

WHAT PEOPLE SAY:

"It is one of the most satisfying and rewarding experiences. It has given me more confidence and I know that I can do most things that I want to achieve." J. Townsend

"Very valuable to me and more effective than I had thought possible. I gained skill and confidence almost without knowing." Jeremy Holton

"Excellent! ... very relaxing and enjoyable to do. Everybody keeps going because it's so worthwhile." A. Bosworth

"If you think you can't draw, TRY THIS! You will be amazed!" S. Brownrigg

"Wonderfully creative and confidence boosting." J. Parfitt, M.D.

"I gained some insight into why I made heavy weather of my engineering degree." J. Bruin

"It's the first time I've actually been taught anything. I loved it — a fabulous course." J. Lewis

"I am cultivating the 'mentalstate' in my chess — with success." V. Smyth

"I recommend the course with enthusiasm." Dr L. Moyser

"I recognised that I had the ability to improve in many areas using different techniques from those already tried." N. Wilson

"Excellent value. I have achieved something I thought was impossible." S. McDonald

"The course helps you look deeper into things, makes you realize that there are many different ways of viewing almost everything. For the first time I felt relaxed — I'm sure it will help me in the future." S. Barker

"A beneficial exercise in learning the powers of deep concentration and relaxation in a non-competitive atmosphere." C. Watson

"Thoroughly satisfying. It gave me a real boost in my everyday life — I now have other goals I intend to achieve." H. Blackwell

"Easy, fun, surprising." R. Julien

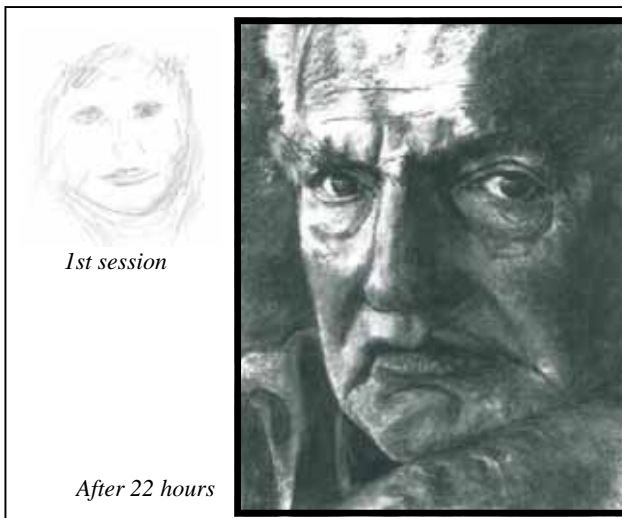
"It's one of the best things I have done in my life" E. Kaye-Eddy

"Everything seems so much more alive and happening" M Hurley

"It has changed my way of thinking. If I can do this course and succeed I must be able to do other things I thought I couldn't do" J. Sutcliffe (14-year-old)

GUARANTEE

If an Extraordinary Mind Project course does not produce results beyond your expectation, the course fee will be cheerfully refunded.



Extraordinary Extraordinary Mind Project

- Awakening in you the experience of there being much more to your natural talent than you have ever imagined!

— Day/Evening Classes —
Murdoch University
Piney Lakes Environmental
Education Centre

(Courses are conducted independently of these institutions.)

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Extraordinary Mind Project—Uncovering YOUR extraordinary natural talents

Extraordinary or ordinary?

Would you like to have an indisputable experience of there being much more to your natural talent than you have ever imagined?

When athletes perform at a level that is unusually high for them they speak about being 'in the zone'. Artists and musicians have 'flows', and meditators use the word 'bliss' to describe what they say is the indescribable. Playing games — bridge, football, tennis, poker — singing in a choir, dancing, reading a good book, writing, rock-climbing, doing complicated surgery, or closing a business deal, can all cause the state of 'flow' to naturally arise.

In the 'flow' state there is a sense of effortless action and focused attention, a freedom from self-consciousness and concerns, and time stands still. This experience stands out **vividly** against the background of ordinary everyday life.

Everyone has this inherent capacity and used it naturally and joyfully as a child.

The insight experience

A sliver of 'flow'?

Recall an insight experience — when, some time after you have given up actively trying to work it out, your subconscious mind has come up with the perfect answer. Consider this as just a sliver of 'flow'. Imagine what it would be like if, whilst actively engaged in a task, you could have this perfection and ease of experience for an extended period like 30 minutes... or 5, for that matter.

How does the course work?

It works for everyone! whether or not you have any previous drawing experience or expectation of talent

Simple step-by-step drawing exercises — and keys such as **choice, present focused action, habit substitution** (allowing the environment, situations, people, assumptions to be seen afresh) — lead to the extraordinarily better than expected output of the unimpeded mind at work.

At the beginning of a course, most people are among those who struggle to produce a few embarrassing ("stick man") marks on a page. Progressively, beginning with simple eye-hand coordination exercises, all participants enjoy several short periods of break-through 'flow' experience. In the last few hours of the course, extended periods of flow, of 30 minutes or more, allow participants to capture what they see so that it appears on the page seemingly effortlessly and with that special "something about it" quality that characterizes extraordinary mind.

About the courses

Drawing I — Developing your drawing ability beyond expectation; awakening to unsuspected levels of talent, drawing and otherwise; understanding key concepts for wider application. 10 sessions of 2.5 hours per week

Drawing II — Expressiveness. Extending the visual awakening experienced in Drawing I to your other senses, particularly touch and movement; learning how to have your mind impart pre-chosen qualities and life-like emotions to your work in art forms of your choice; gaining experience in wider application of key concepts. 8 sessions of 2.5 hours per week.

What results can you expect?

- Startlingly improved drawing
- Uncovering of unsuspected levels of talent
- Seeing yourself, your abilities and the possibilities in your life in a new light
- High quality in-the-present-moment concentration
- Feeling of ease replaces "hard work" when problem solving and learning
- Flow on effect to other areas of creative expression
- Increased levels of energy, inspiration, relaxation and sense of richness
- Learn to access the extraordinary, rather than ordinary, state of mind at will, for any chosen art or non-art task
- Arrive frazzled, leave refreshed!

About the *Extraordinary Mind Project*

The creation of this project by Jan Cross was stimulated initially by her observation of her first born, and other young children's, behaviour. Brimming with life and enthusiasm and, at first, having unconditional confidence and no concept of fear or risk, everything is possible for them, nothing is boring, they have a tenacity of focus, and an insatiable curiosity and desire to learn and master new things. In 1979 Jan resolved to research and experiment with practical ways of recapturing what she saw as our birthright—the joy of natural creativity. Already over 2,000 people have taken part in Jan's courses and exhibitions of the participants' outstanding outcomes have been held at the Perth Concert Hall. The courses have also been presented by invitation in several of The University of Western Australia's Summer Schools.