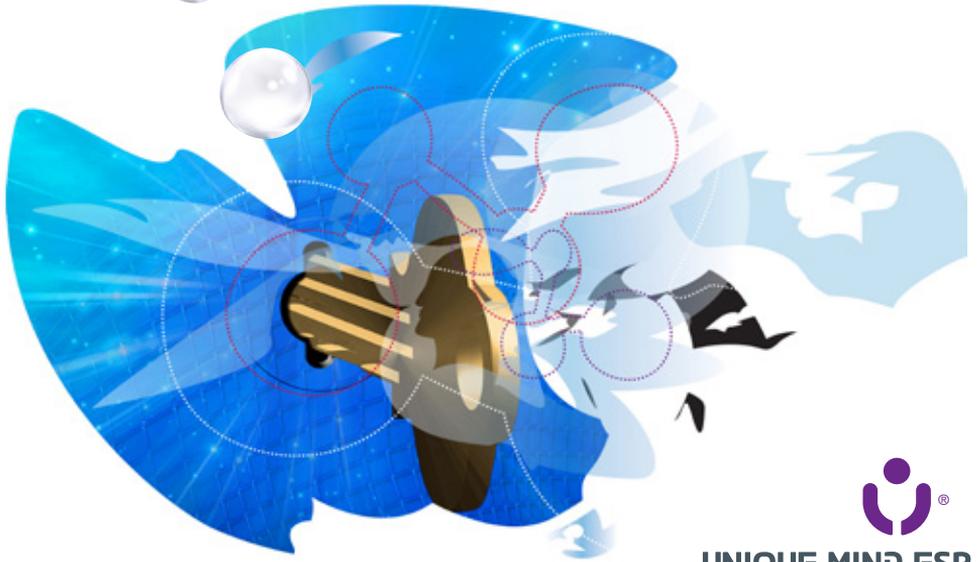


# *Consciousness Training*

When the brain becomes more efficient  
– you discover completely new solutions



Founder Deborah Borgen



**UNIQUE MIND ESP**  
Key to inner wisdom

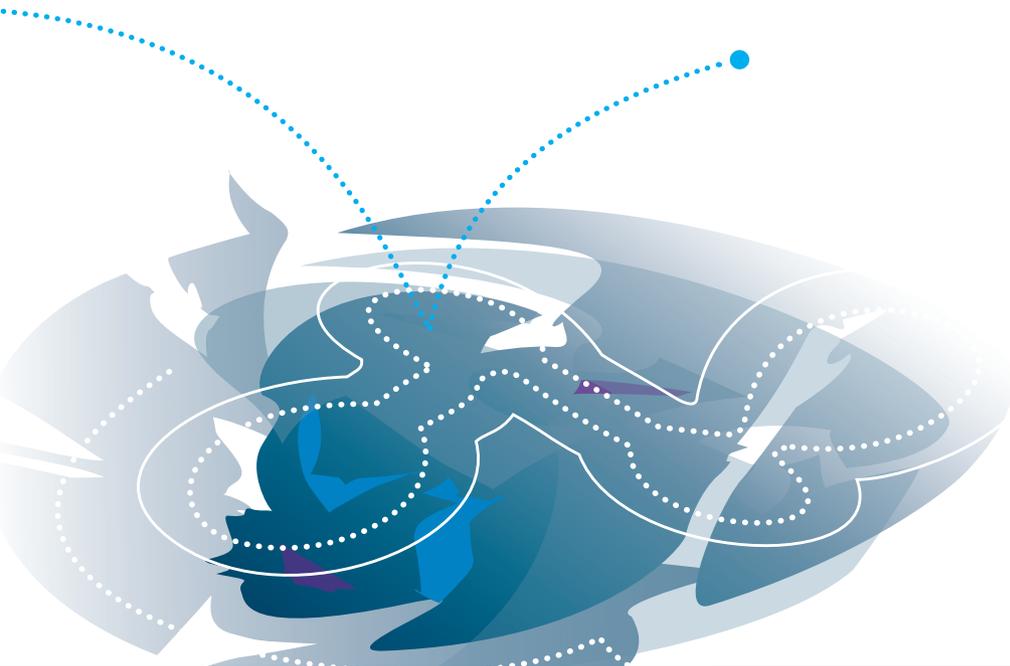
## ConsciousnessTraining is training of the brain in a systematic way, in order to optimize and strengthen functioning of the brain

### Qualities of the brain

Perhaps you have learned that you can train the brain with crossword puzzles, or that stress levels can be reduced by taking a walk in nature or using meditation or yoga. However, you may not have learned that you can consciously develop and train your brain to cope with challenges in life.

The brain is being focused upon more than ever, and we now have new knowledge about its enormous resources and qualities that we can make use of in a conscious way. We have five main groups of brainwave frequencies in the brain that are measured by EEG (electroencephalogram). During ConsciousnessTraining we emphasize the conscious use of good qualities within all five groups of brainwave frequencies in our daily lives.

- The ability to perform at a high level for sustained lengths of time while remaining calm
- The ability to get things done – to take action
- A balance between logic and emotions – emotional stability
- The ability to create something new and transform something old – adaptability
- The ability to think holistically and have greater empathy

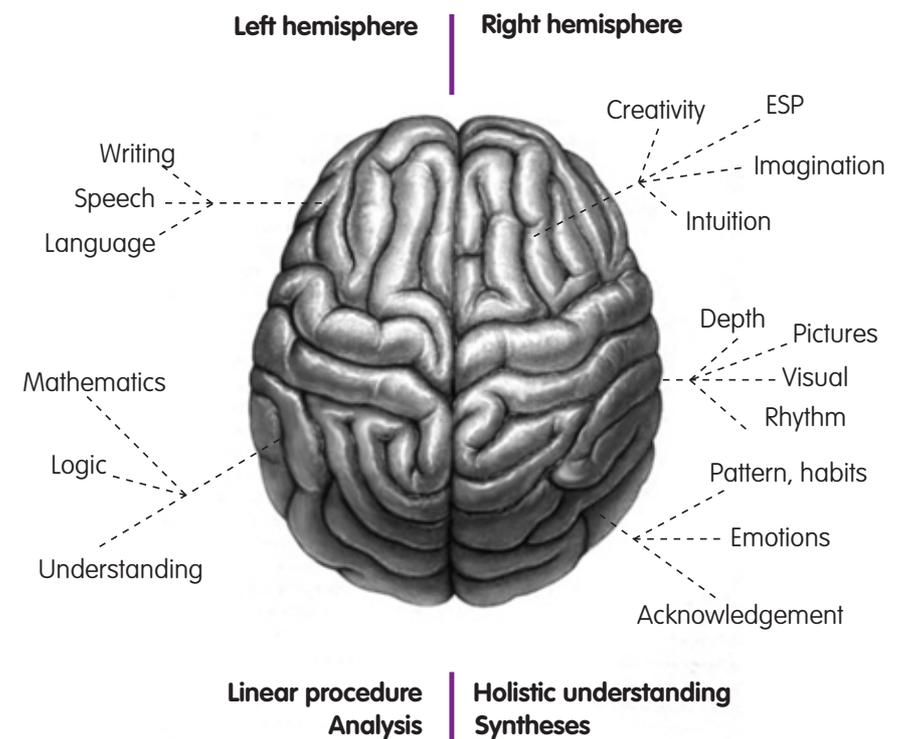


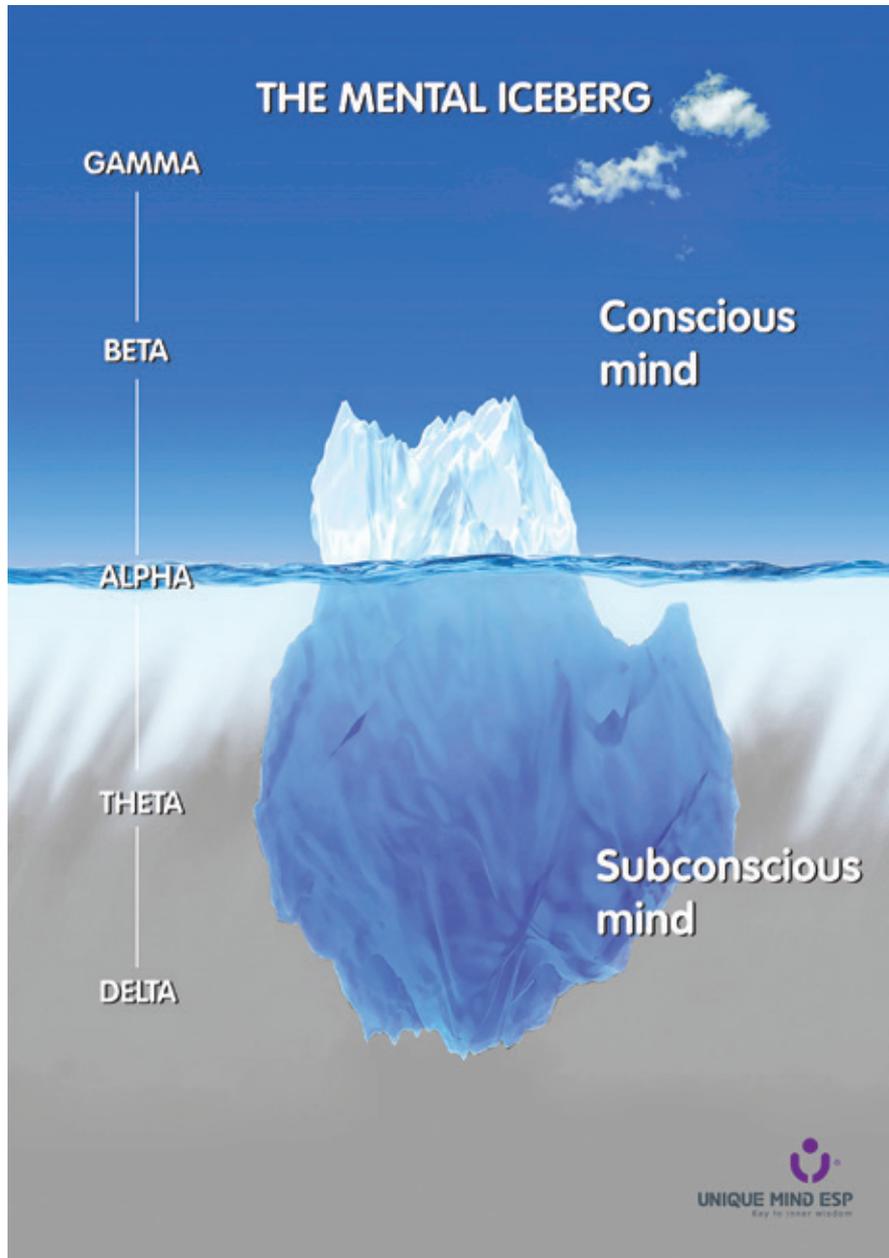
## Tasks of the two brain hemispheres

Understanding the tasks of the two brain hemispheres is vital for understanding the importance of being in balance and realizing the resources we have available to us. When we use the logical left brain hemisphere predominantly, we restrict our creativity. Likewise, when creativity in the right brain hemisphere is predominant, we can find ourselves thinking of too many things that just might happen

Our *ConsciousnessTraining* strengthens the brain hemispheres both individually and together, creating balance and making the brain more effective.

### These are the most important tasks related to the brain hemispheres





## Why are we who we are?

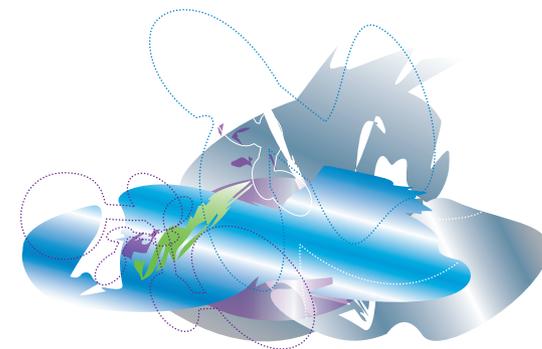
*ConsciousnessTraining* uses “the mental iceberg” as an explanatory model to show how we humans mentally function.

The visible part of the iceberg represents our daily life where we are awake and conscious. Our behavior influences our daily life. What we say, think and do. The part of the iceberg that is submerged represents our creativity within, the realm of sleep and the subconscious. This is also where our attitudes and truths are found.

The first measureable brainwave frequency in humans is Delta frequency, and that is why we say that the building of the mental iceberg starts there. As research shows today, we are also influenced by genes and heredity. During the first years of life – until six or seven years of age – the mental iceberg is built up without analysis. We adopt attitudes and truths from our environment. When our ability to analyze has developed, we continue building upon the foundation that already exists. By the teen years we have built the basis that determines our behavior as adults. We are then living in the conscious (visible part of the iceberg), and most of the contents of the subconscious are forgotten and hidden from consciousness in our daily lives.

If we are to change the attitudes and truths we previously absorbed, we need to do that at the subconscious level. Today we know that it is possible to make these changes using cognitive therapy among other methods. *ConsciousnessTraining* makes it possible to make these changes ourselves, because we have been trained to deliberately make use of qualities in Theta brainwave frequencies. The brain is in many ways like the rest of our body, various parts can be trained and thereby changed.

If we look at the size of the conscious and subconscious parts of the mental iceberg, we can see that the greatest capacity lies in the subconscious part. It is these unused resources and this level of our brain that we must have available to us in our daily lives in order to solve problems and challenges in our lives and in society in general.



## ESP sense – an important resource

*ConsciousnessTraining* increases functional connectivity between the two brain hemispheres, resulting in an enhanced ESP sense. ESP is an acronym for extra sensory perception. This sense is necessary for creativity that makes us more solution oriented.

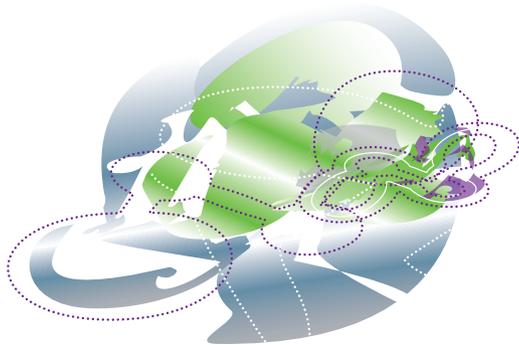
In order to understand what is stored in the subconscious part of the mental iceberg, we need to strengthen and understand our ESP sense. Just as we have our five physical senses to orient ourselves in the conscious, outer world, we use our ESP sense to orient ourselves in our inner world, our subconscious.

## The ESP sense functions in three different ways:

- One way is kinesthetic (to feel). This means that we can feel it in our body in various ways. The expression "gut feelings" can be a feeling in the gut, but can also be a "tightening in the chest" when we feel that something isn't right.
- Another way is auditory (to hear). When we get ideas or thoughts, we can "hear" them within. Many people say "I just knew it." In other words, we call it intuition.
- The third way is visual (to see). Images are seen in our mind's eye, as in our dreams. When someone describes something to us, we may often say "Yes, I see what you mean."

Our ESP sense is also the sense we use when we dream. We can feel, hear and see in our dreams. We all experience gut feelings or intuition in our daily lives as a warning that something isn't right. The ESP sense is a task of the right brain hemisphere, as are emotions and imagination. If we don't also use logic, a task of the left brain hemisphere, then fear and chaos easily result.

*ConsciousnessTraining* trains you to use your ESP sense in a new, optimal and constructive manner to find good solutions in your life.



## Simple techniques for use in your own life

*ConsciousnessTraining* gives you two simple techniques:

**Nightfilm** is a planning tool. In short, this technique is used to sort thoughts and clear your head of worries as well as get an overview of your following day. This gives you a good night's sleep and a good survey of your daily life. This technique puts things in perspective and helps to find new solutions.

**The Creative Corner** is used for goals, mental preparation and transforming difficult situations or clearing away something that is obstructing you in your daily life. It creates lasting changes, resulting in feelings of mastering, satisfaction with life and mental well-being.

## Some of what becomes easily available to you after a course:

- Simple techniques for use in your own life
- Inner calmness throughout your day
- Increased confidence about your own decisions
- Presence of mind and greater satisfaction with life
- Better physical and mental health
- Fewer worries and better sleep
- Strengthened gut feelings and intuition
- Better focus and concentration
- Improved memory and learning ability
- Better overview and solutions for the whole

One thing that is certain, is that life has its ups and downs. You will continue to encounter challenges and things you need to cope with after the course. The difference lies in how you cope with them after *ConsciousnessTraining*.

To register and find scheduled courses:

[www.uniquemindesp.com](http://www.uniquemindesp.com)

## Research

It's important for Unique Mind ESP to be able to document the effects of ConsciousnessTraining, so that those who choose to participate in our courses feel assured about getting results.

A research project was carried out during the Fall of 2010 and Spring of 2011, and an article about it was accepted for publishing in the scientific journal *Frontiers in Human Neuroscience* on 14 December 2016.

To confirm the results from the first project, another research project has been carried out.

We look forward to several more published articles in scientific journals, and information about these will appear on our website.

Nord University is responsible coordinator for the research on *ConsciousnessTraining*.

## Here are some results from *Consciousness Training* shown by research:

- Significant functional changes in the brain
- Increased use of the whole brain, more variation, with increased ability to shut down or activate parts of the brain as needed. This resulted in inner calmness and better focus, which was one of our sub-goals
- Stress levels were clearly reduced, as were symptoms from stress
- Increased self-instruction as well as increased control of own thoughts
- Centered and synchronized brain activity and experienced better learning as well as strengthened gut feelings/intuition
- Ability to feel empathy was significantly increased in the group, as a result of increased use of intuition
- Greater alertness was available to all
- Participants experienced less depression and anxiety, and that indicates that the "inner critic" was subdued.
- Participants were trained to greater focus and attention as well as better memory
- Participants became more goal-oriented, attained better understanding of connections and gained more insight
- Increased feelings of presence of mind and solidarity

More information about research is available on our website: [www.uniquemindesp.com](http://www.uniquemindesp.com)

## Founder

Deborah Borgen is a pioneer in consciousness training. She was born in Canada in 1960 and has grown up in Oslo, Norway. She holds a degree in economics from the BI Norwegian School of Management.

A profound experience in 1986 inspired her interest in understanding the workings of the human mind. Deborah experienced many traumatic experiences in her life, as well as stress that resulted in illness. She therefore used 24 years on her own research and development.

In 2010 Deborah introduced "Unique Mind ESP – Key to Inner Wisdom", consisting of two courses: *ConsciousnessTraining I* and *ConsciousnessTraining II*. The concept is groundbreaking in consciousness training, and courses are offered in several countries.

## Vision

Our vision is to help people to help themselves. When each of us uses our full potential, we will function optimally as part of a whole and we will be stronger individuals in a strong community. This leads to a society in continuous development, with more empathy for all parties in cooperation for peace.

## Instructors



Deborah Borgen  
Founder/Instructor



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Phone: 0758 707 3133



## Our courses

*ConsciousnessTraining I* is our basic course and consists of exercises to strengthen functioning of the brain. In addition, it includes mental training and two simple techniques for use in daily life.

- The *ConsciousnessTraining I* course is a two-day course on weekends, from 10 AM to 8 PM both days.
- Guidance by phone in using the techniques learned at the course is included in the course fee.
- You are eligible for a reduced price each time you repeat the *ConsciousnessTraining I* course.

Courses are open for those who are 18 years or older, or 16 years with written permission from parent/guardian

## Private and public sector

Efficiency is more and more important in the working world. This can, however, lead to pressure and stress that leads to sick leaves or burnout. The *ConsciousnessTraining I* course teaches tools that allow us to perform at high levels while maintaining inner calmness, so that we function better in the workplace – and as humans.

We offer courses adapted for businesses, government offices, or staff at schools and preschools

- *The ConsciousnessTraining I* course is a two-day course, eight hours per day.
- Guidance is offered to help you and your company achieve lasting success. Our professional guidance counselors help you to make better use of techniques learned at the course

**You are welcome to contact us with your questions or requests for additional information.**

A list of courses and prices is available from [www.uniquemindesp.com](http://www.uniquemindesp.com)

## References

"The course has helped me to learn to balance analysis and intuition, and I have therefore discovered and chosen opportunities that I otherwise would have missed out on. High income, good relationships and daily magic are some of the results". ~ Bjarte

"I've learned techniques that I can use to process trauma from childhood, resulting in better feelings of mastering and self-worth. This has given me better self-insight and understanding, and not the least – better quality of life." ~ Sincerely, John M N

## Books



*Magical Moments; Discover How to Easily Create More in Your Daily Life* was released in April 2011 and presents parts of the *ConsciousnessTraining I* course. This book is available from Amazon.co.uk as well as a Kindle e-book.



*Take Charge of Your Life Before Someone Else Does*, forthcoming (published in Norwegian in 2013).

A handbook for teachers is forthcoming in October 2017 in Norwegian.

## Guided mental exercises



You may purchase and download two of the mental exercises used at the courses from our webshop. Links for purchasing books are also found at our webshop.

[www.uniquemindesp.com](http://www.uniquemindesp.com)





# UNIQUE MIND ESP

Key to inner wisdom

**We must be the change we wish to see in the world**

*Mahatma Gandhi (1869 - 1948)*



**For registration and information:**

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