



Awakened Mind Coach & Practitioner Training

The **Awakened Mind Coach Training** is an intensive program that combines brainwave theory, hands-on EEG practice, and consciousness-expanding meditations. Step by step, you develop the Awakened Mind pattern in yourself and gain the skills to guide others, leading to an internationally recognized certification as an **Awakened Mind Coach**.

Certification Requirements & Program Overview

Certification as an **Awakened Mind Coach** is awarded after completion of:

- **Seminars 1–3**, including one practicum
- The required **independent study work** (see below)
- The **Certification Day**

This training integrates brainwave theory, meditation practice, Mind Mirror usage, and a progressive series of consciousness-developing meditations. The goal is to cultivate the **Awakened Mind brainwave pattern** and higher states of awareness, enabling participants to guide others effectively.

Important Notes

- **Seminars 1 & 2** are open to:
 - Future professional practitioners
 - Self-trainers who wish to use the Mind Mirror for personal development
- **Seminar 3 (and later Seminar 4)** is intended **only for professional trainees**.
- The **Mind Mirror system** must be purchased before attending Seminar 1, as equipment usage and data analysis are part of the training. Information on purchase options will be provided upon registration.





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Prerequisites

Before Seminar 1, trainees are expected to be familiar with the brainwave principles presented in the works of **C. Maxwell Cade** and **Anna Wise**. A recommended reading and listening list will be provided upon registration.

Seminar Descriptions 1-3

Seminar 1

- History of the Awakened Mind and Mind Mirror
- The five brainwave categories and their functions
- Key brainwave patterns: Meditation, Awakened Mind, Evolved Mind, Superconscious Gamma Synchrony, Universal Consciousness
- Operation of the Vilstus Mind Mirror 6 EEG and physiology meters (GSR, BVP, Temperature)
- Software usage and data analysis
- Hands-on practice with electrode placement
- Trainees are monitored on the Mind Mirror during multiple meditations from the Anna Wise Protocol

Seminar 2

- Advanced brainwave vocabulary and interpretation
- Monitoring brainwave patterns during a Brainwave Profile and meditations for:
 - Beta mastery
 - Alpha development
 - Theta development
 - Awakened Mind pattern
- Structural basis of Awakened Mind meditations





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- How to compose and lead guided meditations
- Practical work: drawing brainwave patterns and guiding another student through a Brainwave Profile
- Prepares the student for independent study assignments (prerequisite for Seminar 3 not for self-trainers)

Seminar 3 / Practicum 1

(Open only to certification trainees)

- Presentation of:
 - 25 sets of brainwave drawings
 - 5 case histories
 - At least 2 of 6 original meditations (for feedback and refinement)
 - Voice and presentation feedback from teacher and peers
 - Guidance on dealing with subconscious content arising in sessions
 - Continued practice with higher-state meditations and data analysis
 - Trainees are monitored during advanced Awakened Mind sessions led by the teacher
 - Focus on demonstrating professional knowledge, technical mastery, and personal development
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Certification Standard:

Certification is awarded when the trainee demonstrates:

- Satisfactory knowledge of theory and techniques
- Ability to conduct sessions with competence and presence
- At least an **eyes-closed Awakened Mind brainwave pattern**

(All trainers require a written exam.)





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Independent Study Work

Between Seminar 2 and Seminar 3, trainees complete:

- **25 brainwave sessions** with 5 different subjects (5 sessions each)
- **5 case histories**
- **6 original guided meditations**, each designed to develop specific brainwave categories and patterns

This independent study demonstrates the student's depth of understanding and ability to apply the work. It also builds the skills and confidence necessary to practice as a professional **EEG Awakened Mind Coach**.

Practitioner Training

Seminar 4/Practicum 2:

This seminar focuses on conducting group brainwave training.

Includes:

- planning for three-hour, one-day, weekend, three-day, and five-day workshops (the "grid" system);
- leading groups in meditation;
- processing content within a group format;
- group dynamics;
- ethics;
- biomonitoring and giving feedback within the group context;
- addressing "energetics," spiritual crisis and spiritual development;
- and how to attract and build a practice.





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In this final practicum, each student leads the group in at least one original meditation and receives feedback on presentation and content. The student is monitored on the Mind Mirror during several higher-state meditations.

The purpose of the practicums is to provide an opportunity for students to demonstrate their knowledge and abilities, receive feedback, and develop their skills. Certification is awarded when the student exhibits satisfactory knowledge of the material and techniques and displays at least an eyes-closed Awakened Mind pattern.

Both criteria ensure the trainee's ability to help others awaken their minds. The practitioner trainer may administer a written test that must be passed satisfactorily to be granted certification.

Certification Standard:

Completion of the independent study work and Seminars 1-4 leads to Awakened Mind Practitioner certification.

