



# MEDITATION

Masterclass Manual

# C.A.L.M. Philosophy

Do you wish you could stop your mind working overtime and be able to access peace anytime, anywhere? C.A.L.M. may be the modern-day meditation methods that you've been looking for.

C.A.L.M. (**C**onscious **A**wareness **L**ife **M**editation) is based upon my pioneering 'peace with' philosophy. When meditating with C.A.L.M. you do NOT have to stop your thoughts, change your emotions, fix your body, or perfect your life *before* you can enjoy serenity and success. Instead, you can access peace anytime and be well – irrespective of what's occurring in your mind, body, life or world.

There are two primary C.A.L.M methods:

*Mind Calm* cultivates positive states of being, including peace, clarity and presence and proves the secret to success is stillness. While also helping you to perform at your best, sleep better, enhance intuition and creativity, and connect with others. *Body Calm* gives your body to rest it needs to recover while cultivating the 'antidote attitudes' required for self-healing and staying healthy.

The C.A.L.M meditation methods consist of 3 steps and includes engaging 'present moment awareness' and occasionally thinking of a series of 10 Calm Thoughts. It works by helping you to change your relationship *with* your mind, body and world, while creating the habit of being consciously aware of the present moment during daily life.

Different from mindfulness because it is awareness-based (not mind-based), if you want to stop your mind from working overtime, worry less, feel better and get more done with less stress, then C.A.L.M. may be the modern-day meditation techniques that you've been looking for!

# Meditation Starter Questions

**If you had a magic wand and could have one wish, what would you ask for?**

Common answers include: 'peace', 'love', 'confidence', 'self-awakening'.

**What are your primary motivations to master your mind and meditate?**

Consider what you wanted to gain and what you wanted to let go of.

**What have you found to be the most challenging aspect(s) of meditation?**

**Are you willing to be innocent and try C.A.L.M. with an open mind?**

YES

NO

# C.A.L.M. Meditation

## **Step 1 ENGAGE GAAWO**

Be Gently Alert With Your Attention Wide Open

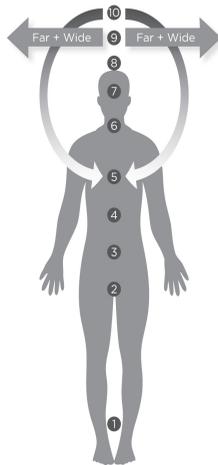
## **Step 2 THINK ONE OF THE CALM THOUGHTS**

See the next page for list of the 10 Mind & Body Calm Thoughts

## **Step 3 ENGAGE GAAWO**

Be Gently Alert With Your Attention Wide Open

Hang out engaging 'present moment awareness' and repeat steps when you notice you've been caught up in your mind unconsciously thinking about other things.



# Mind & Body Calm Thoughts

## MIND CALM THOUGHTS

OM Presence (In Entire Body)

OM Oneness (Far and Wide)

OM Wisdom (Top of Head)

OM Clarity (Forehead Centre)

OM Truth (In the Throat)

OM Love (In the Heart Centre)

OM Peace (In the Solar Plexus)

OM Joy (In the Navel)

OM Power (Base of Spine)

OM Connection (Soles of Feet)

## BODY CALM THOUGHTS

I Am Healed (In Entire Body)

I Am Enough (Far and Wide)

I Am Worthy (Top of Head)

I Am Free (Forehead Centre)

I Am Kind (In the Throat)

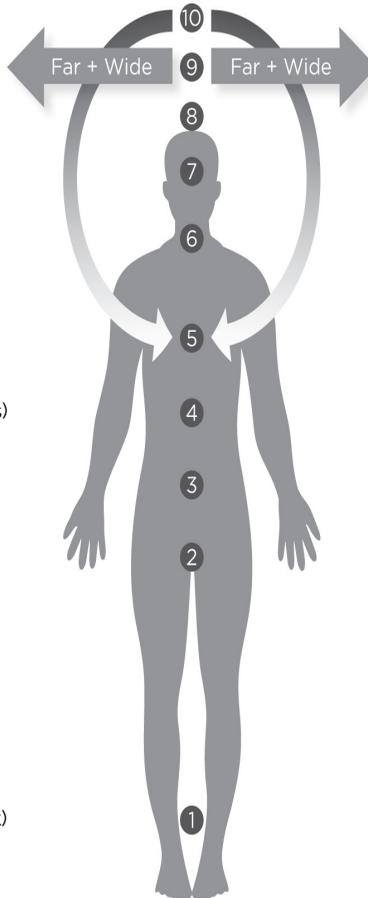
I Am Open (In the Heart Centre)

I Am Calm (In the Solar Plexus)

I Am Strong (In the Navel)

I Am Supported (Base of Spine)

I Am Secure (Soles of Feet)



Check out the free online resources for more info on how to use these Calm Thoughts and an exclusive guide to the Body Calm Thoughts.

# Meditation Happenings

Many people give up meditating, or end up frustrated, because they think they are doing it wrong or that it isn't working. It is vital that you are aware of these common meditation happenings.

Due to the mind-body connection, when your body rests it releases stress. Stress release can cause activity in your mind or sensations within your body. These common meditation happenings are therefore natural, necessary and beneficial:

**Memories:** Single stress release or recent event or special thought.

**Dreams:** Mind making sense of a few stresses releasing simultaneously.

**Busy Mind:** Multiple stresses releasing simultaneously = Lots of healing!

**Emotions:** Thoughts fuel feelings. Energy can move too.

**Body Stuff:** Old symptoms resurfacing, itch, twitch, passing pain.

**Sleep + Meeps:** Definition: Sleep that starts with short meditation!

**Peace, Love + Joy:** Result of No Thinking + Present Moment Awareness.

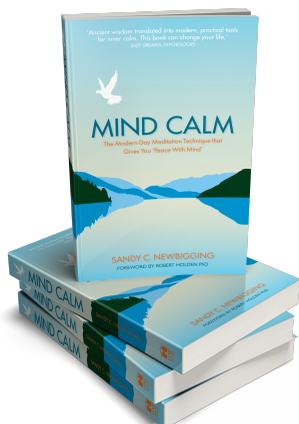
**Stillness, Silence, Space:** Your real Self is still, silent, spacious presence.

There are no 'good' or 'bad' meditations. It is also only our ego and mind that cares what happens when we meditate. So if any of the above listed 'happenings' occurs when you are meditating, then great! Remember: Thoughts are OK! Simply let everything come and go and aim to cultivate 'peace with mind' when meditating.

I hope you enjoy meditating with Mind and Body Calm.

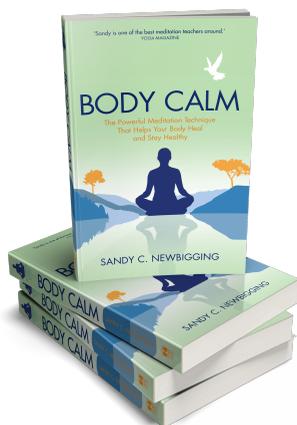
**OM PEACE**

# C.A.L.M Books



In this remarkable book, Sandy gives you a masterclass in the mind and how to meditate using his highly effective and enjoyable MIND CALM. He reveals the eye-opening insights that sit at the heart of his approach; including the main hidden causes of a busy mind, the 'peace with mind' miracle, why there's more to life than you think, and how there is a silent solution to any problem - all brought together brilliantly with a 10-part programme that ultimately proves that the secret to success is stillness.

Discover first-hand the peaceful presence of your own being, feel the power of the present moment, and be amazed by how still your mind can be.



Body Calm introduces you to a powerful way to use the mind-body connection to help your body heal and stay healthy. Discover:

- The research that proves meditation is essential for self-healing, staying healthy and even living longer
- The seven secret sources of stress and bad health
- Quick-start cures for reducing stress
- Sandy's five directories listing physical conditions and their probable mind-based causes

With the Body Calm Meditation technique for daily practice and the Embodying Exercise for resolving specific issues, this book shows that you really do have the power to enjoy a calmer mind and a condition-free body - and that achieving it can be so much easier than you may think.



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