

Introduction to Sensing Mind Institute

A two-day workshop with Dr. Claus Springborg



Sensing Mind is a modern self-development path. It is an integration of modern psychology, cognitive science and spiritual practices. At the heart of the Sensing Mind approach is the development of the capacity to sense the essence of one's own existence in the present moment.

Existence in the present moment can be experienced in many different ways through one's inner felt sense. It can, for example, feel open and peaceful, heavy and settled, light and joyful, or soft and loving. These different ways of experiencing existence in the present moment is often referred to as soul or essences.

Developing the capacity to be aware of essences is a powerful mode of self-development for two reasons.

First, learning to sense any quality of essence makes this essence more active in your life. When you learn to sense the essence of joy, your life will become more joyful; when you learn to sense the essence of freedom, you will become freer in life, etc.

Second, learning to sense any specific quality of essence will reveal the psychological patterns (mental, emotional, and physical) that limit your capacity to sense, enjoy, and receive the benefits of that quality of essence. When such psychological patterns are brought to consciousness and held in the loving presence of essence, they dissolve and open doorways to more profound connection to essence.

The main method used in the Sensing Mind courses is inquiry: A receptive, non-judging acknowledgement of your moment-to-moment experience. We will also use guided meditations and individual guided explorations in the group field.

Sensing Mind Institute offers ongoing groups in London, Edinburgh, Copenhagen, and the Findhorn Foundation. The totality of the teaching is presented through a four years program.

This two-day introduction aims at starting a new ongoing group in the Devon area. If you know anyone you would like to see in the group, feel free forward this information.

Dr. Claus Springborg

Claus is the director of the Sensing Mind Institute. He has studied various traditional and contemporary spiritual paths. In particular, he has studied the Enneagram with Claudio Naranjo, Tibetan Buddhism with Chökyi Nyima Rinpoche, and the Diamond Logos essence work with Faisal Muqaddam and Velusia Van Horssen.

He did his doctoral research at Cranfield University, UK, focussing on art, cognitive science, and educational processes. He is the author of the book *Sensory Templates and Manager Cognition: Art, Cognitive Science and Spiritual Practices in Management Education*.

He has a background in music, dance, and physics. In his teaching, he emphasizes kindness, precision, and humor.



Practical information

Dates: January 24-25, 2019
Thu 10am-6pm + Fri 10am-5pm

Venue: Sandwell Manor
Totnes, Devon, TQ9 7LL
(<https://www.sandwellmanor.com>)

Price: 1500,- DKK

www: www.sensingmind.com

Sign up: Send mail to
info@sensingmind.com

Testimonials

"I deeply appreciate the way Claus teaches and holds the group, with such warmth, clarity and friendliness, yet with appropriate and clear boundaries. The way he works is so sensitive and respectful, and yet so precise and non-collusive. Time and again his zen-like 'minimalist' approach to teaching slices through confusion like a knife through butter, guiding us to experience our essence just the other side of it"

Joe, Psychotherapist/Bodyworker, London

"What did I learn through working with Claus? I began to learn that I have capacities within which are more satisfying and meaningful than the rewards which our society commonly offers. That it is possible to feel peace, joy and contentment as an ordinary human being, and to access the internal support which makes the continuing journey possible"

Ian, counsellor/psychotherapist, Edinburgh

"Claus is very intuitive and skilled to distillate out the issue, which needs working on and helping to reconnect to essence and their different aspects time and time again. His openness and curiosity coupled with passionate dedication to truth is a powerful combination. I appreciate his own embodiment and sincere care"

Diana, therapist / healer, Kinloss

It's a deep and comprehensive package that I can weave into my busy work and family life. I really appreciate the blend of the psychological and spiritual all grounded in direct experience. In particular, the razor-sharp way 'fuzzy' spiritual subjects and essential states are presented and discussed is so helpful.

Andy, Ethical Investment Adviser, London

"Working one-to one with Claus is truly transformational – he brings exceptional skill, insight and sensitivity in working with life long, unresolved, and persistent issues. It is and has been a life-changing gift and wonderful adventure. Be open and expect change!"

Sue, management consultant, London