

**Consciousness University**



# **10 Neuroplastic BRAIN TRAINING PROGRAMS**

**From Beginner to PhD**



**AUTHOR: Council For Human Development**

## Introduction

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# What is Neuroplastic BRAIN Training?

Structurally altering the brain  
for greater performance

By activating the brain's life long neuroplastic element, the bandwidth and frequency of thought can be increased for superior levels of critical thinking, creative problem-solving and decision-making.

Our neuroplastic trainings enhance fluid intelligence and hemispheric synchronisation, in states of super-fluidity and super-creativity, for high levels of brain performance and emotional management, whilst zeroing of toxic stress, for increased well-being and mental agility.

The simple truth is, if you haven't learnt to program your own mind, someone else will be programming it for you — with theirs.



*“Making the unconscious conscious”*

*Carl Jung*



Our range of trainings, are all based on more than 200 years of neuroscience research into brain's plasticity, combined with the socratic foundations of western philosophy, psychology and emanation, as well as the spiritual wisdom of eastern life ethics such as Buddhism. You can see the results of this form of specialised brain training from our students' life changing experiences, as well as the life of our founder — Kern Frost.

***“Slow learner to global change maker”***

Who, from being regarded as a slow learner at school, and later diagnosed with dyslexia — has used NMA (Neuroplastic Mental Acceleration) to write over 20 books, gained a “global solutions to poverty” award, developed an online University, in addition to the [MindGYM.club](https://www.mindgym.club) app, as well as creating solutions to the future work and education.

All in a matter of years in his fifties and early sixties, when most others are thinking about retiring, and perhaps thinking life is over. It's just our unconscious personally projected perspective that governs the experience of our lives.

***“The results speak for themselves”***

Kern believes NMA can change the way we see the world, and release the latent potential we all have to change life for the better. And from his personal results — both physically and mentally — as well as those of individuals trained through his methodologies, it's hard to argue against this belief and overlook the potential here, for anyone wishing to make a tangible difference.

NMA trainings, are in themselves solutions to the AI and the future of work issues — created by automation & robotics. Through what is called the Human Blockchain — a method of creating sustainable education and income for the future, in the field of human & artificial consciousness development — NMA provides a global equal opportunity for all people, to be active in solving real world issues.

***“Zero priced global education & training”***

By offering zero priced fully sponsored advanced trainings — in Leadership & Management, NMA coaching, as well as Entrepreneurial and Business skills — the Human Blockchain, can revolutionise corporate training systems and expensive personal development methodologies, making the skills of the future such as empathy, innovation, co-creation, mental agility and fluid intelligence, open to all.

***“Get on board with human 3.0 the Re-Evolution”***

The MindGYM.Club app is your starting point, with over 400 hours of proprietary material and 250 live trainings per year, it leads to the Human Blockchain sponsored programs, as well as professional career retraining and Masters & PhD in consciousness.

By creating a non profit research & development Centre — “The Council For Human Development” — in Switzerland, open sourcing huge amounts of proprietary material, Kern’s focus and commitment for more than 20 years, has been on results first over any commercial agenda.



***“Where most are looking to AI to create and solve problems for them, at the expense of developing their own minds, those trained in NMA are impossible to keep up with.”***

# **HUMAN BLOCKCHAIN**

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## **One App & 10 training programs to choose from**



- 1. Brain and body acceleration training MindGYM.club app**
- 2. Multi Layered NMA Leadership & Management**
- 3. Multi Layered NMA Coaching & Mentoring**
- 4. Multi Layered NMA Entrepreneurial & Business**
- 5. IEC Corporate Culture Change methodology**
- 6. Corporate Outplacement Program**
- 7. Professional NMA Trainer**
- 8. Professional NMA World Leader**
- 9. Consciousness Change Therapist**
- 10. Consciousness Masters, PhD, combined Masters and PhD**

## 1. BRAIN & BODY ACCELERATION

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# MindGYM.club

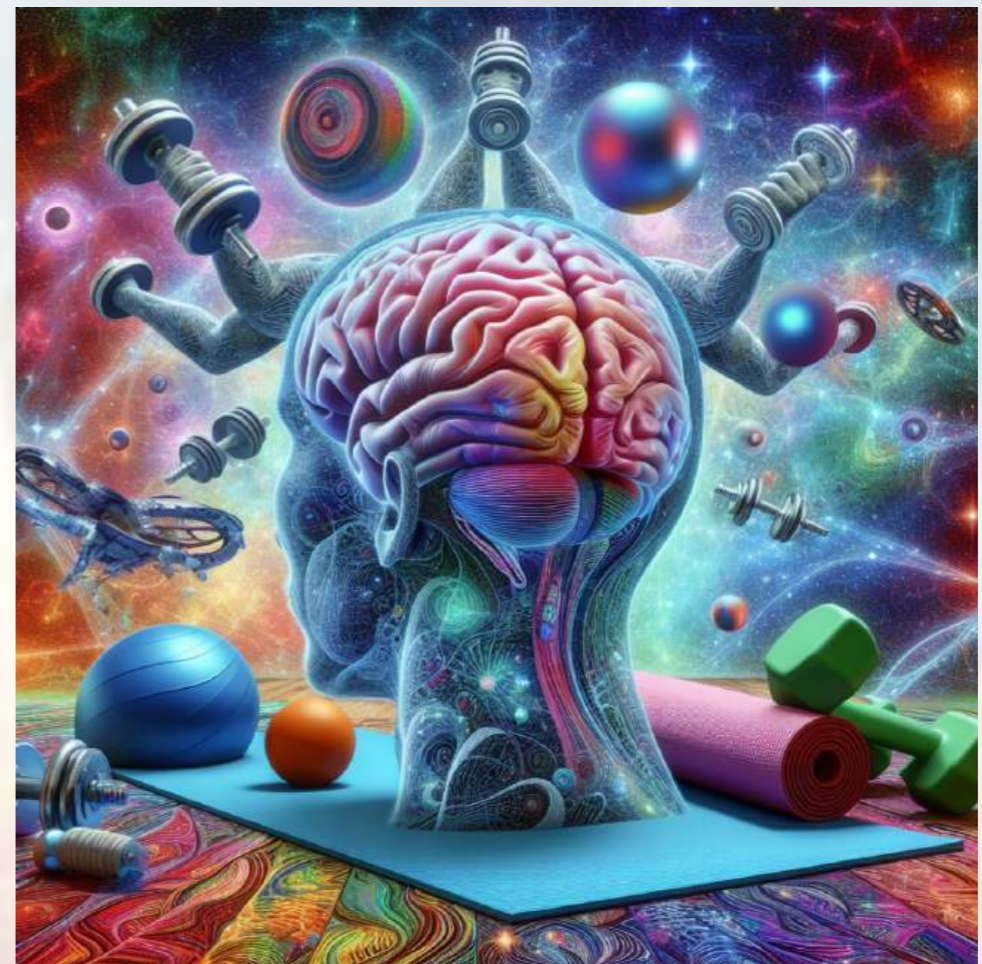
## YOUR EASY NMA START POINT

TAKE a look and listen to the [MindGYM.club](#) Lite — it's a free app packed with trainings on how NMA works — by challenging what you think and believe, and asking you why you do what you do from many perspectives.

Filled with moral challenges to your conscious mind, and suggestion to your unconscious mind, the Lite version will give you a Marmite experience; you will either love it or hate it. It's designed to appeal to minds that have high potential and empathetic quota, and are open to the very specific, and demanding form of training NMA provides.

There are introductions to the Human Blockchain platform, the future of work, as well as the opportunity to start a 30 day NMA challenge to see if a deeper dive appeals; within the full version that gives access to 400 hours of digital mind and body trainings, books essays as well as our live polymathic training sessions held throughout the year.

Your thinking is only as expansive as you think it can be, and your limitations are set only by what you think is possible. So to change your thinking, Neuroplastically expand your mind with NMA, to lift your life to new heights.



## 2. HUMAN BLOCKCHAIN TRAININGS

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# NMA LEADERSHIP & MANAGEMENT TRAINING sponsored

THE problem with the majority of L&M corporate trainings, is they are theory, and they don't change the brain structure for advanced mental performance. They just overload already stressed minds with more information.

Putting the brain into the neuroplastic "*in-formation*" state, leads to increased performance in terms of mental agility, creative problem-solving and fluid intelligence, as well as stress reduction.

The NMA L&M trainings, are unique, in that they are live fire — with real world consequences, but also conducted without pressure, expectation or risk. At core they train people in R.I.M.S — the four key skills of management — Recruitment, Investment, Motivation and Support, utilising the principles of NMA brain development.

They focus the mind on the *compound influence* of decision making, where every choice has a ripple effect. Using advanced psychological techniques involving individual and group work, as well as personal accountability, the training subtly changes limiting mental programs and perceptions.

With ZERO COST, but high multi layered motivation, the HUMAN BLOCKCHAIN NMA trainings are a complete "no-brainer" for any organisation wishing to release the latent potential within their ranks.



### 3. HUMAN BLOCKCHAIN TRAININGS

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# NMA COACHING & MENTORING TRAINING

## sponsored

COACHING skills are a necessary part of any trainer's or business leader's skill set. However, the problem even for professional coaches, is overcoming the limiting unconscious patterns in people, which constantly reject wisdom and common sense, and instead, create a self defeating way of living.

Without putting the brain into the neuroplastic "*in-formation*" state, results are minimal, as the established egocentric identity actively works against personal growth. The unconscious mind is so much in the ascendancy — due to a lifetime's conditioning — that progress is slow and laborious.

Just like the NMA L&M trainings, by putting the individual into a safe zone, but also within a live fire experience with real world consequences, this provides a formula for exponential growth, in personal awareness & accountability; but is also conducted without pressure, expectation or risk.

Utilising the R.I.M.S principles of Recruitment, Investment, Motivation and Support, combined with NMA brain development, the NMA Coaching & Mentoring Program develops far greater personal growth than any other coaching system; in a change resistant industry, that uses 20th century methodologies that are outdated and limited, especially if you don't address brain bandwidth & frequency first.

This program provides new and established coaches, consultants and mentors, with a continuous professional development program, that operates at a far higher performance level than any other methodology. And as it's essentially FREE, it represents both a no brainer and an effective professional certification, in a mostly unregulated industry.





## 4. HUMAN BLOCKCHAIN TRAININGS

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# NMA ENTREPRENEURIAL & BUSINESS TRAINING sponsored

BUILDING a business takes a wide variety of skills, as well as expansive and dynamic thinking. True entrepreneurs are agile risk takers, who can see opportunity and take action. It's a way of thinking, that is strategic and requires creative problem solving as well as stress reduction to be successful.

Mastering this form of thinking means putting the brain into the neuroplastic "*in-formation*" state, and learning in the context of building a business for substantial gains. Utilising the R.I.M.S principles of Recruitment, Investment, Motivation and Support, with NMA brain development techniques, this program is a live fire situation with real world consequences, in terms of the financial rewards of compound influence.

It's the ultimate mirror on the wall, where you can test and develop your skills whilst you're playing for a ten million pot. Every decision made, takes you further towards your goal or away. Your ability to sell ideas and commit to the task will be paramount, yet the only person you will be responsible to will be yourself.

Whatever your background, or entrepreneurial expertise, beginner or advanced, this FREE program will accelerate your mind, and success potential, way beyond your current expectations.



## 5. HUMAN BLOCKCHAIN TRAININGS

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# NMA PROFESSIONAL TRAINER TRAINER TRAINING

CHANGING careers is a fundamental part of the AI revolution, as long established jobs and industries cease to be part of the landscape. AI can currently replace all human activity, it's just a matter of scaling and optimising over the next few years as robotics becomes more adaptable, in a society that is cumbersome and slow, because it is orientated around low human mental capacity and the physical form.

So, at this point, the smart minds are on the future of work, and this means either working in a similar field in the digital scape of the metaverse, or joining the new industry of human and AI consciousness training. This is what NMA was developed for, to work with artificial consciousness to upgrade the human mind on the Human Blockchain — decentralised trainer trainer platform.

With all of humanity requiring their brains to be upgraded from the convergent, process subservient thought — the educational system optimised them for, to be effective in a commercial role, developing new trainers who can train others in NMA across the globe is an absolute priority.

Firstly, to provide sustainable work outside of the metaverse — work that cannot be replaced by AI, as NMA is a human to human conscious development industry. And secondly, to address the widening mental health crisis, caused by millions of people losing life purpose, as they lose their jobs. Humanity needs an upgrade, and we need minds like yours to help us.



## 6. HUMAN BLOCKCHAIN TRAININGS

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# NMA PROFESSIONAL WORLD LEADER TRAINING

ARE YOU looking to fulfil your true potential, make a tangible difference to the world, and have a powerful legacy? Well this means leadership on the world stage, along side other thought leaders, visionaries and pathfinders, who feel the same.

The World Leader Program is a partner opportunity, to work alongside the most creative minds NMA can produce.

The world is going through a re-evolution, and AI will bring changes, that as yet, are beyond our comprehension, but are just over the horizon. The population is waking up to a post truth society — of unconscious commercial subservience, where the current leadership structures are no longer fit for purpose, and where we will all be asked to embrace a new society, where even our thoughts will be transparent.

The future requires a new kind of conscious leadership, coming from wisdom — not ego; coming from the people — for the people, all working together, to develop AI and human consciousness, not the wealth of the few at the expense of the many.

Social change means mastering personal change, and this means thinking in super creative and super fluid states. This is the peak performance of the NMA process, and it takes a very special person, to lead the NMA Human Blockchain from the front.

Are you World Leader Material?



## 7. THERAPIST TRAININGS

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# CCT PROFESSIONAL THERAPIST TRAINING

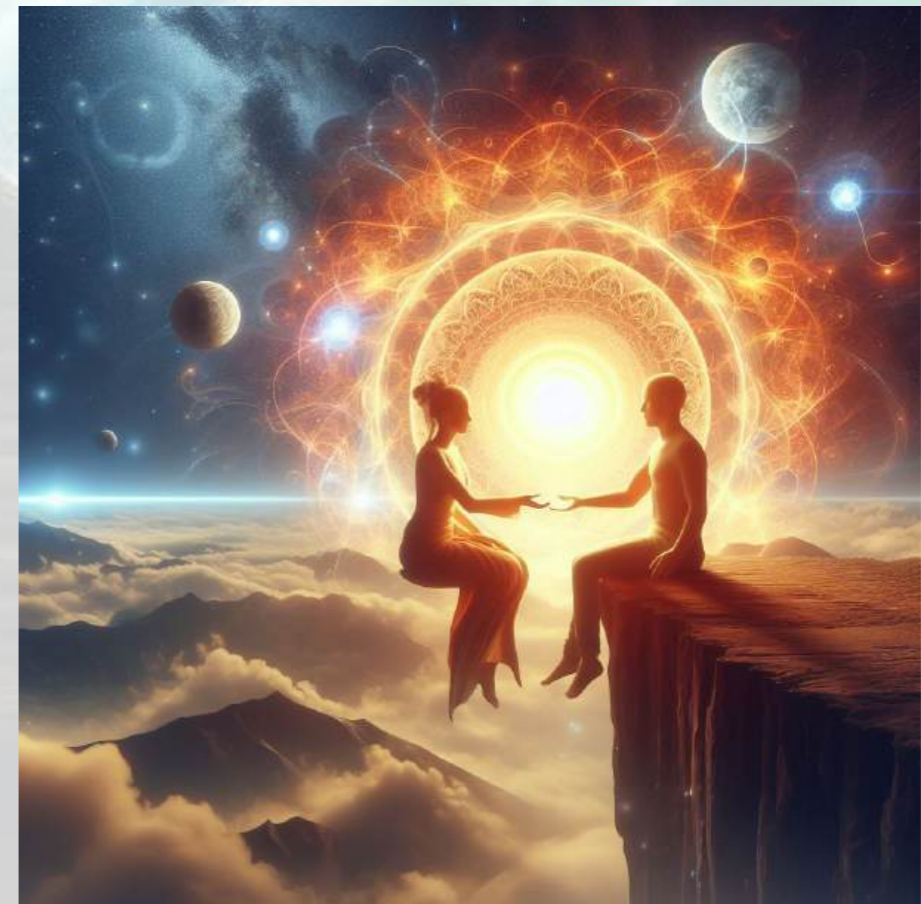
CONSCIOUSNESS CHANGE THERAPY CCT, is a methodology primarily developed for the clinical setting, to help overcome difficult psychological issues.

Using the same neuroplastic activation system as NMA, CCT concentrates on changing the structure of the brain, for greater bandwidth and frequency of thought; which provides the opportunity, for the subject to think their way out of their limitations, created by the established prism and prison of the mind.

CCT can be used in a support role to existing therapeutic approaches, or as a stand alone system. Training is extensive in order to use the techniques effectively, as it requires the therapist to overcome all their own cognitive biases and limitations, before they can help another through the process.

It is not a discipline where a certificate of consciousness is issued and a process is then repeated, as the therapist has to experience the process themselves, to understand the nature of its application.

Consequently, becoming a CCT therapist, takes a considerable amount of commitment and dedication, as well as the desire to step beyond mainstream psychotherapies, into neuroscience and all aspects of the human experience, that is consciousness.



## 8. CORPORATE CULTURE CHANGE

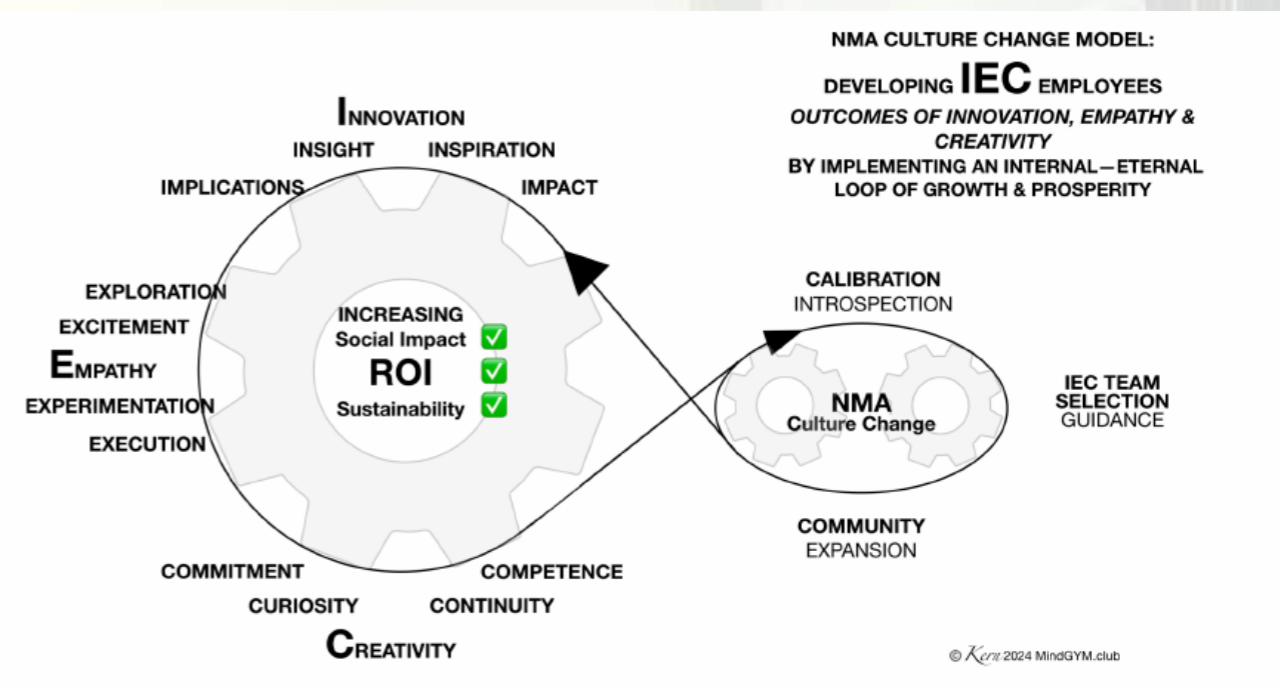
# I.E.C: INNOVATION EMPATHY CREATIVITY TRAINING

TO PREPARE your organisation to navigate the digital AI revolution effectively, with maximum returns and an ease of transition, the culture of this change — comes from the top, and the climate — comes from the bottom. A progressive management team, that is aware of future challenges and are consciously strategic in their thinking, is the most important aspect of any innovative organisation.

Educating managers and employees to optimise their thoughts and skills, to remain competitive in a changing world, is essential, especially with the complex challenges the AI transition will bring.

The I.E.C model, is a unique and cost effective solution in strategic business development, bringing the increases in productivity, and decreases in stress related human costs — advanced training in NMA offers.

**The process:** After an initial consultation, if the solution is right for your business, we will train an internal core team of change makers, who will facilitate a complete roll out of advanced NMA trainings across your entire organisation; increasing employee productivity, retention, wellbeing, mental agility and preparedness, for the changing scape of the future of work with AI.



## 9 & 10 UNIVERSITY COURSES

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# MASTERS & PhD in CONSCIOUSNESS TRAINING

CONSCIOUSNESS is the most challenging field of study. It's not about what you know that matters, it's about exploring the infinite of what you don't know that counts.

If you are considering further education, then a Masters or PhD in the field of human and AI consciousness development, is going to be the most relevant study area you can enter into.

As our society embarks on a technological revolution, that will change all aspects of human activity, and our way of life, the most important and exciting area that needs enquiring and intelligent minds, is the area of consciousness itself, seen through the seven primary lenses of — Psychology, Philosophy, Theology, Physiology, Metaphysics, Quantum

Physics, and Spirituality, as well as understanding neuroscience, social development, and AI.

The world is changing, and we need minds who are looking into the future of the unknown, and who are capable of taking what will be the most important area of human development forward.

With a learning and earning potential from day one, it represents a unique opportunity to create and earn from a new expert career, that will sustain you into the future.



# LINKS TO RESOURCES

MINDGYM.CLUB Lite LINK



HUMAN BLOCKCHAIN SPONSORED TRAINING PDF



HUMAN BLOCKCHAIN SPONSORED TRAINING PROGRAM VIDEO



MENTAL HEALTH & BRAIN DEVELOPMENT THROUGH NMA PDF



CONSCIOUSNESS UNIVERSITY CURRICULUM PDF



The background is a complex, ethereal landscape. The sky is filled with intricate, colorful fractal patterns in shades of blue, purple, and gold, creating a sense of depth and wonder. A bright, glowing light source is visible at the top center, casting a soft glow. Below the sky, a vast, flat landscape stretches out, with a path leading towards a distant horizon. The overall atmosphere is one of mystery and spiritual exploration.

**IT'S JUST A QUESTION OF WHAT YOU WANT**

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