



The Awakened Mind: Biofeedback and the Development of Higher States of Awareness

Maxwell C. Cade, Nona Coxhead

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In *The Awakened Mind*, British biophysicist and consciousness researcher Maxwell Cade shows how biofeedback is made many times more effective by combining it with meditation - the ancient art of listening to the soul. Using his own Mind Mirror machine, a revolutionary advance in the precise monitoring of mind-body control, the author explains the relevant exercises, skills and sensory sequences involved in this extraordinary technique. As a result, new possibilities for relaxation, health and awareness become available, as well as a dramatic increase in both mental and creative potential. Biofeedback is the science of listening to the body, understanding its messages, and using the mind to control it.

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