

Good balance between head and heart opens your potential to remain calm no matter what you encounter in your everyday life

Stop complaining - start living - it's actually possible when you know how!

In our course we explain that the improvements you experience are not mystical, but quite natural. Remaining calm no matter what you encounter in your daily life allows you to find creative solutions to challenges and use all your energy to do what needs to be done, without wasting energy on fears or worry.

Statement from a physician:

"The techniques help me to have more energy in my daily practice as a primary care physician, and this benefits my patients too. I also use my intuition as a third pillar, in addition to knowledge and experience as the other two pillars."

Some easily accessible results after the course:

- Simple techniques to utilize in your daily life
- Inner calmness throughout the day
- Increased self esteem and confidence in your own choices
- Being present in own life with greater happiness
- Better physical and mental health
- Less worries and better sleep
- Enhanced gut-feeling and intuition
- Increased focus and concentration
- Better memory and learning ability
- Better overview and solutions for the whole
- Enhanced creativity, including finding creative solutions

With many self-development courses on the market, it's been important for Unique Mind ESP to document the effect of our ESP I course. More information and a detailed report about a research project carried out in 2010 is available on our website:

www.uniquemind.org

EEG measurements have shown that functional changes take place in the brain when people do inner work. The result of the course reveals a great leap within mind development for more sustainable and effective use of one's own brain. Some results for research project participants were:

- Significant functional changes in the brain
- Increased use of the whole brain and more variation, with increased ability to close off or activate parts of the brain, enhancing sub-goals of inner calmness and increased focus
- A marked reduction in stress and symptoms of stress
- Increased control of own thoughts.
- The group managed to center and synchronise brain activity, enhancing learning and intuition
- Ability to feel empathy was significantly increased in the group, as part of increased use of intuition
- Greater alertness became available for all
- Feelings of depression and anxiety were experienced as reduced, indicating that one's own inner critic was considerably subdued
- Increased physical ability to self-heal, partly due to less muscle tension
- Participants were trained to greater focused attention and better memory
- Participants became more goal-oriented

Unique Mind ESP Courses

...a great leap forward in consciousness training



Would you like your life to flow more smoothly?

Would you like a better life – for yourself and others?

Are you willing to do something about it?



UNIQUE MIND ESP
Key to inner wisdom



ESP

Everyone has a gut feeling, which is an informal term for ESP, or Extra Sensory Perception.

We have five physical senses that we use to orient ourselves in the physical world. ESP is the sense that perceives invisible information. At times when you say: "I just knew it" or when you get a creative idea, you have used your ESP sense to comprehend. We use this ESP sense quite naturally in our everyday lives much more than most people realize.

By using your ESP sense for self-development, you come in contact with your own greater potential. An important focus for this course is setting goals for ourselves and using our ESP sense – our intuition and gut feelings – to help achieve our goals and dreams. 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.

"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)



Deborah Borgen

Founder

Unique Mind ESP is an organization founded and led by Deborah Borgen, a Norwegian who was born in Canada and who grew up in Norway. After 24 years of her own self-development and research, she created a program called:

From gut feeling to goal-oriented self-development

Unique Mind ESP I, the first of three courses, was launched in Norway, Denmark, England, Canada and the USA in 2010. Deborah is well-known in Norway for her participation in several TV series and other media, as well as for the very successful self-development courses taught by herself and the instructors she has trained.

ESP I is a basic course that helps you to find balance and harmony in life through active, dynamic meditation exercises. Stress disappears and we reach an inner, creative level that allows us to make more use of our potential.



Maryanne Rygg

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"What lies behind us and what lies before us are small matters compared to what lies within us"

Ralph Waldo Emerson (1803–1882)



Unique Mind ESP

– the key to inner wisdom

Just as a hot air balloon rises in the sky when weights are tossed out, giving a better overview of the world, we can use the techniques taught in Unique Mind ESP I to eliminate unwanted emotional baggage that is stored deeply within us, but may hold us back from achieving a smoothly flowing life and a more comprehensive view of the world around us.

You may register for a course on our website. To inquire about setting up new courses, please contact: maryanne@uniquemind.org

For more information:

www.uniquemind.org