

*Personal and Spiritual Awakening  
with the Mind Mirror EEG*

Presented by Judith Pennington,  
Institute for the Awakened Mind

APA Note: Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**Brainwaves:**  
The electrical  
activity of the  
mind

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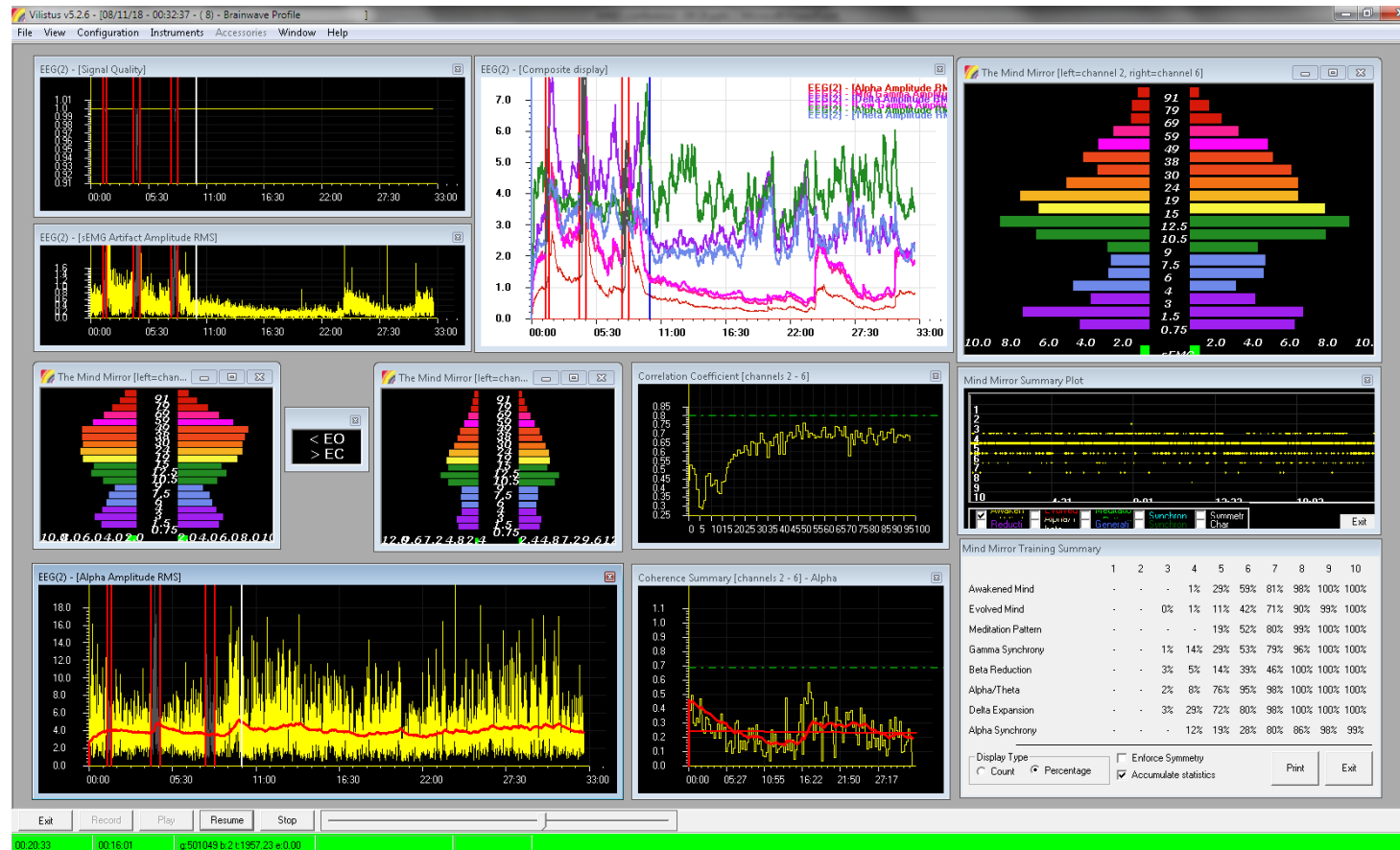
*C. Maxwell Cade*  
*MM inventor*

“...all of the unusual abilities that some people are able to manifest (self-control of pain and healing, healing of others, telepathy, etc.) are associated with changes in the EEG pattern toward a more bilaterally symmetrical and integrated form.”





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Mind Mirror 6 analytical tools

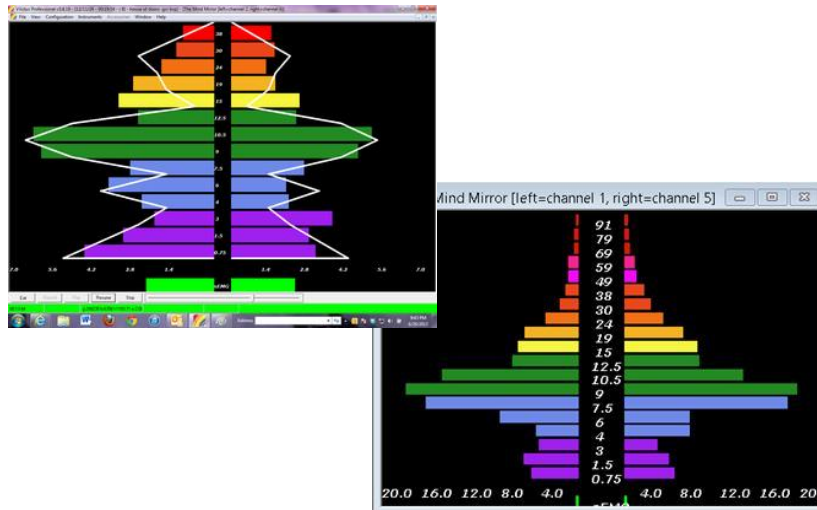
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*Anna Wise, mind researcher  
and humanistic psychologist*

- Self-regulation and mastery of brainwaves and physiology awakens awareness and opens to healing and wholeness
- Created a protocol for awakening and expanding the mind
- Defined meditation structures and taught them at Esalen Institute for 30 years
- Published two trail-blazing books and a 4-volume CD titled “The High-Performance Mind.”

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## What is the Awakened Mind?

An open flow of awareness with access to the:

- Intellectual clarity of conscious mind's beta waves
- Relaxed, sensory awareness of alpha and its bridge to
- Creativity, insight, and intuition in subconscious theta
- Intuitive, empathetic awareness of unconscious delta.

## Descent into Meditation & Higher Awareness



Ordinary awareness: no alpha or theta



0 – Begin to relax, beta reduces, alpha-theta flares



1 – Relax more, beta reduces and alpha increases



2 – Deeper relaxed: alpha stabilizes, theta flares,  
beta greatly reduced and rounds in



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3 – Reduced beta, continuous alpha, theta flares



4 – Light meditation: alpha and theta stabilized



4A – Strong, steady alpha-theta meditation

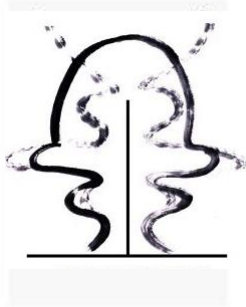


5 – Awakened Mind pattern for creative  
problem-solving, insight and intuition

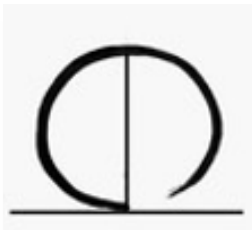
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6 – Evolved Mind of unity consciousness



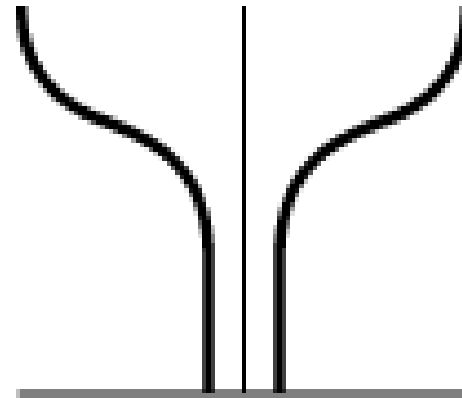
7 – Superconscious Mind (AM with gamma)



8 – Universal Consciousness (EM w/gamma)



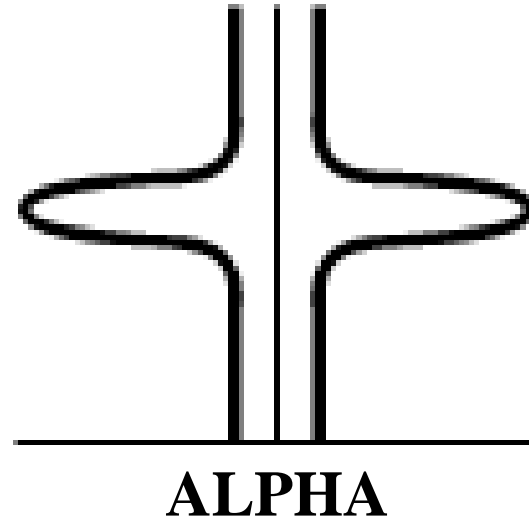
## BETA



### CONSCIOUS MIND of active, external awareness

- Verbal logic and intellect. List-maker and decision-maker. (Shhh...the ego's "monkey mind" lives here.)
- Strong amplitudes of beta indicate anxiety, stress and panic.

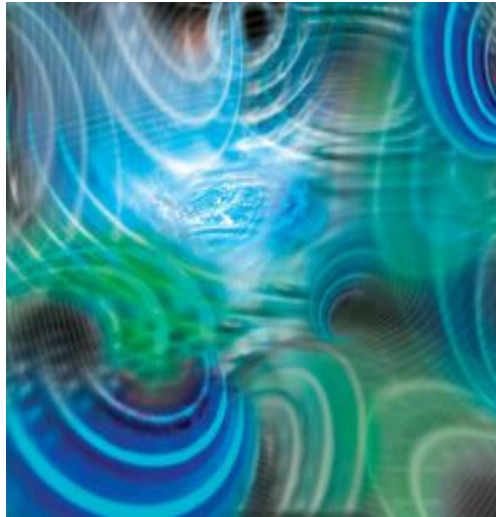
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## **BRIDGE** between conscious and subconscious mind

- Relaxed, detached, diffused, daydreaming sensory awareness
- Sharp, vivid imagery
- Frequencies resonate with 8-14Hz nature
- Physical healing occurs in low alpha/high theta at 7.83Hz

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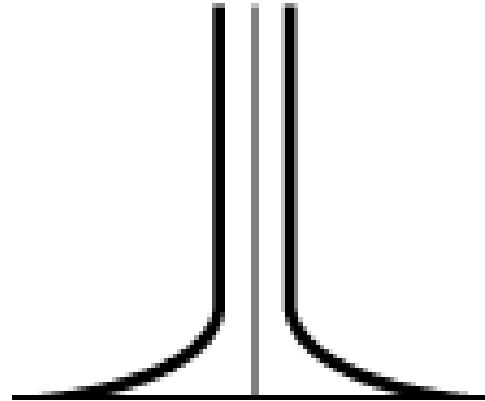


**SUBCONSCIOUS MIND** of long-term memory and healing

- Creativity, insight, intuition, and spiritual awareness
- Healing occur in these low, slow frequencies, where problems are resolved, and the brain/body rewires and heals
- The soul or essential being is accessed here
- Frequencies of dreaming REM sleep



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**DELTA**

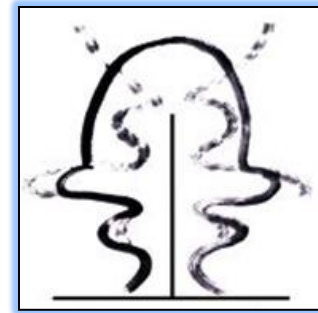
## **PERSONAL UNCONSCIOUS**

- Instinctual radar that receives and transmits energy/information
- Gateway to the collective unconscious
- Stimulated by empathy for others and deep, dreamless sleep
- High-amplitude delta can relate to hypervigilance
- Delta amplifies during healing and psi events

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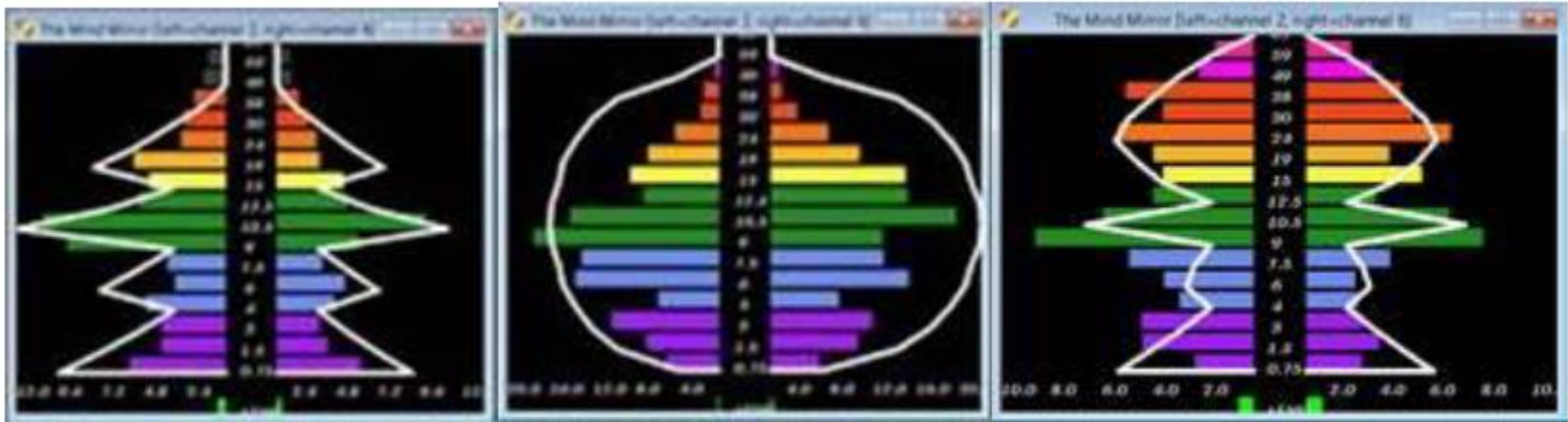


## **SUPERCONSCIOUS GAMMA**



- Fast waves ranging from 30-100Hz
- Typically synchronizes other frequencies and four brain lobes
- Increases coherence in the brain and nervous system
- Associated with super-lucidity, powered up insight & intuition

## Superconscious Gamma (cont'd)



- Coherence, neurogenesis and neuroplasticity
- 40Hz gamma mobilizes microglia to gobble up malformed proteins and dead cells; promising for Alzheimer's
- 50Hz gamma increases stem cell production
- 75Hz gamma triggers genes that produce anti-inflammatory proteins in the body

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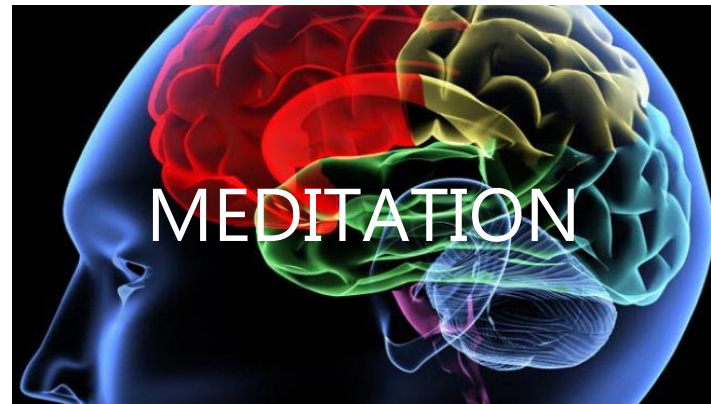


What balances the brain, increases coherence and field awareness?

## **MEDITATION**

The art and science of focused awareness and  
attunement to the self and spirit

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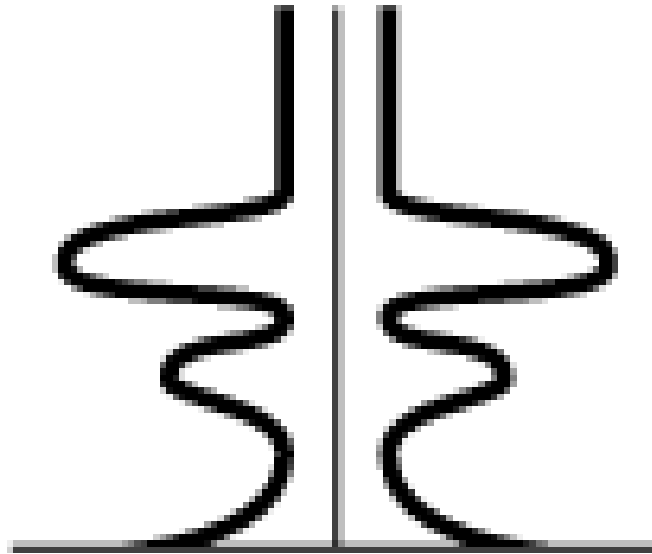
“The subjective experience of non-involvement, detachment and letting go, as well as an all-oneness and dissolution of ego borders.”

The consciousness of the meditator shifts into oneness with the nonlocal quantum field.

*Lehmann et al, 2012*

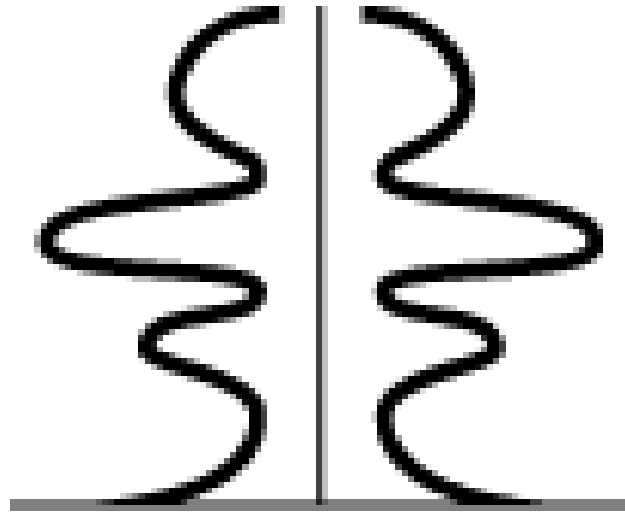


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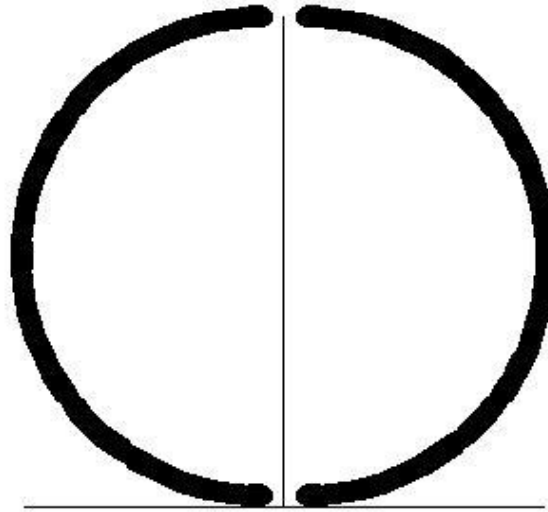
**(Silent) Meditation Pattern (0.5-44Hz)**

- Open flow of awareness providing access to mind's content
- Deep, profound sense of inner peace and unity
- Enhanced creativity, insight, intuition, healing, and spirituality
- Rewires brain to new way of being; theta attenuates aging



## **Awakened Mind of Creativity and Peak Performance (0.5-44Hz)**

- Active, working meditation toward personal transformation
- An awakened person with eyes open: rare w/o training
- Happy, enthusiastic, highly creative, self-actualized person working in service to the world.



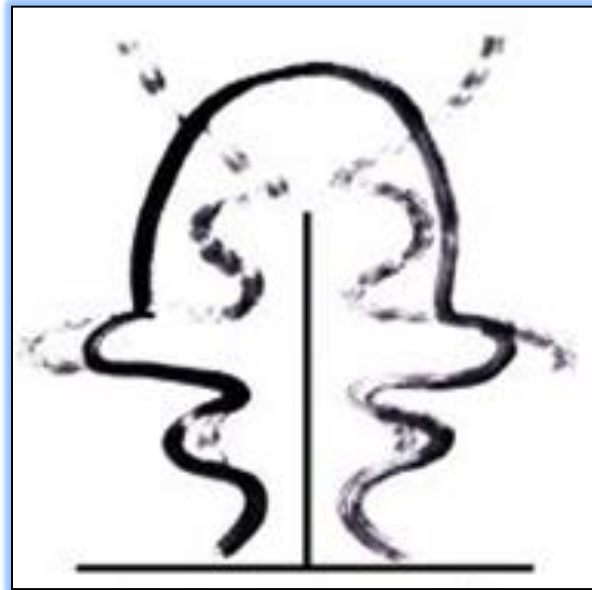
## **Evolved Mind of Enlightenment (0.5-44Hz)**

- Nonduality: all categories merge as self-separation dissolves into the oneness of (spiritual) unity consciousness
- Bliss as individuality merges with a quantum field of light
- Unforgettable experience of awe and unconditional love
- Attained only during deep, profound meditation.

# Gamma Synchrony's Superconscious Mind

0.5-64Hz or 0.5-100Hz

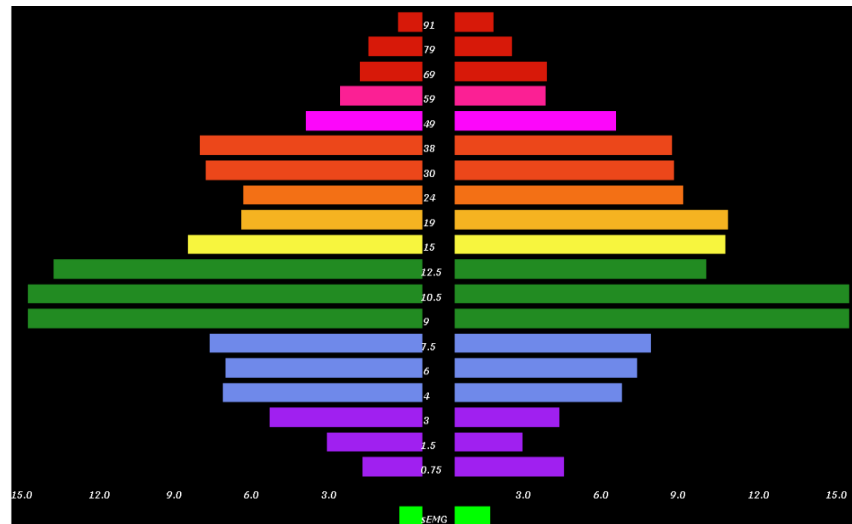
Loving kindness  
Compassion  
Attentional focus  
Ah-ha! experiences  
Mystical union  
Psi phenomena  
Out-of-body travel  
Remote viewing



Whole-brain synchrony  
Neurogenesis  
Neuroplasticity  
Mental integration  
Super-learning  
Spiritual intelligence  
directed to  
compassionate service

- Conscious awareness of a higher, more spiritual reality
- Connected with innermost self and non-local mind
- Possible with eyes open in everyday life
- Self-healing and self-transforming; serves the world

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## Universal Consciousness (0.5-100Hz)

- Local and non-local mind merge in 100Hz Evolved Mind
- Cosmic consciousness and absolute understanding
- Spontaneous inflow of insights, indescribable sense of bliss
- Spontaneous healing and rewiring of body-mind
- Spiritual peace and joy, sustained energetic sensitivity.





HOME

THE AWAKENED MIND

THE MIND MIRROR™

MIND MIRROR PORTAL

MEDITATION CENTER

PRACTITIONER DIRECTORY

IAM COACH DIRECTORY

TRAINING PROGRAMS

## Awaken your mind...

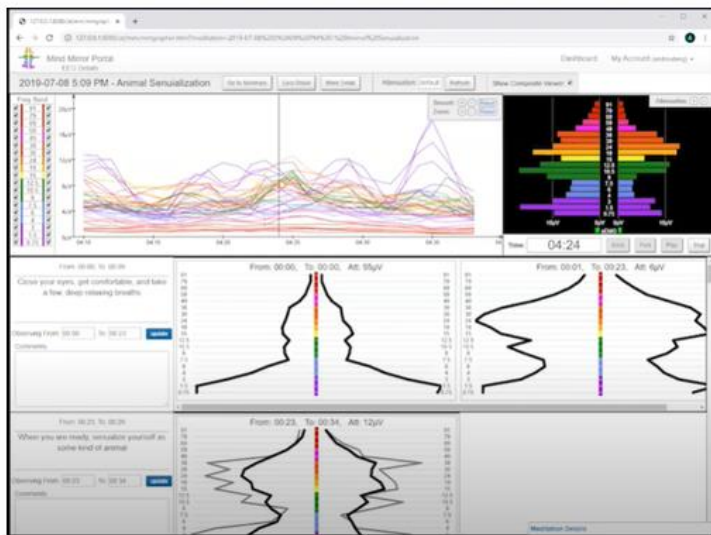
Would you like to relax deeply and access your creativity, insight, and intuition to more fully awaken and evolve your mind? Optimize your brain and body? Open your heart and unlock the unlimited power and potential within you?

Whether you enhance your consciousness with our revolutionary, at-home Mind Mirror™ self-training program or with our [practitioners](#), [coaches](#) or Mind Mirror Portal [network](#), this EEG-tested, time-proven pathway to creative flow, peak performance, and higher awareness is certain to be the most exciting and fulfilling journey you will ever take.

Grounded in 40 years of trail-blazing EEG research, the award-winning [Vilistus Mind Mirror 6](#) and its mind-expanding [Meditation Center](#) offer you a scientific fast-track to conscious evolution.



## Global Consciousness Network: Bringing the Mind Mirror to the World with Automated Data Analysis and an Evolutionary Guided Meditation Program



### Inside the Portal

#### Automated Mind Mirror Data Analysis

Enjoy your meditation session and let us take care of the rest. The Portal is your open door to automatic data processing and client revenues. Join The Network to offer sessions to people in your area.

#### The Meditation Center

Relax and dissolve the barriers between you and who you really are. Create. Discover. Awaken your awareness. Transcend time and space.

**Free Portal Subscriptions!**

### Awaken and Evolve

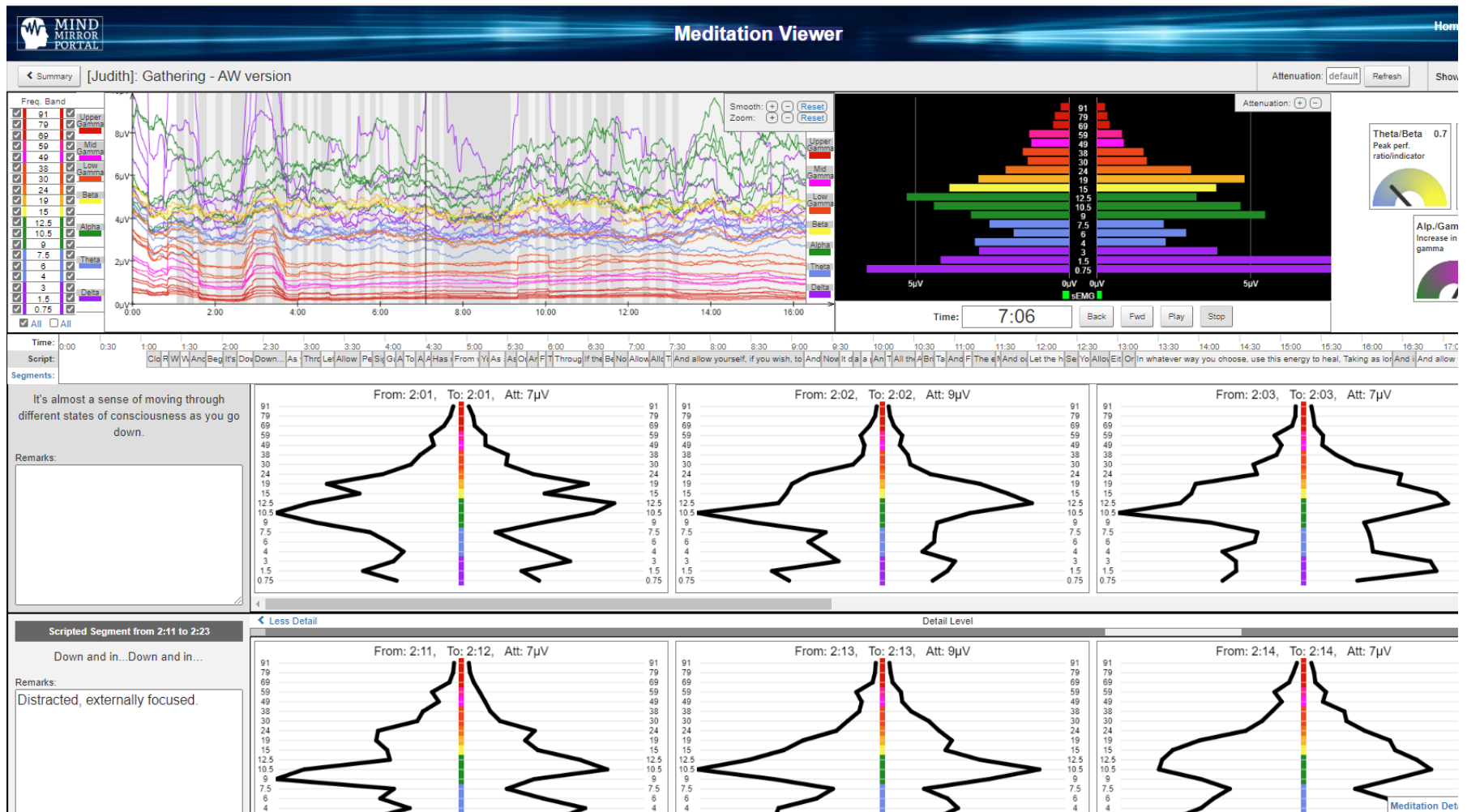


Nothing in life is more important than access to the wellspring of wisdom in the subconscious mind for solutions to questions, issues, and challenges.

Our extraordinarily rich and unique collective meditations by Mind Mirror inventor and

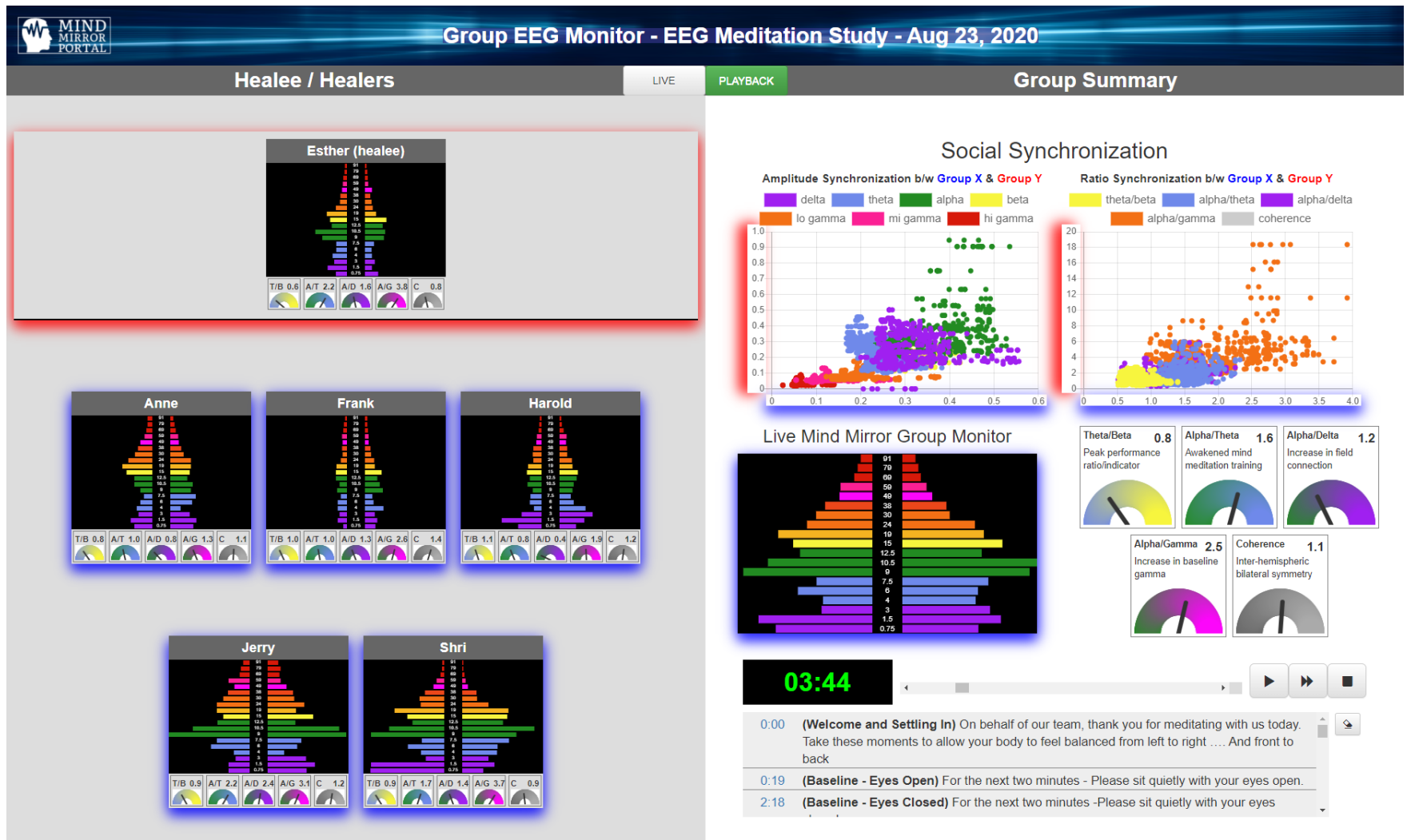
# Portal's Meditation Viewer

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# Portal's Group Monitoring Capability

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### Beta Mastery: Relax



Profoundly relax and self-regulate your physiology, balance your brain, and attain the equanimity of inner peace. [Explore.](#)

### Alpha Development



Sensory exercises and richly detailed adventures in awareness animate, expand, and sustain your alpha bridge. [Explore.](#)

### Theta Meditations



Go down and in to power up your creative imagination and discover what your subconscious seeks to give you. [Explore.](#)

### Awakened Mind



Be a magic potion, book, or animal. Learn who you are and want to be. Travel to the past & future. Create in pure consciousness. [Explore.](#)

### Higher States & Energy



Far journeys to timelessness, out-of-body travel, kundalini arousal, transcendence, light, and universal love. Enjoy gamma beats. [Explore.](#)

### Complete & Classic



From beta mastery to chi, these albums systematically awaken and evolve. [Complete Brainwave Training Program.](#) [Classic albums.](#)



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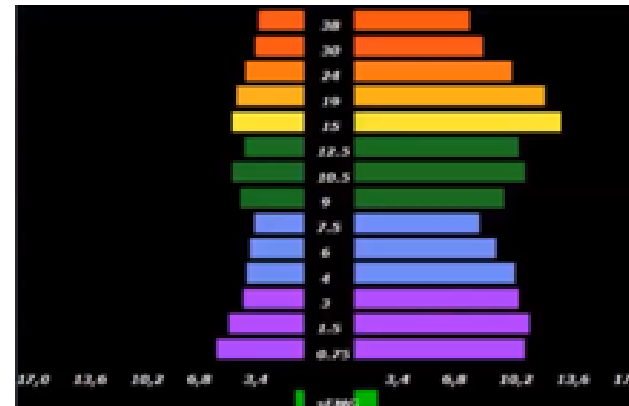
# Awakened Mind Training

Mind Mirror and GSR/BVP-assisted  
self-training program and guided meditations

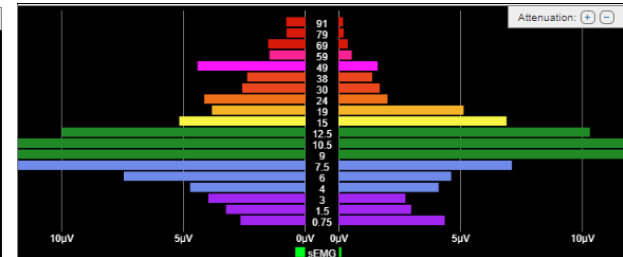
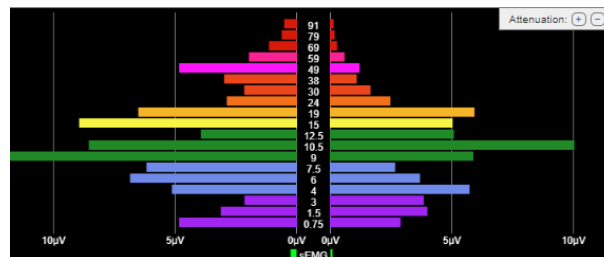
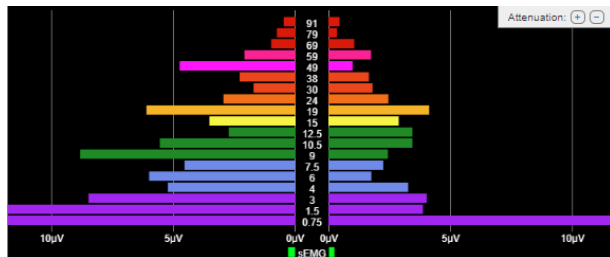
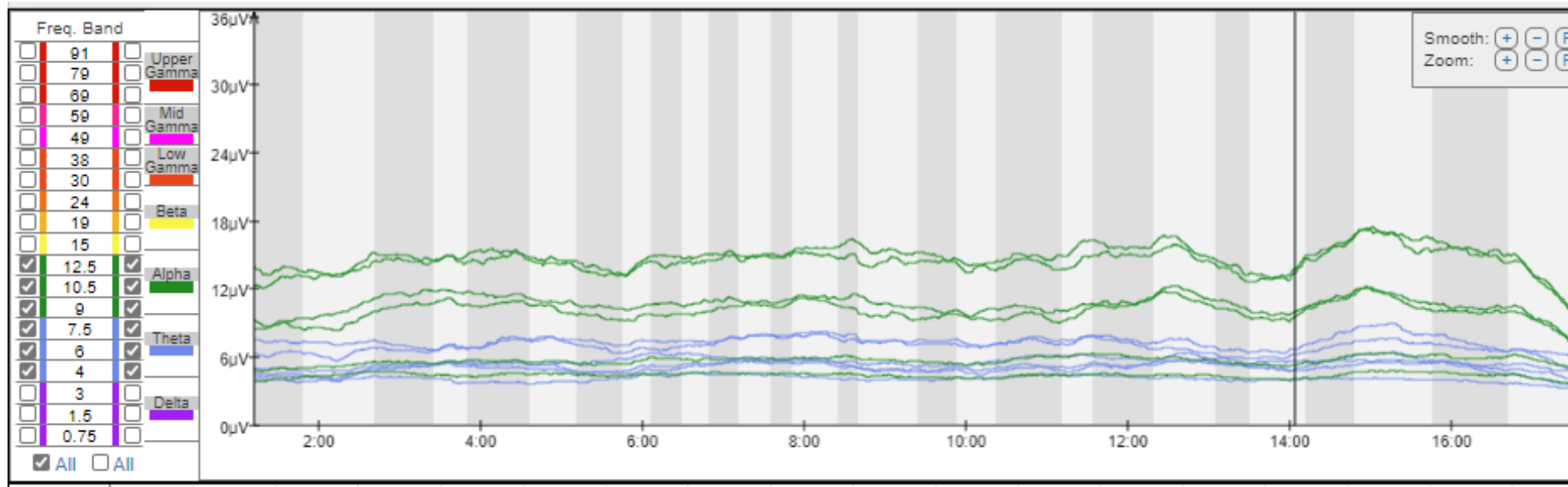
# Mr. H, stroke victim, paralyzed on the left side MM Self-Training Program, 2018



Suzanne Tempel  
Mind Mirror Coach Trainer  
The Netherlands



# Deep Relaxation/River of Life Meditation

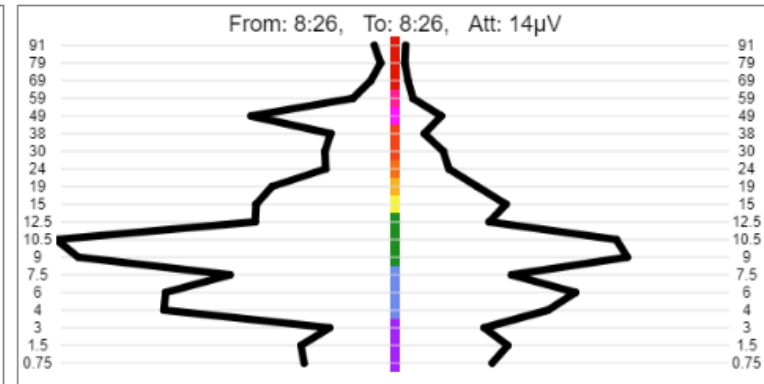
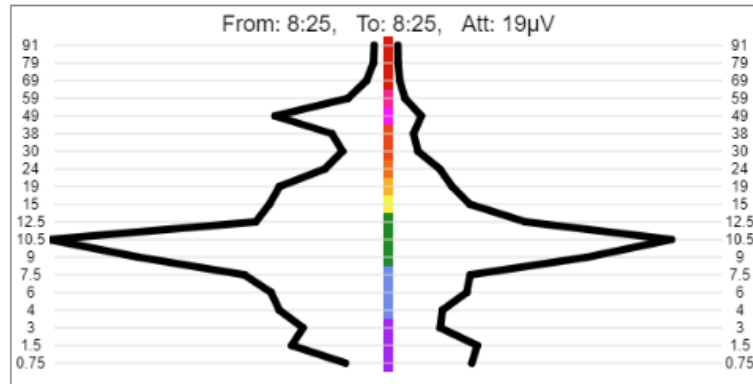


Intention: “I just wanted to chill out, switch off, slow down. To go home.”

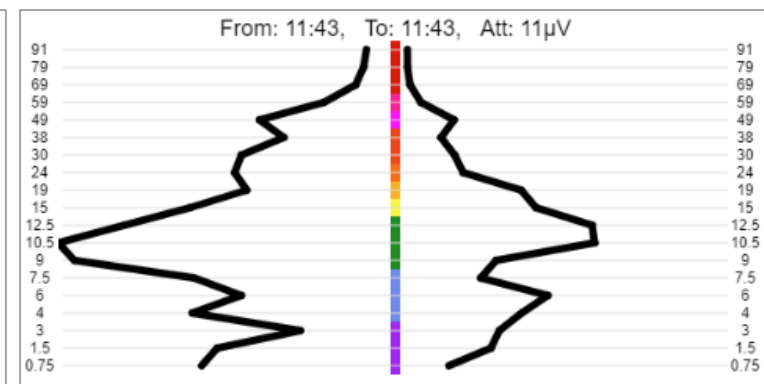
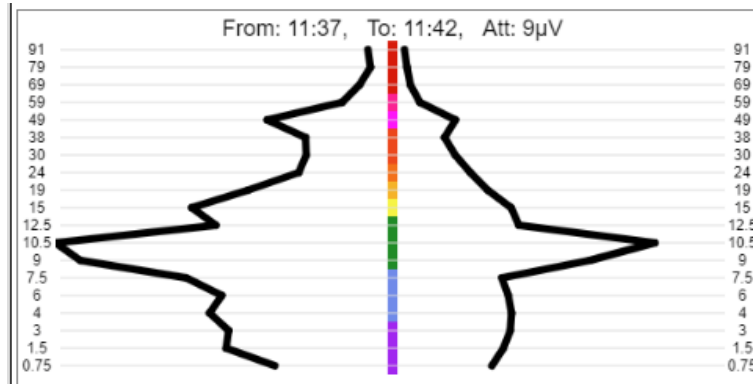
1. 1 minute: extended 19Hz beta 2. 2 minutes: split alpha and beta/alpha block 3. 14:45 minutes: integration and Evolved Mind bottom of unity consciousness (where his “home” is).

## “River of Life” relaxation (cont’d)

8:25: Floating unresistingly, without effort, on the surface of the Great River of Life. – Graph 2: drops into theta

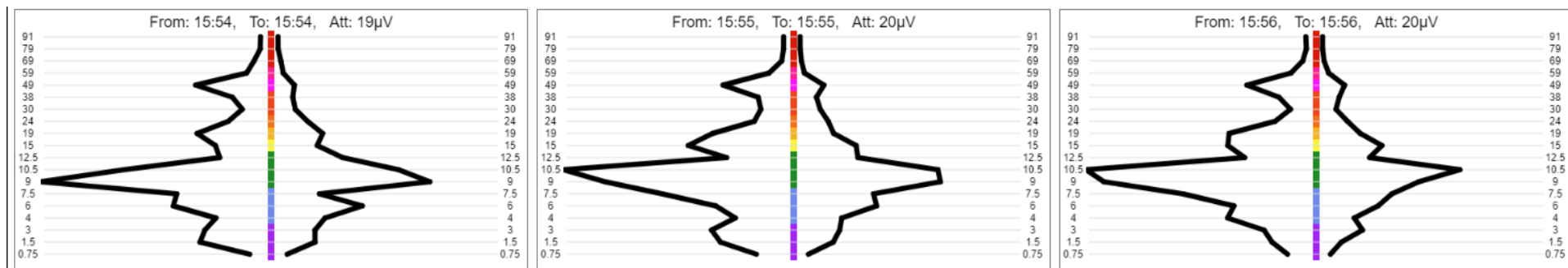


11:37: The river is taking you...where you need to go, where you want to go, into ever more abundant life, divine reconciliation, into wholeness, and a living peace.” – Graph 1: Evolved Mind flare



Following the guidance, drifting down and in.

## “River of Life” relaxation (cont’d)



15:54-56: Find a landmark – “Sensation of inner peace and the release of tightness and pain in my gall bladder and liver.”  
Note the pattern stability: Awakened Mind 95%, among the highest scores for advanced meditators, but with an upturned delta signifying connection with his unconscious mind and spirit.

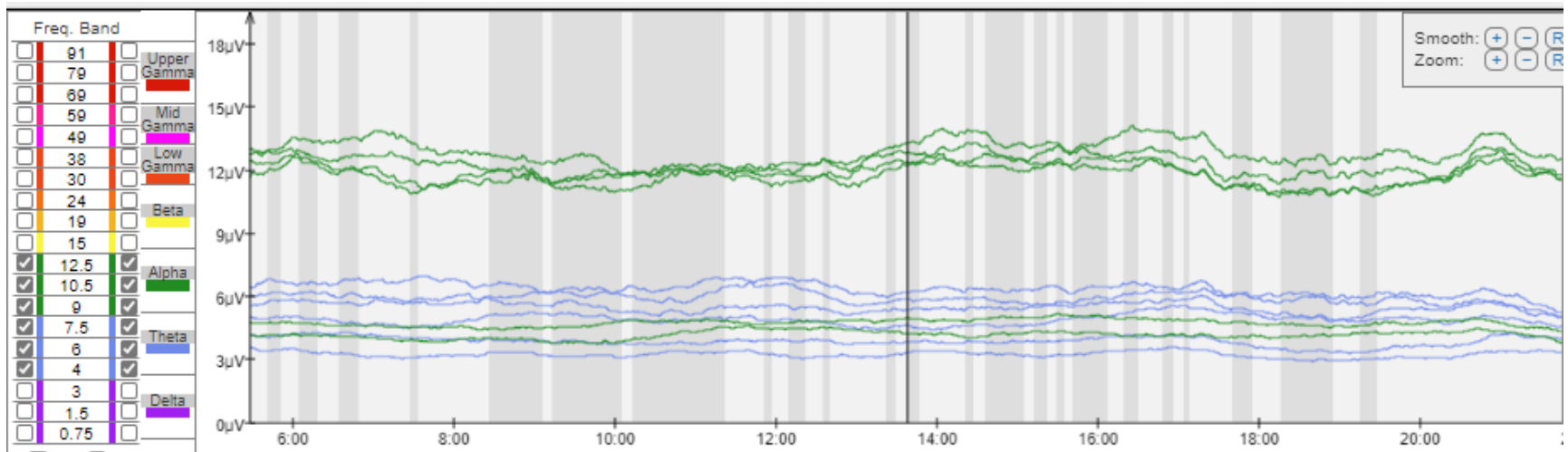
## “Healing the Block”

### Awakened Mind/Personal Transformation meditation

A Gestalt dialogue with the issue or “part” that needs healing.

When the meditator is deeply relaxed, questions are posed.

Theta’s subconscious mind provides meaningful insights.



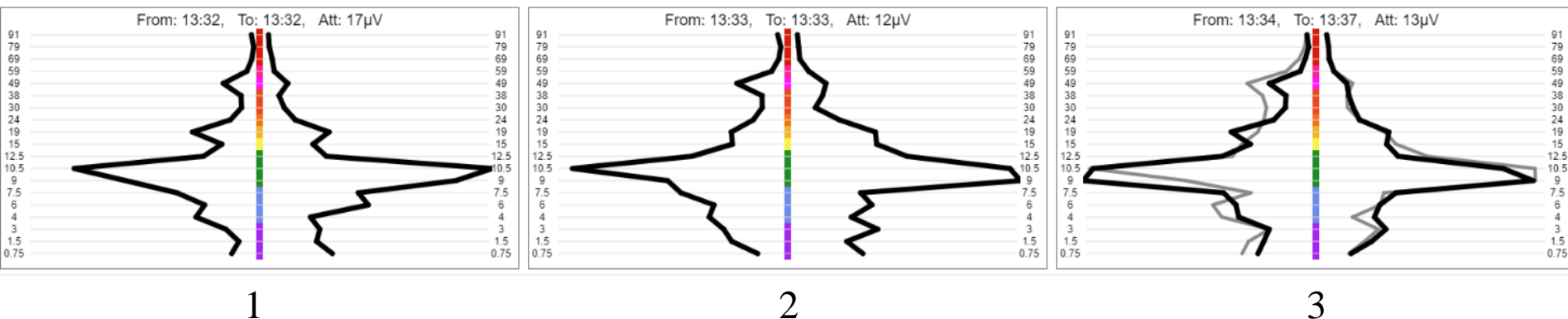
(Above) Note the stable, steady alpha (green) and theta (blue).

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## Healing the Block (cont'd)

13:32 – Script: “Look at the original reason for the block.”

Current issue was a projection of a problem rooted in childhood.



1/ The block is lodged in the narrowed theta subconscious and delta unconscious

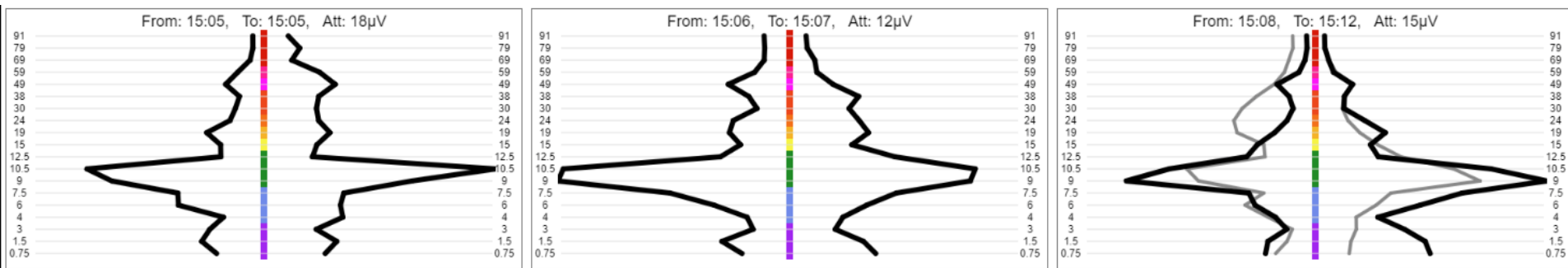
2/ In the (feeling/intuitive) right brain, the meditator's alpha peak drops from 10.5 to 9Hz

3/ The moment of insight: the alpha peak drops to 9Hz, right-brain theta amplifies, upturned delta ushers the insight to conscious awareness, and the pattern amplitude increases from 12 to 13uV.

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## Healing the Block (cont'd)

Script: “Ask your subconscious what it needs.  
You may wish to bargain with it.”



### Working with the block in the subconscious mind

Answer: “I’ve been injured. I felt that the inner rubber band is broken, and that made me sad.  
I need stability and security in my home life to succeed creatively with my work.”

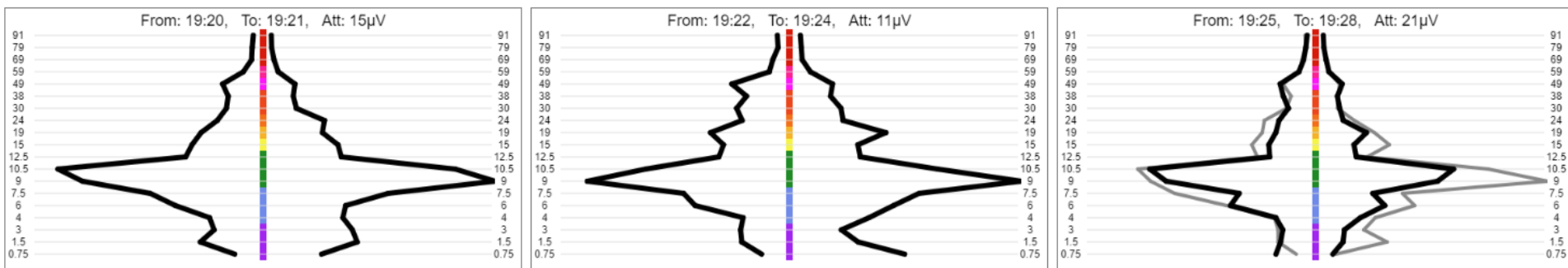
Note the 9Hz alpha peak, amplification of right-brain theta,  
and gamma/beta insight in the left brain.



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## Healing the Block (cont'd)

Script: "...Begin to return to the outside space."



Not every closure is an ending. The issue is unresolved, and more work is needed.

Nevertheless, addressing the issue stabilized the mind and invigorated the body.

Evidence is in the pattern amplitude increase from 11 to 21 $\mu$ V.

The meditator reported: "I felt nausea in my stomach, and that's gone now.

The gall bladder pain released. I have more energy and feel like I'm back."

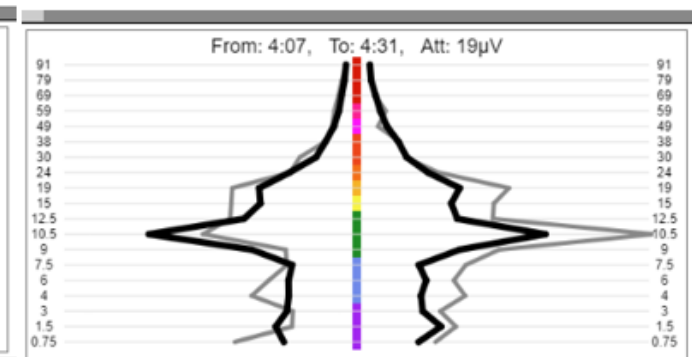
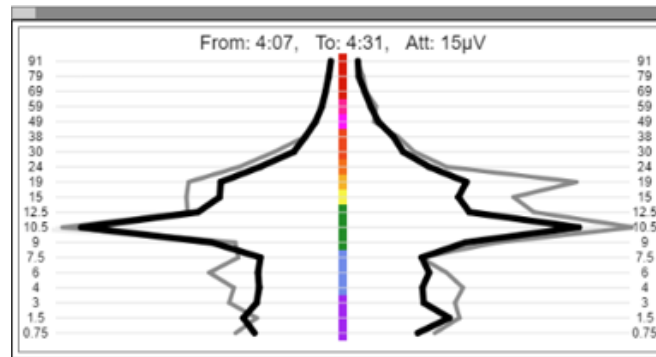
# “The Bridge of Angels,” a higher-state meditation

Spread out your biofield to allow more light to enter in.

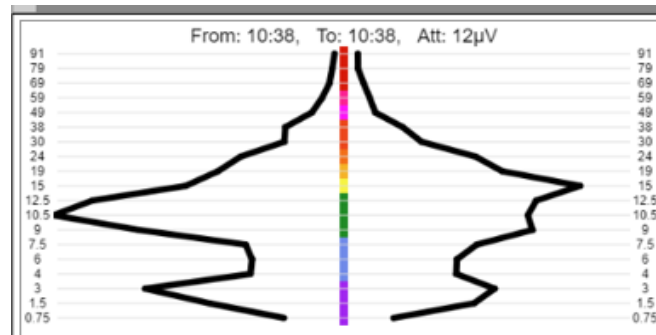
The angels seem familiar somehow...as if they have visited you before, perhaps in your dreams.

Approach the throne of your angelic Higher Self and hear words that have played through your mind before.

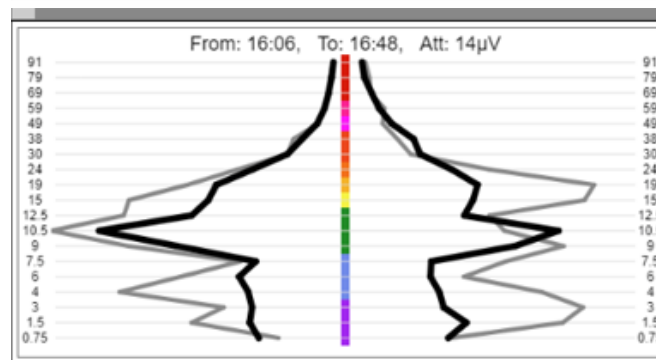
1



2



3

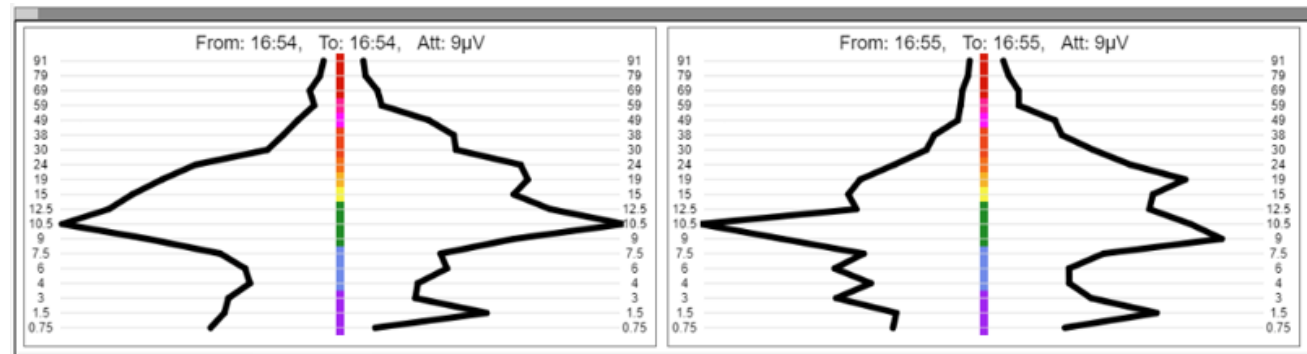


- 1/ Extending the biofield amplifies alpha & the pattern from 15-19uV.
- 2/ Awareness of the angels extends right-brain beta-gamma and merges alpha-theta (feeling).
- 3/ Approaching the throne of the higher self flares theta-delta with remembrance of the essential self/spirit in the subconscious and unconscious.

# The Bridge of Angels meditation (cont'd)

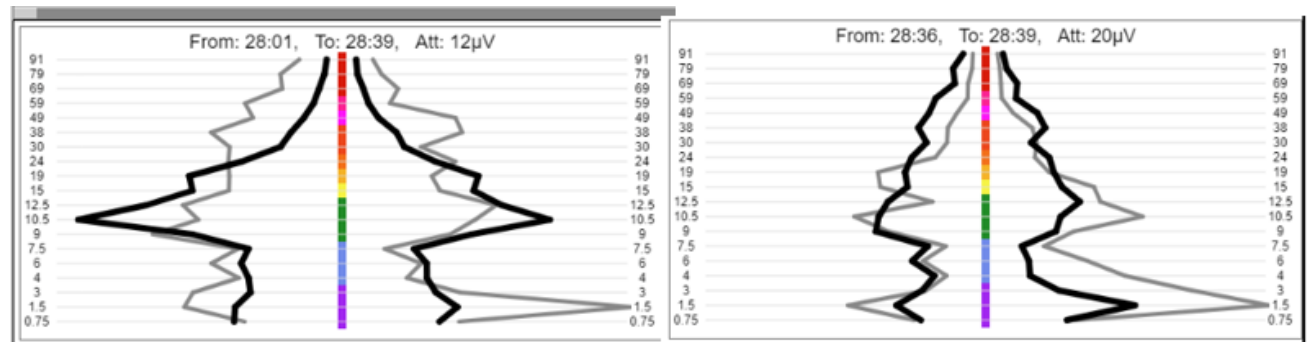
Your higher self whispers: you are a divine and beloved spark of the Infinite Mind. And you exist in the heart of All That Is.

1



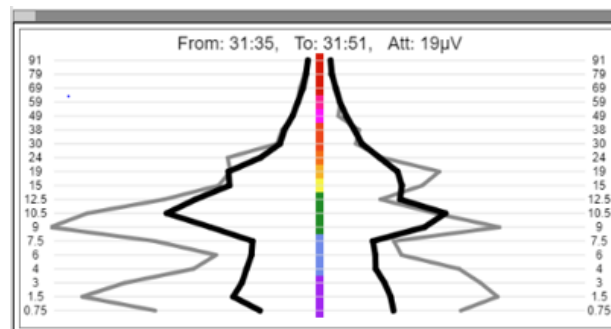
You land on the bridge gracefully...you look down at your arms and see light streaming from you too.

2



Be sure to distribute any light that has concentrated in your head or third eye throughout the rest of your body.

3

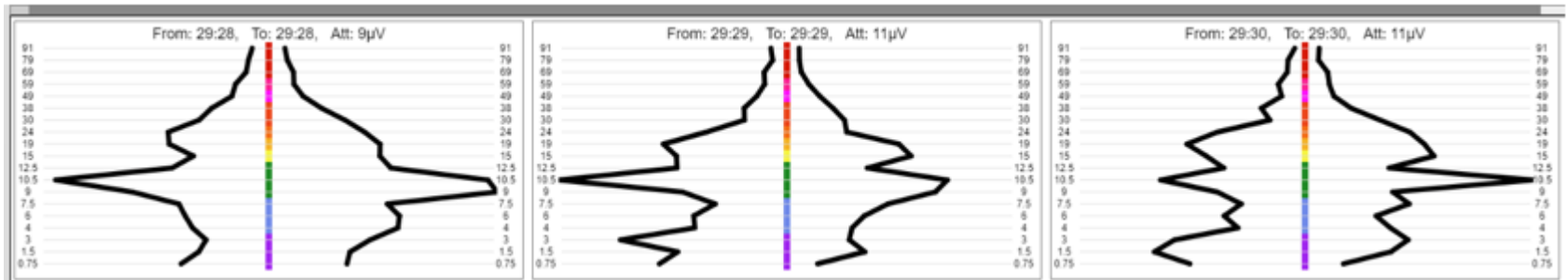


1 & 2: Connection with the higher self flares gamma.  
3: Distributing higher energies flares delta.

## The Bridge of Angels meditation (cont'd)

### Key to Awakened Mind training:

creation of a landmark for meditation and eyes-open brainwave mastery

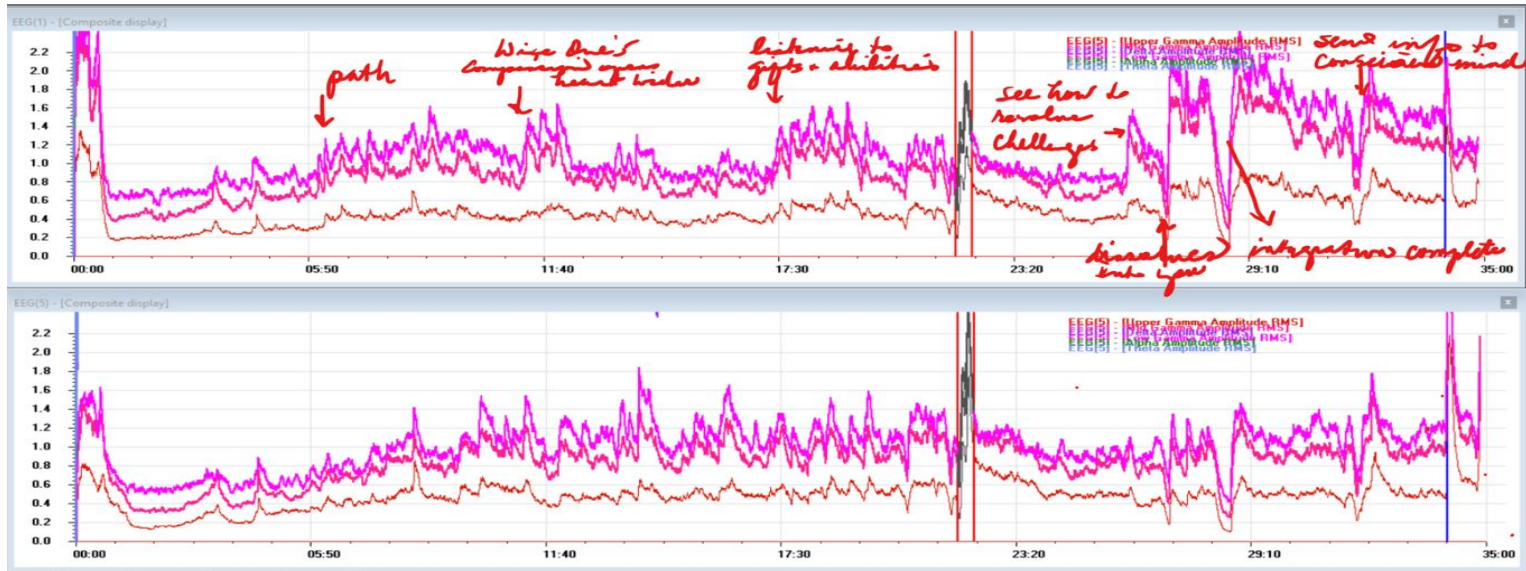


Meditation question: What would your earthly life be like if you embodied your Higher Self? If you were always aware of the unconditional love, companionship, and guidance within and all around you?

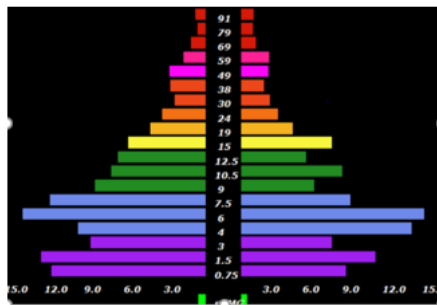
Answer: “The feeling of being in constant touch with my spirit through a wide-open heart.” The brainwave patterns show a strong Evolved Mind flare of unity consciousness in the right brain.

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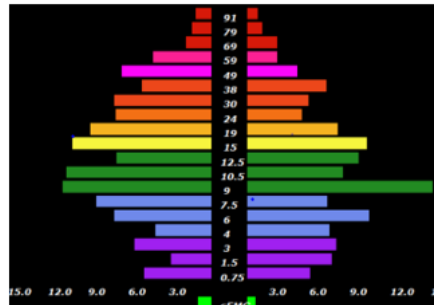
# “Superconscious Mind,” The Monroe Institute, Dec. 2018



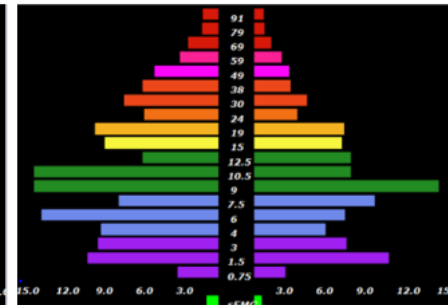
## The Wise One Dissolves into You



Deep subconscious trance/  
channeling pattern



Merging – EM union



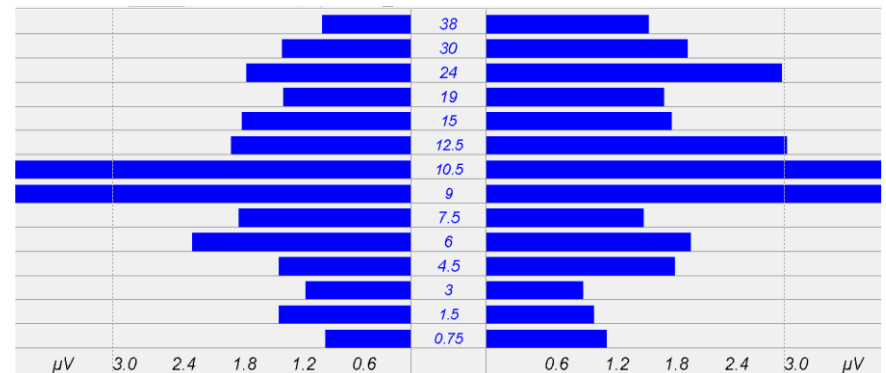
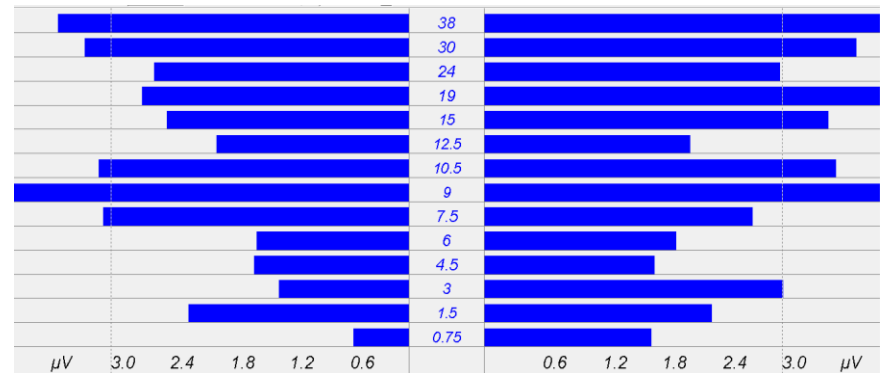
100Hz GS Superconscious

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# Research with the Mind Mirror

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# U.K. Spiritual Healer Malcolm Smith, 2010

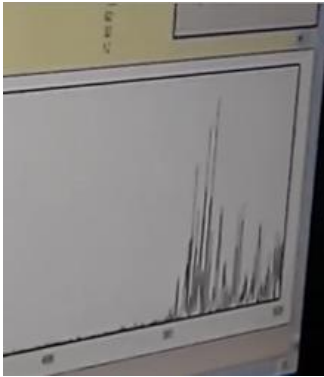


(Top) 35-44Hz gamma activity shown on the 44Hz Mind Mirror 3

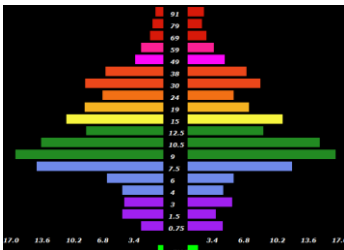
(Bottom) Low gamma retracts into the circular Evolved Mind of unity consciousness

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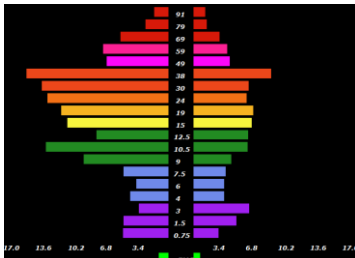
# Healer Edd Edwards, Rhine Research Center, July 2019



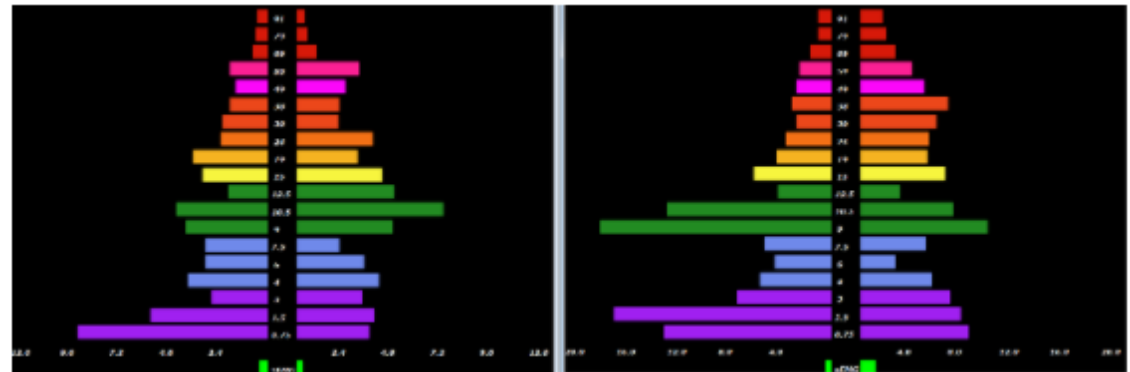
Biphoton readings power up  
during healing



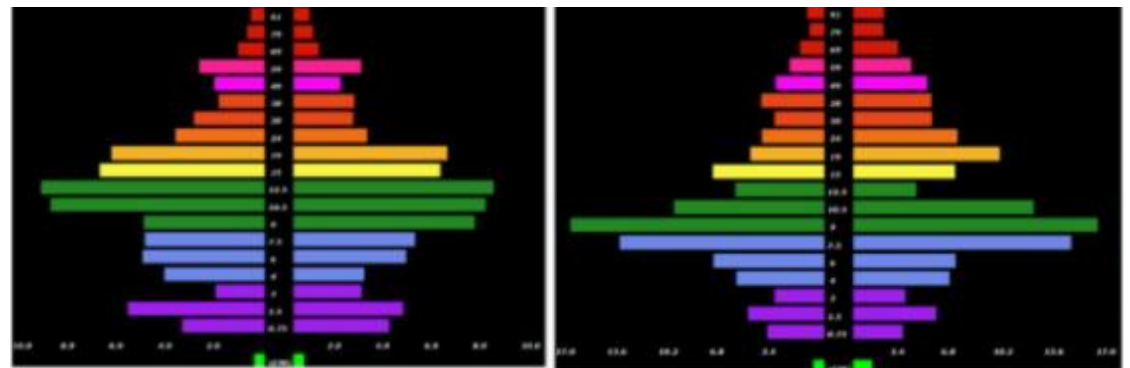
Edd's gamma pattern



Edd powers up left-hemisphere  
gamma during the healing



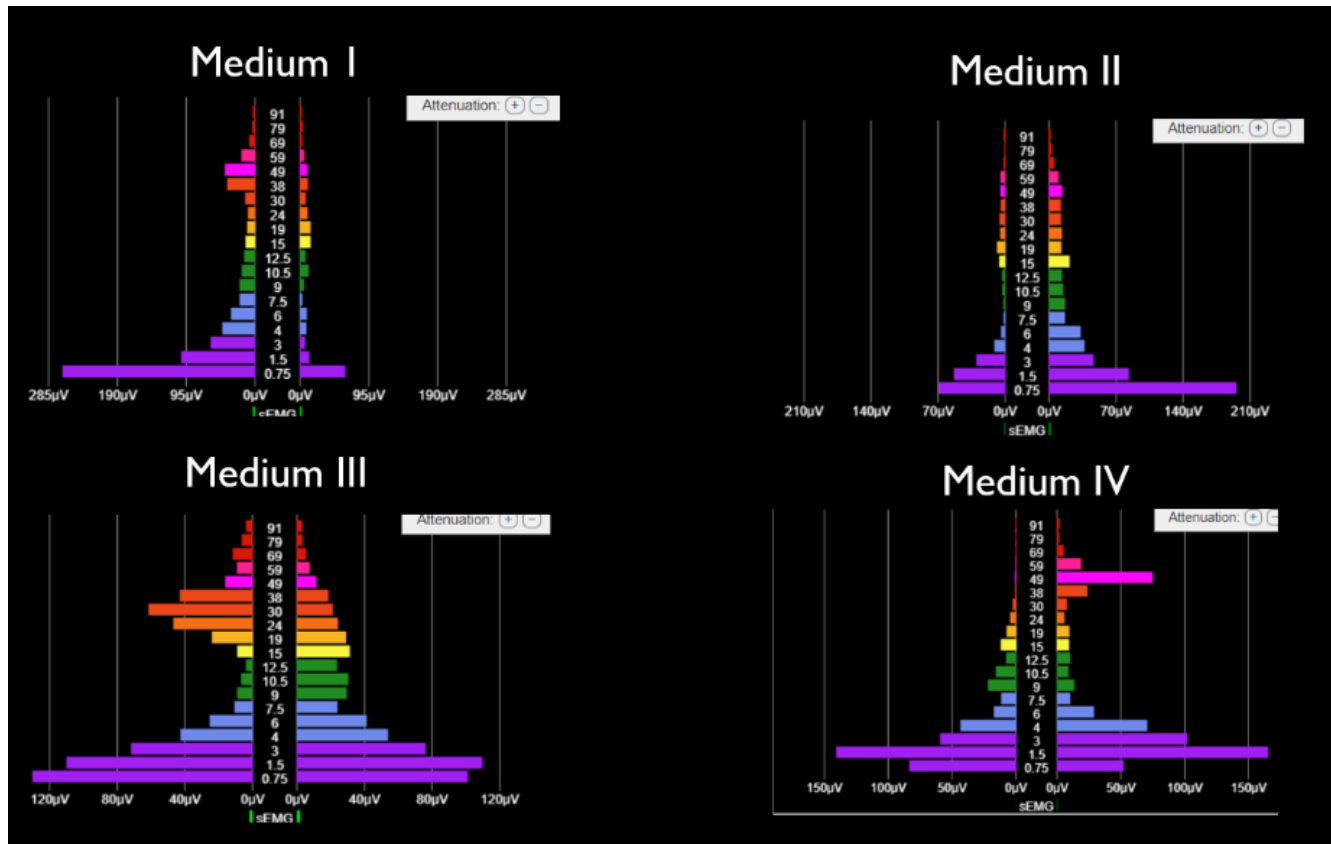
Edd (above, right) meets Judith in her asymmetrical, low-amplitude pattern



Judith (above, left) resonates with Edd's amplified gamma and theta



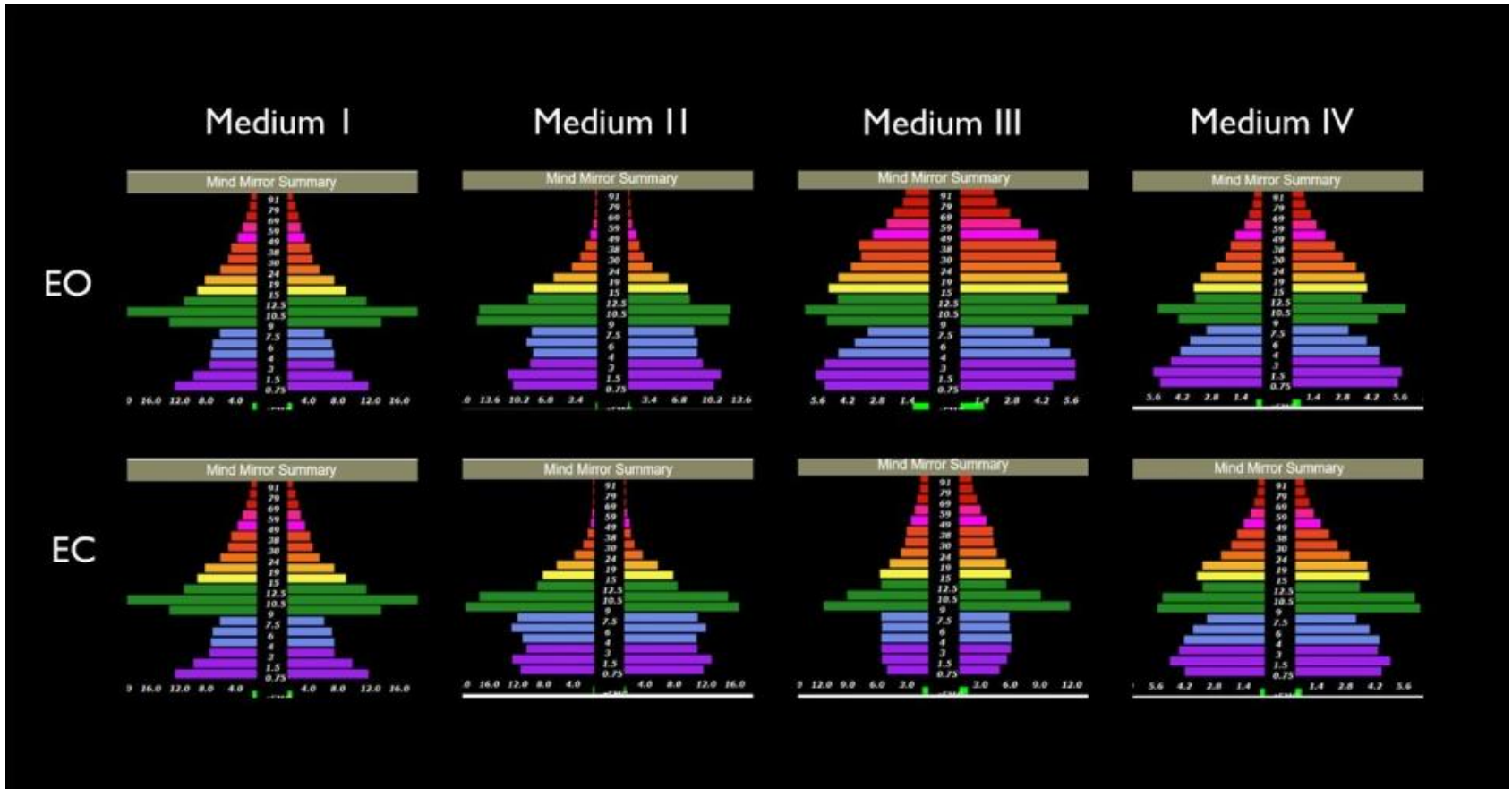
# Delta Activity Measured in Mediums, Jan. 2020 Wallacia Development Centre, Sydney, Australia



Delta frequencies extend from 140 to 250uV, reaching out to contact spirit people.

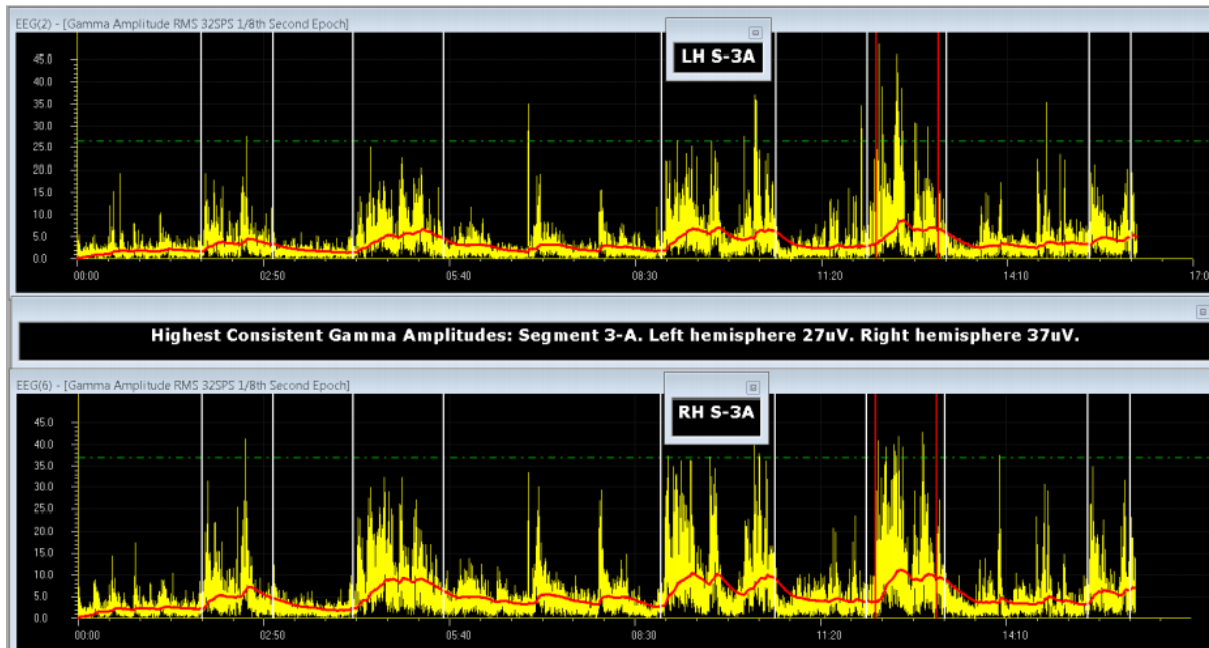
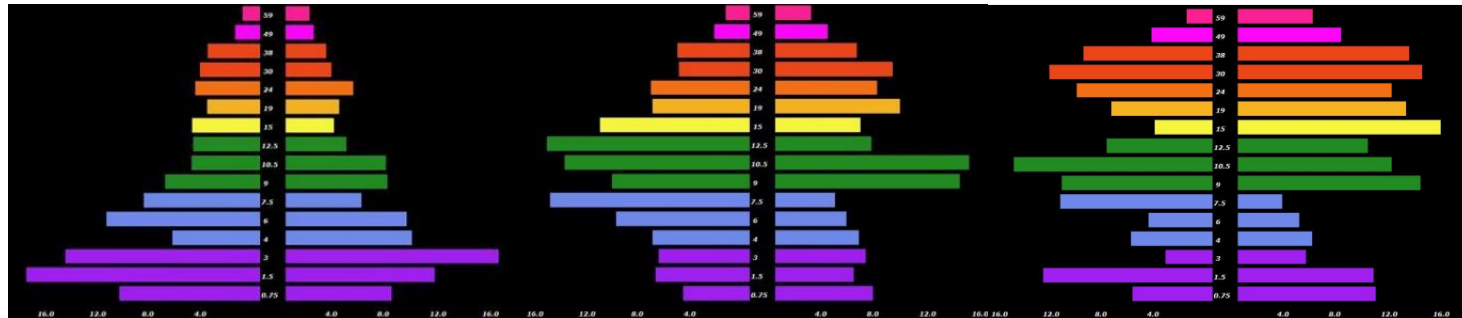
# Eyes-Open Awakened Mind+ Patterns in Mediums

## Wallacia Development Centre, Sydney, Australia

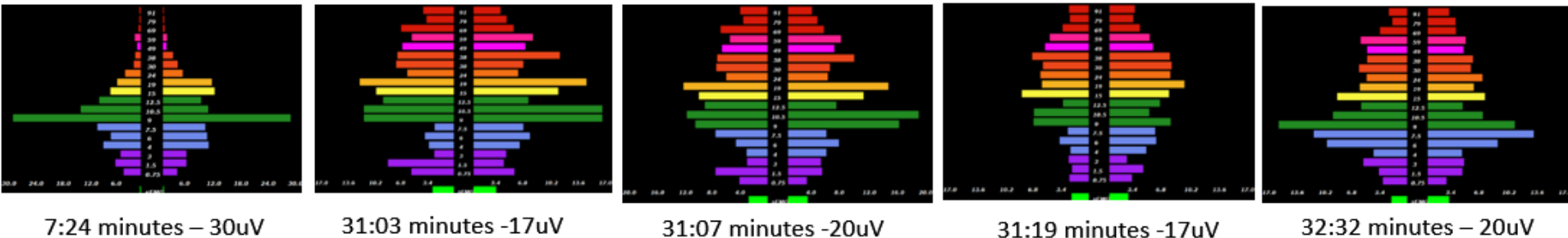


# 3X Near-death Survivor/Authority P.M.H. Atwater

From delta to gamma, surfing down and up into her spirit



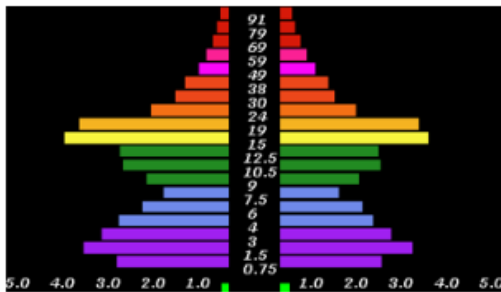
# Transpersonal Bilocation



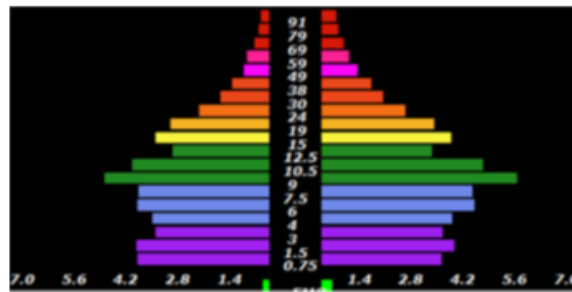
“Suddenly, I saw a flower in my yard and my arm began to hurt. Somehow, I became my dog and found myself licking my sore arm. I was walking around the yard, experiencing life about 18 inches off the ground, yet I was very aware of my mind here. (As the dog) I was lonely and wanting (me) to come home. So I filled my dog with love and joy and the knowledge that I would soon come home. Then I transported back into my body here. Now I realize that my mind can go outside my physical self. I feel that I have a stronger reason to be happy, to make the world a better place.”

*~Non-meditator, retired Family Court Judge*

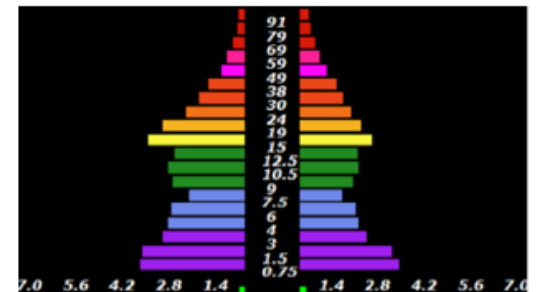
# Remote Viewing



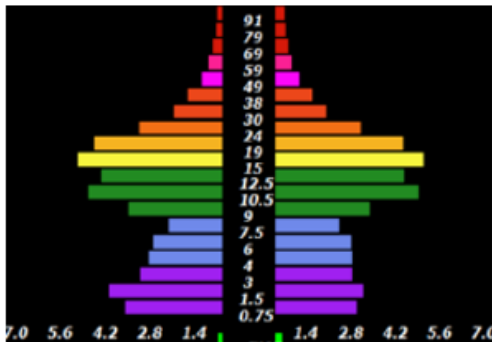
Dorothy, Mystical Scale 3  
AM 48, EM 4, GS 73



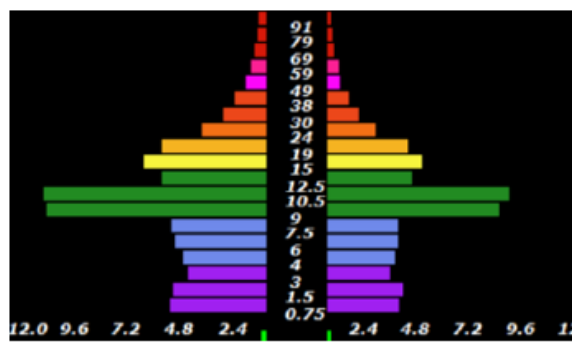
Rachel, Mystical Scale 0  
AM 80, EM 35, GS 33



Sandy, Mystical Scale 2  
AM 25, EM 23, GS 33



Althea, Mystical Scale 1  
AM 74, EM 36, GS 41

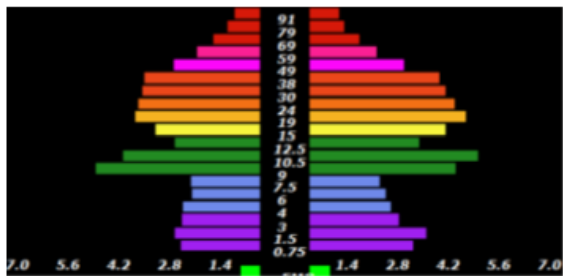


Anne, Mystical Scale 4  
AM 95, EM 32, GS 23

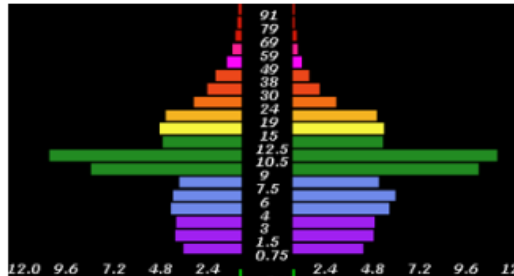
Target Score  
#1 hitters

# Out-of-Body Travel

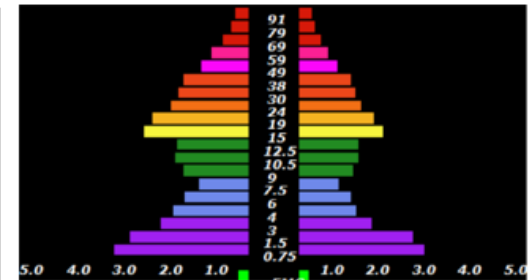
## SPACE PLACE (OBE)



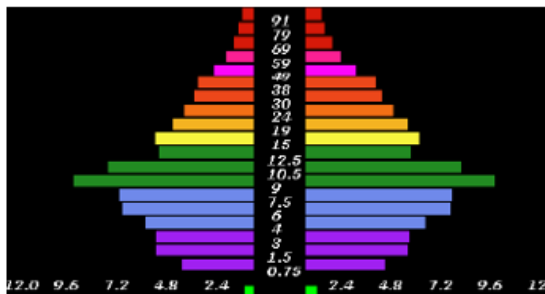
Carine, Mystical Scale 3  
AM 80, EM 37, GS 69 (100Hz scale)



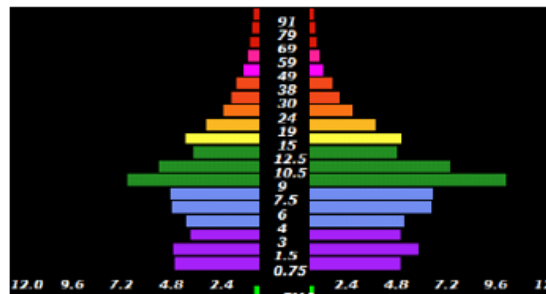
Laurence, Mystical Scale 5  
AM 84, EM 19, GS 17



Sandy, Mystical Scale 5  
AM 11, EM 16, GS 24



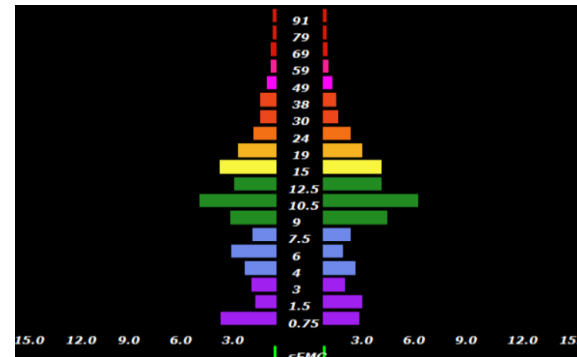
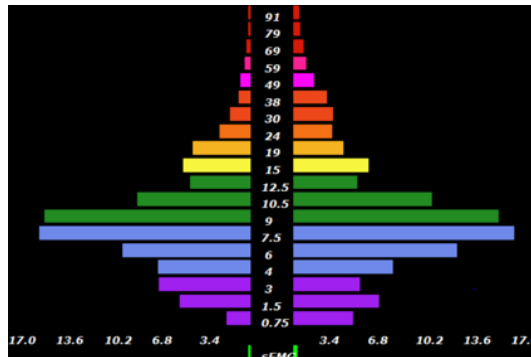
Jim, Mystical Scale 10  
AM 86, EM 16, GS 82



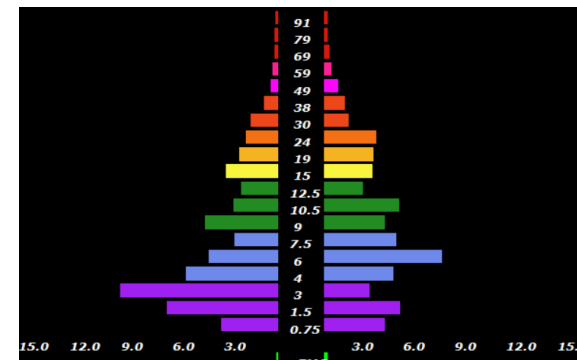
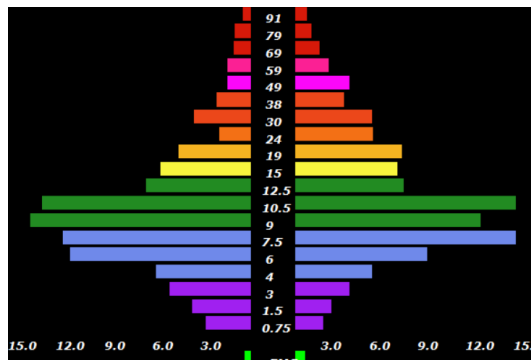
Bill, Mystical Scale 2  
AM 93, EM 13, GS 11

Target Score  
#1 hitters

# Out-of-Body Travel

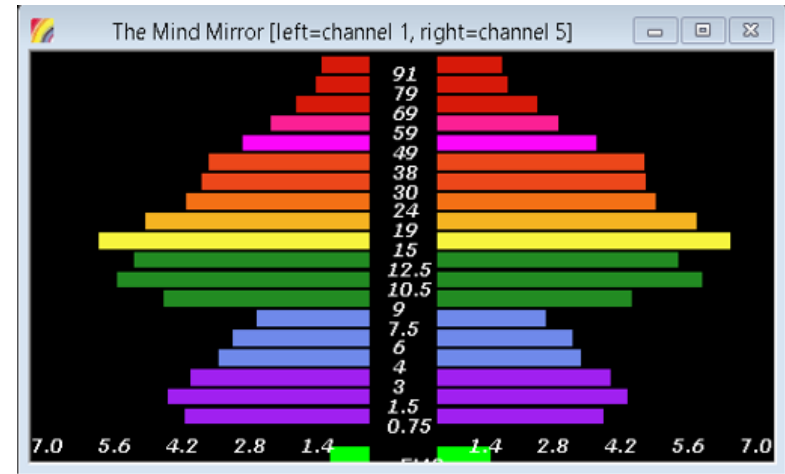
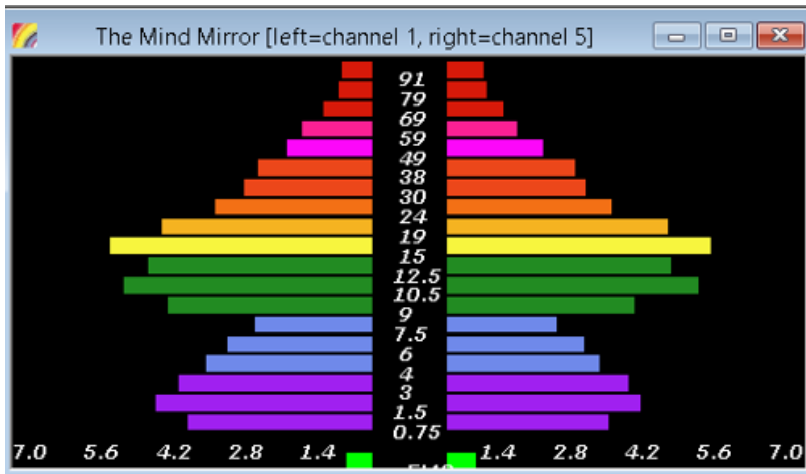


Bill E, 79, retired electrical/software engineer. 14 previous Monroe Institute programs, meditates to recordings twice a week over 20 years. Regularly travels OOB, talks to guides.



Jim L, 82, retired aerospace engineer, pilot, race car driver, and psychologist. 20+ programs at TMI, assists in designing SAM exercises. Has meditated to SAM tracks 15 min/day for 10 years.

# Gamma, Forgiveness & Neuroplasticity



“I was dancing, and it was so vivid that I could feel the movement of each finger and arm. My deceased ex-husband joined me, and we danced together in a life of perfection that hadn’t existed. (Our relationship) reframed itself in a higher level of consciousness. I may dance through life. I may dance through life. ~ F.D., Monroe Program Participant, MM Practitioner Trainee



## Study for Dawson Church on Ecomeditation “Energy Psychology Journal,” May 2019

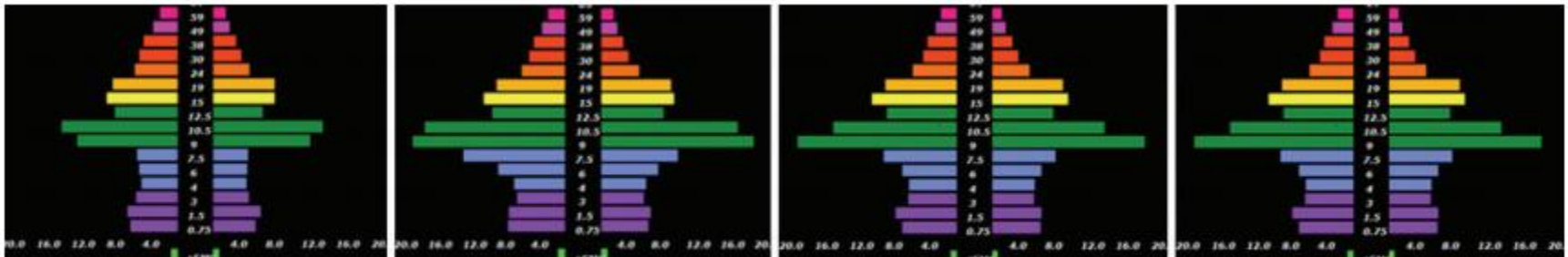


Figure 11. JC's day-two EC: pretest (AM 93%, EM 28%, GS 68%); EcoMeditation (AM 93%, EM 24%, GS 64%); EcoMeditation posttest (AM 95%, EM 26%, GS 23%); day-two posttest (AM 95%, EM 24%, GS 43%).

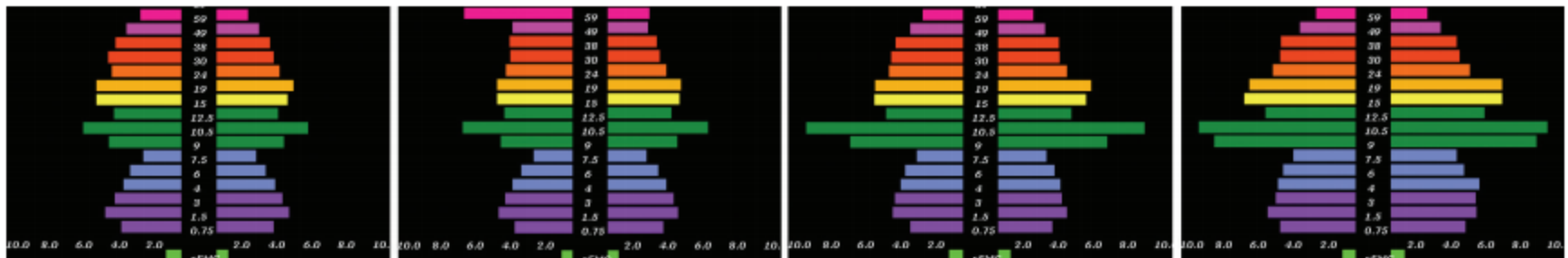


Figure 23. IS's day two: EC pretest (AM 70%, EM 40%, GS 82%); Ecomeditation (AM 72%, EM 46%, GS 79%) [right hemisphere], 1-2 uV artifact RH at 59-49 Hz; Ecomeditation posttest (AM 88%, EM 45%, GS 86%); posttest (AM 87%, EM 52%, GS 83%).



Creativity studies

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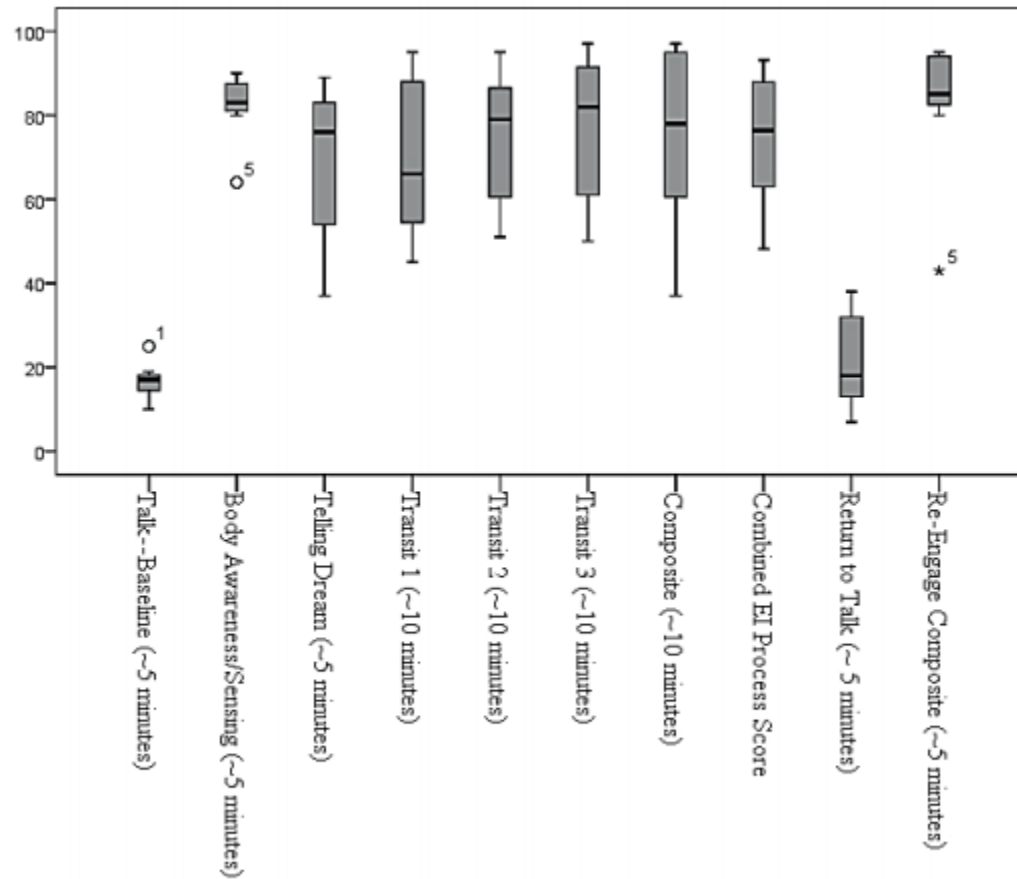
## DREAMS, EMBODIED IMAGINATION AND THE CREATIVE MIND: A PILOT STUDY

Richard R. SZUSTER\*

*University of Hawaii at Manoa, John A. Burns School of Medicine, Department of Psychiatry  
4211 Waialae Ave, Suite 207 Honolulu, HI 96816, United States*

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# Creativity Study



The boxplots combine data for seven participants and show five statistics (minimum, first quartile, median, third quartile, and maximum) and outliers

# Summary

- Mind Mirror patterns reflect the activities of consciousness in a holographic manner
- Awakened Mind meditation structures stimulate shifts in brainwave patterns and states of consciousness
- Internally formulated landmarks reproduce ideal brainwave patterns and states of awareness; and generalize to waking life
- Creative insights derived from the subconscious rewire and heal
- With these tools, people advance their lives quickly and easily.