three dots.

Each level of mental relaxation stirred physical relaxation in, around and behind your eyes and in your forehead and face. This relaxation, prompted by a widening of your viewpoint (an interesting metaphor there!), animated your alpha brainwaves. Considering this process, it's no wonder that the wide-open vista of a purple and gold sunrise or an orange sunset relaxes us. We widen our gaze and perspective at the same time.

When you want to relax, take a few moments to shift your gaze from a single-pointed focus to an expanded perspective. Widen your awareness to include the sky and grass or what's in your peripheral vision. By no coincidence, PositScience's high-tech brain games improve cognition function and reaction time by training players to open their peripheral vision widely enough to keep track of objects moving across a computer screen. This produces the relaxed, alert awareness enjoyed by meditators.

Or you can simply walk out into nature and take in her riches with your senses to generate alpha. Relax into the colors and textures of a flower, the smooth, glistening roundness of a dewdrop, the feeling of wind blowing across your body, and the sounds all around you.

### *Alpha Waves in Nature*

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Spend the next five or ten minutes outside, immersing yourself in the sights, sounds and feelings of nature. Watch the wind, listen to singing birds, feel the warmth of sunlight on your face, or watch the quick movements of animals.

Do you feel more relaxed? Is it the same as when you slowed your breath, relaxed your tongue, looked at the dots, and created an inner landscape? Or is it different in some way? If so, what way?

For the next part of this exercise, use your landmark from The Lake of Inner Peace meditation to relax. Is there any difference between *being* in nature and *imagining* it? For most people, there is no difference, since the brain cannot distinguish between a real and an imagined event.

Anytime you need to relax, spend five or ten minutes in sensory enjoyment of a pleasing place in nature, as you did in Chapter 1. This is especially pleasant while floating in a hot tub of water. It is also a way to unwind before going to sleep—and to get back to sleep when you awaken at night. It is a great improvement over counting sheep.

***Keynote: A relaxed, multisensory approach to life keeps us in the natural, health-giving frequencies of alpha and rapidly awakens awareness.***

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One of the most interesting things about alpha is that we come by it naturally! Nature's overriding frequencies are 7.83 to 10 hertz, so when we go out into nature we are resetting the brain to its natural frequencies: relaxed, sensory awareness that is expansive yet alert and awake to life.

### *Alpha Sensualization: The Rose*

This alpha sensualization asks you to imagine yourself as a rose. Have someone ask you the following questions, or read them into a tape or digital recorder. Leave three to six seconds of empty space after each question for the response to surface. Remember your answers and jot them down when you open your eyes.



Close your eyes, relax, withdraw your awareness from the outer world into yourself, and imagine yourself as a rose.

What do you look like, as this rose? What color are you? How big?  
Where do you live and how are you nourished?  
Do you live alone or with others?  
How does it feel to touch you?  
What makes you happy? What makes you sad? What makes you angry?  
What is your role or purpose in life?  
What are your qualities and characteristics? Find two or three words that describe what you are like. Meditate on this for a few moments and crystallize these qualities into words.

When you are ready, gently come back to the outside space with the memory of your qualities or characteristics. Wiggle your fingers and toes to awaken from your meditation. Enjoy a full-body stretch.

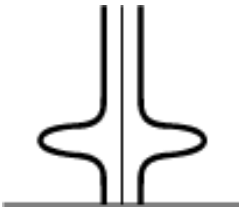
Not everyone can see the rose. Many people simply *know* that it's there. Different people perceive in different ways. Some people are multisensory, such as meditators, artists, writers and other creative people accustomed to sustaining their attention on a task.

Most people have two primary senses, or organs of perception, such as hearing and feeling, or seeing and knowing. Meditation develops and strengthens these five senses and kinesthesia. Strong sensory awareness in the outer world equals greater access to internal imagery. Sensory acuity also heightens intuitive abilities.

If you were able to imagine the rose but were distracted by intrusive thoughts, the alpha strengthening exercises in Appendix B will train you to sustain your attention and develop a richly textured, multisensory orientation to life.

Your alpha can tap into the healing powers of nature at any time. Just set an intention, relax, and your alpha waves will receive the balanced, harmonious energies that permeate and surround us.

### *Theta: Deepening into the Subconscious Mind*



The alpha bridge opens to the calm, quiet theta waves that compose the subconscious mind (8-4 hertz). Theta's subconscious contains our long-term memories and the material, or content, of the mind. The source of our creativity, insight, and spiritual awareness, theta is the repository of our essential being, which some call the soul.

Since theta is home to the mind's content, this is where we find our issues as well as the means of healing them in deep meditation and dreaming sleep, both of which take place here.

Theta imagery provides insights to questions, issues and challenges with little, if any, emotional attachment, due to the presence of the essential being and its deep sense of inner truth. It is this which psychologically motivates change and powers it by forming new nerve cells in the brain's centers for intelligence and memory, and by rewiring neural circuitry so that thoughts travel along new pathways of thought and perception.

Cade vividly described the descent into meditative theta: "...access to the deeper levels of the mind is at first attained only during the practice of meditation itself, but as one becomes more experienced, the ability to attain the more remote depths increases, and ultimately every meditation is a magic journey to the storehouse of visions and ideals." (*The Awakened Mind*, page 130).

Meditation and dreaming sleep consist of alpha and theta, with little to no beta. Delta need not be present, but it usually is.

Theta is a fascinating place to spend time. It is where we release destructive, self-limiting patterns and "rewire" new ways of thinking. In theta meditations we can heal and transform anything.

#### *Imagery in Theta*

Theta imagery—manifested in a vision, voice, concept, body sensation, or feeling of knowing—is initially hazy and indistinct, like a watermark embossed on a piece of

high-quality paper. Rising into higher frequencies, it clothed by alpha in clear, vivid and distinct impressions and crystallized by beta into words.

Working with theta imagery is a skill—a mental discipline—that better acquaints us with the exquisite wisdom of the subconscious. Everything in the subconscious is meaningful. Nothing irrelevant or unimportant exists within us; and within every message from the subconscious is a solution, if only we take the time to understand and use it.

With time and attention to detail, theta imagery is easy to interpret, as it consists of your own internal symbology, built over time and containing your feelings and mental associations. Rich and finely detailed, your theta imagery may seem obscure but never is.

Simply list what each image or symbol means to you and how you feel about it, and then put the images and symbols together again to understand the overall meaning, just as in dream interpretation. The questions and concerns at the top of your mind are most likely the ones being answered by the message.

Subconscious imagery may be quick or prolonged. On those rare occasions when a symbol or sensation is elusive, ask for elaboration in a dream. Since theta is also where dreaming sleep takes place, the meaning of the symbol is likely to come clear once your conscious mind is asleep.

You will be amazed by the lucidity of your subconscious mind and the brilliant flow of imagery and inner guidance available in your theta waves. The more you listen, learn and use theta insights, the more available they will become. Your amplified alpha and theta waves will give your conscious mind *continual* access to creativity and a world of information that was available only sporadically before.

Tapping into theta during meditation will soon awaken the brilliant flow of insight and creative solutions in your dream life and you will be able to interpret these messages as well.

Sometimes theta imagery bubbles up slowly. Wait patiently and non-judgmentally as it takes form. Whether positive or negative, what lies in the subconscious deserves care and attention.

### *Guiding Yourself into Theta*

Let's review the descent into theta step by step so you can guide yourself into these brainwave frequencies.

- 1) Reduce your beta waves by relaxing your body and mind.
- 2) Expand into alpha by creating a pleasant indoor or outdoor environment. Walk around in this setting and use all of your senses to live the experience.

- 3) Deepen into theta by navigating the space with prepositional awareness. Travel into, around, across, or up and down to amplify your theta waves.

Within the landscape you create in your mind, you might walk:

Along a curving pathway  
Around a tree  
Down a hill  
Up a mountain  
Through a gate  
Beyond a grove of trees  
Over a bridge  
To a house/temple/garden/woods

- 4) When you are ready to go deeper into theta, find a comfortable place to sit down, close your eyes, and drift still further down into yourself. Experience yourself floating or very gently, very slowly falling into yourself, into your silence and peace, into a place of inner light and wisdom. Rest in this quiet, empty space and enjoy this contact with your light-filled spirit.
- 5) If imagery arises, allow its meaning to come clear. Store it in a file folder and send it up to your conscious mind for review after your meditation.

During waking states, your mind generates theta waves when you think about your life, engage in creative work, or experience your spirit, thus access theta's content. Let's try both approaches now, state and content, by deepening into your essential being.

If you like, hook up to the Mind Mirror's and set the self-training program to the meditation mode. Set the challenge level high to begin with then gradually lower it as your awareness of the feeling of theta increases.

### *Theta Exercise: Becoming Present to Yourself*

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Sit comfortably, close your eyes, and use the previously given mind-calming techniques or your landmarks to relax your whole body. Just sink into relaxation and imagine a pleasurable outdoor setting. Walk around in it. Use all of your senses to experience it with your mind.

When you are deeply relaxed, drift down and in, down and in, to a place inside you that is filled with beauty, light, wisdom, and peace. Deepen into your essential being

and feel it. You may wish to bring to mind the memory of a person, place or situation that gives you joy. If so, use your senses to meditate on that.

Sensory awareness will keep the alpha bridge open to a relaxed, quiet flow of consciousness. Be present to yourself and who you are. Feel your expansiveness, and just *be* in yourself. Remain for as long as you like.

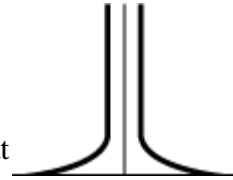
Arouse in the usual ways: wiggle your fingers and toes, take a deep sharp, breath, and return to the outside world with a whole-body stretch.

When you are fully aroused, close your eyes again and drift back down into theta. Repeat this process of becoming present to yourself and sinking deeply into your own presence to practice it.

Once you sense a connection with your essential spirit and identify with the musical rewards what that feels like, create a representative landmark—a word, image, concept or body sensation—that will help you access the state at will. The musical cues and the biofeedback device will train your mind to enter meditation quickly and easily. Eventually the open flow of consciousness will be who you are.

### *Delta: Expanding into the Field*

Our lowest, slowest brainwaves (at about 4 to 0.5Hz) reside below theta in delta's personal unconscious. Delta is a kind of radar that instinctively *feels* what is safe and what is not. It is our way of sensing what cannot be known or understood in any other way. Our delta brainwaves, associated with empathy and psychic awareness, pick up impulses of energy and information vibrating in the quantum field of consciousness.



Delta is considered the most elusive category of brainwaves, because the unconscious is so deeply seated that it has “a mind of its own.” Therefore, it is difficult to train delta. Instead, we explore it.

Delta's radar is active in most people, and especially in qi gong masters and healers accustomed to working with subtle energies. Psychics produce a great deal of delta, as do people who are hypervigilant.

The cause of hypervigilance is usually physical or emotional trauma experienced early in life. People who are hypervigilant “watch their backs” to such an extent that they often become psychic empaths who intuitively pick up and experience other people's thoughts and feelings. This can become uncomfortable and even harmful. The only solution is to develop a healthy delta, the purpose of an upcoming exercise.



Delta is also very strong in open, receptive people searching for new experiences in life and especially for a spiritual connection. Reaching out to sense, touch and feel the unseen, their radar is hyperextended a great deal of the time, and consequently, their psychic abilities continually increase in power and strength.

The delta amplitudes of accomplished hands-on healers and qi gong masters can extend to an astonishing 50 to 200 microvolts, compared to meditation delta extending to a typical 5 to 10 microvolts on the Mind Mirror screen.

Delta performs what is perhaps the most important brain function of all: to help us become fully conscious of what is unconscious. This includes the automatic processes of the body and intuitive connection with the quantum field of light, or universal awareness.

### *Intuitive Impulses*

Everyone connects with universal awareness (except for people who are self-absorbed and thus have little to no delta). The telephone rings and we know who is calling. We are driving along and something tells us to change traffic lanes; we do so and moments later an accident occurs in the lane we just vacated.

Delta provides us with this ability. Intuitive impulses flit into out-reaching delta and travel through the subconscious mind into alpha and beta, sometimes so quickly that it's hard to grasp them. They're like a blip on a radar screen. Blink and you miss them.

The more we meditate, the more the mind attunes to this constant flow of psychic information.

Delta is a beautiful example of life's perfection. When we suffer, delta sends out its radar to receive energy and information that will inspire, comfort, protect and guide us. What returns to us awakens the heart, mind and spirit to a high-sense perception that beckons us to further evolution. Nothing is wasted, everything is gained.

Let's experience delta in a meditation that extends it outward and perhaps teaches how to modulate an overabundance of psychic empathy.

#### ***Delta Exercise: Connecting with the Field***

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Close your eyes and get comfortable. Become aware of the boundaries of your body. Then extend your awareness to the room you are in and explore it with your mind.

Next, expand your awareness into the building you occupy and then farther out to someone you care about deeply. Sense what



this person is doing...looks like...is thinking. Send feelings of love or caring to this person. Allow feelings of love to intensify within you, and send them to your loved one, seeing this person laughing and joyful. Find a landmark for how this feels.

Expanding your delta still farther out. become aware of the Earth surrounded by radiant white light. Send these energies anywhere you would like them to go. Create a landmark for how this feels.

Now successively withdraw your awareness back into your building, room and then your body. Feel the delineations and remember how they feel.

Return to the outside space feeling alert and refreshed, rested and relaxed. Take a full-body stretch. Use these landmarks at any time to expand outward and bring healing to yourself and the world.

### **Questions to Contemplate**

Take a few moments to review your delta experience. What did you like better: the sense of being inside yourself or of expanding outward? How far? Why?

### ***Delta Sensitivity and Psychic Empathy***

Over time, the practice of meditation will strengthen your radar-like delta waves and thus your sensitivity to subtle energies. Edgar Cayce, America's best known psychic and father of holistic healing, described this perfectly in saying that "Meditation makes us more sensitive to influences of every kind."

Delta's sensitivity is a tremendous asset, as it enables the meditator to monitor and modulate self's response to internal states and external events.

Sensitivity to subtle energies also teaches us how to heal self and others. Delta intuitively senses the location and psychospiritual origin of illness and injury and carries subtle currents of healing energy to that place or places in the body.

This is the positive aspect of psychic empathy: the ability to sense the content of another person's energy field to become aware of his/her thoughts, emotions, attitudes, beliefs and behaviors. Used in this way, psychic empathy is a tool of discernment: the ability to distinguish between positive and negative energies in order to benefit or protect self and others.

Psychic empathy also has a challenging side: If you don't know how to turn it off, you will most likely be bombarded by other people's thoughts and feelings and perhaps mistake them for your own.

One way to decrease psychic empathy—in crowds, for instance—is to retract your delta waves just as you did in the above exercise. Simply pull them in! You will know how: this is something you sense or feel happening in your awareness.

Notice the outer boundaries of your attention and what or who it takes in; if extended too far out, pull your awareness closer to your body. You will almost certainly find that decreasing your delta in certain situations increases your peace of mind.

Conversely, if you find yourself unable to relate to another person and want to do so, extend your delta outward. Delta expansion can also be useful when you feel attacked by someone else. Expand your radar so far out in every direction that negative thoughts and energies travel through the empty spaces in your atoms and do not stick to you!

This will protect you without creating a barrier of separation from others. Centering in the heart while expanding delta and the body's energy field outward requires no thought.

## *Meditation's Open Flow of Consciousness*



In the early days of your meditation practice, you will spend much or most of the time learning to rein in runaway thoughts by becoming present to yourself. The musical cues in the self-training program will help you recognize when you have reduced beta and generated alpha and theta in the proportions of this meditation pattern.

Use the previously introduced techniques, your landmarks, and the musical rewards to feel your way to Max Cade's definition of meditation: physical inactivity and the absence of thought. Focusing your awareness on *awareness* is the key to meditation.

***Keynote: Meditation is defined as the combination of alpha and theta brainwaves, without the presence of beta. Alpha provides relaxed sensory awareness; theta, the depth and profundity of the subconscious mind. The result is an open flow of consciousness with access to the clarity, creativity, insight, intuition and spiritual awareness of the meditative mind.***

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If you are a creative person, nature lover or energy healer, you already know what it feels like to descend into the oceanic quiet of your deeper self, where the occasional thoughts that bubble up from theta's watery depths are insights and solutions you want and need for a happier and healthier life.

If you drift down into theta and find occasional thought flows leading to mind chatter, then this means that you have floated back up into your beta brainwaves.

Simply dive down again, into the silence of meditation. This is the disciplined mastery of consciousness needed to reach and maintain a stable meditation state.

### *Notes on Meditation: Staying Awake and Journaling*

Given the depth of alpha-theta meditation, you may need to counteract the tendency to fall into dreaming or dreamless sleep. Taking quick, sharp breaths oxygenates the sleepy brain and reverses the slide toward sleep. Pressing or rubbing the fingers together, or wiggling the toes arouses the nervous system and reactivates conscious awareness.

For self-trainers, the best way to halt the slide toward sleep is to sharpen alpha's sensory awareness. Simply focus on an image: see the feathers of a bird flying over an ocean that is sparkling with light. The greater the detail of your inner imagery, the stronger your alpha waves and the more awake and conscious you become.

### *Seeking Insights in Meditation*

The meditation pattern typically refers to silent meditation, wherein beta is not present. Meditation's greatest benefits come out of silent meditation, as the absence of thought and the physical inactivity provide deep, restorative rest that is deeper than sleep.

In many silent meditations, creative thoughts stream up into the conscious mind entirely of their own accord. If you wish to maintain a silent meditation, you can place these ideas and insights in file folders and put them in a file cabinet to be opened and reviewed after your meditation.

Some people prefer to maintain a silent practice and ask for theta insights at the close of meditation. Guiding yourself toward theta insights shifts awareness from the meditation pattern to the awakened mind pattern. Waiting quietly for the insights returns you to the meditation pattern. Switching back and forth is excellent practice—and a good transition back to waking life.

If you decide to proactively ask for insights during or after silent meditation, it may be useful to ensure the authenticity of the insight (read: not coming from beta) by first creating an alpha environment and walking around in it. Explore it with all of your senses, and once your alpha bridge is stabilized, use these theta-generation techniques to direct your mind's awareness to the place:

*Where you begin to understand the next step on your journey  
Where the healing begins  
Where you have the vision  
Where you connect with spirituality  
Where insight is gained  
Where the solution lies*

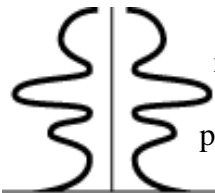
Keeping your mind open and free of thought (without beta), allow theta insights to flow into your mind. Wait patiently while your deeper mind gathers imagery that answers your questions or needs. Don't think about or try to analyze what you receive; this would stimulate beta. Instead, simply be present to the insights that arise.

The Mind Mirror's self-training program will help you notice when your attention wanders. Soon you will find the way to remain quiet and inwardly focused. The musical rewards will then come easily.

The greater reward is the pleasurable feeling of alpha-theta meditation: opening up to a clear, creative, insightful, healthful, and expanded higher mind that is aware only of itself.

It just takes practice and patience. Regular practice will condition the stability and continuity of consciousness that heightens focus, clarifies the mind, and makes it more fluid and flexible.

## ***Orchestrating the Awakened Mind***



The awakened mind, an ideal state of consciousness, is seen most often in people dedicated to meditation, creative work, yoga, t'ai chi, chi kung, hands-on healing, spirituality, and other contemplative practices. Uniting beta, alpha, theta and delta, this is the brainwave pattern of creative flow and peak performance.

Contemplative practices that give rise to peak experience can and do awaken the mind over time. The quickest and easiest path to the awakened mind, however, is silent (alpha-theta) and awakened mind (beta-alpha-theta-delta) meditation, as these directly condition the pattern in a consistent and reliable way. Using the musical rewards provided by the self-training program to train the pattern immeasurably speeds up the process.

***Keynote: The awakened mind is a combination of beta, alpha, theta and delta, engaged in a meditative open flow of consciousness with access to the clarity, creativity, insight, intuition and spiritual awareness of the mind.***

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Ultimately, the key to maintaining the awakened mind pattern in meditation and waking life is stabilization of the relaxed, sensory alpha bridge. The perpetually expanded alpha bridge provides inner and outer awareness simultaneously—that is, *conscious* access to and use of the clarity, creativity, insight, intuition and spirituality available in the subconscious and unconscious levels of the mind.

In the fully awakened mind, which includes delta, what was subconscious and unconscious is known and understood. Essential being, now conscious, serves not only itself but also the greater good.

What does it feel like to be “awake” in everyday life? The following exercise may help you access and landmark an awakened mind flare you previously experienced. You can use this memory to create a biofeedback loop that will help you condition this ideal state.

### ***Awakened Mind Meditation: The “Aha” Insight***

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Relax, close your eyes, and bring to mind the memory of a sudden flash of insight or a prolonged experience of creative flow. The creative insight will have surfaced in your mind “out of the blue” with just the right solution to a question, issue or challenge. Creative flow, wherein you were successfully working on a project with a high degree of pleasure and excitement, would have been sustained for a period of time.

Relive this experience with your senses. Let it stream and flow through your mind so that you see, hear, feel, touch, and even taste and smell it. Immerse yourself in the memory of this “aha” insight or creative flow, the sudden excitement and joy of it.

If you can relive such a memory, this will recreate the brain state in which it happened—and can happen again, right now.

Remember, your brain can’t tell the difference between a real experience and the memory of it; therefore, reliving a memory returns your brain to the original state. This provides you with a biofeedback loop: back to an awakened mind-stream flowing with joy, excitement, creativity, inner knowing and illumination.

### **Questions to Contemplate**

What stimulated your “aha” insight or creative flow in the first place? Could you recreate these conditions and then condition the condition?

Could you feel the inner excitement and joy of brainwave expansion (the “aha” awakening) that comes as the brain takes in and processes more light?

### *Stabilizing the Awakened Mind Pattern*

In new meditators, awakened mind flares—meaning bursts of impulse that appear briefly then go away—usually last for one or even a few seconds at a time, unless the person is deeply engaged in self-discovery, healing or transformation work, in which case the flares can be frequent and more protracted.

The seasoned meditator may produce frequent awakened mind flares throughout a session. But only the fully awakened person will generate a continuous awakened mind pattern from the moment of hookup to the end of the session.

The goal is to constantly maintain the pattern—first with the eyes closed and ultimately with the eyes open. Maintaining an eyes-open awakened mind pattern signals constant connection (unity) of the conscious, subconscious and unconscious levels of the mind. The continual presence of alpha is what melds inner and outer awareness.

How does the self-trainer stabilize awakened mind flares into frequent and then continuous patterns? Use your musical rewards to keep your alpha constant. Get the feeling of alpha and maintain it. It’s not necessarily quick and easy to do, but the concept is simple: you live in your whole body, your whole mind, by maintaining sensory awareness and inner connection. Again, staying present to your experience is key.

The experience of an awakened mind flare is a sudden “aha” insight or solution. A prolonged burst of the awakened mind pattern is experienced as constant presence to the meditation and/or a lengthy flow of creative ideas, insights, or spiritual awareness.

### *“Working” Awakened Mind Meditations*

Awakened mind meditations are “working” inner journeys that combine beta with the alpha-theta meditation pattern. These include self-guided silent meditations for self-discovery and self-healing, along with personal transformation meditations directed to the removal of obstacles, or blocks, in the mind.

In self-discovery, healing and transformation meditations, the busy intellect is quiet and calm due to the presence of slower alpha, theta and delta frequencies. Beta’s presence in awakened mind meditations is useful for three important reasons:

- 1) Beta’s verbal processing is necessary in awakened mind meditations that involve dialogue.

- 2) Beta gets accustomed to accessing its subconscious for creative ideas, insights and solutions, and its presence is conditioned for externalization of the pattern in waking states.
- 3) Beta remembers and feels the change that took place and more willingly adopts it.

Awakened mind beta, curved in at the top, shows its quiet inward focus. In a very real way, the awakened intellect is looking down into its deeper self for wisdom and insight. For beta, this surrender of superiority and self-separation is a significant change in behavior, both in and out of meditation.

With each meditation session you will find your beta brainwaves growing quieter and more willing to cooperate and exchange insights and information with the other three categories of consciousness. After a few awakened mind meditations, beta invites alpha, theta and delta to help “drive” the vehicle of consciousness so that a more fully awakened mind is at the wheel.

Fully formed and continuous, the awakened mind externalizes into waking life as “being in the zone,” creative flow, peak performance, and the high-performance mind. The awakened mind pattern signifies that the meditator possesses the ability to continue along the path of mastery, self-transformation, evolution, and higher awareness.

### *Expansion into Higher States*

Connected through theta and delta to what feels like a spiritual source or higher consciousness, the awakened mind engaged in inner transformation naturally expands into still higher states of awareness—without reference to any particular philosophy, theology or meditation technique, writes Anna Wise in her classic book, *The High Performance Mind*. By this she means that the awakened mind is its own authority and guide.

The fully awakened mind is a beacon of light in the world: lucid, aware, creative, receptive, and willing to serve self, others, and its spirit with generosity and compassion. Flowing with creativity, the awakened mind calls forth all of its abilities in service to truth, beauty, and goodness, and evokes these ideal qualities in others.

Naturally enough, the fully awakened person produces frequent partial or fully formed evolved mind circles, as his/her connection with universal awareness is strong and moving toward constancy.

***Keynote: The awakened, high-performance mind possesses a high degree of self-mastery and the ability to evolve itself into cosmic consciousness.***

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## *Self-Discovery and Healing Meditations*

For the self-discovery, healing, creativity and personal transformations below, as well as the guided meditation tracks listed at the end of this chapter, you will want to have paper and pen on hand to record or draw your insights and solutions. Keeping a record will prevent them from slipping away and provide you with a chronicle that you can consult later on.

You could also share your insights with a friend or speak them into a recording device.

This first awakened mind meditation asks you to go back in time, find an issue, and resolve it. You will be surprised by how easy this is to do—and how lasting the effect and its afterglow.

### ***Awakened Mind Meditation: Resolving a Conflict, Regaining Happiness***

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Begin by using relaxation landmarks or techniques to quiet your beta waves, then generate an alpha bridge by sensualizing an environment. Be sure to find a place to sit or lie down in your environment and drift deeper into yourself, toward a place of peace, wisdom and light.

When you feel ready, allow your mind to wander back in time to a point where you remember a protracted period of great happiness. Once you have found this unbroken happiness in your past, allow your mind to move forward in time to an event that made you feel unhappy.

Allowing your mind to linger on this unhappy event, ask your deeper self if the issue has since been resolved. If it has not been resolved, ask for a solution that will resolve it. What could you do or say to yourself or someone else to resolve this conflict which keeps you from complete happiness in your past and present?

Wait patiently until imagery surface in your mind. Use the guidance in whatever way seems best—at first, only inside your mind's awareness. You may choose to mentally alter (reframe) your life so that the unhappy event never occurred in the first place. Or you may choose to reframe it so that events happened differently.

Either way, imagine that the unhappy event was avoided or never existed. Then envision your happiness continuing from the past into your present and forward into your future; see this as a continuum of happiness that is unbroken by any event in time or space.

Experience and deeply feel the power of this negative event fade away and disappear. Erase it completely in whatever way seems appropriate.

When you are ready to end your meditation, transfer your feelings of happiness into the outside space. If the issue involved someone else, you may wish to apply your solution to that relationship, or you may feel that there is no longer any need to do so.

### **Questions to Contemplate**

Does the issue you addressed have the same energetic charge that it had before, or has its influence diminished?

If thoughts of this issue surface in the next few days, repeat this self-healing theta meditation and instruct your helpful thinking mind, “Thank you for sharing, but no thank you. This issue is resolved.”

The ultimate goal of meditation is to unite the heart and mind so that feelings and thoughts cooperate in service to the body and soul. Reconciling all of these aspects enables us to reach our highest states of meditation and consciousness and thus our full potential in life.

### ***Awakened Mind Meditation: Accessing Creativity***

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First, decide what kind of creative project or idea you want to work on, then put that aside and deepen into an alpha-theta meditation state. Settling into peacefulness alone may stir a creative flow that provides ideas and inspiration. If so, allow these to unfold and end your meditation when ready.

Here are the steps to creativity and creative flow.

- 1) Relax your body and mind then sensualize the place where you are going to do your creative work. Use all of your senses to see, hear, feel and experience it.
- 2) Resting in your work place, remember a time of intense creative flow, when you felt the excitement and inner joy of the creative process, and ideas sprang into your mind of their own accord. Sensualize this memory and relive it.
- 3) Bring to mind the creative project you want to work on and take it down still deeper into the realm of your spirit, a place of light, peace and wisdom inside of you. Now release the project to your essential spirit and ask for help with it.
- 4) Taking the project still deeper inside, release it to delta and the quantum field of universal awareness for inspiration.

- 5) Now slowly bring the project back up into theta and hold it there for a moment or two so that ideas can begin to take shape; then bring it up to alpha for imagery and beta for words.

Opening your eyes, write or draw what you have received. The ideas and images will continue to develop as you do this.

### ***Awakened Mind Meditation: Self-Healing***

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Decide what you want to heal. This can include a physical issue, thought pattern, or relationship. Once you have verbalized what you want to heal, set it aside. Put it in the back of your mind.

Now relax your body, quiet your mind, sensualize an environment, and sit or lie down to drop into deeper awareness: into your inner light, a place of wisdom, insight and clarity. Rest your awareness in that quiet, open space.

Recall what you want to heal and allow yourself to become aware of an image that represents it. Your subconscious mind will provide the image. Explore it and understand what it means.

Now allow a second image to surface; this image will represent a way to effect the healing. Apply the healing to the first image. You will know how to do this.

Find a mechanism you can use to keep the healing in place for a period of time. When ready, close your meditation and write down what you learned.

If you do not understand or recall the meaning of the imagery you received, give your deeper mind time to provide this information and try again later on. Your healing has already occurred. Your understanding, if not immediate, may come in the next few minutes or days. Stay open and receptive, and be patient. You are acquiring a new skill and a new way of being in the world. It will come!

### ***Transformation Meditations: Working with Blocks***

To resolve inner conflict or confusion, often experienced as an “uneasy” feeling or sense of incompleteness, use an awakened mind meditation to address the part that is the “block” and find a way to remove it. This is a Gestalt process wherein the part that has separated out of the wholeness of your being—and thus has become a block—is assumed to have a positive purpose. Once you find out the block’s positive purpose, you

can find a way to relieve it of its role, assume that role yourself, and help it reintegrate back into the whole.

The dialogue below is lengthy, so use your intuition to tell you which questions to ask during the meditation. Follow the general structure—the dialogue, transformation, and sensualizing the future—to make sure that all stages are covered.

Read the instructions below to familiarize yourself with the process, or listen to the recorded meditation, “Journey of Transformation,” cited at the end of this chapter.

### ***Awakened Mind Meditation: Personal Transformation***

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Begin by deciding what you want to change, heal or transform. Once you have a clear idea of this, relax into an alpha-theta meditation state by the usual means. Take plenty of time to completely relax and drift down into deep theta.

Now begin to get in touch with the part that needs healing, transformation or change. The original issue may come forward or perhaps another more compelling issue will present itself. Either way, allow this part to manifest in a symbol, image, body sensation, feeling, sound, voice in your head, or a sense of knowing that the part is present.

Next, use your beta to ask a series of questions (which you are encouraged to change to whatever seems appropriate):

- 1) Ask this part if it is willing to talk with you. If it is uncertain, ask what needs to happen to make it more willing. You may hear answers in words, images, body sensations or a sense of knowing. Remember to trust what you are experiencing in your subconscious.
- 2) Ask the part how it is feeling now. If it feels threatened, reassure it that you are doing this for the benefit of your whole being, to heal and not hurt.
- 3) How long has the part been there? Is this a new issue or a very old one?
- 4) What does it need or want from you?
- 5) What role does this part play in your life? What is its positive purpose? How does it serve you? If it gives you an answer that is negative or obscure, ask again until you get an answer showing how the part has been serving you. All parts of us have a positive purpose, even if they are misguided somehow.

- 6) If this part is no longer playing a role that benefits you, ask the part if it is willing to merge with the totality of your being and allow you to fulfill the role it has been playing? Gently and decisively inform the part that this is your desire.
- 7) What needs to happen for the transformation that you are seeking to occur? Is the part willing to let this change occur? If not, what needs to happen for it to become willing? Remind the part that you are doing this for the good of your whole being.
- 8) Use all of your senses to imagine the change taking place. Experience the transformation or healing. Live the experience. Then look into the future and sensualize yourself in the future after the transformation has already taken place.
- 9) Take a few moments to give your appreciation to the part for all the hard work it has done for you.
- 10) Check to see if any other issues have been stimulated. If so, either promise that part or parts your future attention or repeat this dialogue now with that part or parts.
- 11) Find a closure for your meditation.

### *Characteristics of the Awakened Mind*

Self-discovery, healing and personal transformation enable the united mind to expand its awareness beyond personal history into creative flows and universal insights. Ultimately, consciousness expansion is about shifting out of the limitations of the ego into the Collective Unconscious. This higher perspective *is* that of the awakened mind, as described below.

Calm and peaceful like a glassy lake, the awakened mind combines its inner awareness with outer experience. Enjoying a high degree of freedom and autonomy, the awakened mind learns to harmonize its body, mind, heart and soul and with this self-integration systematically clears obstacles in the way of its development.

Lucid, aware and spontaneously creative, the awakened person is happy, fulfilled, self-actualized and highly successful in life. Centered in his or her core self, or soul, the awakened master is deeply engaged in the work of peaceful reconciliation with others as the means to mutual enlightenment.

Each person's mind awakens in a different way: some spontaneously as the result of a peak experience; some in response to inner and outer events, others in answer to a deep-seated yearning for unity and wholeness. In every case, it is the longing for self-completion and unity with others that launches the journey of awakening.

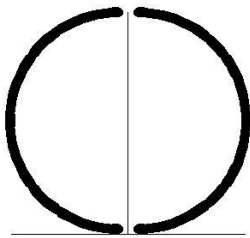
While the inner work is different for each person, the path is always the same.

With meditation and self-mastery, the heart opens, the mind expands, the soul is uplifted, and the spirit is freed from material bondage. The awakened master is an evolutionary moving like the steady light of a lantern toward personal and spiritual enlightenment.

### *Qualities of the Awakened Mind*

The awakened mind of self-mastery, creative flow, and peak performance develops these light-filled qualities:

Empathy  
Clarity and lucidity  
Inner peace and outer equanimity  
The spontaneous flow of creativity  
Compassionate nonattachment  
Discerning non-judgment  
Forgiveness and tolerance  
Unconditional love  
Service to self and others



### *The Evolved Mind of Creativity and Enlightenment*

The awakened mind pattern expands, through connection with its creative and spiritual source, into the circular evolved mind pattern. Production of this pattern signifies inner unity, bliss, transcendence and illumination.

This is the cosmic awareness of enlightened masters of love and compassion like Jesus, Buddha, Mohammed, Krishna, Lao-Tzu, Mother Theresa, Mahatma Gandhi, Martin Luther King Jr. and many other illuminated beings known for their teachings on the universal path to oneness.

People who produce this brainwave pattern report having experienced a blissful, expanded state of consciousness filled with a radiant light that feels loving and spiritual in nature. As the person's awareness merges with this light, the sense of separation between self and the Ultimate Reality disappears, and the meditator perceives that all is one.

The brainwave pattern confirms this, as the frequency bars amplify, unite with each other, and the bottlenecks between beta, alpha, theta and delta disappear into the circular shape. Delta's unconscious, now curving upward, raises its frequencies so that what was unconscious before, now becomes conscious; in turn, beta's egoic conscious mind releases its sense of separation and unites with its deeper, more spiritual awareness.

***Keynote: The evolved mind is a state of spiritual oneness, bliss and unity. What was not known or understood before becomes known. This super-amplified pattern stimulates profound healing and evolutionary transformation.***

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The evolved mind, an amplification of all frequencies, shows the meditator's realization of pure consciousness, or pure spirit: All is one inside a circle of expanded light. The feeling is of boundless love and caring.

Even though this pattern flares onto the Mind Mirror screen for only one or a few seconds at a time, this is enough to illuminate and evolve awareness into more than it was before. The result is that peak experiences of expansion and oneness occur more often in waking life.

We seek this feeling of joy and love on all levels of our being—with the conscious, subconscious and unconscious minds—until it is attained and conditioned into the illuminated mind of enlightenment.

### ***Forms of the Evolved Mind***

Seeing the perfect circle of the evolved mind on the Mind Mirror is rare; more often, the pattern is a partial formation. Depending on what part of the mind is doing the seeking, the awakened mind can amplify into a partial evolved mind pattern in a variety of ways:

- 1) beta merges with alpha to form the top half of the circle
- 2) delta merges with theta to form the bottom half of the circle
- 3) alpha and theta merge to create a portion of a circle or a diamond.

Other forms of the partial evolved mind pattern are an awakened mind pattern in the left hemisphere with an evolved mind pattern in the right; or the reverse: an evolved mind circle in the left hemisphere, with an awakened mind pattern in the right. These formations show that one hemisphere is more advanced than the other and is possibly trying to help the other side to catch up.

Sometimes the half-circle alternates between hemispheres, as if the brain were attempting to stabilize the circle; keep watching and you will see it produce a flare of the full circle of the evolved mind.

Some meditators in a very high state of consciousness produce a perfect diamond pattern sitting on an out-reaching delta platform. A still more advanced form of this is a full diamond shape wherein delta lifts up into theta. People typically link the appearance of this pattern to their direct and joyful connection with a “higher self” and the upward flow of energy and information through psychic delta into higher frequencies of the mind.

These evolved mind patterns all signify that the personal self is surrendering to the universal awareness known to Max Cade as superintuitive Creativity and to Anna Wise as enlightenment. Both are accurate interpretations, since the illumination of the mind, indicated by these super-amplified brainwaves, is psychic (soul-related) in nature.

The meditator experiencing an evolved mind pattern is becoming an illuminated channel of love, compassion and service to the world.

### *Rising into Transcendence*

People experiencing the evolved mind pattern often become aware of activity in the “third eye” chakra located between the eyebrows at the visual processing centers of the brain. The third eye may suddenly open up, revealing a circle of indigo blue light pulsating widely and then progressively smaller, as if traveling backwards into a tunnel. Mystics believe this tunnel leads to a higher plane of consciousness.

Some people do not see this “blue pearl,” as the yogis of India call it, and instead hear high pitches of sound that rise in frequency and grow louder in volume. These frequencies of light sound like buzzing bees, cascading water, or roaring wind. The early Christians called them the “holy spirit.” Sufi followers call them the “music of life.”

If you enter the following meditation and experience light or sound phenomena, this is perfectly natural. You can allow these sensory events to carry you into meditation and transcendence. This is the light and sound of your own *kundalini* life force rising up your spine into your brain to produce super-high gamma frequencies. This can happen not only in meditation, but any time you feel especially loving or joyful.

### *Evolved Mind Meditation: Expanding into Light*

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Gently close your eyes and notice how you feel. Use your relaxation and awakened-mind landmarks to drift down and in, to a place of peace, light and wisdom.



Remember a time in your life when you felt light coursing through your body and mind. This may have been a healing or spiritual experience, or it may have related to a peak moment in nature or a relationship. Use all of your senses to bring this experience to life. Keep your attention on your third eye, located at the bridge of your nose between your eyebrows.

Spend at least five minutes in this meditation. Be aware of any sensations of light flowing in your body. If you do not have this awareness, you can amplify it by taking in a full breath and drawing the inhalation up from the base of your spine to the crown of your head and then along the inside of your skull down to the third eye area. Pause briefly to allow spiritual light to stream into the crown of your head; on the exhalation, bathe your spine in this light and allow it to flow down from your crown into your throat, heart, solar plexus, and pelvis back to the base of your spine. Repeat this cycle seven times.

By now, you will feel sensations of light flowing in your body. Send out this accumulated light to your friends and loved ones. Notice any increase of light in your mind and body.

Find a landmark for this awareness of light. When you close your meditation, distribute these energies evenly throughout your body, especially your arms and legs.

Later on, use your landmark for light to return your awareness to inner harmony, love and healing at any time of the night or day.

## *The Role of Compassion in Synchrony and Transcendence*

Recent studies by neuroscientists using advanced radiological and imaging equipment show that attentional focus and loving compassion extended to self and others has an extraordinary effect on the brain: it moves into synchrony across regions and frequencies, thus increasing its unity, creativity, and brainpower.

The earliest research on synchrony was reported by German scientist Wolf Singer, M.D. and Ph.D., who claimed at the 2005 Mind and Life Institute Conference that synchrony leads to perceptual and intellectual expansion. The brain literally "lights up" with amplified energies, producing the highest-known gamma frequencies in the range of 30 to 100 hertz. These gamma frequencies become the organizing force in the brain.

Where the ordinary brain uses one or two regions to accomplish a given task, with the focused attention and compassion that generate synchrony, all regions of the brain are active and working together.

Brain imaging confirms that heart-centered meditation evolves consciousness. In his seminal book, *Why God Won't Go Away: Brain Science and the Biology of Belief*,

University of Pennsylvania radiologist Andrew Newberg, M.D. discovered that our brains are built for mystical states of transcendence.

Newberg studied Tibetan Buddhist monks and Franciscan nuns to see what happens in their brains during their rise into what amounted to spiritual ecstasy. For the Buddhists, the mechanism was compassion for others; for the Franciscan nuns, a heart-centered connection with Jesus and God.

In each experiment, Newberg tied a string to the finger of the meditator, and when the person tugged on the string to signal the onset of a higher state of awareness, Newberg wheeled the person's gurney into his radiology lab and injected a radioactive dye that enabled him to view the meditator's brain activity.

What Newberg discovered was the brain physiology of heart-felt meditation. A double stream of neural impulses—deep relaxation countered by arousal in the brain stem—cancelled the stream of neural impulses to the parietal lobes, which orient us in space and are responsible for our sense of separation from other people and objects.

Without the awareness of the parietal lobes, we feel as if we are merging with the universe in an unbounded sea of ecstasy—or, as Newberg writes, we become “endlessly and intimately interwoven with everyone and everything.”

Years of scientific study convinced Newberg that the brain's neurological processes “evolved to allow us humans to transcend material existence and acknowledge and connect with a deeper, more spiritual part of ourselves perceived of as an absolute, universal reality that connects us to all that is.” (page 9, *Why God Won't Go Away*)

What's more, this meditative pathway to spiritual illumination is evolving a significant portion of humanity into a new human that is more than we are now or ever have been before.

## *Gamma Frequencies and the New Human*

Newberg did not correlate spiritual ecstasy with gamma brainwaves, but another researcher did. Richard Davidson, PhD., a neuroscientist at the University of Wisconsin, measured this frequency shift and found that higher states of consciousness evolve the brain into higher function.

In a study involving eight accomplished meditators chosen by the Dalai Lama of Tibet, Richardson used EEG and functional magnetic resonance to measure brainwaves and see which parts of the brain were active. The study showed that the Tibetan monks' single-minded focus on compassion and unconditional love produced extremely powerful gamma waves in the brain's left prefrontal cortex, which is associated with joy, compassion, happiness, and other positive feelings like love.

The high attentional activity in the frontal lobes of Davidson's Buddhist meditators stimulated heightened awareness, high mental function, coherence, and brain/nervous system coordination. Their mental fluency enabled them to easily shift brain states on command—the definition of brainwave mastery.

Another study performed by Erik Hoffman, PhD., formerly a psychologist at Copenhagen University, identified gamma frequencies with spiritually awakened awareness, *kundalini*, thankfulness, and the *shaktipat* transmission of light. Successive studies by Hoffman showed that gamma wave activity in the frontal lobes *after* experiments, meaning that the meditators' brains were conditioning gamma brainwaves and higher states.

Gamma is typically present when the brain is forming new brain cells and making new circuits. The superconscious mind, as I call it, featured below is a quantum leap in evolution for all of these reasons. Gamma brainwaves lift awareness into spiritual states including divine union, heightened sensory perception, profound intuitive and healing abilities, out-of-body experiences, and cosmic consciousness.

Stimulated by gamma, these states of consciousness arise the brain's prefrontal cortex, the seat of human intelligence—meaning that *the evolutionary movement of the brain's intelligence is in the direction of the spirit*.

This is good news in today's world, as brain synchrony that integrates our instinct, intuition and intelligence are producing the creative genius we need to answer our questions, issues and challenges.

The increasing appearance of gamma frequencies in meditators and creative people indicates that consciousness is moving in the right direction: potentially, a global shift in consciousness that will prompt a quantum leap in human evolution.

## *The Superconscious Mind*

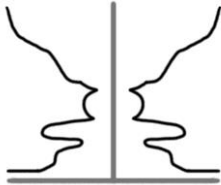
How does—and will—this shift in consciousness take place? Throughout history, scientists believed that we are born with a finite number of brain cells and that over the years these die off and are not replaced. New research shows quite the opposite.

Neuroscientists now have clear proof that theta and gamma frequencies produced by meditation and self-inquiry (as well as enjoyable physical exercise) forms new brain cells, or neurons, through a process called *neurogenesis* which increases intelligence, creativity and memory. Furthermore, scientists now apprehend the startling process of *neuroplasticity*: the brain's amazing ability to rewire its neural pathways to learn to play the violin or shift outworn thoughts and patterns of behavior into evolutionary new ones.

***Keynote: The activities of the body, mind, emotions and spirit are mirrored in the self-evolving human brain. The brain reveals to us our unlimited capacity to grow, heal and change, personally and collectively.***

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Energy researcher James L. Oschman discovered with scientific instruments that brainwave frequencies are not confined to the brain, but rather cascade in waves throughout the nervous system, transferring into every cell our states of consciousness and potentially the frequencies needed to bring the body into harmony and health. We conceive of ourselves as a mechanistic assembly of discrete parts, yet on the transcendent level of the superconscious, we are intricately interconnected and perfectly whole.



## ***The Brainwaves of the Superconscious Mind***

The gamma frequencies produced by increasing numbers of advanced meditators, intuitives, and spiritual teachers and healers mirror humanity's "current" personal and planetary evolution. The pattern shown here—an awakened mind underneath what may be the bottom half of an evolved mind circle—shows up in master meditators who have trained themselves to reach higher states of consciousness. It is also present in creative artists, channelers and energy workers who have cultivated the requisite attentional focus and heart-centered compassion.

Back in the 1980s, Max Cade predicted that states of consciousness higher than the evolved mind would be detected on instruments more advanced than the early versions of the Mind Mirror. We are seeing these frequencies and their higher states of awareness today on the Vilistus Mind Mirror 6.

People who exhibit this pattern, in which upreaching gamma forms the five clusters, draw in powerful intuitive revelations and a flood of revitalizing energy. These high-frequency energies perceptibly stir the body to arousal as they surge into the heart and brain, lift awareness, and form new brain cells and circuits in the intellectual and creative centers.

Practiced meditators, healers and intuitives will already be familiar with gamma sensations of spiritual energy. If you find yourself moving into a period of extended bliss during a session, check afterward to see whether these energies were present. Tap the "g" key on your computer keyboard to activate the gamma screen. Low-amplitude gamma is typical; high-amplitude gamma denotes the presence of superconscious energy and awareness.

### *Superconscious Meditation: Rising into Pure Spirit*

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Deepen into meditation and get in touch with spiritual light. Imagine spiritual light intensifying in your heart until it spills over into your entire body and radiates out into the room you are in.

Notice the light growing stronger, brighter and more beautiful with each passing moment. Take in more light through your head, shoulders, chest, stomach, pelvis, legs and feet, the back of your knees, your back and elbows, the light getting stronger still.

You drink it in, and when you feel full, deepen into the awareness of your essential being and rise into a higher dimension of yourself. Feel your awareness lift up. Sense the fullness within you now and the stirring in your chest, as your physical body begins to vibrate with love.

Draw your awareness to your third eye, located at the bridge of the nose between the eyebrows, and allow this space to fill with universal light. Open up fully to this Light and take it in. Holding your attention on your third eye, become aware of a tiny light in the far distance of your mind's eye. Let your awareness move toward this light, farther and farther beyond your body until you rise into a tunnel. Beams of light will show you how to ascend the tunnel as you continue upward. Let nothing stop you.

When you reach the top of the tunnel, you will see an evening sky filled with stars. There are stars in every direction, twinkling celestial light. You move into the dark sky and float there. When ready, expand further outward into the majesty of the cosmos.

There you will sense the presence of Perfect Love. Rise into the heart of this exquisite energy and rest there. Golden light washes over you and your atoms spread apart as light fills you. You expand into the infinite and experience bliss.

Rest in this Pure Spirit and drink it in until you are full.

### *Mapping Your States of Consciousness*

With this chapter's brainwave map in hand, you will soon be able to navigate into meditation, the awakened mind, the evolved mind and perhaps even the brainwave pattern of the superconscious mind. The Table of Subjective Landmarks at the end of this chapter will help you measure your progress in meditation in order to refine your skills and practice.

Featuring subjective landmarks chronicled in studies by Terry Lesh, a Canadian researcher, this table correlates EEG states mapped by Max Cade and the 0-6 numbers known in awakened mind training as the Lesh Scale.

Like a biofeedback device of your own, this table will help you measure the depth of your meditations and over time chart your progress. The table's Lesh numbers, descriptors and EEG states correspond to meditation depths as follows:

- 0, 1, 2 – ordinary awareness growing quieter and more relaxed
- 3 – entering meditation
- 4 - light meditation
- 5 – deep meditation, the awakened mind
- 6 – awakened, out-of-body, evolved or superconscious meditation

Only some of the descriptions in each category will resonate with you. Perhaps you will never feel that you are growing to a smaller or greater size, but you may be acutely aware of your breath and heartbeat (see Lesh number 4). You will experience enough of the descriptors in this table to identify the brainwave state you reached in meditation.

In the early days of your practice, your mind will likely drift up and down, but soon you will notice greater stability and a positive trend of progress.

Consulting this table after each self-training session will help you gauge how deep you went and how it felt to be there. If you did not go as deep one day as the day before, consider whether your diet, mood, responsibilities, or basic commitment to your practice accounts for the difference. Using the table to confirm your subjective experience of Mind Mirror measurements may help you determine what needs to change in order for you to get the most out of your meditations.

Use the table and your meditative progress to chart your course: the best time of day or night for meditation, what to eat and drink and what not to, the state of mind that is best for meditation, and so on. Adding your own descriptors to the table could be very helpful.

Be sure to create personal landmarks for your best meditations. Remember, taking time to recall *the feeling of a state*, embodied in a landmark, shifts your brain back into that state just as if it had never left and gone elsewhere!

## *Loving Your Practice*



While mastering your brainwaves for superconscious synchrony would be an interesting and admirable goal, nothing is more important than enjoying your meditations and loving your practice.

Once again, it is love—and the light within love—that stirs the feelings of bliss and oneness

which “spiritualize” us into the evolved and superconscious patterns. Feeling awakens awareness; surrendering to love and the light within will carry you into the awakened mind, evolved mind, and superconsciousness when you are ready for it.

Be sure to use your intuition to create a beautiful, welcoming meditation space that calls your heart and soul to it. Allow your deeper self to guide you to your best meditation practice (and, for that matter, to everything else). Since meditation is a time for you and you alone, you will want to guard it like the precious jewel that it is. In turn, it will guide you to the best and happiest ways to live your life.

Whatever you do, don’t give up on your practice. Anyone with the will and determination to meditate and more fully awaken and evolve can do so.

*Resources:*

“The High-Performance Mind” by Anna Wise, a 4-CD set designed to train the brainwaves of the awakened mind. Visit [AnnaWise.com](http://AnnaWise.com) for links to individual downloads. Contact Judith Pennington ([Judith@AwakenedMind.org](mailto:Judith@AwakenedMind.org)) to obtain the album.

“The Meditation Experience” by Judith Pennington, a 4-CD set designed to train the brainwaves of the awakened mind. Visit the Marketplace page of [EagleLife.com](http://EagleLife.com) for links to downloads and albums.

Volume 1:

*The Lake of Inner Peace*, a guided meditation into the still waters of the subconscious mind for lasting peace and tranquility.

*The Inner Temple*, a journey into the subconscious for personal insights.

*The Healing Garden*, a companion guided meditation for self-healing and realization of the light within us and all things.

Volume 2:

*Creative Light*, a deep-state meditation designed for creative flow.

*Gifts of Insight*, self-discovery in a redwood forest.

Journey of Transformation, personal (awakened mind) transformation on a mountaintop.

Volume 3:

*Breathing Light*, conscious breathing and self-discovery

*Woods and Water*, a guided journey into nature for inner awareness.

*The Illuminated Door*, a doorway to higher awareness and the Akashic Records

Volume 4 (downloadable only):

*Orange Trees by the Ocean*, sensory images designed to strengthen the alpha bridge.

*Autumn Woods*, an alpha bridge to the beauty of nature.

*What Instrument Am I?* Beingness meditation for self-discovery.

*A Special Dinner*, a musical celebration in alpha.

The Heart of Meditation, joyful meditation that invites you to create an ideal as a mantra.



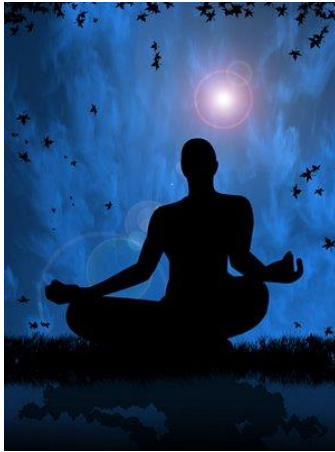
## TABLE OF SUBJECTIVE LANDMARKS

#	Subjective Landmarks	EEG
0	<p>May have difficulty stilling the mind            Mind racing out of control            Itchy, distractible, inattentive state            A feeling of “Why am I doing this?”            Just beginning to relax            A feeling of “settling down”</p>	<p>* Continuous beta,            often with flares            of other waves            * Possibly            intermittent alpha</p>
1	<p>Foggy state            Feeling dizzy            Sensations of going under an anesthetic            Occasional feeling of nausea            Mind filled with everyday affairs,            almost as an avoidance of inner stillness            A feeling of scattered energies            A sensation of drifting off to sleep or            being pulled back from the edge of sleep</p>	<p>* Somewhat reduced            beta; still present            * Intermittent, but            stronger alpha</p>
2	<p>Scattered energies beginning to collect            Beginning to feel calmness and relaxation            Uninvited vivid flashes of imagery            Childhood flashbacks            Images from distant to immediate past            Attention not very sustained            A feeling of being “in-between states”            Transitional state</p>	<p>* Reduced beta            * Stronger alpha –            could be            continuous            * Intermittent            low-frequency            theta</p>
3	<p>Greater sense of stability            Well-defined state            Pleasant bodily sensations of floating,            lightness, swaying or rocking            Occasional slight rhythmical movement            Concentration easier and stronger            Increased and clearer imagery            Increased ability to follow guided imagery</p>	<p>* Highly-reduced            beta            * Continuous alpha            * Possibly more            continuous theta            with increased            frequency and/or            amplitude</p>

#	Subjective Landmarks	EEG
4	<p>Extremely vivid awareness of breathing, heartbeat, blood flow and other body sensations            Feeling of loss of body boundaries            Sensation of numbness in limbs            Sensation of being full of air            Sensation of growing to great size or becoming very small            Sensation of great heaviness or lightness            Sometimes alternating between external and internal awareness</p>	<ul style="list-style-type: none"> <li>* Highly-reduced beta</li> <li>* Continuous alpha</li> <li>* Increased theta (Light meditation)</li> </ul>
5	<p>Very lucid state of consciousness            Feeling of deep satisfaction            Intense alertness, calmness and detachment            Sensation of “spacing out” or disappearing from environment and/or body            Extremely vivid imagery when desired            Feeling of altered state lacking in previous levels 0 to 4            Sense of peak experience, aha experience, intuitive insight            High performance</p>	<ul style="list-style-type: none"> <li>* Strong beta mastery ranging from no thoughts to creative thoughts</li> <li>* Continuous alpha</li> <li>* Continuous theta</li> <li>* Continuous delta (Deep meditation; awakened mind)</li> </ul>
6	<p>New way of feeling            Intuitive insight into old problems, as though seen from a more aware level            Synthesis of opposites into a higher union            Sensation of being surrounded in light            A feeling of higher spiritual awareness            A sensation that “nothing matters” other than just being            The experience of bliss            The experience of indefinable peace            A feeling of greater knowledge of the universe</p>	<p>Possible patterns:</p> <ol style="list-style-type: none"> <li>1. Best Meditation (alpha, theta, delta)</li> <li>2. Awakened Mind (beta, alpha, theta, delta)</li> <li>3. Evolved Mind (circular pattern)</li> <li>4. Very little electrical brain (out of body)</li> <li>5. Superconscious mind</li> </ol>

## CHAPTER 2

# TRAINING TIPS AND TECHNIQUES



*“Meditate for twenty minutes each day.  
On especially busy days, meditate one hour.”*  
~Anonymous yogi

### *Cultivating Hemispheric Symmetry*

The self-training program has been designed so that you receive a musical reward for the Meditation and Awakened Mind patterns even if only one hemisphere of your brain attains the pattern ratios. The program has been designed this way because the brainwaves of new meditators rarely show hemispheric symmetry, and even seasoned meditators may show a considerable amount of left- and right-brain asymmetry.

This is simply the way the brain works: it is processing information and feelings in rhythmic pulses and in its own good time and way. Sometimes the brain is processing via logic; sometimes via creativity. At other times, one side may be deliberately inhibiting the other—a situation that can only be subjectively explained by the meditator.

Regardless of the cause of asymmetry, Max Cade noted that the bilateral symmetry is the foundation of all higher states of consciousness. For this reason it's worthwhile to note persistent imbalances and attempt to correct them.

Bilateral symmetry—that is, equal amounts of electrical activity in the brain’s left and right hemispheres—is one of meditation’s crowning achievements. Symmetry in the rhythms of the brain, from one hemisphere to the other, facilitates a smooth exchange of information, with each side informing the other until thoughts form ideas and concepts.

Conversely, the asymmetrical brain can feel like a “brain wreck,” as Edgar Cayce described the consciousness of non-meditators. The fragmented, restless mind darts here and there, quite possibly due to internal communication problems caused by hemispheric imbalance, a condition that is easily repaired, in most cases, and needs to be for the mind to focus and function properly.

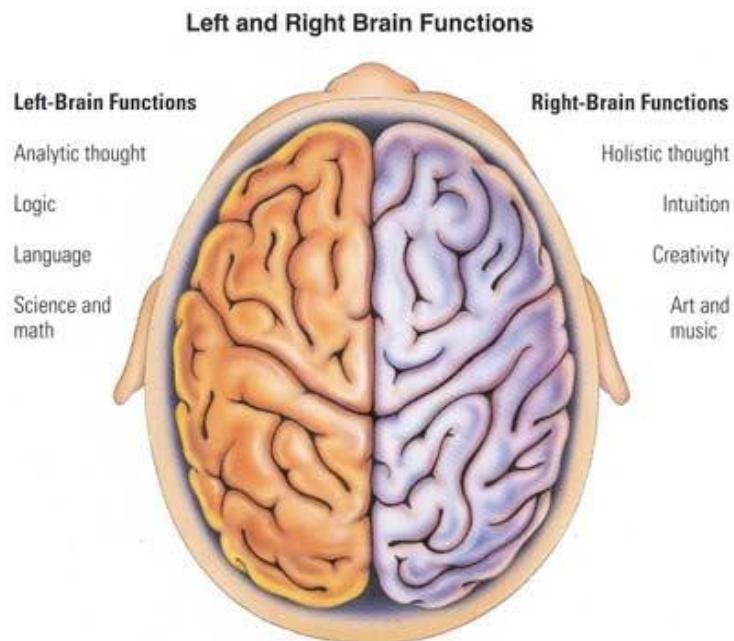
Hemispheric imbalance, a disjunction between the verbal (left) and sensory (right) halves of the brain, causes us to feel distracted and somehow “out of whack,” making it difficult if not impossible to focus and sustain attention and awareness. In most people, excepting those with brain injuries, meditation practice automatically balances the two hemispheres of the brain, with the result of increased focus, attention and mental clarity.

In a very real sense, beta equates to the left brain; alpha-theta-delta to the right brain. Understanding the functions of the two hemispheres will help you avoid having a brain wreck:

The brain’s left hemisphere performs tasks related to verbal thinking, logic and analysis. The right brain is exactly the opposite: it is creative, spatial, sensory and intuitive. Free-flowing consciousness is always a blend of both hemispheres.

But sometimes, processing thought in predominately one hemisphere for a period of time causes brain activity to get “stuck” in that hemisphere and unable to free itself from a single-sided perspective.

For example, a visual artist who has spent the day painting an abstract work (right brain) may momentarily struggle to articulate the meaning of the painting (verbal left brain). Conversely, an accountant who spends the day processing numbers may feel unable for a least a few minutes after work to draw a picture of a person or grasp the subtleties of a right-brain pun.



High-speed multitasking can imbalance the brain as well. Since the brain is designed to operate on a single line of thought, simultaneously working on several ideas or projects can overwhelm brain circuits. The brain simply shuts down to get a rest. Synchronizing exercises like the one below can help your brain reset and rebalance itself.

The following exercise is likely to enhance your sense of well-being.

### *Balancing the Brain*

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First, sit upright in a chair and relax. With your eyes closed, notice where your brain/mind is most active. Do you sense electrical activity in the front, middle or back of your head? Is there more activity in one half of your brain than the other? Which half?

Or is the activity occurring outside of your head? Take time to sense the most active area or areas inside your skull or just outside your head.

Now stick your right finger in your right ear. For at least a minute, strongly and continuously sing a note of any pitch and gently slap your left knee as your left foot stomps lightly against the floor. Do this at any pace you like, but keep a consistent rhythm.

Next, reverse the procedure. With your left finger in your left ear, lightly slap your right knee and stomp your right foot on the floor. Do this in the same way and for the same length of time as before.

Keeping your eyes closed, notice where the electrical activity in your brain is now concentrated. Has the location changed in any way?

Do you feel any different? If so, how do you feel?

You can also synchronize your brain with walking, swimming, or toning a single sound or series of sounds. Sound is processed by the whole brain and resonates throughout three main body cavities: the abdomen, heart and skull. This makes toning a unique and powerful harmonizing force in the human body.

### *Deciding Which Pattern to Train First*

The goal of awakened mind training is to gain mastery over your body, mind and emotions, so where you begin with self-training depends on where you are right now. If you are a new meditator, obviously you will want to master you beta waves with the meditation program. If you are a seasoned meditator, you will want to start with the awakened or evolved mind programs.

Stay with each pattern until you have mastered it. Trust your instincts—rather than only the numerical scores—to tell you when it’s time to experiment with the next-higher state. Feeling bored with silent meditation could mean that it’s time to activate your beta in an awakened mind problem-solving session, unless you are still struggling to meditate at Training Level 8! In this case, your undisciplined beta may or may not be able to allow you to center your awareness in alpha-theta, in which insights come and problems are solved.

But if you are successfully focusing your awareness during awakened mind self-healing work, for example, and the evolved mind flares you see in Replay confirm your growing desire to surrender to a spiritual experience, by all means follow that inner impulse. Your evolved mind training will raise your consciousness to higher perspectives and at the same time stabilize your awakened mind pattern.

Evolved-mind experiences will also fill your whole being with the inner peace and equanimity needed to maintain the awakened mind pattern with eyes open.

Advanced meditators, intuitives, healers, and others with a high degree of attentional awareness who have developed a fairly stable eyes-closed awakened mind pattern may want to concentrate exclusively on evolved training, except when there’s a problem to solve!

If, as an advanced meditator, you are beginning to produce significant amplitudes of gamma frequencies, evolved mind training is presently your only self-training choice, as gamma increases beta frequencies to higher amplitudes than the awakened mind pattern ratios allow.

The imminent addition of a Gamma Synchrony training program will solve this problem for gamma producers, so they can train the Superconscious pattern: gamma synchronized with beta over an awakened mind pattern.

Cade observed that the meditating brain flares into higher states of consciousness which seem to inform and stabilize the present state. We can thus be assured that our brilliant brains are literally illuminating their own paths of evolution. We need only travel them.

## *The “Enforce Symmetry” Feature*

If you are a new meditator, it may or may not be useful to self-train bilateral symmetry with the Enforce Symmetry selection in the Options/Feedback/Mind Mirror menu. This option requires perfect hemispheric symmetry across all fourteen frequency bands according to your Training Level setting. Some self-trainers prefer to challenge

their brains by training symmetry from the outset; others find it frustrating. Experiment to see how you feel about it.

The Mind Mirror Summary makes it unnecessary to enforce symmetry, as you can easily click the “Enforce Symmetry” selection in the statistical column chart to see your symmetry scores.

If, after a few meditation sessions, your brain continues to produce asymmetrical patterns, then the Enforce Symmetry feature in the Mind Mirror program could be very useful to you.

## *Musical Rewards, Pattern Interpretation*

With your eyes closed in meditation, the musical cues let you know when you have attained the ratios of the meditation, awakened mind, or evolved mind state, according to the preset challenge level of 10 to 1 (set via Options/Feedback/Mind Mirror/Training Level).

Anyone can keep the musical rewards playing at 10, as this allows for a 100 percent deviation from the pattern. Starting with 9 gives you a 90 percent deviation, and so forth, until you reach a setting of 1, which allows for only a 10 percent deviation.

Be sure to lower the challenge level when the Mind Mirror Summary’s statistical column chart shows that your musical cues are well above 70 percent—say 85-90 percent. At that point, it’s time to challenge your brain; otherwise, the binaural beats embedded in the continually played music will be training your brain, instead of your own meditation mastery.

Once again, it’s important to emphasize that you will receive a musical reward even if only one hemisphere of your brain attains the Meditation or Awakened Mind pattern.

Please note, however, that the Evolved Mind pattern is rewarded only when symmetry is attained. This is because the Evolved Mind is defined as the unity of beta, alpha, theta and delta on **both** sides of the brain.

If you are self-training with your eyes open (not advisable, to begin with), you may notice a one-second lag between attainment of a pattern and the musical reward. This is unavoidable, given the way the program must work. The time lag is insignificant to the brain, which perceives trends and uses the audio cues to identify trends: the basis of its self-adjustments.

## *Eyes-Open versus Eyes-Closed Training*

Eyes-closed training is the best way for new meditators to start training, simply because closing the eyes greatly increases and often doubles alpha amplitudes. The ratios of all three patterns (Awakened Mind: 1 beta, 2 alpha, 1.6 theta, 1 delta) are based on alpha, so if your eyes are open and you are producing only 2uV (microvolts) of alpha, your theta amplitudes need to be only 1.6uV, which most people can easily produce. Therefore, eyes-open, low-amplitude alpha is no challenge at all.

Test this for yourself by keeping your eyes open during a session and making a mental note of your peak alpha amplitude according to the attenuation scale at the bottom of the Mind Mirror window. (“Peak” frequency refers to the frequency bar with the greatest amplitude in that category). Once you have a good idea of the range of your peak alpha frequency, considering its variable pulsing, close your eyes and after 20 seconds or a minute—when you feel relaxed and centered—press the Space bar to freeze the data flow; then open your eyes to check your alpha amplitudes. They will almost certainly be much greater, and you will notice that your beta has greatly reduced.

Self-training with your eyes closed helps reduce beta, increases alpha amplitudes, and presents you with the all-important challenge of bringing your peak theta amplitude to the ratio of 1.6 of your alpha peak.

Reaching the correct proportions of beta-alpha-theta-delta is the challenge of awakened mind training. The musical rewards in the self-training program will help you accomplish it.

Once your awakened mind pattern is well established at Training Level 5 or 4, try maintaining the feel of that state of consciousness and slowly opening your eyes. Eyes-open awakened mind training, with the direct musical feedback offered by the self-training program, is your ultimate challenge.

## *Reviewing Your Patterns*

It is always useful to review your recorded brainwave patterns, not only to check your alpha and theta increases, but also to get a good idea of how your brain works in general. In replay, you can check for:

- Left- and right-brain symmetry
- How well your beta reduces
- Whether your alpha is stable and continuous
- Whether your theta is 1.6 of your 2.0 alpha in amplitude
- What you need more of, and what, in meditation, helps you attain it.



**Summary Windows.** While Replay can provide many insights, post-session summary view windows yield the greatest amount of information, as these Amplitude windows track changes over the course of the session. Most importantly, if you have set event markers with the Enter key, space bar, or the Manual Trigger Button, summary windows allow you to match your experience (the point at which you set the marker) with the brainwave pattern, which in turn enables you to remember what the state of consciousness felt like and thus reproduce it.

If you are an advanced meditator, it's likely that you have already developed stable and consistent alpha and may only need to increase your theta amplitudes to attain the meditation or awakened mind pattern. As an example, here's a simple way to increase your theta: left-click on a View>Summary>Theta Amplitude window for the left and/or right brain; right-click in the window to bring up Display Options, and tick Display Trend Line.

If there was a significant increase in theta at some point in the session, can you remember what caused it? Did you simply relax more physically, or were you working on a creative or self-healing challenge? In any case, can you remember what those theta waves felt like? If so, you now have a landmark and can reimagine the feeling of theta and reproduce it in your next EEG-monitored meditation.

**Using Mind Mirror Segment Statistics.** It's always useful to surf through different states of consciousness to see their brainwave patterns. Before doing so, make a list of the states you will experience and number those markers. Otherwise, in review you may forget exactly what you were doing, which makes your markers useless. One self-trainer found a way around this dilemma by speaking into a digital recorder when she sets a marker; she listens to her recording after the session to match her experiences with her markers.

This kind of test session is an ideal use of Mind Mirror Segment Statistics, which allow you to place the brainwave patterns for each marked segment side by side for comparison with each other. Right-click in a summary EEG Amplitude window to bring up Mind Mirror Segment Statistics for two or more segments. Reduce the size of each brainwave pattern until it's small enough to place above or below the summary window. Correlate the attenuation in each, and simply take a look at the differences between them.

If you see that, in one segment, your alpha decreased and your theta-delta greatly increased, this is probably where you were dropping off to sleep or into a subconscious trance. This information—and the Dominant Frequency summary window—will help you pinpoint the feeling of drifting into unconsciousness so you can avert it. Ultimately, you will be able to stay awake in deep theta (with the alpha bridge present) so you can meditate very deeply—inside the meditation or awakened mind pattern! In these states you will have ready access to useful imagery. This is which the best self-healing work is accomplished, when you use your imagery to effect change and rewire your neural circuitry to accommodate that change.

**Calculate>Statistics and Segment>Statistics.** People who are comfortable with statistical measurements will appreciate the data analysis available in View>Calculate>Statistics. Select the left EEG channel and then a filter (gamma, beta, alpha, theta and gamma amplitudes are most useful), and click the arrow to list the channel and filter under Output. Then add your second EEG channel and filter. Click Generate Report for a Notepad file of measurements you can print out and keep on hand in order to track your progress.

Alternatively, you could use the “s” keystroke in record or replay to store a series brainwave screenshots for comparison after a few sessions. Open the Vilstus/Export data file in your C: menu to view these screenshots and print them out, if you like.

You can take a shortcut by right-clicking in a summary window to select Segment Statistics. This function provides the Minimum, Maximum, Mean, Variance, and Standard Deviation for whatever window you are in: Delta Amplitude, for instance.

Good luck with your self-training! Your own creativity will provide lots of fresh new ideas for attaining the desired patterns.

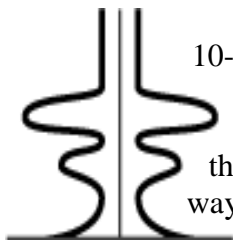
The remaining chapters provide additional tips on training each of the three Mind Mirror patterns.

## CHAPTER 3

# TRAINING THE MEDITATION PATTERN



*"To the mind that is quiet, the whole universe surrenders."  
~ Lao-Tzu*



If you are new to meditation, you may find it helpful to set the 10-1 challenge level (Configuration>Options>Mind Mirror>Training Level) to 9, 8 or 7 for your first session. Use the meditation techniques in Chapter 1 to quiet your beta waves, generate alpha, and deepen into theta, then *allow* your brain to seek and earn the musical rewards in its own way. As mentioned earlier, in terms of efforting, less is more. The deeper you go, the less you will want to effort, anyway. The best approach is to sink into yourself: simply relax and let go, deeper and deeper inside.

Once you get a sense of the *feeling of the state* that earns the rewards, create landmarks for the feeling: a representative word, image, concept or body sensation. Use your landmarks in subsequent sessions and waking life to re-generate the alpha-theta brainwaves of meditation. This will simultaneously inform your meditation practice and help you maintain your meditation brainwaves for longer periods of time after each session.

With regular meditation practice, you will soon notice that your increasing ability to focus and sustain your attention is generalizing into your daily life. At the same time, this newfound stability and continuity of consciousness will take you into meditation quicker and you will go deeper.

Soon you will find yourself sustaining the musical cues for seconds and perhaps even minutes at a time. If your musical rewards are sporadic, increase the challenge level to a higher number so you can receive enough musical cues to get a feeling for what evokes them. Use your post-session summary view windows to gain insights into what is best serving you.

**Deepening into the Subconscious.** Max Cade defined meditation as a combination of physical inactivity and the absence of thought. Meditation is not concentration, he pointed out; it is what happens with relaxation and a deepening of awareness into the diffused, detached and sensory frequencies of alpha and a further deepening across the alpha bridge into the watery realm of subconscious theta, the repository of our long-term memories and thus our creativity, personal insight and spiritual knowing.

Anna Wise, the humanistic psychologist who brought Cade's Mind Mirror to America in 1981, researched and worked with the subconscious content of theta to help people discover obstructive and destructive patterns in consciousness, and, with the wisdom of their essential being (also in theta) to release old patterns in consciousness.

Centering in alpha-theta during meditation can bring up memories and creative insights, but usually not until the end of meditation with the return of beta, as beta is "collapsed" in silent meditation. What typically surfaces into beta are useful and profound insights and solutions, along with a sense of inner unity, peace and relaxation.

**"Flooding."** It is possible for people with a great deal of repressed subconscious content to experience "flooding"—that is, the remembrance of sadness or sorrow attached to people, events or situations that are unresolved. If this occurs, it's a good idea to spend a few moments journaling about anything what came to mind. The act of journaling—an awakened mind activity!—will keep you in the meditation state allowing your essential being to provide insights and expanded perspectives about the person, event or situation.

If you find yourself continuing to feel "blue" after meditation, journal some more and let it all come to consciousness. You may wish to dialogue with your subconscious by asking questions; the answers will surely come.

Should you begin to feel depressed and unable to shake feelings of sadness or loss, consult an awakened mind practitioner to help you clear the block or listen to Anna Wise's "Transformation" meditation or this writer's "Journey to Transformation" to help clear it yourself. You may wish to additionally see a psychotherapist for help.

**Hooking Up and Getting Started.** Once you hook up the electrodes, open up your Mind Mirror software, and adjust the sound to a comfortable volume. The following steps distill the meditation techniques discussed in Chapter 1.

- Sit comfortably and close your eyes to generate sensory alpha and withdraw from beta's external awareness.
- Slow your breathing. Simply breathe slower and deeper to activate your parasympathetic nervous system and synchronize your mind with your body. If you like, breathe in to the count of 2, 3 or 4; breathe out to the count of 4, 6 or 8.
- Progressively relax your body from head to toe. Feel each muscle relax and allow the relaxation to drift down your body. If you begin to slip into unconsciousness, imagine a way to warm your hands; this will reactivate your alpha waves and bring your mind back up toward conscious awareness.
- Relax the back of your tongue by focusing your awareness on the very back of this powerful muscle. Allow your tongue to lie flat or gently float in the cavity of your mouth. If your tongue is relaxed, you can't talk to yourself.
- Once you are completely relaxed—mind and body—imagine drifting deeper down into yourself. It's as if you are going down and in, deeper inside yourself. You might imagine this physically, as if your awareness is dropping down into your heart and then below your abdomen to the tan tien, or center of gravity, located about two inches below your navel.

Soon you will notice that when your attention and awareness are centered *inside* of you, the Mind Mirror's musical rewards will sound. If you begin to focus on the musical rewards and what makes the sound play, this externalization of awareness (beta activity) will probably interrupt the rewards. It's better to rest in meditative awareness, concentrating on nothing but the silence of alpha-theta, and let your brilliant brain adjust itself in order to win the rewards. It will!

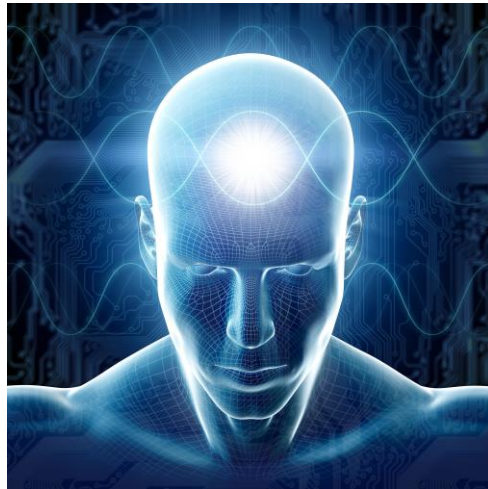
**Adjusting Your Training Levels.** After the first session, use View/Mind Mirror Summary to find out what your next session's Training Level should be. Successively lower it only when you are receiving rewards well upwards of 70 percent. Decreases in your Training Level, say from 8 to 7 and then to 6, in accordance with your scores in the Mind Mirror Summary, assure you that you are refining your mastery of the meditation pattern.

Once you reach Training Level 6 or 5, you will probably notice that your mind has grown quieter and you are more relaxed, both in meditation and in waking life. Your ability to respond to daily challenges will be much improved, as your mind will be more fluent and fluid, and your emotional reactivity will be significantly lower.

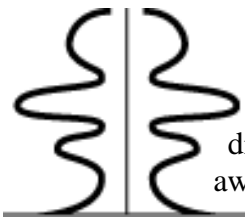
At that point, having mastered your beta waves, you will be ready to train the Awakened Mind pattern, which happily allows the presence of quiet beta to help with problem-solving and self-healing work.

## CHAPTER 4

# TRAINING THE AWAKENED MIND PATTERN



*“We may go to the moon, but that’s not very far.  
The greatest distance we still have to cover lies within us.”  
~ Charles DeGaulle*



The awakened mind pattern is attained the same way as the meditation pattern and looks very similar, except that the meditator adds back and uses a low-frequency, curved-in beta for self-discovery, healing and personal transformation. Active, working awakened mind meditations allow conscious beta witnessing or involvement that adds mental clarity to the subconscious creativity, insight, intuition, and spiritual awareness of the silent meditation pattern.

The awakened mind is considered to be the “ideal” state of awareness. Prolonging and ultimately maintaining it is the goal. Cade discovered the awakened mind pattern in advanced meditators, psychics, healers and spiritual practitioners. Wise found it in highly creative and self-actualized people. It is open to and attainable by anyone.

Problem-solving is the goal and glory of the awakened mind pattern. This ability is the difference between an “unconscious” person and an awakened one.

**Hooking Up and Getting Started.** Before you set up the self-training program and hook up for a session, review the previous chapter's instructions on how to deepen into alpha-theta and the Chapter 1 examples of questions, issues and challenges you might ruminate on in an awakened mind meditation.

- The key to the awakened mind pattern is to meditatively maintain conscious and subconscious awareness at the same time. Relaxed alpha and inwardly aware theta will keep your beta frequencies quiet enough to sustain this pattern.
- If you find that the self-training program's musical rewards are distracting and cause your awareness to externalize, lower the volume or use Configuration>Options>Mind Mirror>Simple Feedback to switch from music to the gong sound, and lower the volume. Or mute the volume altogether.
- *The content and success of the meditation are more important than brainwave training with the musical tones, although if the volume is sufficiently low, you can do both at the same time: inwardly focus on your meditation and forget about the musical rewards, allowing your brain to use the musical rewards to adjust itself to an optional awakened mind state.*
- When you enter deep alpha-theta meditation, bring to mind the issue you wish to address or ask your deeper mind what needs to be addressed.
- Let your mind remain clear and quiet as your subconscious does the work. Insights will arise of their own accord out of theta and delta into the higher frequencies of alpha, which clothes the impulses in sharp, vivid imagery, on up into the still-higher frequencies of beta, which translates the information into words.
- If you have unanswered questions or do not understand the imagery, ask what it means and how to use it.
- Close your meditation with gratitude for what you have received.

**Reviewing Your Scores.** After the meditation, reload the session and use View/Mind Mirror Summary to see how you did. Scores above 70 percent determine your training level for the next session; however, if your score in a particular training level is in the 80<sup>th</sup> and 90<sup>th</sup> percentiles, train at the next lower level. Your brain will welcome the challenge.

**Keeping Track of Your Progress.** A good way to keep track of your progress is to use the Mind Mirror Summary brainwave pattern's right-click selection, "Snap Screen," to copy the pattern into a .doc file or Excel spread sheet. Use the "Print" button in the statistical column chart to save that information and copy and paste the values into the .doc file, along with typed notes about the date of your meditation, its content, and what you learned.

Chronicling the quality and content of your awakened mind meditation is a conscious (beta) form of commitment to your subconscious mind, which unites the two and may well evoke lucid dreams in the dream state that provide further information. And, of course, the information you receive is "awakening" in itself, when actually used

to systematically remove obstacles, one by one, from your life and personal evolution. This is how we expand and develop consciousness.

**Eyes-Open Awakening.** Just as your brain adjusts itself to win musical rewards during awakened mind meditation, your consciousness will steadily awaken itself in everyday life, in direct response to your desire for and commitment to the awakening process. Information from your subconscious essential being and from universal awareness will begin to stream into your awareness as “aha” insights that occasionally and then increasingly condition the awakened mind pattern with eyes open.

Consequently, retrieving insights during active awakened mind meditations will become easier and easier.

You can further this process by using awakened mind landmarks—words, images, concepts or body sensations—created during meditation to return to the pattern with eyes open. Simply close your eyes, if necessary, and return to the feeling of the awakened mind state of consciousness in self-reflective awareness to clear up issues as they present themselves. Doing this will keep your mind and emotions calmer and clearer, allowing for greater creativity, inner peace, and happiness.

When you reach Training Level 5 or even 4—and it’s important to mention that only very seasoned awakened mind meditators are training at Level 4—you may wish to open your eyes and experiment with the self-training program’s direct feedback. You will see the outline of the pattern, but rather than focus on it analytically, allow your eyes to stay soft in order to maintain relaxation and inner awareness. Note how you are feeling when the musical rewards are giving you feedback, and try to maintain that feeling in ordinary life.

**Increased Sensitivity and Multiple Realities.** The awakened mind’s enhanced inner awareness gradually increases one’s sensitivity to subtle energies and phenomena like synchronicity and soul/universal guidance. One’s essential being becomes a source of creative and intuitive guidance, while the dynamic laws of resonance attract people, insights, and situations that support consciously and subconsciously held intentions and goals. Recognizing the latter stimulates or increases one’s awareness of the existence of multiple realities which are perceived as spiritual, but actually result from the laws of physics.

Shifting from a material to a so-called spiritual path activates field coupling via highly amplified alpha-theta-delta frequencies and alerts the conscious mind to realms of existence beyond ordinary reality. This “higher” awareness stimulates the peak moments of unity and illumination that amplify brainwaves into the evolved mind pattern.

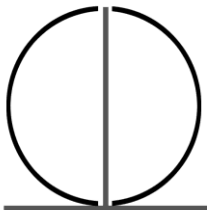


## CHAPTER 5

# TRAINING THE EVOLVED MIND PATTERN



*"Your task is not to seek for love, but merely to seek and find  
all the barriers within yourself that you have built against it."  
~ Rumi*



Relating Rumi's words, above, to brainwave training we can say that the awakened mind's dissolution of the barriers to love is the best and quickest path to the light-filled oneness of the evolved mind pattern.

Separation from self, others and the cosmic and primordial substance of being dissipates with the awakened mind's use of its qualities and characteristics: empathy, clarity, inner peace and outer equanimity, the spontaneous flow of creativity, compassionate nonattachment, discerning non-judgment, forgiveness and tolerance, unconditional love, and service to self and others. This integrated pattern of unity opens and lights up the crown *chakra*: the subtle energy center located at the crown of the head.

Even momentary experience of the indescribable unity, bliss and spiritual transcendence of the evolved mind pattern calls the meditator back to it, as the pleasures of absolute understanding and universal awareness are irresistibly delightful. We find ourselves "at home," reunited with the ineffable force that reminds us of who we are and what we can be. Sensations of light and the purity of one's essential spirit evoke lasting

changes in the psyche and quite literally rewire the brain to this higher state of consciousness.

But it is not just the pleasures of bliss and illumination that entice us to attain and develop this exalted state of consciousness: rather, it is our instinctive, intuitive and intelligent apprehension of the evolutionary impulse itself that calls us to this level of awareness. The spiritual intelligence with which we resonate reveals what was not known or understood before (the definition of evolution) as *what was unconscious becomes conscious*. What was hidden in our deep-seated theta/delta psyche and beyond travels up across the alpha bridge into conscious awareness *so that we become more conscious*: that is, more awake, alert and alive.

Quite literally, our intelligence increases with this “spiritualization” of the body, mind and emotions by higher-frequency energies flowing within the quantum sea of light. These “ultra” energies, existing in higher frequencies of the electromagnetic wave spectrum, evolve us into more than we were before and more than we imagined that we could be.

The evolved mind pattern heals and transforms consciousness without any help from the conscious mind, although beta registers and welcomes the new insights and perspectives that flow in from the Field. However, inside an evolved mind pattern, the meditator does not strive or even care to analyze the experience; simply “being” in it is enough. The light pouring into the meditator’s body-mind knows what work to do and does it.

Accordingly, the key to the evolved mind pattern is to surrender to whatever higher power you believe (or can try to believe) exists. This can be an energetic force, a God figure, an enlightened master, the power of love, or your own higher self. The light of higher consciousness makes no distinctions; these come from the analytical mind.

**Hooking Up and Getting Started.** Here are some ways to direct your consciousness toward enlightenment.

- Set an intention and ask for a spiritual experience before you begin your meditation. Do this with heartfelt sincerity. Truly *want* a spiritual experience with your mind and heart. Be open to anything, and then let go of any and all expectations.
- Deepen into the meditation pattern, rest in the silence of deep meditation, and expand your mind’s awareness outward. Just stretch your consciousness out as far as you can, beyond your body, room, the earth and universe, into the infinite, or as far as you can imagine.
- Experience the vastness of your spirit and the cosmic consciousness of love with awe and gratitude.
- If you feel so moved, praise that cosmic vibration of love with every molecule of love within your heart and soul. This will uplift you into a higher vibration.
- Rest in this vibration and surrender to it. Release and let go. Do nothing else.

Nothing separates us from the quantum field of love that interpenetrates us and all things, except for our own mechanistic perception of separation. Letting go of that sense of separation can instantaneously lift you into illumination. You were made for this and at some point during evolved-mind meditation will find your way back home to it, for a split second to begin with and then for a second or two at a time.

**Peak Experiences and Evolved Mind Circles.** Few people, if any, sustain the evolved mind pattern for more than two or three seconds at a time, and yet, these brief flares of the pattern change them in profound and lasting ways. Peak experiences begin to occur in daily life, dreams are suffused with the light-filled awareness of the higher self, and whatever one wants and needs seems to manifest synchronistically and almost instantaneously.

When such events increase in frequency, gratitude increases, love reigns, and partial evolved mind patterns amplify and flare into full evolved mind circles. This brainwave amplification, occurring through constant contact with our spiritual Source--the quantum sea of light—reunites us with a new and yet eternal identity: the higher self of superconscious awareness.

Seeking to unite with one's source—universal awareness, sensations of light, God, Higher Power or whatever name is used to describe the concept of non-duality or pure, infinite mind—creates more evolved mind flares than anything else, save the transmission of healing energy from self to others.



**Calligraphy drawings by Andrea Groh**

Releasing, surrendering, and allowing self's ego to be swept up into something larger gradually creates a rounding of the brainwave pattern in delta; a beta-alpha merge; partial or full evolved-mind circles in one hemisphere, which informs the other; and/or an interim diamond-shaped pattern that is moving toward formation of the full circle.

It is perhaps not useful to attempt to create a subjective landmark (word, image, concept or body sensations) for the evolved mind pattern, as this could activate and differentiate the conscious mind. You will remember what it feels like and seek it again!

However, if you can recall and reimagine the feeling of this spiritual awakening, consciously doing so will bring you closer to the spontaneous flow of information and energy accessed by the evolved mind pattern in meditation and daily life.

**Evolved Mind Rewards.** Partial or full evolved mind circles are rewarded by the Mind Mirror’s self-training program *when the two hemispheres of the brainwave pattern are symmetrical*. You will hear the gong sound when delta curves upward into theta, beta curves downward into alpha, or theta merges with alpha and/or delta *on both sides of the brain*. The goal is to synchronize them into simultaneous awareness of self and all that is—this being the definition of unity, transcendence and illumination.

**Conscious Evolution:** Experiencing evolved mind awareness in meditation leads to peak moments of illumination in ordinary life as well. Daily living becomes an adventure in consciousness, as ideas manifest into physical reality and seemingly the whole universe magnetizes itself to support us.

**Powering Up.** We cannot emphasize enough that when meditators expand into a partial or full evolved-mind pattern, ordinary reality begins to seem magical and mysterious. Yet on the level of energy, such perceptual shifts are nothing more than brainwave frequencies amplifying to increase the meditative/awakened mind’s clarity, creativity, insight, intuition and spiritual perception.

This brainwave amplification shifts us from five-sensory to multisensory awareness of a greater portion of the ultra-frequencies in the electromagnetic spectrum, resulting in a kind of spiritual intuition. This shift in consciousness is caused by or can evoke the rise of *kundalini*, wherein powerful energies rise up from the base of the spine to the crown of the head. Most people experience this as sensations of light and a stirring of excitement that is highly pleasurable. Some people feel a tingling or itching inside the soles of the feet, while a few find themselves involuntarily contracting into *kriyas*, or yoga poses. If this happens to you, simply cut back on your meditation time, and the effects will generally abate.

Some very few people experience negative *kundalini* effects such as physical pain and psychological dissociation. According to Dr. Lee Sannella, an authority on *kundalini* and the psyche (see Bibliography), unpleasant effects are the direct result of the energy’s attempt to clear blockages, which phenomena can cause fear and resistance. Let go of the fear, release the resistance, and the transformation will apply,

It’s important to remember that superlucidity, higher intelligence, spontaneous healing, psychic awareness, synchronicities, manifestation and other “supernormal” effects are signs of personal evolution. These are our *natural spiritual abilities*.

**Meditations for the Evolved Mind.** These concepts are better experienced than discussed in verbal beta. Here are some additional ways to expand into the evolved mind pattern:

- Imagine a source of light at the crown of your head and usher it down your spine through the various energy vortices (chakras) to the base of your spine. Breathe the light back up to your crown and over to the “third eye” area

between your eyebrows. Hold your awareness here for a few seconds, then exhale the light back down your spine to connect your spiritual self you're your human self. With you subtle and gross vibrations harmonized, there is less impedance in your body's energy field, so your awareness can expand more easily into cosmic light.

- Send healing light outward to a person, place or situation. Although beta will be present, the transmission of light takes place in delta, which invariably lifts up and curves upward as you receive and consciously transmit universal light with your body, mind and spirit. Healing and serving others through the transmission of light integrates all levels of your being with the quantum sea of light.
- Meditate in sensory alpha on a natural environment so deeply as to bring it to life in exquisite detail. Experience nature with your five senses and expand your perception into the light out of which all things are created. High-amplitude alpha carries awareness beyond the five senses into the multisensory reality of ultra-awareness and thus the Field, which causes theta/delta to uplift into the bottom half of the evolved mind circle and perhaps the full circle. Deep experiences of nature have spontaneously illuminated countless people.
- Engage as often as possible in awakened mind self-discovery, healing and transformation meditations. High-amplitude theta can and often does trigger an uplifting of delta into the bottom half of the evolved mind pattern, as what was unconscious becomes conscious and as a consequence unites the mind. Clearing unresolved issues increases theta's amplitudes and the essential self-s connection with its Source.
- In daily life, use your beta intellect in spiritual and intuition development groups to expand your conscious mind's awareness of the infinite resources in the Field. Once beta is on board, your frontal lobes will find their own paths to higher consciousness.
- Pay attention to and use the insights available in dreams. By removing barriers in consciousness, dreams increase our realization that we are not alone, that we have help in invisible realms that wait and want to support us. Dream study and interpretation also teaches us that there is no such thing as "unconsciousness." Even deep dreamless sleep can carry us, through delta, into the infinite.

Silent and awakened mind meditation are the safest and most reliable paths to the evolved mind pattern. Besides its steady removal of the barriers to love—the definition of conscious evolution—awakened mind meditation clears and amplifies theta while forming new neurons in the brain's memory and intelligence centers; at the same time, theta rewires brain circuitry to new and more positive ways of being in the world.

Moreover, steady advances in consciousness give the brain time to rewire the body to process the higher frequencies of the evolved mind and superconscious patterns.

The concentration of consciousness is high-amplitude theta/delta causes gamma waves begin to “ride” on them and shift the mind into superconsciousness. Like theta waves, gamma powers up intelligence, creativity and memory and rewires neural circuitry.

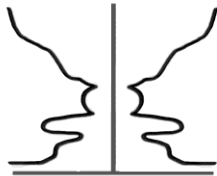
As you will see in the next chapter, gamma is the vehicle of our quantum leap in evolution.

## CHAPTER 6

# TRAINING THE SUPERCONSCIOUS MIND



*“When your consciousness withdraws still more deeply, into superconsciousness, then you are centered in bliss, in the spine. In that bliss-state you are aware in the causal body, the soul.”*  
~Paramahansa Yogananda



The high-amplitude superconscious mind initially displays as upwardly outstretched gamma in the top two to four frequency bars. The pattern is typically asymmetrical, meaning that one side of the brain can have a great deal more amplitude than the other.

This “untrained” gamma tends to be mentally, physically and emotionally uncomfortable, as it often generates nervousness and hyper-sensitivity to electromagnetic sources such as light bulbs and computers. Untrained gamma can also be discomfiting to other highly sensitive people, who may feel light-headed or anxious around these high-frequency energies.

Accordingly, gamma training on the Mind Mirror is directed to whole-brain synchronization rather than amplification, as we feel it's best to allow coherent gamma to arise on its own out of meditation, awakened mind, and evolved mind training.

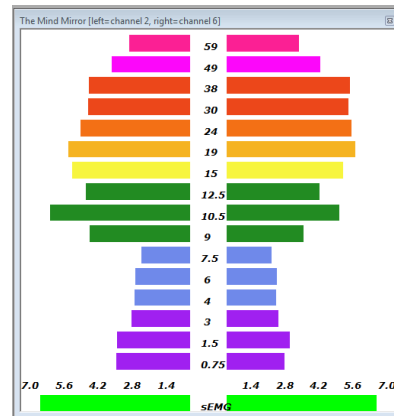
Some people listen to meditations embedded with binaural beats to elicit gamma frequencies. In our experience, these can produce headaches and the sensation that the brain is being battered or whipped around inside the head. However, other people report temporary benefits from gamma-directed binaural-beat meditations in terms of clarity and even superlucidity.

If you wish to amplify your gamma waves, by whatever means, please visit this writer's newsletter on "Cosmic Consciousness" at [TheStillSmallVoice.org](http://TheStillSmallVoice.org) to learn about neurotransmitters that assist the body in metabolizing high-frequency gamma.

The interview with Martin Wuttke also points out that gamma magnifies the nature of one's consciousness. A loving and compassionate person will become more loving and compassion, and similarly, a person filled with negative thoughts and emotions will feel chaotic and conflicted. This is one of the most compelling reasons for allowing gamma to unfold on its own, out of inner transformation work that clears away personal issues and develops an open, loving spaciousness in the character.

**Gamma Synchrony.** Allowing the mind to drift down into the low and slow frequencies of theta reduces high-amplitude gamma so that it can synchronize with beta and the awakened-mind alpha-theta ratios beneath it.

The resulting pattern is seen at right. Notice the extra right-hemisphere amplitudes in gamma-beta and the somewhat low theta amplitudes, especially in the left brain. Theta amplitudes are often, but not always, lower in the superconscious pattern, even when gamma is synchronized



These small differences are inconsequential, as the concentration of awareness in gamma seems to naturally subtract theta and delta amplitudes. Whether the gamma/beta is splayed, as shown on the previous page, or synchronized, as shown above, the person typically experiences profound and powerful "aha" insights that stream into the mind, a clear sense of knowing the truth of what is being conveyed, and sensations of light stirring in the crown and third-eye chakra in the forehead. Some people experience out-of-body travel, timelessness, and/or communication with entities including departed spirits and angels. Most common is the light-filled perception of being unconditionally loved and appreciated.

Some producers of high-amplitude gamma simply luxuriate in "the peace that passes understanding" and the absolute understanding that everything is not just



connected, but seamlessly interwoven in one body of light with aspects in motion. This perception is also typical of evolved mind experiences.

How the person experienced the meditation is the best way to identify gamma. If the meditator felt stress, panic and anxiety, the “gamma” was actually high beta and nothing more. If the meditator spontaneously experienced bliss and communion with the infinite or received profound insights that expanded understanding and cleared issues, then we can responsibly conclude that what appeared to be superconscious gamma was real. (\*\*\*) See note at the end of this chapter.)

**Grounding Gamma.** Some people link gamma synchrony with the feeling of suddenly becoming “grounded,” as if they had been disconnected from their bodies and physicality in general without having realized it.

There are many reasons why gamma synchrony would feel more grounded than would splayed, untrained gamma. For one thing, the gamma synchrony pattern shown on the previous page—where gamma curves downward to integrate with beta—appears above the awakened mind pattern. By definition, the awakened mind integrates the psyche with others and its spirit in a balanced and grounded experience of life.

Secondly, neuroscientists have linked gamma with whole-brain synchrony: that is the integration of the brain across its frequencies and regions. The ordinary brain uses only one or two of its lobes at a time, whereas gamma synchrony integrates all four lobes in a single experience of very high attentional focus and awareness, which results in superlucidity and higher intelligence.

Therefore, we might ask, what is the effect of gamma synchrony on the body? The deep sense of peacefulness suggests unity of the voluntary and involuntary nervous systems. In terms of subtle energies, gamma synchrony may also integrate the upper (highest-frequency) chakras of the spirit with the lower (lowest-frequency) chakras of the material world. Either or both would produce the feeling of “returning to the body” and feeling more “grounded.”

Considering the Mind Mirror’s ability to perfectly reflect states of consciousness, we can conjecture that the splayed gamma of the superconscious pattern mirrors the meditator’s reaching up to spiritual realms to seek higher energies and information. If that is so, gamma synchrony may well coincide with the downward flow of energy and information as the meditator begins to process in beta (and the awakened mind) what was received.

There is a sound basis for this hypothesis, considering the way delta processes information: that is, by splaying outward to retrieve energy and information and then curving upward as what was encountered in the personal or collective unconscious travels up into conscious awareness.

Sometimes, deepening into theta meditation causes untrained gamma to synchronize fairly quickly with the awakened mind pattern below it; in some people the integration takes 15 to 20 minutes. Once gamma curves downward to the memory of inner peace and its own subconscious and unconscious resources, it is willing to integrate with them, at which point theta amplitudes increase and so does hemispheric symmetry.

The superconscious meditator enjoys this peaceful transcendence for a while after meditation before splayed gamma returns to its “seeking” state. This marks the need for retraining until gamma synchrony is conditioned, much as high beta must be reduced and conditioned into an eyes-open awakened mind pattern. Only with mastery will the gamma producer become truly superconscious.

**Shining the Light.** The great meditation master, Jesus, said that “If the eye is single, the whole body will be filled with Light.” This is true for the meditation, awakened mind and evolved mind patterns, and even more so for superconscious gamma, as the ability to focus and sustain attention and awareness determines the nature and quality of our inner and outer experience.

The feelings of restlessness induced by gamma’s high frequencies morph into bliss, transcendence and superconsciousness only when “single eye” attention and awareness turns inward to theta to bring about light-filled whole-brain synchrony which cascades into the body. Only with single-eye apprehension can creative insights, psychic awareness and inner healing flow into all levels of our being.

***Keynote: The mind’s integration provides the higher perspectives of transcendence.***

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The Gamma Synchrony self-training program on the Vilistus drawing board will help gamma producers train their gamma. Until then, use other methods including awakened mind meditations, conscious contemplation, meditative writing (listening to the quiet depths of the mind and writing down what is heard), intuitive readings and healings for self and others, and profound exploration of nature to develop and train gamma waves.

Psychic gamma compels and leads many people to dig in gardens, swim in rivers, and walk in forests to reduce these amplitudes. If you find that untrained gamma gives you headaches or is otherwise uncomfortable, sojourning in nature will give you relief, as will reducing your meditation practice to one hour or less per day.

Creative ideas and insights tumble into the minds of gamma producers, sometimes with startling speed and regularity. Putting these to use in creative pursuits will also harness gamma to the synchronized superconscious pattern. When the work is done for the use and benefit of others, this service to the world will help down-train gamma.

Jesus was quoted in the Gospel of Thomas as having said, “Whoever has ears, let him hear. There is light within a man of light, and he lights up the whole world. If he does not shine, he is darkness.” (Source: *The Nag Hammadi Library*)

Service to other people “shines the light” outward perhaps more than anything else: the gamma producer transmits superconscious light through the lens of compassion which converts it into coherent waves of energy that uplift and heal people, places and situations. This naturally increases the gamma producer’s coherence and powers it up, as does healing given via the awakened mind and partial evolved mind patterns. Superconscious energies are meant to be used in this way; if internalized or withheld, this resistance may well create the darkness of pain and potentially illness and injury.

People with untrained gamma may find it difficult to work closely with other people, as their racing thoughts and perspectives tend to breed impatience. Consciously staying in touch with alpha’s sensory relaxation and alpha-theta’s heart and soul will help gamma quiet itself enough to work constructively in collaborative relationships.

**Becoming Superconscious.** Earlier we said that in a higher dimension—the spiritual level of the soul and higher self—everyone is superconscious. Awakened mind training has proved this claim countless times over the past forty years. With the proper guidance and/or the musical tones in the self-training program, any normal person can gradually get in touch with the bliss-state of the causal body, the soul, as Paramahansa Yogananda put it.

***Keynote: No matter where you are in consciousness right now, a more developed aspect of yourself is already where you wish to go. Your brain knows where that is and will take you to it.***

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The truly superconscious person recognizes the oneness of all things and from this perspective reaches out to others to uplift each and all. Reaching out to all that is awakens us to the unlimited creative possibilities flowing within the brain and mind of the self and cosmos...and makes us superconscious.

\*\*\* See the Troubleshooting Guide in the Vilistis Mind Mirror 6 to learn how to distinguish real gamma frequencies from artifact.

## Appendix A

# **The Benefits of Meditation and Self-Mastery**

A close look at the benefits of meditation will inspire your practice. Once you understand the power of meditation to relieve suffering and evolve your entire being, you will more willingly rise to the challenge of disciplining your mind in order to meditate.

No matter what you wish to get from meditation, you will soon experience its unique benefits in your body, mind and spirit: how it clears obstacles to personal growth and in the process increases brain function, enhances physical health, and expands awareness beyond the five senses into the multi-sensory consciousness of the intuitive self.

Nothing else produces this vast array of benefits. Only meditation can guarantee the steady evolution of your body, mind and spirit.

## *Body-Mind Effects*

**Meditation improves physical and emotional health.** Hundreds of studies show that regular practice reduces stress and evokes the relaxation response. Closing the eyes and relaxing the muscles slows pulse and respiration rates, lowers blood pressure, reduces cholesterol, and boosts the immune system.

Relaxing the body relaxes the mind and brings the left and right hemispheres of the brain into balanced synchrony, which affords a free and easy flow of information between the two. Relieved of stress, the brain optimizes its functioning and more closely coordinates with its central and peripheral nervous systems to heal and restore the body. The healthy body increases its sensitivity to the mind's heart and the soul's spirit.

Creating coherence between the heart and breath (called heart-rate variability, or HRV) synchronizes the heart and brain to further improve brain function and overall health. Several stress-reducing hormones generated during meditation, among them dopamine, serotonin and endorphins, produce general feelings of happiness.

Emotional reactivity reduces, so that meditators weather hard times with newfound equanimity and broader perspectives. Over time, as the brain rewires its circuitry and physiology, meditators are able to sustain this new "set point" for happiness.

### **MIND**

- Opens a path to subconscious resources
- Hemispheric balancing of the brain
- Lights up more cognitive areas: synchrony
- Focuses the mind and entrains sustained awareness
- Develops perceptual clarity and expanded awareness
- Awakens the mind and evolves consciousness

### **BODY**

- Lowers heart rate, respiration and blood pressure
- Connects the brain and central nervous system
- Stimulates the flow of energy in the body
- Repairs and restores cells, tissues and organs
- Improves immune function and overall health
- Creates synchrony between body and mind

### **SPIRIT**

- Connects the body-mind to the spirit's underlying wisdom and peace
- Enables the deeper self to guard and guide through higher insights
- Engenders self-love and self-acceptance
- Expands perspectives into transcendent viewpoints
- Increases love, acceptance, tolerance and inner peace
- Develops enduring wisdom and the desire to help and serve others
- Leads to happiness, joy and freedom in the body, mind and spirit

**Meditation powers up intelligence, memory and positive change.** The deep, restorative rest in meditation reduces electrical "noise" in the brain and improves the flow of information. Theta brainwave frequencies generated in subconscious meditation have the unique ability to form new brain cells (neuroplasticity) in the frontal lobes and

hippocampus, where they increase the brain's capacity for intelligence and memory storage and retrieval.

These theta waves are the natural byproduct of awakened mind meditations geared to self-discovery, healing and transformation.

The brain, accommodating changes in consciousness, unplugs old circuitry and rewires new electrical pathways to shed old patterns and create positive new ways of being in the world.

Thoughts and emotions shift their neural processing from the right prefrontal cortex (seat of negative thoughts and emotions like anger, rage, sorrow, resentment and hatred) to the left prefrontal cortex (seat of love, peace, joy, forgiveness, gratitude, empathy and compassion).

Meditators feel this attitudinal shift right away. From the start, meditation makes us happier and more optimistic.

**Meditation's psychophysiological changes generalize into daily life as the awakened mind of peace, harmony and order in the body, mind and spirit.** The disappearance of stress frees us from addictions and fear, makes us healthier, and enhances our relationships and creative work. This leads to self-actualization and a more fulfilling experience of life.

## *The Challenge in Mastering the Mind*

We have said that focused awareness is the key to meditation. While this comes naturally to some people, most of us find it elusive and difficult to consistently maintain.

What keeps us from being cool, calm and collected all of the time? No doubt you have experienced what challenges everyone: the restless thinking mind's continual chatter (mind chatter), which disrupts mental processes, evokes emotional reactions, and stimulates near-constant shifts in consciousness. Deadline stresses, competition, and multitasking further speed up thought processes and fragment awareness. The result is random worries and fears that bounce around in the head like billiard balls, punctuate the flow of experience, and prevent us from seeing a clear picture of life and the best ways to live it.

Recognizing these shifts in consciousness is not easy, since we live inside of them. Even so, we must identify them in order to increase self-awareness and master the mind.

If you are like most people, you shift your state of consciousness many times in a single day. In one moment, an internal or external event tenses your body-mind; in the next, you relax and your heart opens to a sense of ease with life, so that peace and

happiness flow in. But soon, something else happens and the cycle repeats. This emotional rollercoaster devastates the body with stress, fragments the mind, and imprisons the spirit.

Unresolved personal issues, inner conflict, and the rapid pace of daily life keep the mind running at unbelievable speeds. Studies say that the conscious, thinking mind *is so busy that the average person loses his/her attention span every six to ten seconds.*

With attention shifting so rapidly, most people are unable to sustain attention with the kind of focus and penetration that enables them to comprehend with all of their senses and mental powers. People who are unable to focus their awareness and sustain their attention perceive only a superficial outline of what is happening in and around them. Not having access to most or all of the information—whether inside or outside of us—is a severe handicap.

Perceptual distortion of any kind hinders efforts to self-actualize and succeed in life. Studies bear out a startling conclusion: the only difference between a genius and a foggy mind that blunders in unconscious ignorance is focused awareness and sustained attention.

***Keynote: Focused awareness and sustained attention are the keys to the meditative mind of self-awareness, creative flow and peak performance. These ensure health, happiness and self-actualization.***

## Appendix B

# **Sensory Exercises to Build the Alpha Bridge**

### VISUAL IMAGERY

1. Walk in nature and experience every aspect with your eyes. Notice colors, textures, and forms, patterns of light and shadow, contrast and definition. Etch these details in your mind.
2. Close your eyes and envision a place of great beauty, one that you know and care about. Walk around in this place, and notice the colors, textures, patterns, forms, and play of light and shadow, adding visual and other sensory details wherever possible.
3. Find a full-color picture that captures your imagination. Place it in front of you and describe every detail in it. Close your eyes and do this again. If you do not see anything with your eyes closed, repeat out loud your earlier verbal description, and begin to sense visual impressions as if you can see what you are describing. You may sense subtle stirrings in the area of your forehead. If so, this is an awakening of your mind's eye, or third chakra.
4. After you have worked with re-creating images in your mind's eye, envision images three-dimensionally and imagine yourself moving through this 3-D world. Imagine looking at objects from different angles and different sides. After several of these sessions, you will begin to "see" internal visual images, perhaps as a brief flicker to begin with. Soon you will be able to sustain the image, just as in waking life.

### INNER FEELING

1. While visiting a place that is special to you, either in nature or in the landscape of your mind, notice any sensations of warmth or cold, and experience these in every way possible. What else do you feel here? Attune completely to your feelings.
2. Feel the energy of another person. Is this person relaxed or agitated? Calm or turbulent? Happy or sad? Make mental notes of your own impressions, then delicately ask the person to describe his/her state of mind; afterward, make a comparison to check your accuracy. Do this with friends and family, knowing that you are building your psychic empathy and don't have to keep the feelings you experience. Your *intention* releases external energies.



3. While walking in nature, touch a leaf, walk barefoot on the earth, dip your toes in water and feel everything you can.

4. In your mind's eye, imagine flying in the air or outer space. Add details.

### **INNER HEARING**

1. Sit quietly and listen to the sounds around you. Is there a refrigerator or air conditioner humming? A chirping bird? Can you hear the sound of your own breathing, the swish of your clothing as your lungs empty and fill? In this "bare attention" meditation, allow yourself to follow and hear whatever the mind goes to. Once you have deeply relaxed, evoke these sounds in your mind's ear.

2. Record in your own voice and play back in contemplative silence a litany of images that you create. Look around in nature for these or reimagine what evokes your senses of taste, touch, smell, sight, and hearing. Put these images in a list, and enjoy flexing your sensory muscles.

### **MULTI-SENSORY AWARENESS**

1. When out in nature, luxuriate in what you see, hear, feel, taste and smell. Listen for your inner voice. Is it mind-chatter or a quiet, steady stream of impressions? Learn to "listen" all of the time in order to discern the difference your inner voices. At opposite extremes, one inner voice nags and criticizes; the other gives speaks lovingly of universal laws containing insightful guidance. Which do you want to hear? The one you choose will be the one that steps up to communicate with you.

2. Place a glass of water on a table in front of you and relax your body and mind. Open your eyes, jiggle the glass slightly, and watch the light ripple on the water as it moves, hearing any sounds the water makes. Feel the texture of the glass in your hand and its warmth or coolness. Raise the glass to your mouth and taste the water, tracing its path down your throat and into your stomach. Next, close your eyes and reimagine the experience of looking at, listening to, and tasting the water in the glass. Repeat this exercise with your outer and inner senses, each time sharpening your experience of drinking the water.

3. Count sheep when you go to bed at night. Watch the sheep leap over the fence, and then call one or two of them to the side. Run your fingers through their fleece, stroke their heads, listen to them baa, and enjoy these fuzzy creatures with all of your senses. Do this with any animal. You will most certainly slip into an alpha state that is not so far from sleep. Alpha will put you to sleep very quickly, and you will have expanded your sensory intuition on the way!

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