

ANNA WISE

breakthrough audio technologies

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**The High-Performance Mind** Anna Wise,1997-01-27 Her purpose here is to discuss and illustrate the four types of brain waves beta alpha theta and delta with emphasis on what they do how they work together and whether we can use their **Spirit Tech** Wesley J. Wildman, Kate J. Stockly, 2025-08-22 Featuring a Foreword by Mikey Siegel founder of Consciousness Hacking Technology can now control the spiritual experience This is a journey through the high tech aids for psychological growth that are changing our world while exploring the safety authenticity and ethics of this new world We already rely on technology to manage our health sleep relationships and finances so it s no surprise that we re turning to technological aids for the spiritual journey From apps that help us pray or meditate to cybernauts seeking the fast track to nirvana through magnetic brain stimulation we are on the brink of the most transformative revolution in the practice of religion an era in which we harness the power of spirit tech to deepen our experience of the divine Spirit tech products are rapidly improving in sophistication and power and ordinary people need a trustworthy guide Through their own research and insiders access to the top innovators and early adopters Wesley J Wildman and Kate J Stockly take you deep inside an evolving world Find out how increasingly popular wearables work on your brain promising a shortcut to transformative meditative states Meet the inventor of the God Helmet who developed a tool to increase psychic skills and overcome fear sadness and anger Visit churches that use ayahuasca as their sacrament and explore the booming industry of psychedelic tourism Journey to a mansion in the heart of Silicon Valley where a group of scientists and entrepreneurs are working feverishly to bring brain based spirit tech applications to the masses Discover a research team who achieved brain to brain communication between individuals thousands of miles apart harnessing neurofeedback techniques to sync and share emotions among group members Spirit Tech offers readers a compelling glimpse into the future and is the definitive guide to the fascinating world of new innovations for personal transformation spiritual growth and pushing the boundaries of human nature Bliss Brain Dawson Church, 2020-09-15 Award Winner in the Science category of the 2020 Best Book Awards sponsored by American Book Fest Award winning author and thought leader Dawson Church Ph D blends cutting edge neuroscience with intense firsthand experience to show you how you can rewire your brain for happiness starting right now Neural plasticity the discovery that the brain is capable of rewiring itself is now widely understood But what few people have grasped yet is how quickly this is happening how extensive brain changes can be and how much control each of us has over the process In Bliss Brain famed researcher Dawson Church digs deep into leading edge science and finds stunning evidence of rapid and radical brain change In just eight weeks of practice 12 minutes a day using the right techniques we can produce measurable changes in our brains These make us calmer happier and more resilient When we cultivate these pleasurable states over time they become traits We don't just feel more blissful as a temporary state the changes are literally hard wired into our brains becoming stable and enduring personality traits The startling conclusions of Church's research show that

neural remodeling goes much farther than scientists have previously understood with stress circuits shriveling over time Simultaneously The Enlightenment Circuit associated with happiness compassion productivity creativity and resilience expands During deep meditation Church shows how the 7 neurochemicals of ecstasy are released in our brains These include anandamide a neurotransmitter that s been named the bliss molecule because it mimics the effects of THC the active ingredient in cannabis It boosts serotonin and dopamine the first is an analog of psilocybin the second of cocaine He shows how cultivating these elevated emotional states literally produces a self induced high While writing Bliss Brain Church went through a series of disasters including escaping seconds ahead of a California wildfire that consumed his home and office and claimed 22 lives The fire triggered a painful medical condition and a financial disaster Through it all Church steadily practiced the techniques of Bliss Brain while teaching them to thousands of other people This book weaves his story of resilience into the fabric of neuroscience producing a fascinating picture of just how happy we can make our brains no matter what the odds The Mindful Law Student Rogers, Scott L., 2022-09-20 The Mindful Law Student is an innovative guide to learning about mindfulness and integrating mindfulness practices into the law school experience Through the use of metaphor insight mindfulness practices and relaxation and self care exercises students are reminded of the tools they have long carried with them to navigate the exciting and challenging environment of law school and the practice of law Scott Rogers brings readers on a journey through the law school experience with seven hypothetical students who experience situations not unlike their own that make tangible the challenges benefits and promise of mindfulness He provides real world examples of applying mindfulness in law school using language of the law to impart mindfulness insights and practices This novel guide is an approachable and valuable resource for any law student Natural Highs Hyla Cass, Patrick Holford, 2003-06-02 What does it take to make you feel high Do you routinely reach for caffeine alcohol cigarettes or sugary snacks to get you through the day Unfortunately the quick fixes we have become accustomed to don t work long term and often contribute further to the underlying problems of fatigue depression brain fog and anxiety In Natural Highs two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements herbs and simple mind body therapies that will help to increase energy sharpen the mind elevate mood relax the body and beat stress Their remarkable research shows how to formulate the perfect brainfood to improve how we think and feel resulting in a greater sense of connection and joy in everyday life the natural high The Fat-Burning Bible Mackie Shilstone, 2007-08-15 One of the most comprehensive nutritional and exercise programs I ve ever encountered This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat From the Foreword by Kathy Smith Mackie Shilstone is famous for helping world class athletes and business titans look great and achieve peak performance Now he presents an all new approach to burning fat for both women and men Drawing on Mackie's unique nutrition and exercise programs The Fat Burning Bible gives you the secrets and tools to increase your metabolism target the

parts of your body that carry excess fat and see results in just four weeks Inside you ll find 6 levels of targeted meal plans and 74 recipes featuring low fat low glycemic high flavor foods Mackie's all new gender specific cardio circuit and core training routines 64 step by step photographs illustrating the customized exercises Must know information on 6 highly effective fat burning supplements Real life success stories of Mackie's clients This is the only weight loss bible you will ever A Soul's Delight JoyBeth, 2001-02 A Soul's Delight Your Step by Step Higher need to burn fat slim down and look great Self Integration Journey provides information inspiration resources and practical activities designed to help you learn and be Soul Attuned through The Higher Self Integration Process You will be led through experiences enabling you to consciously design your own Higher Soul Consciousness Program that fits your individualized Soul's awareness and developmental levels Everything from prayer to accessing your own Soul's voice physical healing to Chakra and Kundalini activation precognition to working with Nature Spirits spiritual partnership to one s own life tasks and more are explained in a matter of fact and comprehensible manner It stands unique in how it puts together so many systems and truths about life providing a complex and holistic yet realistic and practical guide You are given the opportunity to understand the multi levels of life in order to consciously co create a lovingly prosperous and joyful daily reality **The Voice of the Soul** Judith Pennington, 2001-08-07 If you hunger for something but do not know what it is this journey of science and spirit may be the most fulfilling and exciting one that you will ever take Its the true story of Judith Pennington a busy writer peace group director and single mother who at age 38 denies the existence of God yet finds herself in a fascinating search for the identity of a voice giving the wisest most sensible guidance shes ever heard Who or what is the source of the lyrical writings that guide her out of darkness into light over a period of twelve years Finding out takes Pennington into the depths of her own psyche and on life changing journeys in Medjugorje Findhorn and the Scottish isle of Iona In this adventure of consciousness the author walks in the light of the psychic and in these expanded senses reaches her destiny higher perspectives and the blossoming of her unique gifts and talents This is the universal path promised to one and all by The Voice of the Soul a personal journey through the self inspired writing the secrets of the soul and the science of spirituality meditation and God the Dragon's Den Rosanne Bane, 1999-10-01 There are tremendous personal benefits to realizing and integrating the shadow part of the personality When we can look at the disowned parts of ourselves we release a great deal of energy that can be used for creative expression Dancing in the Dragon's Den is a practical self help book that can open up your life in ways you have not yet dreamed of Bane talks to you directly she is warm friendly and supportive as she outlines the process

Essential Leadership Daniel Augusto Motta, 2017-11-10 To the writer Essential Leadership in based on three pillars Personal Excellence Individual Essence and Organization Transformation Within this framework a leader must understand define and impact an organization s strategy seeing to its development and survival Organizational objectives must be clear and aligned and this is the mission of every leader whatever the structure s size and complexity To this end leaders need to

be aware of their three vectors Adherence to Beliefs and Values Consistent Productivity and Emotional Bond ELOS Essential Leadership Skills for Organizational Strategy methodology is based on six elos and each one has four drivers The elos that need to be fully understood and cultivated are Competitive Environment Value Proposition Organization Essence Strategic Execution Essential Leadership and Performance Catalysts This book also contains a rich in depth analysis of Europe s China s and India's past and points out to leaders the direction and the steps needed to redefine and achieve organizational goals Forewords by two top executives and testimonials from six others are a testament to Motta's theory **Inspire the Magic** Kay Bretz, 2022-01-01 2021 Living Now Book Awards Silver medalist Male Memoir category A compelling award winning account of marathon runner Kay Bretz s transformation into one of the best ultra runners in the world for fans of David Goggins Can t Hurt Me Ultra runner Kay Bretz beat the race record of Australia s Big Red Run by more than five hours and was awarded the Australian Ultra Performance of the Year Award at the 24 hour world championships in France but it took a significant change in mindset to do it In Turning Right the elite athlete and executive coach shares his fascinating personal journey to success interweaving his amazing running journey with how he overcame physical mental and professional challenges to achieve his goals and break records all by turning right when his perspective on what he was capable of started to shift Bretz explains how he left behind self imposed limitations that prevented him from reaching his dreams often rejecting what was reasonable and logical and found the magic instead Brilliantly interweaving his amazing running journey with the challenges in his professional and personal life Bretz leaves behind the reasonable and logical to find the magic His book will inspire the magic in you too Transpersonal Psychology: Altered States of Consciousness, Biofeedback and Neurotechnology Raul Valverde, 2022-03-04 Transpersonal psychology is the study of human nature and development that assumes that human beings possess potentials that exceed the limits of ego developed normally The main goal of transpersonal psychology is to integrate the spiritual experience within a broader understanding of the human psyche and consciousness Transpersonal Psychology Altered States of Consciousness Biofeedback and Neurotechnology introduces the use of biofeedback and neurotechnology for the transpersonal therapist to induce and measure altered states of consciousness to deal with persons having mental conditions. The therapist and the patient can benefit from self exploration and self realization of altered consciousness that could be responsible for the mental condition of the patient Chapters in the book start with an introduction to the theory of consciousness and transpersonal psychology followed by an explanation of the relationship of quantum physics to consciousness model The book then progresses towards in depth topics such as biofeedback which covers the measurement parameters for understanding consciousness and computer based technologies that help induce altered states of consciousness Finally the book concludes by linking all the concepts together to guide the transpersonal psychologist to measure and support transpersonal psychotherapy through a cybertherapy system Transpersonal Psychology Altered States of Consciousness Biofeedback and Neurotechnology is an ideal

guide for the transpersonal psychologist and psychotherapist and the enthusiast who wants to understand the science behind altered states of consciousness from a theoretical and experimental framework Aha! Jordan Ayan, 2010-06-30 Aha is a joyful upbeat survey of ideas for enhancing creativity Jordan Ayan's enthusiasm is hard to resist and every reader will find personally suitable strategies Aha is an inspiring yet practical guidebook for freeing the creative spirit Betty Edwards author of Drawing on the Right Side of the Brain A delightful romp through the rich and complicated field of creativity Ayan's Aha is bound to make the reader's thinking more interesting and original Mihaly Csikszentmihalyi ph d author of Flow the Psychology of Optimal Experience The future belongs to those who create it Jordan Ayan's exceptional book will show you how to create yours by providing the keys to unlock your great ideas Daniel Burrus author of Technotrends and a leading technology forecaster Behind every successful venture there s a great idea If you haven t found your great idea yet or if you ve always thought you just weren t the creative type Jordan Ayan's accessible and entertaining book will give you the confidence to listen to your own creative spirit and to find the breakthrough you ve been waiting for Based on the notion that creativity is a life skill that must be continually cultivated Ayan offers ten strategies for finding and harnessing inspiration wherever and whenever it occurs His mini workshops will show you how travel reading the arts new technology journaling and more can form the basic building blocks of a more creative and rewarding life Maximum Energy for Life Mackie Shilstone, 2002-12-05 FEEL BETTER LOOK BETTER LIVE BETTER Maximum Energy for Life is a revolutionary game plan for achieving optimum health and fitness that will make you look and feel better than ever before In just twenty one days you ll have more energy reduce your body fat and manage stress and fatigue better than ever before Mackie Shilstone's Maximum Energy for Life program has worked wonders for top athletes and busy professionals alike and it will work wonders for you too The ultimate book for helping you identify where you want to go and how best to achieve your performance goals Steve Wynn Mackie's program significantly prolonged my baseball career and enhanced the quality of my life In fact it helped me reach the Baseball Hall of Fame Ozzie Smith Retired all star shortstop for the St Louis Cardinals 2002 Hall of Fame inductee Mackie Shilstone's concepts in Maximum Energy for Life are truly exceptional As a busy network executive I know how important it is to assume ownership of one s health in being successful in business and in one s personal life Mackie s program is the best It has consistently worked with world class athletes and everyday executives like me Rick Bernstein Senior Vice President and Executive Producer HBO Sports Mackie is the man His program helped give me the strength and motivation that I needed to succeed at the highest level After my bout with cancer his personal touch helped me to regain my ability to play and the health to live a quality life Brett Butler Former center fielder Los Angeles Dodgers Library **Journal** ,2002 **Forthcoming Books** Rose Arny, 1996-06 <u>Tiefes Ruhen - sanftes Loslassen: Deep Rest Meditation</u> Nicole Stern, 2024-04-16 Du bist ersch pft berlastet und sehnst dich nach tiefer Ruhe und Regeneration Tiefes Ruhen sanftes Loslassen ist dein Leitfaden der dir einen leichten und zugleich effektiven Weg zum bewussten Ausruhen er ffnet Deep Rest

Meditation im Liegen l sst sich leicht in deinen Alltag integrieren Selbst Momente des Eind sens werden zu einer besonderen Gelegenheit fr dich die einzigartigen berg nge zwischen Wachsein und Schlaf sanft und mit anstrengungsloser Achtsamkeit zu erkunden Nicole Stern ist eine bekannte Meditationsexpertin im deutschsprachigen Raum Auf ihrem gro en Erfahrungsschatz aufbauend hat sie die Deep Rest Meditation eine besondere Form der Achtsamkeitsmeditation im Liegen f r alle zug nglich gemacht die sich nach innerer Ruhe Loslassen und Selbstf rsorge sehnen Du lernst in diesem Buch dem K rper Ruhe und F rsorge zu schenken und so die Selbstheilungskr fte zu entfalten sanft deine Gef hle anzunehmen und so dein Wohlbefinden zu steigern tiefe Verbundenheit zu deinem Sein zu erleben jenseits von Gedanken Zudem findest du Hintergrundwissen zeitloser Weisheitslehren ber hrende Erfahrungsberichte sowie bungen die dich zur Reflexion anregen Ein Buch das das Potenzial hat dein Leben tiefgreifend zu ver ndern Es f hrt dich in einen Seinszustand der heiter gelassen Your Guide to Alternative Medicine Larry P. Credit, Sharon G. Hartunian, Margaret J. Nowak, 2003 Describes a variety of alternative medical approaches including acupressure aromatherapy myotherapy and rolfing providing details on conditions that respond to treatment how each works what to expect cost and finding a practitioner **Book Review Digest** Spirituelle Intelligenz Dawson Church, 2025-06-09 Spirituelle Intelligenz Wie du dein Gehirn neu vernetzt und tiefes Gl ck Mitgef hl und Klarheit entwickelst Unser Gehirn ist fr mehr geschaffen als blo es berleben Es ist fr Erleuchtung gebaut Basierend auf ber 400 wissenschaftlichen Studien zeigt Dawson Church wie du durch gezielte Praktiken deine spirituelle Intelligenz SQ aktivierst und das sogenannte Erleuchtungs Netzwerk im Gehirn einschaltest ein Zustand tiefster Klarheit Verbindung und Gl ckseligkeit Bliss Brain statt H hlenmensch Modus So bringst du dein Gehirn zum Leuchten Die meisten Menschen stecken im Stressmodus fest gefangen in einem inneren System das auf Angst Kontrolle und Reiz berflutung reagiert Doch es gibt einen Ausweg aus dieser evolution ren Negativit tsfalle hin zu einem Leben jenseits von chronischem Gr beln erf llt von Freude Mitgef hl und geistiger Klarheit Was du in diesem Buch erf hrst Die vier neuronalen Schaltkreise der Erleuchtung und wie du sie aktivierst Wie du emotionale Heilung und mentale Klarheit durch spirituelle Praxis erreichst Was das Gyrus dentatus mit Gl ck Resilienz und Anti Aging zu tun hat Warum Mitgef hl dein Gehirn umformt und die Evolution der Menschheit vorantreibt Konkrete bungen Tagebuchfragen und gef hrte Meditationen zur Selbstanwendung Spirituelle Intelligenz praktisch nutzen Church zeigt anhand faszinierender Beispiele von Nelson Mandela ber Jeanne d Arc bis zu modernen Meditierenden dass spirituelle Intelligenz kein esoterisches Konzept ist sondern eine erlernbare F higkeit Auch du kannst lernen dein Gehirn auf Gl ck Weisheit und innere St rke zu programmieren F r wen ist dieses Buch geeignet Suchende spirituelle Praktizierende Coaches Lehrer Eltern Wissenschaftler Unternehmer und F hrungskr fte alle die ihr Bewusstsein erweitern und tiefe Erf llung erleben m chten Warum dieses Buch lesen Weil du sp rst dass in dir mehr steckt Weil du das Potenzial deines Geistes freisetzen willst Und weil du Teil der n chsten Stufe menschlicher Evolution sein kannst bewusst verbunden und voller Licht.

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