

'Sandy is the guru of modern-day meditations'
RED MAGAZINE



CALM



SANDY C. NEWBIGGING

CALM

Stress to Success with the Power of Calm

SANDY C. NEWBIGGING



This e-book includes extracts from two of my bestselling books: Mind Calm and Body Calm. You will learn my philosophies on how to move from stress to success with inner stillness and how to help the body heal with holistic harmony.



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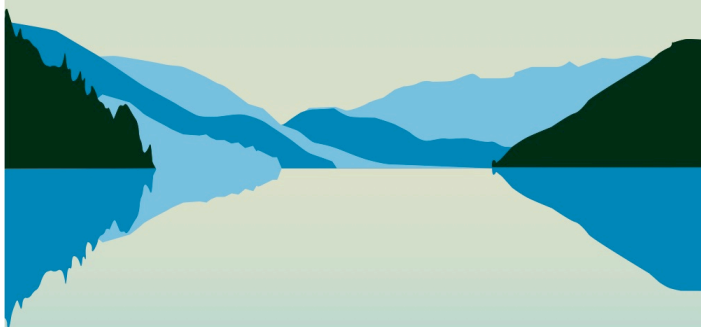
'Ancient wisdom translated into modern, practical tools
for inner calm. This book can change your life.'

SUZY GREAVES, *PSYCHOLOGIES*



MIND CALM

The Modern-Day Meditation Technique that
Gives You 'Peace With Mind'



SANDY C. NEWBIGGING

FOREWORD BY ROBERT HOLDEN PhD



CHAOS BEFORE THE CALM

Turning points often come when you least expect them. Mine certainly did. Everything was going great. Business was booming. I was on television in 30 countries around the world. My courses and clinics were full. I was running residential retreats at stunning resorts. I had books out with mainstream publishers, was appearing in newspapers, magazines and on radio too. I had a great girlfriend, we were living in an upmarket part of Edinburgh, driving fancy cars and had more money than I thought possible. On paper, I was living what many would deem a successful life. Then one day I woke up to a really scary realization: despite everything going so well, on the inside it was a very different story.

Stressed to the hilt, I wasn't experiencing an iota of peace. I spent most of my days swinging between feelings of frustration and fear. Frustrated because I wasn't quite 'there' yet and when I did eventually get what I thought I wanted, I quickly moved into a state of fear about losing what I'd worked so hard to achieve. I could feel lonely in a room full of people, and nothing relieved the enduring itch that 'there must be more to life than this'. Physically, I found it

hard to sleep with the mayhem going on in my mind. I struggled against persistent tiredness and was getting ill more often than I would care to admit, especially as I was working in the field of 'health detox' at the time. In a nutshell, I felt like a failure and fraud and a million miles from the peaceful happy self that I so yearned to be.

CONFUSED YET CURIOUS

It was around that time that a friend recommended I try meditation. I remember politely declining, saying that I couldn't meditate. To which they enquired, 'How do you know you can't meditate?' I was perplexed at first as to how to answer because, prior to my friend's enquiry, everyone else had always agreed with me that meditation was difficult. That day, after thinking about it for a few moments, I gave my main reason for why I couldn't meditate: 'I cannot stop my mind.'

Temporarily happy with my answer, I was immediately thrown back into confusion when my friend joyfully declared, 'Ah, well you don't have to stop your mind in order to enjoy peace when meditating.' To be honest, her response sounded ridiculous. Everything I'd read and heard about meditation up until then had all pointed to a 'still mind' being the main prerequisite to peace. However, she was suggesting the opposite. Could it be possible that I could have a busy mind and still be peaceful? Confused yet curious, I knew that all my attempts to stop my mind hadn't worked, so I agreed to learn to meditate.

MEDITATING FOR MONTHS WITH MONKS

Soon after learning to meditate, I began to notice that I was experiencing a surprising amount of

serenity. So much so, I went on a 10-week meditation retreat to the Greek island of Patmos with the monks who taught me, and then spent a further 14 weeks in the mountains of Mexico, with month-long retreats since. During these times I had the opportunity to meditate all day and night, occasionally up to 18 hours a day, and received great guidance along the way. As you can imagine, diving into such intensive periods of meditation is transformational, bringing with it inner and outer changes both positive and profound.

After graduating as a meditation teacher, I started sharing it with everyone who showed an interest. Having discovered that enjoying inner peace was easier than I thought, it became clear to me that I wanted everyone to experience the calm and contentment that meditation can bring.

WHATEVER WORKS FOR YOU

Even though meditation is certainly not religious, many of the techniques taught are ancient in origin, and so some of the recommendations and rituals might be perceived from the outside as being religious. Consequently, those disinterested in such offerings can find 'meditation' in general unappealing.

I'm a firm believer in 'different strokes for different folks'.

I'm not here to judge or tell you what you should believe or which spiritual path you should take – or if you should walk any spiritual path at all. The most important thing to me is that you don't miss out on the boundless benefits possible from meditation. I want you to experience the calm and clarity, connection

and liberation that are everyone's birthright – when given the guidance and techniques that are right for them.

In my desire to share the benefits of meditation with as many people as possible, I became inspired to offer a form of meditation that anyone can use. With Mind Calm, I'm sharing an accessible way of meditating that draws on what I've learned from thousands of hours of meditation, which anyone can use to make the move from mental chaos to mind calm.

Having found calm and contentment in my life, I know that if it is possible for me then it can be for you, too. Mind Calm is a modern-day meditation technique that can help you to still your mind at will and be at peace with the mind you've got. You will discover that peace with mind equals peace with life – which is not only a very delightful way to be but also the secret to a truly successful life.

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Buy the Mind Calm book:

www.sandynewbigging.com/all-books

**Or access the Mind Calm Online Course by joining
Sandy's Calm Clan (30 Day Free Trial)**

www.calmclan.com



THE SILENT SOLUTION

How do you know you have a mind? You are aware of it, right? By that rationale, within you now exists a mind and something that is aware of your mind. This book is about becoming much more interested in, and attentive to, the conscious awareness that is aware of your mind, instead of going to any great lengths to fix, change, manage, manipulate or improve it. Mind Calm gives you a new relationship with your Self, which can be the determining factor in whether you experience what can be described as a hellish life, full of stress, struggle and suffering, or quite literally nirvana now.

Conscious awareness is still, silent, spacious, peace-filled presence; it is not otherworldly, but as real as you can get. Consciousness is the calm context of every thought, feeling, action and circumstance in your life – whether they appear to be positive or negative. Knowing and directly experiencing the conscious awareness that is present within you is the silent solution to any stressful situation that you may be facing and the secret to enjoying a truly successful life; free from fear, problems and limitations.

Full of potential, creativity, happiness, and grace, getting to know the conscious awareness residing within you offers the ultimate love affair – oneness with your Self.

Contrary to what you may have been taught to think and believe, you will discover that being at peace with life is the master key to engaging a truly success-filled existence. Rediscovering the inner reservoir of calm residing within your conscious awareness – always – transforms your relationship with your thoughts, emotions, body and life. No longer needing to work so hard to perfect your mind, emotions and external circumstances, you become at peace with who you are and how life is.

WHAT IF YOU ARE NOT WHAT YOU THINK?

One of the main reasons why so many people miss out on the exquisite experience of their conscious awareness is that they're having an identity crisis. Quite simply, they think they are someone or something they're not. They think they are the voice in their head and, as a result, rely on what it says too heavily for defining who they are and what they're capable of. They think they are what they are feeling emotionally. They think they are their body, having identified with it from an early age. Or they think they are their relationship status, job title, religious affiliation or the long list of other labels that they've found to help define who they are.

Wanting to 'know thy self' is part of being born human. It is normal to be on the search to find meaning from all of the potential sources listed above. Whether aware of it or not, there's a big chance that you, too, have been exploring the answer to life's big question: *Who am I?* Without

guidance it is extremely easy to fall into the understandable assumption of thinking that you are the temporary and transient traits that so many others think they are, too:

- I must be the voice in my head because it sounds like me.
- I must be my emotions because I feel them inside me so intimately.
- I must be my body because it's been with me since I was born.
- I must be my job title because that's what I tell people I am when asked what I do.
- I must be my relationship status because my marriage certificate says so.
- I must be my religion because it is what I believe in so strongly.

The list goes on and on. But none of these things are ultimately you. Yes, they contribute to your personality and what you tend to do with your day, but that does not make them you. Why? They are all temporary, come and go and change. Therefore attempting to find your Self in these transient labels is a bit like trying to stay still in the ocean without an anchor. It's not going to work and you'll find yourself drifting. Moving from one mental construct to another can be very confusing – not to mention highly stressful – if you attempt to define who you are from the things in your life that constantly change and are, to a large extent, outside your immediate control.

What if you are not who or what you think? Are you willing to explore a new way of perceiving and experiencing your Self?

I AM AWARE

When I refer to your 'real Self', I'm speaking about the permanent aspect to you. The dimension of you that does not come and go or change, and is not temporary. The aspect of you that is present – always.

During literally thousands of hours of meditation, I've explored this big question and come to conclude: I am simply the Self that is aware. Everything else is a mind-made creation or life circumstance that comes and goes. But that which is aware does not. So who are you? You are the conscious awareness that is aware of the voice in your head and all the other thoughts and emotions happening daily. The awareness that is aware of your body and all the physical sensations and conditions that occur. The awareness that's aware of all of your relationships, bank balance, the jobs you do, the houses you inhabit and the hobbies that you happen to love.

Awareness is the one facet of you that has been with you your entire life and you've never for one iota of a moment existed without.

Even if you've been unaware of it, your conscious awareness has been fully present the entire time. Consciousness is what still exists when you are not having thoughts or emotions. It is forever with you despite the people in your life moving on, your job titles changing, your body growing older, your home addresses moving and so on; it is the contextual landscape in which everything else in your life occurs.

MIND-MADE PROBLEMS

Believe it or not, problems are made up by the mind. This potentially shocking possibility is so because

without the mind's interference through judging things as negative, bad, wrong or worse, life happens without anything being experienced as problematic. Yes, tricky, unexpected and perhaps unpleasant things may occur, but the mind needs to judge things negatively for them to be deemed a problem.

Buddha was once quoted to have said: 'No mind, no problem'. And it is so true.

Owing to the way the mind operates, if you spend your days thinking then you can end up stuck in a never-ending cycle of problem-solving and finding new things needing to be fixed. The unfortunate knock-on effect of being unaware of consciousness and caught up in the myriad of mind-made problems is having a body under copious amounts of stress, living on an emotional roller coaster of ups and downs, and ultimately a sense of never feeling truly satisfied or successful in business and life.

STILL SILENT CONSCIOUSNESS

Beyond the mind exists a still silent consciousness that holds within it the solution to any mind-made problem. By solution I don't mean an answer that comes from clever or positive thinking but a way out of the box of the thinking mind altogether.

Until I knew still silent awareness and the pristine peace, limitless love, joy and unbounded abundance that it contains, I never felt totally satisfied with the life that I'd worked so hard to build. Always feeling like 'there must be more to life than this', I chased goal after goal in the hope that the next tick on the list would bring me true satisfaction. I thought I wasn't happy yet due to my life not being how I thought it

needed to be. I simply hadn't ever considered that my discontentment could be coming from the fact that I was living lost in my pendulum-like mind – swinging from judgement to judgement – and as a result of this unseen habit, inadvertently missing a huge aspect of my life and my Self.

None of my achievements could ever relieve the eternal itch that something was missing. I was simply looking for fulfillment in places that it couldn't be found.

No amount of money can buy you the inner peace and connection, fulfillment and happiness that you naturally and immediately experience when engaging present moment awareness. All these wonderful things are built into the fabric of your conscious awareness. Available to you now, no matter how positive or perfected you make your thoughts, emotions, body and life. Does this sound too good to be true? Keep with me and stay open-minded!

Having been involved in this field of work for a decade, I've worked with a whole spectrum of individuals; some of them almost broke, others multimillionaires. Irrespective of the size of their bank balances, however, everyone is equal when it comes to having the same abundant awareness living inside them. The richer folk haven't necessarily been any happier; they've just had different problems to deal with. It's become clear to me that true success is not measured by external means, but by how calm, contented and connected to your real Self you are on the inside.

During this journey to a new way of experiencing your mind, your Self, and life, I hope you will clearly see that the secret to success is stillness.

CONSCIOUS AWARENESS LIFE MEDITATION

Mind Calm is a simple, easy and fun modern-day meditation technique for being consciously aware in life. 'CALM' stands for 'Conscious Awareness Life Meditation', and it is a way to meditate that does exactly what the name suggests.

Through meditation with your eyes open and closed, you can become more consciously aware during daily life. This book will give you guidance on how to use Mind Calm along with the know-how you need to be able to practise it with ease and in the most effective ways.

A MEDITATION METHOD FOR 'PEACE WITH MIND'

'Peace with Mind' is not a typo. Far from it! The term is one I've been using for a while and has been my main inspiration for writing this book. With Mind Calm I would love to put 'peace WITH mind' on the map.

I've observed that peace of mind is perhaps one of the most confusing and demoralizing spiritual incentives on the planet, as it implies totally clearing your mind of thoughts for good. Yes, permanent peace of mind is possible. Not to mention marvellous – for the few who manage to attain it in this lifetime. However, that's my point. To reach such a state of mind-body harmony, where thoughts are permanently stilled, can take many hours of meditation, very precise guidance on how to let go of the mind's subtle attachments and, in some cases, a good dose of divine intervention.

In today's world most people have incredibly busy lives. They balance career pressures with family and financial responsibilities, which all take up the bulk of their time and attention. Even if they wanted to disappear off to a monastery somewhere, to meditate for months in a quest to find permanent peace of mind, for most people this simply is not an option. As a result, achieving this state can seem like a pipe dream. So far from the realms of possibility, it can unfortunately make meditation seem to be an ill-affordable luxury in an already full schedule.

So it is for those people, who make up the bulk of the current population, with whom I'm keen to share Mind Calm, along with the very appealing and achievable possibility of 'peace with mind'. I have also found this approach to be highly beneficial for people who have already worked on 'waking up', as it provides a bridge that anyone can walk to be more consciously aware and find calm on the inside.

Mind Calm offers a solution that is not just for making your mind still, but also for making peace with your mind when it inevitably starts moving again.

Stopping your mind from having thoughts is possible. You are going to experience this is true when you play with the Mind Calm Games shared later in this book. Never having another thought again – i.e. permanent peace of mind – however, is an entirely different ball game. Especially when you take into account how much the average person's mind is stimulated and overworked. Also, if you happen to like your mind, it can be an unappealing suggestion that you should never think again. So Mind Calm is a solution that enables you to coexist peacefully with your mind. It is

my hope that you are also willing to explore what exists beyond your mind, to find the aspect of your radiant real Self that deserves your attention too.

CALM WITHIN THE APPEARANCE OF CHAOS

Being consciously aware, you create space between you and your mind. Putting your attention on this space leads to an immediate inner calm. Not because you have stopped your thoughts necessarily, but due to experiencing the still silent presence of your own conscious awareness. With practice you can find that the calm continues, even if you start having negative thoughts or emotions. Or even if you are having challenging physical issues or unexpected difficulties arise in your external life circumstances.

How remarkable is that? You don't need to stop your negative thoughts or emotions in order to enjoy inner calm, neither are you destined to be negatively impacted by the unpredictable nature of your life circumstances. You can be free to enjoy calm irrespective.

This liberated way of living comes from healing your relationship with your mind, emotions, body and life. So once you learn how to get Mind Calm any time you want, by being consciously aware (see Chapter 4), the rest of the book is about making it a habit to be at peace with your thoughts, at peace with your emotions, at peace with your body and, eventually, at peace with your life in general.

Mind Calm offers a two-part path of peace and prosperity: Part I: Peace of mind (sometimes), and Part II: Peace with your mind (the rest of the time).

Until you are in harmony with life, you can gather as many riches as you like, but you won't necessarily be living a truly successful life. I want your calm, clarity or contentment never to fall victim to the movement of your mind. I want you to discover that when you are at peace with your mind you are at peace with your life. Ultimately I want you to know how, by stopping your mind whenever you want and also being unaffected by your mind when it inevitably moves, you can transform your relationship with life for the infinitely better.

THE STILL SILENT INFINITE I

Conscious awareness is inherently still and silent. A sign that you are aware is that you experience inner stillness and silence. It is my hope that reading this book is an eye opener for you. Not solely from a conceptual perspective, but that you experience what I refer to as the 'Infinite I'. Spoken about by countless spiritual teachers over millennia, the Infinite I (or 'infinite-eye', if that makes more sense to you) is the awareness that is observing life unfold and the consciousness that all of life exists within. You have front-row seats at this glorious adventure called your life. It is time to say 'bring it on' and welcome whatever happens with wide-open arms.

To get started, let's explore why you have such a busy mind, so that you can make the move from so much mental activity to mind calm.



HIDDEN CAUSES OF A BUSY MIND

Why is my mind soooooooooo busy?!!! I know your frustration. I have felt driven mad by my mind too. Mulling over things at a million miles per hour. I've tossed and turned through sleepless nights, found it near impossible to focus during work or play and, to be totally honest, even had moments when my mind has felt too intense to live with, and secretly questioned whether it wouldn't be easier to check out of this life.

One time I was so caught up in my thoughts I didn't see the wet leaves sprawled across the corner I was heading around and nearly fell off my motorbike. Nearly hitting the hard tarmac that day was certainly a wake-up call, and one of the many motivations that have led to such in- depth exploration into how to move from mental chaos to mind calm.

From this study, together with what I've observed in the many people that I've taught meditation to, I have discovered a number of the subtler hidden causes as to why so many people suffer from such busy minds. am curious if you can relate to any of them.

THE FOUR HIDDEN CAUSES OF A BUSY MIND + QUICK-START CURES

Hidden cause 1: The Judgement Game

Making sense of life is one of the mind's jobs. Behind the scenes, every moment of every day, your mind is doing its best to attach meaning to everything that happens. With your best interests at heart, it works tirelessly to help you stay safe, keep you on track and have a good life.

Fully committed to this meaning-full role, the mind plays what I call the 'Judgement Game'. With this, your mind judges what has happened in the past, is happening now or might happen in the future. Always with the intention of determining whether it is good or bad, positive or negative, right or wrong, better or worse. Then, if it deems something to be bad, negative, wrong or worse, you end up with what is commonly called a 'problem'.

Judgement and the compulsion to overthink

There is a direct relationship between judging things as being problems and the compulsion to overthink. The mind loves to problem-solve. Having judged something as potentially problematic, it immediately springs into a hive of activity to either produce thoughts about the problem or attempt to find the best possible solutions.

Whether it is a minor irritation or a major catastrophe, the mind tends to react in the same manner: *Why has this happened to me? How might this impact my life? Am I going to be OK? Is my family going to be OK? How is it making me feel? Why am I feeling this way?*

How can I change, fix or improve things so everything will be better and I can feel good again?

Usually a deluge of thoughts floods in, as your mind does whatever it can to answer the problem-solving questions that it is truly sublime at creating. Such a stream, or in some cases tsunami, of mental movement stemming from the Judgement Game can be, quite literally, endless! When unintentionally engaged in the Judgement Game, your thoughts can end up going round and round in your mind like a hamster in a turbo-boosted wheel, as you consider the many possible ways to escape your predicament. Quite ironically, all this mental activity happens to be due to the mind's best intentions of bringing resolution, and with it, mind calm.

Improve whatever you want

Let me be clear, there is nothing 'wrong' with making improvements to your life, especially if things are happening that require your attention. You may need to make sure you have enough money to pay the bills this month, do what you can to heal a physical problem or sort a relationship disagreement. However, if you want a calmer mind, to be happier, more loving and tap into your intuition to find creative ways forward then a new relationship with the Judgement Game is required.

Quick cure 1: Suspend judgement

Whether you like it or not, as long as the mind is in play, the Judgement Game will happen. Remember it is how your mind makes sense of reality, which can be very useful at times, especially if potentially life-threatening things are happening. However, if we're completely honest, most things the mind judges and

overthinks are not life-threatening at all, far from it. So for the rest of the time – I'd suggest, 99 per cent of the time – it is more useful to suspend judgement.

Suspending judgement requires you to see the judgement instead of being the judge.

The first antidote to this hidden cause for having a chaotic mind is simply to **see it, don't be it**. Shining a light on the judgmental thoughts by seeing them happening in your mind can be incredibly powerful. When you observe the mind, the likelihood of unconsciously reacting to the judgemental opinions is reduced. By seeing the judgement, you can begin to step back from any previous engagement in the destructive game. Instead, you begin to see it for what it is – a judgemental opinion happening in your mind. It can be a remarkable revelation to discover that most of your problems are mind-made and due to an inner judgement of something being bad, negative, wrong or worse.

Albeit a simple strategy, 'seeing the judgement not being the judge' stops you being a victim of circumstance. External people, events or things stop being the cause of your inner stress or lack of serenity. Instead, you see that engaging in the judgements happening in your mind is a major cause of your dissatisfaction with the people, events or things. So whenever you notice that you've been overthinking a problem, take a moment to see the thoughts instead of being the thoughts. Ask this question: *What in my life is my mind currently judging negatively?* Example observations might be:

- I can see that my mind has been judging how much money I have.
- I can see that my mind has been judging what my partner just said to me.
- I can see that my mind has been judging my body.

This is an easy awareness-raising intervention that can create a moment of conscious calm in which you suspend judgement and start to see it for what it is – a thought happening in your mind about life. This insight is made all the more powerful when combined with the next quick cure.

Quick cure 2: It just is!

One of the quickest ways to slow the mind down is to override the Judgement Game with a totally neutral non-opinionated thought. One that is non-judgemental and within it holds the possibility that whatever is happening may not be a problem at all.

With no problem needing to be solved, the mind very quickly and naturally becomes still.

Remember the mind becomes active when it finds a problem that needs to be fixed. But if you are willing to let go of perceiving things as being problems, then you may find your mind has little to do and becomes quiet.

Consider: *If something isn't good or bad, right or wrong, better or worse, then 'it just is', right?* Playing with the more neutral opinion that 'it just is', there is very little fuel for the thinking fire. Try it now. Choose a problem from your past, present or future and reflect:

Although this appears to be bad, negative, wrong or worse, I cannot deny the fact that it also just is.

Having considered this, take a moment to rest without the immediate need to do anything to fix the perceived problem. Take a deep breath in and out, and be attentive to what your mind does next. You may notice that there is a moment of absolute calm as your mind decides its next move. Which, just so you can be prepared, might be another judgement! Your mind might immediately defend its previous position by justifying why the problem is, in fact, bad, negative, wrong or worse.

Whenever you start playing with 'it just is' – be ready for your mind to bring out its big guns, evidence and reasoning! It may want to start defending its previous position by justifying why the problem is, in fact, bad, negative, wrong or worse. It might say, *it's a problem because...* and give some reasons why what you're suggesting 'just is' is actually a problem. This is all part of the Judgement Game, so see it, don't be it. The less you engage in the Judgement Game the calmer your mind will be naturally. Waking up to the mind's judgmental tendencies is so vital, as otherwise you'll find it difficult to heal the next hidden cause of having a chaotic mind.

Hidden cause 2: The Resist Persist

Joined at the hip with the Judgement Game is resistance. The mind often starts resisting whatever it has just judged as bad, negative, wrong or worse. Although it may seem natural to push away 'bad' things, moving on, unaware of this hidden cause, leads to a very active mind – due to what happens when you resist things.

Let's have another behind-the-scenes look at the inner workings of the mind. Whenever something happens, your mind immediately jumps into gear – judging whether it is good or bad, positive or negative, right or wrong, or better or worse. We know this by now, but the next unseen habit of the mind is another major cause of overthinking that you must see if you want to be more calm and contented moving forward.

When the mind decides something is good, positive, right and better then it will allow it. This makes sense: it is good, positive, right and better after all! But the game changer that you may not have previously considered is...

It is your optimistic judgements and subsequent inner allowing of 'what is' that is the cause of your good feelings. No person, place or event makes you feel good, but your inner allowing does.

Take a moment to process this idea. Before, I thought my relationship, money, or new car were the determining factors in making me feel good. In reality, however, it was actually when things happened that my mind judged as good, positive, right or better, that I would allow them to be. I would have a moment of being at peace with 'what is', in which I didn't need my moment to be any different. Or, in other words, I accepted things as they were and had harmony with life in these moments. It turns out, however, that it has always been my allowance of 'what is' that has been the real source of my happiness and contentment. Wow!

The product of pushing life away

However, and it is a big HOWEVER! If your mind judges something as bad, negative, wrong or worse then it is very common for it to start resisting it automatically. Although pushing away negativity may seem both reasonable and logical, it is a major hidden cause of much stress, anguish, heartache and mental chaos.

Prior to exploring the true impact of pushing life events away, I thought it was the people, places, events and things happening that 'made me feel bad'. In reality, however, it was actually my inner mind-made judgements and subsequent resistance that were the cause of all those 'negative' emotions.

Quite remarkable really! I spent so many hours working hard to fix, change and improve my body and life so that I could feel good, when all the time my feelings had very little to do with any external factors.

Anger, sadness, fear, guilt, grief, hurt and any other unfavourable feeling you care to mention require negative judgements and resistance in order to exist. Seeing this not only gives you great insight into how to feel fantastic more often – i.e. suspend judgements and remove reactive resistances – but it also shines another illuminating light on how to enjoy more mind calm.

Resistance and the compulsion to overthink

There is a direct relationship between feeling bad due to resisting things and the compulsion to overthink. The mind wants to feel good. In fact, it is the natural tendency of your mind to do whatever it can to help you to be happy. Much of your mind's activity stems from the positive intention to be happy. As a direct

consequence, whenever your mind notices what it's learned to be a 'negative' emotional energy, it feels compelled to figure out all possible ways to make the bad feelings go away so you can once again be happy. Having noticed a negative emotion, two questions usually come to mind:

1. **What am I feeling?**
2. **Why am I feeling this way?**

Finding the answers to these questions frequently involves lots of mental activity. Once you have given the energy a label – anger, sadness, or anxiety, for example – you will find your mind has a brilliant ability to think up logical and legitimate reasons for why you are feeling the way you do. For example, just a few of the common reasons might be,

- **I'm feeling this way because of what they just said.**
- **I'm feeling this way because of the state of my bank account.**
- **I'm feeling this way because I'm stuck in this job.**

And maybe the other person did say something that was unpleasant to hear, perhaps you are genuinely struggling for cash this month, or you could possibly benefit from moving jobs. But this isn't the point if you want mind calm. More important is to see the mind's hidden causes of overthinking, which happen behind the scenes and are often the source of undesirable feelings. Resisting life won't resolve the relationship disagreement, doesn't help you make more money or make you more effective in getting a new job. Resistance only causes you unnecessary stress and suffering. When you get this, it becomes the obvious

choice to let go of resistance and take whatever action is required with mind calm.

Resistance causes stress and suffering. Acceptance creates calm and is the more conscious way to live.

Quick cure 1: Remove Reactive Resistance

Lack of money, for example, isn't the cause of bad feelings. Instead, the source of those bad feelings is the mind's judgements and inner resistance to what appears to be happening. If you are willing to play with this possibility then you can be free to feel good now. Worry doesn't help either. In fact, worry involves focusing on the very things you don't want. In short, resistance makes you narrow-minded and magnetizes you to the things you don't want.

By seeing the resistance instead of reactively resisting, the compulsion to overthink about your perceived predicament reduces and is replaced with clear-minded clarity and creativity on ways to improve things. The same is true for any other challenge that you face. Whenever you notice any negative emotions or overthinking about a problem, I recommend you take time out to see the resistance instead of unconsciously resisting. Ask: *What in my life is my mind currently resisting?*

Possible responses might include:

- I can see that my mind is resisting what happened in my past.
- I can see that my mind is resisting my physical condition.

- I can see that my mind is resisting where I'm currently living.

Having identified what you are pushing away, return to having harmony with life by resting instead of resisting. This easy exercise creates a moment of conscious calm. Provided, of course, that you are open to seeing that it is your allowing or resistance that is causing your negative emotions rather than your circumstances. Why intentionally go on resisting life if you know it is your resistance that's making you feel bad? That's not going to help anything because what you resist persists.

Resistance only keeps you stuck to what it is you don't want. Instead, let your mind become calm by rising above resistance.

Quick cure 2: Bring it on!

One very direct way to rise above resistance is simply to say **bring it on** to whatever you happen to be resisting. Simple yes, but powerful, absolutely! Remember: resisting *what is*, is a core, hidden cause of having a hectic mind. Resistance makes your mind mull over the whys, whats, hows and what ifs of the situation – making it very easy to get lost in all of the stories. Whereas saying 'bring it on' to what you're resisting means you can witness something quite remarkable happen: those external forces of circumstance lose their power over your inner experience of life. Amazingly, you can see how they actually needed you NOT to want them, in order to have any authority over your wellbeing. Stop resisting and you immediately feel better.

Turn to what it is you think you don't want and welcome it with a wide-open mind.

Bring it on is a powerful antidote to judgement and resistance. However, again, let me reiterate. I'm not saying you cannot improve things. But instead, the three words 'bring it on' are a determining factor in whether you experience stress, negative emotions and copious amounts of thoughts as you go about changing things, or whether you remain calm.

Hidden cause 3: The Attach Catch

Attachment happens whenever you believe that being, doing or having x, y or z will make you happier, peaceful, loved, successful or some other desirable state. Being attached makes you move away from wanting certain things to believing that you need them to be OK. Attachment is based upon the illusion that you can't feel good now without fixing, changing or improving particular aspects of your body or life first. However, as you've already discovered, feeling calm, content and connected comes from no longer buying into the judgements happening in your mind or resisting life.

Growing up you probably learned what a good life looks like. How much money you should have, the kind of house you should live in, the type of person you should end up with, the shape of body you should have, even the make and model of car you should drive... the list goes on and on. The criteria for a good life are perpetuated in the movies and media, and can often be unintentionally instilled by our parents and peers. Predictably you can pick up a

checklist of requirements in order to enjoy a happy and successful life.

Highly motivated to achieve this good life – as, let's face it, your experience of happiness, peace, love and success depends on it – we take our rulebook of requirements and set about doing everything we possibly can to make it all happen.

I spent countless hours setting goals and working hard to achieve them. Totally lost in a 'I'll be happy when' mentality, I was waiting to feel calm and contented in the future; when I'd ticked off my list everything I thought needed to happen. It was not only tiring but also torturous, especially as I couldn't help noticing how, even when I reached my goals, I only felt good for a short while.

Temporary highs at best

Inadvertently being attached to future outcomes meant that my happiness and peace were only ever fleeting. Whenever I got what I thought I needed, my goalposts would always move to the next big milestone and then the next.

I remember getting into a convertible I'd just bought. Before leaving the showroom, I sat for a few moments looking around at my new purchase. I felt great! Then I looked to my right and noticed a little scratch on the side panel and thought: *Oh well, I'll be happy when I get that fixed!*

Sitting in my expensive convertible, which I'd spent years working to get, my mind gave me about five seconds of pure joy before it found something to judge negatively and resist. Can you relate to this?

Without realizing it at the time, I had immediately become attached to the scratch being removed before I could fully enjoy the car again. This is just one example of the many times when I inadvertently fell into what I refer to as the 'Attach Catch'. Caught up in the belief that I couldn't be happy (or some other positive emotion) until certain things in my life were fixed, changed or improved first: *I'll be happy when I get my new home; I'll be happy when I've redecorated my new home; I'll be happy when I've paid off the mortgage* and so on. Left unseen, the mind can postpone your peace and happiness and be busy forever.

As an aside I still highly recommend goal setting, as having a clear purpose and doing what you enjoy can all help you to make the most of your gift of life. I still have many goals that light me up and drive me forward. I'm not sure if I would spend so many hours writing my books, for example, if I didn't set challenging goals to work towards. However, what is downright destructive to your inner calm is being attached to any of your goals ever happening. Attachment puts your positive feelings on hold until some future date in time and also limits your effectiveness in engaging in life fully.

The Attach Catch gets you totally caught up in the mind, making you miss the present moment, and unnecessarily postpone your peace and prosperity.

Attachment and the compulsion to overthink

There is a direct relationship between being attached to things being a certain way and the compulsion to overthink. Whenever your mind believes that it needs something to be OK, it becomes very active in trying

to figure out how to get away from where you are now and into a more appealing time in the future. Attachment dulls your experience of now – the present. It stops the moment you are in ever being good enough, leading to discontentment. Attachment also makes you live in fear. Afraid of people disliking or leaving you, as they are your source of love. Or scared of losing the success you've worked so hard to get. Attachment leads to a very limited life in which you need to control and manipulate things to fit your rulebook of requirements. As a result, the mind is given good cause to start producing copious amounts of thoughts about how to improve your current set of circumstances.

Quick cure: Let go of things needing to be different

Ever catch yourself thinking this classic attachment thought? *I'll be happy when...* Take a moment to consider all the things that you think you need to change, fix or improve before you can be truly happy and enjoy Mind Calm. Whether it is your job, relationship, finances, the healing of a physical condition or something else. Take note of any reasons you can think of for not chilling out and being calm now.

If you feel discontented with any aspect of your life, then there's a high chance that you're attached.

Once you have your list, see what happens if you ask this curious question: *What happens within me if I let go of needing this to be any different to how it is now?* Consider it in relation to one or more of the items on your list. Then notice how you feel when you let go of it needing to be fixed, changed or improved? Remember I'm not saying you can't at

some point take steps to make things better, but I care most about how you feel right now. **What happens when you let go?**

When I invite my coaching clients and course or retreat participants to do this exercise, I see the same transformations happen time and time again. Common responses are 'I feel relief', 'I feel calm', 'I feel free', along with a range of other really lovely experiences. What happens for you when you are courageously contented? I say courageous because I appreciate it is common not to want to let things be. Your mind may temporarily kick up a fuss that you really must improve things first. It might even tell you that I don't know how bad things are for you, or some other judgement. But if you are willing to be brave, by letting this moment be good enough, exactly as it is, I'm really curious as to what happens inside you.

Hidden cause 4: The Time Trap

Time is a major hidden cause of getting trapped in the mind. When thinking, you are in an imaginary story about something relating to the past and future. You are either thinking about something that's happened in the past, appears to be happening now, or might happen in the future. With an unlimited number of scenarios available to you to get caught up in, you can unwittingly waste years entangled in the time trap.

Going into the past offers, quite literally, a million memories to choose from for as far back as you can remember. Obviously, this can play havoc with your mind calm now if you regularly take jaunts down memory lane (or for some, memory highway!). Not only that, but if you believe in past lives then you can

also end up sorting through memories from an infinite supply of other lifetimes, too. Adding to the time trap, you also have the future to contend with, which also brings with it an endless stream of potential scenarios for the mind to become embroiled in. All the time, missing the present moment. The Time Trap, left unseen, makes mind calm near impossible.

Stop thinking and get real

Even thinking about what's happening now is a subtle Time Trap. Incredibly, all of our thoughts are about the past and future. Yes, that's the reality of the situation, every single one! There is no such thing as a present-moment thought. All your thoughts are about the past and future, meaning that if you're thinking, then you will inevitably end up missing the moment you're in.

Although now is the only time anything can happen and so your thoughts are happening now too, the *content* of your thoughts is always about the past and future. Even attempting to think about what's happening now, the moment has always moved on before your mind can process what is happening. To enjoy mind calm and truly experience reality in all its glory, you need to be willing to see when you've left now and gone into an imagined story in your mind. Otherwise you risk spending all your time in your mind.

Time and the compulsion to overthink

There is a direct relationship between believing that the past and future are relevant to your current levels of peace, happiness, love and success and the compulsion to overthink. If you believe that you need to resolve all the 'bad' things that have happened in your life to date, then you will feel compelled to think at length about past memories. Similarly, if you

believe that you need to have a better future so you can feel good then, again, you can find yourself needing to engage your mind anytime it presents thoughts about the future, and thinking, for example,

- ***What if I run out of money?***
- ***What if my body never heals?***
- ***What if I never meet anyone?***
- ***What if I'm stuck with this person forever?***

Remember, we have a problem anytime we judge and resist 'what is'. Entering the past and future presents your mind with infinite opportunities to judge and resist what's happened in the past or might happen in the future. You can find yourself trapped in judging and resisting made- up future possibilities that haven't even happened. It's such a waste of time! To enjoy mind calm it is vital to accept that whatever's happened in your past or might happen in your future need not have any impact on your current levels of peace.

The only time that you can experience mind can is now.

When you learn how to be here now, tapping into the inner reservoir of goodness that resides within your current conscious awareness, the lure of leaving your calm consciousness to go into some imagined story in your mind diminishes naturally. You see clearly that now is the only moment you can ever experience clarity, contentment and connection. When you leave now, it feels flat compared to the aliveness of the magnificent moment you are always in.

Quick cure: Reality Check

Escaping the Time Trap involves turning your attention towards now. I'm going to share many ways to do this with you, but one of the simplest is what I like to call having a Reality Check.

Right now, as you read these words, take a moment to notice what you can see – colours, shapes, objects, etc. Now notice what you can hear. Better still, listen for a sound that's been happening but you haven't noticed previously. What sounds can you find in your immediate locality? In order to hear them you need to be really attentive, and thus present. Now, notice what you are physically touching, including the book (or reading device) in your hands, the pressure between your backside and the seat or your feet pressing against the ground. What can you smell or even taste, right now? Totally tune in and have a Reality Check into the immediate here and now.

For a few moments aim to do nothing except be attentive to whatever is being presented to you right now. When doing this, you may notice that your mind becomes stiller. Especially when you give all your attention to what you can see, hear, feel, smell and taste. It can also be fun to see how, in order to re-engage any thoughts, you have to take your attention away from this moment. You will discover later just how important it is to see that shift of attention but, for now, I want to finish this section on the Time Trap by sharing a few words on how to live with time, without being trapped in your mind by it.

It's about time

Obviously, making plans about the future is inevitable and if you never again speak about your past then

you might not be the most interesting dinner-party guest! So I want to be clear, I'm not saying you must ignore the past or future. If, however, you continue to ignore the Time Trap then you will find yourself getting lost in your mind, time after time, potentially forever! You will feel compelled to engage with your mind every time it produces thoughts about the past and future. Meaning that Mind Calm will continue to elude you.

With time, you will learn how to talk about the past and future, with your attention firmly rooted in the here and now. You will no longer go into time as you might now. Even if bad things have happened in your past, they won't feel so personal or emotionally intense. You will deeply know that the past is only ever a memory in your mind. That the past or future is not happening at this moment and it is safe and more serene to leave it where it belongs, and make the most of this brand new moment bursting with peace-filled potential.

SUMMARY OF THE FOUR HIDDEN CAUSES

Judgement Game

Judging things as being bad, negative, wrong or worse leads to problems, and the mind becomes very active when attempting to find solutions to problems.

Resist Persist

Resistance to perceived problems leads to stress and suffering. Whenever you feel bad then your mind becomes very active, trying to understand why you feel the way you do and all the ways you can fix, change and improve things so that you can feel good again.

Attach Catch

Believing that x, y or z needs to happen in order to feel good and be successful leads to a busy mind about how to get what you think you need.

Time Trap

Thinking that your past and future determine your current levels of peace, happiness, love and success motivates the mind to produce lots of thoughts about what's happened or might happen.

BE OPEN TO LETTING GO

Can you relate to any of these hidden causes? It is my hope that this chapter has been illuminating for you. So the next time your mind starts playing one of its games, you'll see it and won't feel compelled to take part in its antics. You will find that the less you engage the mind, the less active it will be. Most importantly, once you see these hidden causes of a busy mind, you'll find it easier to see the mind and not become lost in its inner workings. By being open to letting go of the mind when you see one of these hidden causes, then the big benefits of Mind Calm, which I'll share in the next chapter, will be your reward.

* * * * *

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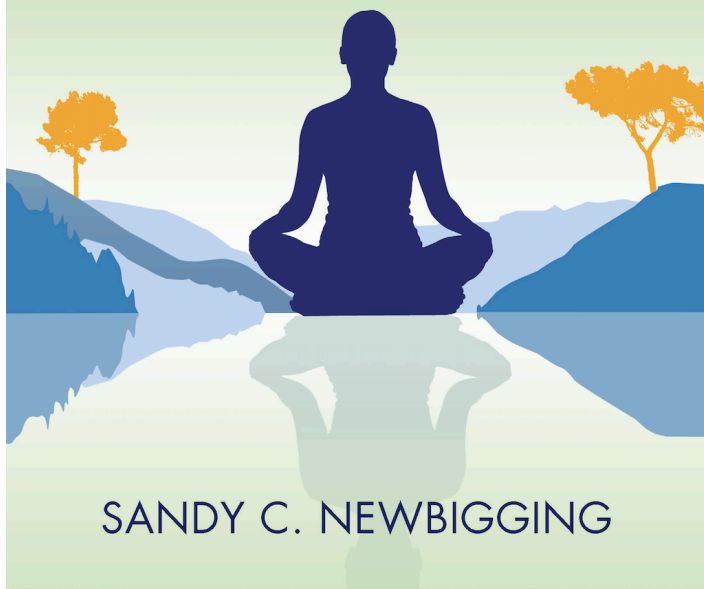
'Sandy is one of the best meditation teachers around'

YOGA MAGAZINE



BODY CALM

The Powerful Meditation Technique
that Helps Your Body Heal
and Stay Healthy



SANDY C. NEWBIGGING



HELPING YOUR BODY HEAL

'Go home and get some rest.' Visit a doctor, work with a health practitioner or seek advice from a friend and one of the most common recommendations you'll receive if feeling unwell is to give your body rest. It seems an easy enough task. Relax. Take some time off, put your feet up and chill out so your body has a better chance to heal. Despite 'get some rest' appearing to be a simple thing to do on the surface, most people I meet don't know how to calm down, disengage from doing and let their body 'be'.

This inability to stop stressing stems from a number of subtle sources that we are going to uncover and resolve with Body Calm.

One of the main causes of stress is our habit of excessive thinking. The interconnection between the mind and body is scientifically proven, and so our physical form is constantly responding to and experiencing what we are thinking about and feeling. This means if you go home to rest but take your busy mind with you, then your body won't necessarily end up getting much respite at all. Yes, you may physically lie down in your cosy bed or on your comfortable couch, but if your mind keeps mulling things over at a

million miles per hour, you will very often find that healing is hindered and your physical conditions continue.

Body Calm gives your body the rest it needs to recover.

STOP STRESSING START RESTING

Scientists and doctors agree stress is harmful to health. Stress has been found to lower the immune system, trigger inflammation and increase blood pressure. It plays a key role in cardiovascular disease and digestion disorders, speeds up the growth and spreading of certain cancers, and interferes with sleep leading to chronic fatigue and insomnia.

More heart attacks happen at 9 a.m. on Monday mornings than at any other time of the week, with many experts citing the stress associated with having to face another week at work being the potential cause of the 'Monday cardiac phenomenon'. The list of stress-related physical symptoms and conditions goes on and all point to the fundamental conclusion that getting your stress levels under control can be quite literally life-saving.

Stress, by far, is the biggest preventable cause of the majority of physical diseases and premature deaths on the planet. At the same time, meditation is known to be the most effective cure available for significantly reducing stress. Yet, despite these facts staring us in the face there are still relatively few methods of meditation used to actively support the healing of the body, with even fewer techniques having been specially designed to target the mind-based causes of stress and ill health.

With Body Calm, I want to bring meditation and healing together as the ideal marriage made for health heaven.

You don't need a doctorate from Cambridge or Harvard to know your mind is constantly causing changes to occur within your body. Simply watch a movie that's a bit of a tearjerker and the undeniable evidence of the mind-body connection can fast end up rolling down your face. Bear witness to injustices and you can feel your blood boil. Your stomach can churn when contemplating concerning thoughts and you can find your mouth watering at the mere thought of a food you enjoy. Yet, again, despite the proof being prolific, it is easy to neglect the mind when helping the body to heal and stay fit and healthy.

Dependency on doctors and drugs

We live in a world that relies upon doctors and drugs to try to fix the body: 70 per cent of Americans take at least one prescription drug while more than half of the population take two. In the UK, in 2014, 50 per cent of women and 43 per cent of men regularly took prescription drugs, with more than a fifth of men and nearly a quarter of women taking at least three prescribed medicines.

The UK's National Health Service gave out a massive 22 million prescriptions for paracetamol alone, a 13 per cent rise on 2013 and at a cost to the taxpayer of over £80 million. Global spend on prescription drugs is expected to reach \$1.3 trillion as soon as 2018. Over one billion prescriptions were given out in England in 2014 with four billion written in the USA in 2011. Based on these figures, some alarming trends are very

evident: our dependency on doctors and drugs are moving in an unprecedented upward direction.

Growing up, if ever there were any early signs of sickness, my first stop was the doctor's surgery to pick up a prescription and be advised to go home and get some rest. I believe the consequence of this conditioning is an unhealthy dependency on doctors and a sense of powerlessness to properly heal without pharmaceuticals.

It wasn't until I got into holistic health myself that my mind-set started to change. Especially after accidentally creating a form of therapy called Mind Detox that went on to be used globally to heal the mind-based causes of physical, emotional and life problems. Then, with the introduction of meditation into my daily routine, I began to appreciate a part of the doctor's advice that I'd previously taken for granted – 'go home and get some rest'. To this day it's hard to say what has been more impactful: the pills and potions or the peace that's come from taking time out to relax and recuperate. Perhaps both. All I know is I cannot remember the last time I turned to a pharmaceutical drug. If ever I do end up feeling under the weather, I've noticed it takes around the same amount of time to feel 100 per cent again, if not quicker, by simply meditating as often as possible while my body does its healing work.

Incidentally, I'm not suggesting that you toss your prescriptions in the bin and never open your medicine cabinet again. However, I *am* saying that until you start using meditation to reduce your stress levels and get good quality rest, it's hard to fully grasp the big

benefits that both can have on the physical functioning, recovery rates and wellness of your body.

Body Calm aims to 'help' the body to heal. I am not saying you should never call on doctors or drugs ever again and ONLY use Body Calm but rather, if you need to heal or want to stay healthy, then it is wise to adopt an integrative strategy that includes modern medicine, alternative methods and meditation.

The insights and exercises shared in *Body Calm* have come about during the past decade through thousands of hours of personal meditation and the experience gained from working with thousands of individuals from around the world at my clinics, academy courses and residential retreats. My clinical practice has given me the opportunity to meet and treat people presenting almost every physical condition you can name, from acne to arthritis and headaches to hyperhidrosis. I've worked with a multitude of people on a wide range of conditions to discover and resolve the potential mind-based causes.

When undergoing my meditation teacher training, I went away to meditate day and night for many months, sometimes up to 18 hours per day, and have gone on to attend month-long meditation retreats since, to further deepen my personal practice. On top of that, I've run health and meditation retreats at some of the world's best resorts in UK, Turkey and Thailand and trained coaches in my methods from more than 15 countries. Overall, I believe it is the unique combination of my extensive therapeutic work, academy training courses and the many

months I've dedicated solely to meditation that have allowed me to create Body Calm and write about how to help the body heal and stay healthy.

Using the techniques I'm going to share, you will learn how to stop stressing and be calm. You will heal the common causes of stress-induced 'dis-ease' and return to a more restful state that is highly conducive for self-healing and optimum health. Sound good? Well, the benefits of Body Calm extend way beyond the return to rest – and begin with a rather curious question.

HOW DO YOU KNOW YOU HAVE A BODY?

Inquire as to how you know you have a body and you will probably conclude that you know because you can see and feel it. In other words, you are aware of having one. This rather obvious recognition means that within you now exists something that is aware of your physical body. With Body Calm you are encouraged to become interested in, and attentive to, the conscious awareness that is aware of your body – as you engage in any self-healing activities to fix, change or improve your health. In doing so, Body Calm can give you a new relationship with your physical form. By getting to know your real Self, beyond your body, you will make the inner shift required to stop being in a battle with your body, and to instead enjoy the kind of calm coexistence that allows health and peak physical functioning to flourish.

***Vast quantities of vital healing energy are wasted when
you fight against your physical form.***

When you are in harmony with your body, you ramp up your energy reserves and dramatically increase your inborn self- healing capabilities. Having a healthy relationship with your body requires you to know and experience that, although you *have* a body, you are *not* your body (I will explain this more in Chapter 11). It also requires you to change your relationship with your mind and body by being more consciously aware.

A meditation technique for 'peace with body'

Most of the suffering that happens when a person is ill originates in the mind. Yes, conditions can be physically uncomfortable. But they become mentally stressful and cause emotional anguish when we start thinking about them. As a result, being at peace with the body begins by getting a peaceful mind. By reducing the time spent thinking, you rest in to the aspect of your Self that is aware of the mind and body. Naturally, as you engage less in negative thinking about your particular condition, you learn to peacefully live with your body.

In my experience and observations, by far the best way to befriend your body is to rediscover your real Self. When I refer to your 'real Self' I'm talking about the permanent and unchanging part of you that has been present since before the day your body was born; the conscious awareness that is not only aware of your body, but also your thoughts, emotions and everything else that happens during your daily life, too. Being consciously aware, you discover that you benefit from effortlessly experiencing the peaceful presence of your being.

Remarkably, you can come to notice that your awareness never gets sick, doesn't malfunction, go faulty and is free from pain or any difficulty happening within the body. To your relief and delight, you can reconnect with an on-going inner state of restful calm that is perfect, whole, and completely untouched and unconcerned by any temporary physical problem. With this all- important shift in perspective, you benefit from what I call 'peace with body', whereby you remain calm even if your body happens to be going through a tough time. 'Peace with body' means you don't need to suffer if you have a physical problem. You also no longer need to postpone feeling better until your body gets better because being aware of your real Self feels great.

HOLISTIC HARMONY

Stress is the result of there being disharmony within your mind, body, soul and life. By clearing the causes of inner conflict while learning to rest within the aspect of your Self that is always still and never gets sick, you can regain the holistic harmony required for your return to radiant health. With less stress to deal with, your body is able to more easily and effectively undertake its repair and maintenance projects.

ABOUT THE BOOK AND TECHNIQUES

If you are feeling unwell then it is safe to assume you want to get on the road to recovery as soon as possible. Consequently, this book reflects this by setting the scene in Part I with the life- changing philosophy at the heart of this self-healing system, before immediately diving into the Body Calm meditation technique.

The meditation technique is a daily practice that brings about greater mind calm and physical rest. It has been specially designed to give you a healthier mind-set that promotes better health. By using it regularly to be more consciously aware you'll enjoy two immediate benefits:

- 1. By being less caught up in your busy mind, your body gets the rest it needs to recover**
- 2. By being present and aware, you naturally relate to life in a more harmonious and stress-free way.**

To help your body rest and recover even faster, Part II reveals the seven secret sources of stress and offers 'shifts in awareness' and quick-start cures for cultivating more holistic harmony. Once you've been meditating for a while and started to adopt the habit of being consciously aware, Part III will then show you how to find calm with the Embodying Exercise, which can be used anytime you need to heal a physical condition or when you encounter stressful experiences in your life. The Embodying Exercise works by clearing inner conflict and enhancing positive traits. In doing so, it also brings about greater harmony within your mind, body, soul and circumstances, which is the precursor to health and happiness.

Part III also includes five comprehensive directories listing the mind-based causes of issues relating to your body parts, organs, five senses, 12 systems of the body and 101 physical conditions. Used alongside the Embodying Exercise, which you'll find in Chapter 14, this will give you the chance to discover and resolve the possible mind-based causes of your physical concerns. Used as a whole, Body Calm offers a system of self-healing that brings resolution to the

often hidden causes of compromised health, while helping you to live in a harmonious and happier way.

GO HOME AND REST IN YOUR REAL SELF

Central to Body Calm is the invitation to rest in your conscious awareness. As you progress through the book and play with the teachings and techniques shared, I invite you to notice when you are experiencing a sense of inner stillness or silence. When you do, you can be confident in these moments that you are being your real Self. I like to refer to this conscious awareness as the 'Infinite and Eternal I' (or 'infinite and eternal eye', if it makes more sense to you). Consciousness has no outer edges, is always present and beyond the physical body. It is a serene and secure state of being to return to, where all is wonderfully well and calm is continuous. It is my hope that by being your real Self, the phrase 'go home and get some rest' takes on an entirely new meaning for you and that once you return, you stay for good.

Go home to the heart of your real Self and rest in the haven of calm that is your consciousness.

* * * * *

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REST IS BEST & HARMONY HEALS

Health is much more than the mere absence of disease. It is a state of holistic harmony that enables you to meet your individual needs while actively pursuing your life purpose. The Body Calm philosophy has the power to transform your relationship with life and make you healthier and happier. By living by it, your everyday experiences will become extra enjoyable and meaningful, your stress levels will drop significantly, and you will be more able to actively help your body to heal and stay healthy. Beyond the likely body benefits, your career, relationships, wealth and wellbeing can also be positively impacted. Quite simply, I cannot overstate the profound and positive paybacks that can come your way if you apply it.

For the biggest returns from this philosophy, however, don't take my word for it. Instead, actively apply it to your own life and see what happens. It won't work if it remains a collection of intellectual ideas to think about. Rather it is an experiential way of relating to yourself and your life. Let the proof of the philosophy's validity come from how your health, happiness, satisfaction and life success improve. Do your best to refrain from jumping to judgements or rejecting any

aspect before you've regularly used it. The reality is if your current beliefs and attitudes were 100 per cent working in your best interest, there's a chance you wouldn't have the physical condition(s) that motivated you to buy this book! This is not to say any physical conditions are your fault, rather that you have a golden opportunity to question your assumptions and be open to alternative ways of relating to your mind, body, soul and life situations. Remain open and then, as you engage with this empowered and enlightened way of living, you may find it to be a defining moment. Ready? Let's explore the philosophy now.

HEALTH REFLECTS YOUR RELATIONSHIP WITH LIFE

The purpose of your life is to live fully and completely. Although this might seem like a rather simplistic or understated purpose, it is profound. Most people aren't living fully or letting life experiences come to their conscious completions. All too often, people resist what happens and thus stop situations from fulfilling their positive purposes. They also don't experience life in its fullness because they are so preoccupied by their mind-made version of reality instead. Busy recalling the past, distracted from the present or focused on thoughts about the future, they miss the magnificent moment and the magic that is constantly unfolding. Tragically, countless people only ever tentatively exist. With the intention of 'getting by', they never get around to living fully and end up dying unaware of their remarkable Self and the awe-inspiring beauty and perfection of life.

The purpose of your life is to live: engaging every experience as a sacred invitation to be present and rediscover more of your radiant real Self.

Everything happens to help you to fulfil this purpose. You are perpetually presented with invitations to move from stress to serenity, ignorance to awareness, separation to oneness, and in doing so, learning how to live more fully and completely, never wasting a moment. As a natural consequence, life is less about *what* you do and more about *who* and *how* you are, *as* you do; less about what happens and more about how you engage and respond to whatever occurs. Do you resist or rejoice? Do you fight life or use everything to learn how to be more flexible and free? Do you act the victim or welcome the gifts you are given to grow? The choice can be yours, as long as you know that life happens not to hinder, but help you.

Knowing this ultimately means *what* you experience is less important than your relationship with life. With the right attitude, you can use *all* that happens, including ill health and adversity, as invitations to step up, wake up and show up fully. Reclaim your power to peacefully progress towards your purpose and be the most wise and wonderful version of your Self.

HEALTH IS THE BY-PRODUCT OF HOLISTIC HARMONY

Although it can sometimes feel as though life has something against you and is trying to put you down, the reality is the complete opposite. Every moment, you are given the events and experiences that are exactly what you need to be elevated into the fulfilment of your life purpose. Again, I appreciate it may not always feel this way, especially when life is particularly challenging. However, if you take this principle on board, then I promise your life will take on a deeper meaning. You will see the sacredness of situations and will suffer far less from what happens.

Fighting against life events that don't fit your hopes or expectations takes its energetic toll and creates conflict. Over time, the resultant disharmony is stressful for the mind and body, causing *dis-ease*, ill health and unhappiness. So instead of feeling attacked by life, I invite you to assume that everything happens to help you live fully and completely.

With this attitude, you can move mountains and heal the un-healable due to the harmony that occurs within your heart, mind, body, soul and circumstances.

Stress is a symptom too

Stress is often named as the main cause of ill health. However, in my opinion, it isn't the *ultimate* reason why people get sick because stress is caused by conflict. Furthermore, for conflict to be present within your mind, body or life, there exists the presence of the two opposing forces of resistance and attachment. By this I mean, whenever you encounter a stressful situation, it is not the event that makes you stressed. Instead, it is the disharmony arising from an inner conflict between a reactive resistance to something you don't want and an unseen attachment to something you think you need. Within the context of reducing harmful forms of stress, Body Calm aims to heal these hidden causes of conflict.

Stress is a symptom of there being a conflict between what your mind wants and what your soul knows you need; for you to fulfil your life purpose.

Recognizing stress is caused by the inner push-pull conflict of resistance and attachment can be an extremely empowering revelation. It stops you being

a victim to circumstance and puts the power to be calm, and thus help your body be healthy, firmly in your own hands. This is vital because you may not be able to control life to make it *always* pleasing and pleasant. However, when you notice you're stressed, you can take simple steps to actively reduce resistance and appease attachment, returning yourself to a more restful state.

For example, let's say you are suffering emotionally from a relationship split to the point it's affecting your health. For it to be stressful means there's an inner conflict. You may be resisting being alone and have an attachment to keeping the security that the relationship provided. In this case, you would be resisting 'being alone' and the attachment would be to 'security'. Until you become aware of the inner conflict and become at peace with it, the stress, emotional suffering and physical conditions brought on by the break-up, will most likely continue. Being willing to make this inner shift gives you holistic harmony and makes for a healthier and happier life. It is the secret to stopping stress from making you sick and, as we progress, you'll find many examples and exercises to help you harness the power of harmony and aid physical healing.

***Health is the natural by-product of having harmony
within your heart, mind, body, soul and life.***

Although the finer details of the resistance and attachment are unique to your situation, the principle remains the same. If there is conflict, and therefore unhealthy stress and disharmony, the opposing interplay of resistance and attachment will be happening. More generally, as long as you continue

to be in conflict with life by forcing it to fit your expectations, then you will stay stressed. This in turn causes your body to exist within a state of prolonged *dis-ease* and lead to the loss of optimum health. But if you are willing to live out this philosophy, then I promise you a more stress-free and serene life that allows for true health to flourish.

An energy-boosting bonus from this philosophy

The forces of resistance and attachment cause energy to flow outward and away from physical healing. It takes energy to constantly be pulling or pushing at life. Over time, if you live in an ongoing state of conflict, you will find your energy levels become depleted, along with your ability to heal and stay healthy. On the other hand, when you are consciously aware of your real Self and using everything that happens to help you, you automatically allow energy to remain strong and build up within your body. The more energy you have, the better your health.

Resistance and attachment = Energy out.

Body calm and embodiment = Energy in.

LIFE INVITES YOU TO EMBODY MORE OF YOUR SELF

If everything happens to help you to fulfil your life purpose of living fully and completely, including experiences such as family politics, job uncertainty and financial constraints, then resisting and remaining attached slows your progress towards becoming the person that life is inviting you to be. Within the context of the Body Calm philosophy, and in the case of the relationship example above, its ending is an invitation to cultivate an inner sense of security because it doesn't serve you to stay in any relationship where

the foundations are based on fear. It is not your purpose to remain scared of losing someone or be needy of security, and so life can lead you through a break-up to help you embody what real love is and experience relationships that are free from fear.

Harmony is restored when the conflict is cleared.

When there is harmony, there is less stress and the body is better able to function properly. With Body Calm, healing happens through embodying certain positive virtue(s) that fulfil the purpose of the situations in life that you've found stressful. These include appealing qualities like connection, strength, peace, love, truth, clarity, compassion, contentment, forgiveness and so on. Such virtues are the qualities you need to be in order to no longer resist or be attached and therefore experience harmony within yourself and life. Embodying the virtues is part of your purpose because they allow life to serve its consciousness-raising purposes so that you may live fully and completely.

Embodying the virtues also brings completion to events or experiences that may have been unresolved because the purpose of them happening has finally been fulfilled. Instead of staying stuck at the difficult parts of your path, embodying the virtues allows you to use all that happens to serve a positive purpose. This means if you have anything in your life causing you stress, discomfort or negative emotions, and therefore potentially harming your health, you can be sure that they simply remain incomplete. Nothing happens to hurt or hinder you or make you sick. Everything happens to help you to fulfil your purpose of embodying the positive qualities that will set you free from stress and return you to your real

Self. Once you've embodied the traits that the events were given to teach you, the conflict collapses, they move to completion and no longer cause stress.

Spiritual teachers have said: 'You are what you seek', meaning if you want peace or love or strength, for example, then you already are these virtuous states.

Now I appreciate that this may not appear to be the case, especially if you aren't currently feeling peaceful, loved, strong, etc. However, I believe these teachers were not referring to your mind-based identity of who you think you are, but instead to the consciousness of your real Self. When you rest in your real Self (with the techniques I will share), you become aligned with, and gain access to, the positive virtues that will make life more harmonious, your body healthier and your mind happier.

I like to think about it this way. Imagine you have a personal i-cloud of positive virtues, similar to the online storage service operated by Apple Inc. and within it exists the virtues of love, peace, compassion, confidence, etc. During your day-to-day life, a range of events and experiences occur to encourage you to 'download' the relevant virtues into your mind and body. You are asked to do a presentation at work to gain more confidence or to experience relationship challenges with a loved-one so that you may embody more compassion.

Clearly, this idea of having your own 'virtuous i-cloud' is a rather light-hearted analogy to explain my point. But if you play with the philosophy – that life happens to help you to embody the positive virtues that you need to be – then you'll end up using everything that

happens to live more fully and completely and thus enjoy a great life. With Body Calm, we will explore the parts of your life that remain incomplete and bring them to completion, for your healthier good.

EASIER TO GO WITH THE FLOW THAN FIGHT

Although it may sound complicated, please don't overthink it or get bogged down by any specific details. The Body Calm philosophy boils down to a handful of principles that are easier to apply than not. This is because they work in accordance *with* the natural tendencies of your mind, body and life, rather than *against* them. Chances are, you've been stressed (and potentially ended up sick) because you've been working against the natural flow and order of things. But, as it is easier to go with the flow than fight, adopting the Body Calm philosophy can be much easier than you may think.

Rest is best and harmony heals.

Live by this simple philosophy and you will see your stress levels subside substantially and your health and happiness soar. Sound good? To get started, let's explore the benefits of meditation, which is by far the most powerful way to get some much-needed rest.

* * * * *

Buy the Body Calm book:

www.sandynewbigging.com/all-books

**Or access the Body Calm Online Course by joining
Sandy's Calm Clan (30 Day Free Trial)**

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Calm Coaching : If you want to work with me to apply my Calmology principles and techniques to your life then one-to-one coaching is a great way to go. All sessions happen via Skype so you can meet me from anywhere in the world and we can work together to bring about positive changes in your life.

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For other ways to work with Sandy visit his website.

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