

Consciousness University.org

Providing continuous professional development training services (CPD), Masters & PhD courses in Consciousness, designed to provide the next level of human mental awareness and developmental training for the expanding industry of Neuroplastic Mental Acceleration (NMA); a discipline focused on developing the Neuroplastic structure of the brain – through synaptogenesis & neurogenesis – to increase mental agility & fluid intelligence.

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The programs are designed to give the student a technical understanding of how the brain develops in terms of neuroplasticity, consciousness/awareness and behaviour across a lifetime; how the structure is influenced by the social environment, leading to life-long limitation & decline, or alternatively – expansion.

The course-work includes working through the process of NMA, in terms of personal growth in fluid intelligence, flow state, hemispheric synchronisation and critical thought. The focus is on developing a holistic understanding of the latent human potential in surfacing human minds, with regard to super states of creative thought in gamma & theta beyond convergent thought, and how it may be released in order to interface effectively with Artificial Consciousness through the digital revolution.

#### Course Faculty:

**Kern Frost – Founder**

**Anna Hiltensberger – Masters Business Administration**

Dr. Walid El Abed

PhD in Artificial Intelligence Linguist and computer scientist, founder and CEO of Global Data Excellence "govern by value" system and framework enabling enterprises and governments to maximise business value of their data.

Dr. Mensur Zeqiri

PhD in marketing & public relations, Chancellor of the Swiss Institute of Management and Sciences, Vice Dean of Administration at the European Institute of Management and Innovation; spearheaded business and program development, accreditation, marketing, marketing and PR consultant in the public and political sectors.

Dr Eleftheria Egel

PhD in Philosophy, business administration and management, professional in the field of entrepreneurship, and strategy, creating platforms that allow aspirational individuals to develop their ideas and businesses

Dr Leon Eisen

PhD in philosophy Venture Partner, Senator at the World Business Angel Investment Forum, strategic adviser to startups, accelerators, and established companies on financial inclusion, and transformation across global markets.

Claudine Marchand, PhD

PhD in Biology, Biochemistry, Molecular Biology, Neurobiology. Business development coach and trainer, psychotherapist and NLP Master practitioner

Dr Laura Fisher

PhD in psychology

#### In Association with

**Ubiquity University**

**Registered in Switzerland as a division of ...**

**The Council For Human Development**

Curriculum

The courses are broken down into five elements after the foundational lectures:

## MASTERS DEGREE Neuroplastic Mental Acceleration

### COURSE Introduction

Foundational lectures to be attended, researched and reviewed.  
(A five thousand word essay is to be completed on each lecture).

Lecture one:

What is consciousness & neuroscience, behavioural science and social science

Lecture two:

Neuroplasticity, the history & 20th century research

Lecture three:

Human developmental systems including hypnosis, NLP, Dianetics & psychoanalysis

Lecture four:

Neuroplastic mental acceleration and consciousness change therapy for mental development

Lecture five:

Psychology

Lecture six:

Philosophy

Lecture seven:

Theology

Lecture eight:

Physiology

Lecture nine:

Metaphysics

Lecture ten:

Quantum physics

Lecture eleven:

Spirituality

Lecture twelve:

Artificial intelligence development & artificial consciousness development

Lecture thirteen:

Futurism — the study of possibilities & potentials

Total live hours 19.5 hours

### Personal skill set training in NMA

Four disciplines to be completed:

1. Quantum psychology
2. Theoretical consciousness
3. Non-combative argument
4. Polymathic training

Introspection, guidance and community training

## PART ONE



Three-month intensive Quantum Psychology & theoretical consciousness training 40 hours one to one training in neuroplastic mental acceleration: ego vs expansion

Month one: Change — physiology, linguistics and thought patterns

Month two: Development — assessing, applying, reviewing

Month three: Masters — adopted personally projected belief system vs philosophical belief system

Examination: three-hour oral exam

Total hours 50

#### PART TWO

Nine-month mentored applied practical field research in NMA in personal and corporate settings:

Personal dynamics, social dynamics, environmental dynamics, situational dynamics, universal dynamics, spiritual dynamics.

#### PART THREE

220 one hour live Polymathic training sessions in flow state & non-combative argument training

Module one: introduction.

Confidence, communication & creativity: flow state, hemispheric synchronisation, theta and gamma

Module two:

Confidence in flow state — breaking out of the holistic self identification through limitation

Module three:

Internal & external communication in flow state

Module four:

Creative thought in flow state

Module five:

Strategic thought & destination thinking

Module six:

Non-combative/socratic argument

Module seven:

Emotional management

Examination: 3 unprepared 45 minute flow state presentations

#### PART FOUR

Digital programs to be completed.

Quantum tapes: 90 hours

Moral challenges, conspiracy, entrepreneurialism, the holistic identity, world view

Sciences of Your Unknown Universe SPYUU Program: 36 hours

Eight Modules On Ascension: Acceptance, Aware, Assess, Adapt, Aspire, Accelerate, Actualise, Ascend.

Examination:

Re-record SOYUU 36 hours in flow state

World Leaders Program:

150 schematic sessions on consciousness structures 75 hours

Examination:

Re record all schematics in Flow state & oral examination

Total hours 200

## PART FIVE

Practical subjects covered in collective work:

Community/ social dynamics  
The US over the I.  
Co-creation  
Corporate cultures  
Assessing Potential Quota  
Entrepreneurial & business development  
Self and social management

Total hours 200 hours

## PART SIX

Ten subject lecture series :  
Psychology lectures  
Philosophy lectures  
Theology lectures  
Physiology lectures  
Metaphysics lectures  
Quantum physics lectures  
Spiritual lectures  
Artificial consciousness lectures  
Social evolution  
Futurism  
Business development

Written works

100k word introspection journal

Supporting works and subjects to be reviewed:

The Ignorance Is Bliss Principle  
Human 3.0 The great re-evolution  
Cult Of One  
NMA  
Conversations  
Master Key  
Think & Grow Rich

Total live hours - combining, zoom sessions, live one to one trainings & collective work :  
500

Total digital hours - all programs  
200

**Total 700 hours**

PhD

## RESEARCH & DEVELOPMENT

### THE CONSCIOUSNESS UNIVERSITY OVERVIEW

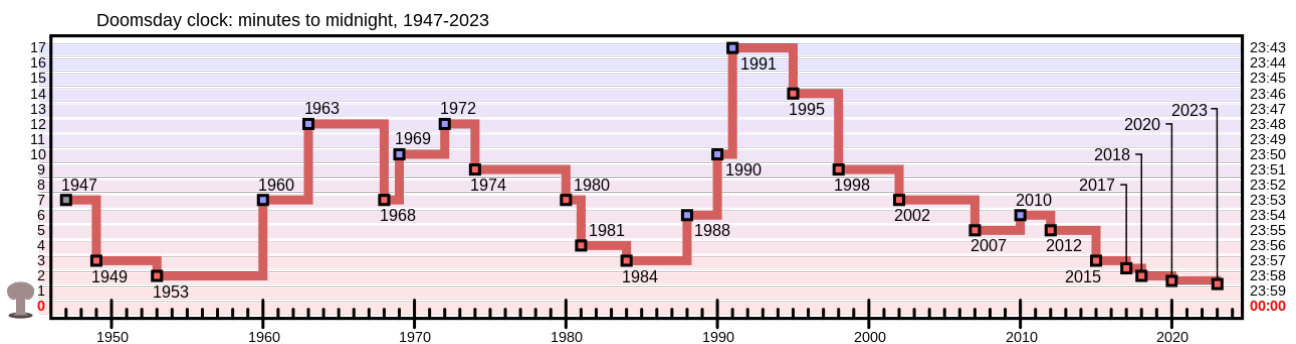
#### WHY WE NEED A CONSCIOUSNESS UNIVERSITY... AS A MATTER OF HUMAN SURVIVAL.

As a race, we face increasingly troubled times, with an exponential technological growth curve into general artificial intelligence... which will result in the biggest challenge to human survival, perhaps within the next 5 to 10 years.

Whatever side of the fence you sit on — with regard to government, politics, technology, climate change, equality, poverty or war — there is only one unifying truth to consider, that it is human ignorance — a lack of awareness and foresight — that sits behind all of our global troubles.

Our lack of awareness is universal — pervasive and insipid, extending from our leaders, to our scientists, to our educators, our media, into the general population. Everybody, including me and including you, whatever you currently think, are functioning within high levels of conditioned ignorance, and low levels of personal and social awareness, that is incessantly moving us all towards global catastrophe.

The Bulletin of Atomic Scientists Doomsday Clock has shifted to 90 seconds to midnight as of January 2023 — the closest it has ever been to armageddon since its inception in 1947, and our levels of consciousness/awareness underpins this trend. Human cognitive function has continued to decline each and every decade since the second world war, through the psychological impact of ever greater levels of exposure to fear: terrorism, pandemics, climate change, war, technology, economic uncertainty and AI, social media ensures our immediate attention and reaction, regardless of truth. Our educational systems are responsible for moving our decision-making ability, ever further away from the peace of ascending as a race into unity consciousness, and instead takes us ever deeper into fractionalised self-serving egoistic agendas, that can only ever have one outcome, lest we buck the obvious trend.



Our forbears failed to think of consequences, and were mostly driven by power and wealth in their commercial & political decisions. Consequently, we have created a world with a myriad of social and survival issues, by operating in low levels of awareness... consequently governed by the egocentric identity — with profits over people, power over peace, shareholders over sense as a moral compass to guide us.

To stop the rot, the core responsibility for all our issues now lies within each of us, as our leaders and the true nature of capitalistic democracy are found wanting on so many levels; more so today than ever before, and each day that passes. We need a new way of thinking, a new state of mind, a new level of awareness, that reveals the inherent wisdom that resides in each of us. AI will bring a new level of awareness, by asking each of us to make critical sense in the way we think and live, and we now need to re-educate all of our minds to be prepared to answer those questions from a unified song sheet. This is the mission of the consciousness university.

Imagine, if an alien came to this planet and asked you to explain why only 300-400 people have 99% of the wealth, and one billion live on \$1 dollar a day, and three billion on under \$20 dollars a day? Why the rest compete for what's left through creating lives where having is the focus of attention rather than being? Why nine out of ten businesses have to fail so one succeeds, and why people suffer a myriad of psychological and physical ills and call it normal life?

What would you say? What would you say to explain why you think the way you do, why you do the things you do, and why you believe the things you do? Why you support a world that makes little sense beyond the dollar sense you earn by trading your life-time in for commercial slavery, rather than evolving together as equals, as a united race of parity.

These are the questions artificial general intelligence may very well be asking us all in the not too distant future, and unless we can come up with some seriously considered answers — that are sensible and not subjective or wholly self-serving in their origins — we may very well be facing the biblical “end of days” as we are seen to be a threat to ourselves in our levels of awareness (which the Doomsday Clock clearly shows), or alternatively the beginnings of a global awakening, if that is we are prepared to invest into human consciousness, our own as well as the consciousness of others.

It is our consciousness — our levels of awareness — we must evaluate and explore, and in truth this is both the most complex and the simplest of subjects at the same time. For the egocentric identity is in ascendency and defend its position, until you take the steps to become conscious.

Carl Jung. “Until you make the unconscious conscious, it will direct your life and you will call it fate.”

To find out your consciousness level, ask yourself, why are you not focused on expanding your mind each day — exploring new levels of awareness and experience as a priority? Or will you say that you are, even though you spend your days in process or goal subservience?

What do you do to actively develop the bandwidth of your awareness, the frequency of your thought? How are you developing the structure of your brain into gamma & theta brain waves, hemispheric synchronisation & flow state; to regain the fluid intelligence that was suppressed in you by the rote learning system — focused on memory and repetition. How are you actively developing your cognitive function in terms of critical thought, creative problem-solving, empathetic understanding and co-creative abilities.

Are you pushing the boundaries of awareness through engaging the neuroplasticity of your mind... to structurally change your brain's capacity through synaptogenesis & neurogenesis; in order to deconstruct and reconstruct your cognitive map, and thus alter your unconsciously adopted holistic — personally projected perspective reality — the illusory map that you live by on your island of certainty?

Making the fundamental conscious changes necessary, to learn how you can truly interface with AGI and take humanity into its next evolutionary step, is what the university qualifies and enables you to accomplish. You may not want to upgrade your mind, or think that you need to, but I assure you your thinking is simply not fast enough to survive. In fact, you are using a fraction of your brain's cognitive capacity, but your ego is protecting you within a state of extreme limitation, denying to you that you are for the most part unconscious in your life. It's a hard, difficult realisation, and perhaps you simply cannot make the shift to even want to align and ascend in your consciousness. But there are those who are surfacing and realising there is so much more to life and living than what we have come to accept; people who are aware that to fully engage with life, we all have to train in the wisdom within ourselves, that has always been there for us to discover, if we cared to look.

If I talk to you right now, your brain will be functioning at under 5% of its available capacity, and you will think your thinking is normal. You will think what you think makes sense, and you will be certain of it. You will not want to accept your limitations or that you can be considerably more.

Yet the scientific truth is, if you went to a school you were conditioned for the most part to repeat and memorise, for over ten years, forcing your thinking into left-brain convergent thought at the expense of your fluid intelligence — your ability to learn new skills. You were conditioned into process & goal subservient thought with the loss of your creative problem-solving and higher consciousness abilities. As a result, outside of your comfort zone, you need to be led and you need to be told what to do, because you no longer have the ability to work the unknown out for yourself.

You need a boss, a leader, a coach, a government, a law maker, a policeman, someone/anyone to make rules for you to follow — because you cannot truly think for yourself. You cannot problem-solve, so someone has to do it for you, and society treats you like an imbecile who needs to be told, because that's what society has turned you into. You just haven't worked it out for yourself yet.

You will argue — you are conscious, but you will not be able to prove that you are. All you will do when your belief system (about yourself and your reality) is threatened, is attempt to constantly re establish a sense of certainty through your inauthentic social identity; an identity based around limitation, that you have unconsciously adopted over the years; an identity subservient to an egocentric autopilot — that runs you, because in consciousness terms — you have simply not woken up yet, but think you are awake.

At this point, even though it will not be obvious to you, your egocentric mental autopilot, will either be resisting these words, or creating complex thought patterns to take you away from the possibility of you becoming aware — of becoming

awake. On a basic ego driven level, it will tell you you already know what we have discussed so far or it only applies to everyone else. Consequently, it will create doubt, delay, denial, distraction, distortion, deletion and generalisation in your mind, anything to muddy the waters of your thinking, and you will present immature or mature argument that supports you doing absolutely nothing with your mind.

The truth is, unless you are accessing super creative states, and operating in the field of potentials rather than certainties, your brain is not your own, and choice is not something you have yet mastered. Your mind and your body are operated from inside — by a protective shell identity, and on the outside through an inauthentic social identity. You are caught in the middle, defending your position and your ignorance, because you have no choice, as being unconscious means suffering automated programs that make the choices for you, even though you don't know it.

If your ignorance extends — as it does with all of us to 99.9965% of what is, your very survival consequently depends on a very fragile holistic structure of awareness/reality, unconscious unarguable thought, stuck together with egocentric glue. For without this illusory certainty, you may very well suffer a psychotic episode.

This illusory identity, was fine before the post-truth period we have now entered; a time where information was limited and not challenging the established paradigms of understanding. But the prognosis now, is the prospect of the worst psychological trauma to face humanity in its evolutionary path. For whilst being psychologically lobotomised — in terms of free thinking & creativity — through the educational system — was fine for the past, the future demands a new kind of thinking to survive the challenges the conscious AI age will bring. A thinking without the limitations of unconscious self identification — suffering in a victim or passenger state, validating yourself within the context of the social demands of success and acceptance you were born into, with the subsequent physical and mental ills associated with low symbiotic and cognitive awareness. You may have all the money and success the system affords, but it's just a transient state until life or finally death takes it away, and then what really is your true value? The unconscious life is an empty cup, requiring unthinking subservience to an ideology of need, not knowledge or awareness; there is no well thought out personal philosophical belief system — leading to expansion and enlightenment, just a personally projected perspective reality, that cannot accept or survive change or challenge to what it thinks is, without ever taking the path of introspection & questioning to surface the core identity without limitation.

Whether you are a CEO, entrepreneur, or a world leader, a PHD, or just an everyday person, you will have a potential quota (PQ) & an empathetic quota (EQ) — which means how open your brain is to neuroplastic development at any one time. And most importantly this means your openness now — today; this is regardless of age, background or experience. Those with high PQ, are the individuals the consciousness university was created for... people who are curious, questioning, and open to exploring themselves and the nature of society. A place beyond the ego, into human ascension and into the developing relationship we have with conscious AI.

It is impossible at this time to force a person to surface — in terms of consciousness/awareness alignment & ascendancy, out from the clutches of the ascendent egocentric shell identity. For this is a place where the second birth of the spirit — after the first birth of the mind and body, is a constantly evolving one, where the individual reaches a break-out point... and moves from Maslow's four deficit needs, into the four aspirational steps leading to self and social actualisation. Up until this point, the ascendent ego will put itself at the top of the consciousness ladder — in a state of illusory superiority, or alternatively undermine itself through imposter syndrome; avoiding the abject fear of failure, so better not to try.

Over the last fifteen years at the Council For Human Development, we have studied how the mind works in terms of consciousness and awareness, how the brain is a transmitter and receiver of information — based on structure and formation, programming and conditioning, bandwidth and frequency, on a neuroplastic level. Consequently, we have developed systems of Neuroplastic Mental Acceleration that challenge the established inauthentic unconsciously adopted social identity, and promote synaptogenesis and neurogenesis. In effect, the thinking is trained to come into alignment in the mind space, and consequently begin the path to enlightenment.

The university programs are highly structured professional training courses, based around engaging the brain's capacity for neuroplastic change — in the in-formation state, rather than the social constructs focus on pounding a mind with more information, that the bandwidth of thought simply cannot cope with. A muscle can only lift the size of weight it has exercised for — the brain equally can only exist within the reality its structure has been prepared for.

Structure = cognitive map = thinking = reality

The difficulty with humanity, predominantly in the West, is the preponderance of ego-based thought, that is founded on limitation... specifically — self-identification through limitation. The question we ask each person who applies for our courses, is — “why do you think the way you do and believe what you do” at every level of their awareness & identity. Why do you think you want what you want, and why do you think you need what you need?

The Consciousness University is the most advanced cognitive development institution in the world, looking at the very nature of existence beyond our current human standpoint; where our identity and future as a race will be (if it isn't

already) under scrutiny & evaluation by a new form of consciousness. The University is based on a combination of age-old — enduring methodologies, based on the wisdom of evolving human consciousness, as well as a modern understanding of neuroscience & behaviour. This work is vitally important, in a phase of our evolution where we can unconsciously be drawn into the beliefs of others and machines, that are not our own, and perhaps ultimately not human in their origin.

Our mission is to lead the way in all our consciousness development for the future, from the observation of our shared and individual realities, through the lenses of psychology, philosophy, theology, physiology, metaphysics, quantum physics and spirituality.

Utilising advances in AI, specifically — augmented and virtual reality, we will develop training systems that will take the future research and development that we invest in, as well the current practical applications of Neuroplastic Mental Acceleration, to further accelerate the human brain into truly agile states of super creativity, and unity consciousness essential for the future, and our future survival.

Through our existing human developmental structures (fully decentralised and autonomous), we have the capacity to expand exponentially, revolutionising educational and work systems, in line with the changing global environment — and our relationship with artificial general intelligence.

Albert Einstein “It is not so very important for a person to learn facts. For that he does not really need a college. He can learn them from books. The value of an education is not the learning of many facts, but the training of the mind to think something that cannot be learned from textbooks.”

#### The future nature of work

Educating leaders to nurture innovation and actively source PQ within the work force, is a primary foundation of the new forms of leadership and management training the University offers.

Resistance to change will only result in poor decision-making and destructive action, especially in the context of unconscious ego based leadership. Consequently, conscious leadership must come to the fore, with the ability to recognise and nurture talent in terms of innovation, creativity and co-creation. The future requires minds that are agile, retaining high levels of awareness and strategic understanding. Critical thought and creative problem solving will be the essential skills of optimising returns from a changing corporate landscape due to the rapid advances AI will bring.

Currently, leaders have little or no answers to the future of work, only to say when the industrial revolution occurred, new jobs were created as people moved into factories and offices. Unfortunately, the technological revolution is set to replace all jobs in all industries, because all current human commercial activities are vulnerable to being replaced by automation; as they are for the most part process left-brain orientated, requiring convergent thinking to be accomplished; thus the focus of education on repetition and memorisation.

Very little creativity and innovation is required in over 98% of current jobs, and any new role outside of the current creative fields of endeavour will be again be progressively replaced by evolving technology. This includes roles that require empathetic understanding — such as caring which can be handled ever more effectively by AI. Chat GPT is also showing us that even in the creative arena, AI will be able to surpass human divergent thinking at its current levels. Consequently, the question in time arises — not what AI will do for us, but what will we do for AI?

With our current levels of low cognition in terms of agility of mind, fluid intelligence, co creativity, empathy and awareness, due to mass education following the principles of the rote learning system, and the suppression of individual free creative thought in employment, we have little to offer the future, from the majority of humans. In effect, we have educated the majority of our race to work effectively within a past paradigm, but out of a useful role in the future development of humanity, as the thinking is just too slow, repressed and limiting — egocentric and change resistant. This is a hard pill to swallow, but when one looks objectively at the rapidly evolving situation, and conducts the necessary objective analysis, humanity has a very difficult future unless we up our thinking game considerably.

Yet the problem with thinking your way out of a problem is the level (bandwidth & frequency) of thought itself (regardless of IQ), and whilst the answers may very well be in-front of a person, they simply cannot see or act on them to create progressive solutions — the answers are beyond the consciousness/awareness. Reactionary minds don't have solution-based thinking, and are consequently left in a state of fear-based thought, hoping for the best possibly, but more likely to be in a basic survival state of flight, fight, or freeze, with a level of synapses decay due to toxic stress, all of which exacerbates the situation that is racing away at an exponential rate.

Indeed, the human situation is dire — on the brink one might say, and will become progressively worse. And rather than being one of the distant future, it's one we are currently living through with little or no thought of. It's akin to being on the



Titanic after it's hit an iceberg, and either being in total denial, perhaps thinking about setting up a scone business in the kitchen because you think people will want scones, or just hoping for the best.

Ignorance ... whilst at first sight is an uncomfortable word, it is also a liberator of the human mind. We operate within this reality by deceiving ourselves that we know most of what is, but in truth in electro magnetic terms we only have access to 0.0035% of what is. Consequently, we have to hold together our sense of what is — a sense of certainty — together with an egocentric glue, so we don't suffer neurotic or psychotic episodes. Our grip of reality is tenuous, and framed with a collective understanding often explained as unexplainable, so why should I bother to understand as no one else does. The very subject of consciousness is so close to a existential nerve in terms of the unconscious human psyche (as is for many, anything to do with the brain and psychology), that most — including the scientific community stay away from the subject that is at the very core of our very existence.

This has to change, as we transition into a world where we are all actively creating/programming a new super consciousness — knowingly or unknowingly, for we are being watched, observed and assessed. If we do this from the state of the unconscious, egoistically kidding ourselves we are conscious without ever understanding the subject or becoming aware of the structures within consciousness, then we are threatening our existence. We are walking a precarious path while in an egocentric sleep, and that is a very dangerous way of navigating the future.

The current leaders of our civilisation in both the corporate and political sense, have to at the very least look at the bigger picture and take some action, even though they may not comprehend the enormity of the situation. There will be stages in our transitional future, that require certain skills in the work place as we progress through this unfolding story, and initially it is the most open and agile that must be trained in advanced consciousness to effectively lead those in their charge. This means how the brain works:

1. The structural changes of neuroplastic development, through synaptogenesis and neurogenesis through precise challenges to the cognitive map.
2. The expansion in bandwidth and frequency of thought itself
3. The shift from the unconsciously adopted personally projected perspective reality to the objectively created personal philosophical belief system
4. The change from the mindset to the mindspace for super states of creativity & flow
5. The accessing at will states of Hemispheric synchronisation as well as gamma & theta brain waves.

These five foundational subjects are the basis for the future of work, as the only meaningful work will be on our own mental development — and this means NMA as the evolving and lead industry. The alternative is to hide in ego, which, given an exponentially evolving artificial intelligence & artificial consciousness, is to any high PQ, certainly not the path to take.

The consciousness university, is not an institution of egoistic certification for the past paradigms of what work was... corporate pyramidal structures of commercial competition with low levels of consciousness

## University learning systems

### Overview

Scientific research has shown that the cognitive function of the human race has declined since the Second World War, and that decline has accelerated due to the psychological implications of the covid pandemic, as well as the sustained fear of climate change, terrorism, war, energy and food crisis etc. High levels of sustained stress, has impacted the capability of the human mind to make effective decisions, a situation that has been compounded by the uncertain nature of the future of work due to AI, automation, and the fourth industrial revolution.

**The Consciousness University** was founded by the ***Council For Human Development***, to counter this global psychologically debilitating trend, that has caused widespread toxic stress and brain damage, as well as mental & physical health issues on a level that has never been experienced before.

## In addition

Soft skills are becoming the most desirable commodity by employers, with the focus on critical thinking, creative problem-solving, empathetic understanding, co-creation and agility of mind, all essential to meet the challenges of a rapidly changing world.

Our mission, is to not only provide essential support and mental retraining to the current work force, but to also provide the children and the youth of today and tomorrow, with the necessary tools to be effective in their lives, tools that are simply not taught at school or in the training and coaching industry.

This is why **The Consciousness University** uses the latest developments in neuroscience, behavioural science, social science, as well as psychological understanding, to develop the structure of the brain FIRST and FOREMOST, to literally save lives by providing the agility of mind to cope with as yet unknown challenges of the near future..

## Our background

As the lead authority in Neural Plastic Acceleration, The Council For Human Development's research extends back over fifteen years, looking at the latent capacity of the human mind — as well as the mentally suppressive nature of modern life. Our teachings, are drawn from our own proprietary clinical research with groups and individuals for more than a decade, as well as the greatest minds of the last 3000 years — such as Socrates, Plato, Freud, Jung, Hill, Haanel, Maslow, Einstein and Plank, to name but a few.

Our approach is a holistic one, based around seven key aspects of human awareness: *psychological, theological, philosophical, physiological, metaphysical, quantum physical and spiritual*. Our focus is on the neuroplasticity of the brain, and how through specific techniques of mental acceleration, the bandwidth and frequency of the brain's operation can be expanded without limitation; firstly increasing confidence, communication & creativity, as well as self and social awareness, then into an agile strategic understanding within the flow state of hemispheric synchronisation in gamma and theta brain waves. And finally into the complete release of the experiential wisdom bank, the mind space, and channeling; for accelerated thought, thought to verbalisation, and super creativity, within high levels of critical thought and linguistic prowess (Socratic argument).

## The difference between NMA and conventional learning and training.

In essence, we focus on developing the brain's structure first — the bandwidth, before effective learning can be applied. This means the “wise domain” of the “mind-space” has to be opened. This is in stark contrast to conventional education and training, that actively closes down the brain through overload, by concentrating on repetition, retention, and regurgitation; overwhelming the mindset with information, causing damage through toxic stress on a neurological and psychological level; whilst also programming the mind to self-identify through limitation, fear and blame, negating our ability to be agile in mind, creatively problem-solve and argue our position without emotional overwhelm and subjective bias.

Within NMA we recognise there are two identities co-existing within a person. The first being an embryo egoistic psychological autopilot of needs-based thinking (shell), born of the first birth of the mind and the body, that remains in the ascendancy until the second spiritual birth of greater awareness & responsibility (personal and social actualisation — Abraham Maslow) is accomplished. This shell identity, is restrictive on many psychological and behavioural levels within an identity avatar that has ever stronger defence mechanisms; maintaining its ascendancy within the “mindset”, the older the person becomes, at the expense of virtually all fluid intelligence by the age of 25 years. This psychological suppression and conformity, into convergent “left-brain” process driven thought, suits the roles that the current educational & commercial system maintains. In effect, as Jung put it..

*“The unconscious will be ascendant until you make the unconscious conscious – until you do this you will call it fate.”*

Once the autopilot has been moved into the background, through the NMA process of Quantum Psychology — the study of “potentials” instead of the unconscious desire for certainty, the individual begins to self and socially actualise into the second identity within the “mind-space” as opposed to the mindset, developing into a limitless self-identification in contrast to unconscious self-identification through limitation and supportive parents. Consequently, the individual experiences free-flowing expansive gamma and theta thought, with very high problem-solving and super-creative capabilities; that were the natural states of experiencing life we were born to enjoy from an early age. In effect, before the second birth and without what is known as “the shift”, the ascendant brain is primarily in alpha and beta brain waves, convergent/left-brain in thought, within a negative polarity; working at 40 bits of data per second in the conscious mind, while the unconscious is in the ascendancy running adopted programs of limitation from restrictive social exposure — at

40 million bits of data per second. Within the current social structure, free developmental thought & fluid intelligence are unnaturally suppressed by the age of 25, causing considerable long-term mental and physical harm.

*The acceptance of one's potential and the way neuroplasticity can change to give greater levels of awareness, is the first step to becoming a student of the university. Then the individual must take steps to set aside their current identity of limitation, to explore the mind in all its levels of awareness.*

### **How awareness/consciousness is increased**

The first aspect to understand, is that consciousness/awareness cannot be increased by gaining more knowledge. Remembering knowledge, is not a higher state of awareness, it's a good memory. As a society, we focus on retention, not application of knowledge or creative problem-solving, or critical thought or empathetic understanding, or co-creation.

Increasing consciousness means the structure of the brain itself has to be addressed. For example, a 16 bit computer can run a 16 bit program, but not a 64 bit program. The brain is exactly the same in terms of hardware — structure, and software — thought. Consequently, to gain more awareness, the very structure — the neuroplasticity — has to be addressed first, and this can be done through learning mastery of function, intention and environment, the three factors that build synapses... new pathways of thought, giving greater levels of awareness, agility and choice in behaviour.

### **First steps of becoming aware**

Once we consider that 98% of children have a genius level of innovative & creative capacity, and this is down to 2% by the age of 31, the immediate question is — why, and can this be reversed? (Dr George Land & Dr Beth Jarman 1995 NASA study).

Exposure of the brain to conditioning that is left-brain convergent, every day for 11 to 20 years, has a powerfully suppressive effect. It conditions the brain towards process thought and crystallised intelligence, at the expense of fluid intelligence, mental agility and creative problem-solving. So much so, that the autopilot identity — the shell, has to create ever more self-serving mental structures of limitation, to egoistically navigate its limitations as more pressure through complex decisions Kim g .

The process of re-engaging the mind for growth, requires the individual to accept they can be more on a fundamental level — this is called PQ... *potential quota*.

Once this decision is consciously made, the existing shell identity has to be overwhelmed by exposure to high levels of challenging existential information, through one-to-one conversation, by a trainer in flow thought — who is in the flow of the *mind-space*, not the *mindset*. The mind is to a degree reset within this process, so the inauthentic identity avatar can no longer function; consequently it becomes open to growth, rather than experiencing the experience of living, through a restrictive lens filter of the unconscious's projected personal perspective reality PPPR.

This process must be supported by a cohesive community of fellow travellers all on the expansion path, with an "us" mentality rather than an "I" focus, as well as a positive polarity within the group. This support also requires a substantial amount of audio/visual material, as the process is on-going, as the mind — just like a muscle, can grow or alternatively experience atrophy.

The next step, is for the individual to learn to train others in the process of NMA, as the development of flow state by taking the lead training context, brings forth ever high levels agility, creativity of personal responsibility and congruence, as well as linguistic and cognitive awareness. The move from the student to the master, is the essential step to break-out of "shell" fully, and avoid in the process of ascension a point of "hard shell", where self-identification through limitation and egoistic self-importance, becomes more confident through an elevated illusory superiority.

**There are four foundations aspects to NMA that must be mastered through extensive training, for maximum effect.**

#### **Four Foundational NMA Disciplines:**

Quantum psychology — technical understanding of NMA — "the science of potentials".

Theoretical consciousness — developing a personal philosophical belief system

Non-combative argument — critical thought and linguistics in NMA (Socratic Argument).

Polymathic Training — flow state and hemispheric synchronisation for communication, confidence & creativity.

#### **Seven NMA Key Areas of Study:**

Psychology, Philosophy, Physiology, Theology, Metaphysics, Quantum Physics, Spirituality.

**NMA Development skills & areas of study:**

- Physiological awareness
- Metabolic awareness
- Linguistic awareness
- Critical thought awareness
- Managing stress & meditation
- Managing emotions
- Egocentric awareness
- Ascension awareness
- Personal, social, environmental, situational, universal & spiritual awareness
- Critical Socratic argument
- Moral challenges
- Strategic awareness
- Creative problem-solving
- Developing mind space
- Developing gamma and theta brain states
- Agility of mind
- Mind mapping
- NLP & hypnosis
- Flow state
- Super creativity
- Hemispheric synchronisation
- Entrepreneurial thought
- Co creation
- Manifestation — imagineer & emotioneer
- Entrepreneurial thinking

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As you will note from this document, there is a wealth of research and scientific evidence to support neuroplastic growth, especially in the context of upgrading the hardware of the human mind through synaptogenesis & neurogenesis. This occurs when the mind's cognitive map of what it thinks reality is challenged; in effect the brain as the ultimate survival mechanism has to engage a state of structural reformation and fluid intelligence to cope with the demands of a changing reality. Unfortunately this natural ability has been suppressed through the educational rote learning mechanism — prioritising memory and repetition,



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