

"I did ESP I in London on Sat and Sun with Yngve and just wanted to say how wonderful the course was. Truly inspirational and both enjoyable, informative and fun. I'm excited to be able to travel to the Delta level so easily, and am really looking forward to using the tools I have gained from the course".

Sean

Free Introductory Lectures

Stop complaining and start living is the headline in one of our ads. This is the title of the book that inspired Deborah to start goal-oriented self-development. She knows that:

You are unique and may easily create changes.

Come and be inspired and motivated to make changes. The lecture is free and lasts about 1.5 to 2 hours. You will receive information about the course, its contents and how we work.

Registration is not necessary for the lecture.

7.00 pm on the following dates:

1 September
22 September
27 October
10 November

Radisson Edwardian Grafton Hotel

130 Tottenham Court Road,
London W1T 5AY

Nearest tubes: Warren Street, Goodge street, Euston Square

ESP^I courses

11-12 September	Saturday	10.00 am - 8.00 pm
2-3 October	Sunday	10.00 am - 8.00 pm
6-7 November		
20-21 November		

Instructor Yngve Fahre
Mobile: 07551 22 33 87
email: yngve@uniquemind.co.uk

Price £ 347 Repeater fee £ 50

Visit our website for more information.
You may also register here:

www.uniquemind.co.uk

ESP Courses

Autumn 2010



Yngve Fahre, Instructor

Deborah Borgen, Founder

"The intuitive mind is a sacred gift, and the rational mind a loyal servant. We have built a society that honors the servant and has forgotten the gift"

Albert Einstein (1879-1955)

The rational mind focuses outward, while the intuitive mind is introspective. You open up for realizing your own greater potential by using your intuitive mind.



UNIQUE MIND ESP
Key to inner wisdom



UNIQUE MIND ESP -key to inner wisdom

Deborah Borgen has worked with self-development since 1986 and has worked with several different courses. After 24 years of self-development and research, the new programme was launched in January 2010.

From gut feeling to goal-oriented self-development - a programme that trains you to use more of the potential of your brain. You learn specific techniques that enable you to influence your life and your surroundings.

Through her own experience, Deborah has shown that we can train our ESP sense for use in goal-oriented self-development. Her background from economics led her to recognise the importance of a goal-oriented program that gives confirmable results

She had intuitively sought to reach the level of Delta frequencies, and she believed that we could be conscious and awake while at this level, equivalent to deepest sleep. Delta is an important level because it connects to empathy and wholeness. That means that we can have more empathy and holistic thinking in our lives.

This was a part of the key and the answer she had been searching for. Together with a tool for goal-oriented change and development, the **Key to Inner Wisdom** came to be.

When we open up for our own greater potential and use two brain hemispheres in balance, the good life is in fact accessible for all!

ESP

Everyone has a gut feeling. 'Gut feeling' is an informal expression for ESP, which is an acronym for Extra Sensory Perception.

We humans have five physical senses that we use to orient ourselves in the physical world. ESP is a sense that makes it possible for us to orient ourselves in our inner world. ESP is the sense that perceives invisible information. At the times when you say "I just knew it!" you have used your ESP sense to comprehend. There are three different ways to receive information through the ESP sense:

Gut feeling: You perceive information through bodily sensations and feelings

Intuition: You perceive information by knowing something, but you don't know how or why

Visual: You perceive information with help of images in your mind's eye

By using your ESP sense for inner self-development, you come in contact with your own greater potential. You are able to remove outer and inner blockages on your way to whatever it is that you would like to do.

Most of our decisions and choices are made by the subconscious. By coming in contact with your inner self, you are able to make conscious choices and take conscious action. You are able to practice goal-oriented self-development.

One of the most important things Deborah has learned in connection with inner work is to work with symbols and understand them.

Some advantages our courses give you:

- Easy tools for use in your own life
- Enhanced gut feelings
- Greater balance and inner peace
- Better health, improved sleep and less pain
- Greater understanding and insight about yourself
- More energy, joy in living and better self esteem
- You dare to do more
- You make better choices and decisions
- Holistic thinking

Evaluation and research

A brief summary of a survey done on the ESP I course in January 2010

- Half of the participants said that they had some form of pain or a problematic painful condition. Of those, 45% or almost half experienced improvement during the course.
- 97% felt that the course had given them deeper or expanded understanding.
- 92% felt that the techniques they learned at the course seem to be simple to use after the course.
- 99% reported that the course had given them an understanding of how they may themselves do something to improve their life.

Nine out of ten participants experience greater balance and inner peace already during their first course.

ESP I is exceptional compared to other types of meditation. In this course you will learn to go deeper within yourself and to use specific techniques to deal with all challenges in your everyday life, physical and psychological.

Change your life by using these unique techniques after just 20 hours training!

For more information:

www.uniquemind.co.uk

