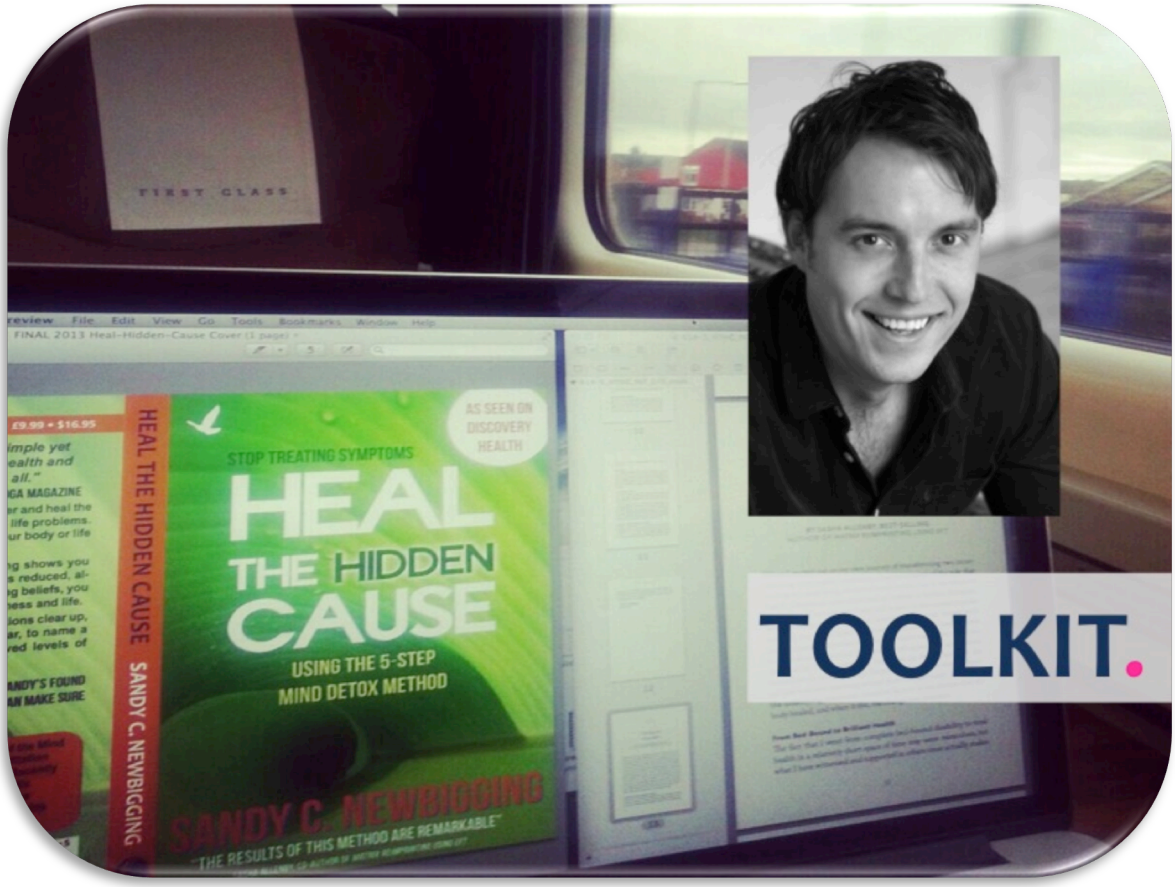
MIND DETOX ACADEMY

Award-winning training in Mind Detox + Mind Calm.

MIND DETOX METHOD **MANUAL**



SANDY C. NEWBIGGING

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ABOUT SANDY C. NEWBIGGING

Described by Yoga Magazine as *'one of the best meditation teachers around'*, awarded 'Tutor of the Year' by the Federation of Holistic Therapists in 2012, and awarded 'Trainer/Speaker of the Year' by the Association of Professional Coaches, Trainers and Consultants in 2013, Sandy C. Newbigging is the best-selling author of *New Beginnings, Thunk, Life Detox* and *Heal the Hidden Cause.*

Sandy is the inventor of the Mind Detox Method and Mind Calm Meditation. He has taught courses and retreats around the world. Via his Academy he has personally trained Practitioners from 15 countries. Sandy's residential mind-body-soul retreats have been featured on 3 separate television series that have been shown in 30 countries on channels including BBC and Discovery Health. He currently offers retreats in the UK and Turkey and is a columnist for Holistic Therapist Magazine, Positive Life Magazine and Om Yoga Magazine.

Sandy has thousands of hours of clinical practice under his belt. When training as a meditation teacher Sandy meditated day and night on the Island of Patmos in Greece and in the mountains of Mexico for 24 weeks. This enables him to teach from a very pure place and speak from his first-hand experience.

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7 SELF-HEALING SECRETS

SECRET #1: **Your body *is* your mind**
Evidence of the mind can be found throughout your entire body – making it scientifically accurate to say your body *is* your mind. As a result, your physical wellness is linked with your mental and emotional wellbeing.

SECRET #2: **Your beliefs become your body**
Beliefs are conclusions you've come to about yourself, other people and the world you live in. Your beliefs impact the messages sent between the brain and the body, which can impact the body's physical functioning.

SECRET #3: **Your body isn't against you**
Symptoms many consider to be physical problems are often your body's best attempt at adapting to survive. By changing how you perceive life, your body can adapt again, but this time by functioning in a more desirable way.

SECRET #4: **Regular resistance is bad for your health**
Chronic stress, caused by chronic resistance, is a major cause of physical problems. By learning to resist life less, your body has more opportunities to heal.

SECRET #5: **Cure the hidden root-cause reasons**
The cause of physical conditions often resides in the subtler, unconscious part of the mind. They are unhealthy beliefs that were formed when you experienced significant emotional events. By changing your these belief, you can help the body heal, let go of stored emotional baggage and enjoy enhanced wellbeing.

SECRET #6: **Unhealthy beliefs can be easy to heal**
It is a myth that beliefs are hard to heal. Beliefs can be changed because they are never absolutely true, are fuelled by feelings not facts, and are based upon limited (often wrong) information. With new positive insights you can come to new conclusions anytime you want.

SECRET #7: **Being present helps the body to heal**
Much stress comes from thinking about the past and future. To be present is to be beyond your mind, resting in the still conscious awareness that is your true nature. When the mind rests, the body heals. Naturally, you enjoy the true health that is your birthright.

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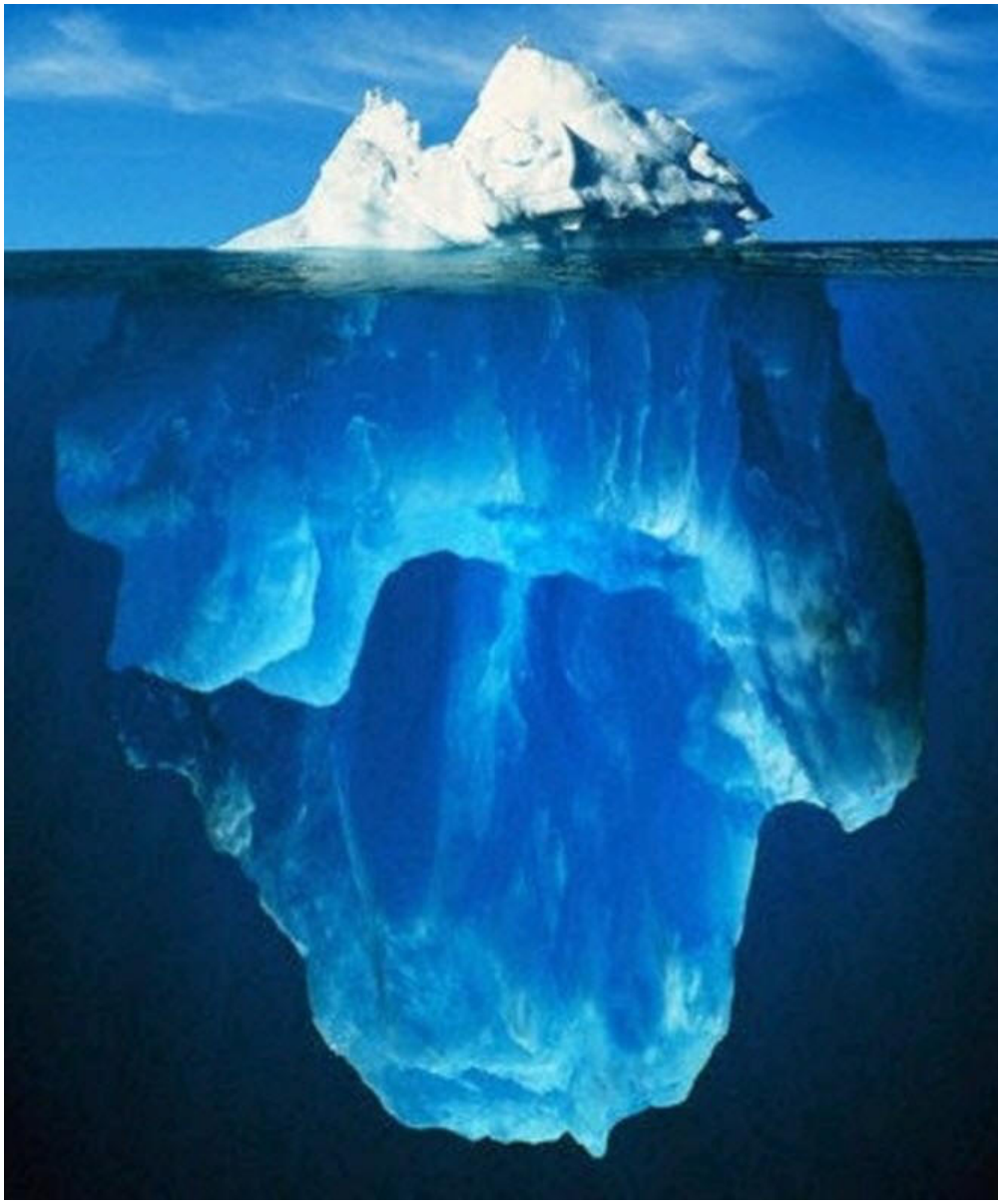
YOUR UNCONSCIOUS MIND



Your unconscious mind is in charge of your memories, emotions, behaviours and healing.

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FUNCTIONS OF THE UNCONSCIOUS MIND

1. Stores and organises memories
2. Makes associations between memories *(links similar things together)*
3. Represses memories with unresolved negative emotions *(people usually do this by keeping busy)*
4. Presents repressed memories for "resolution" *(emotional memories usually come to mind when you are mellow/quite)*
5. May keep the repressed emotions repressed for protection
6. Runs the body – has a blueprint of body now and perfect health
7. **Preserves the body** – maintains the integrity of the body
8. The domain of emotions
9. **Enjoys serving,** needs clear orders to follow
10. Generates, stores, distributes and transmits "energy"
11. Maintains instincts and generates habits
12. Needs repetition until habit is installed
13. Is programmed to continually seek more and more
14. Functions best as a whole integrated unit
15. **Is symbolic** – uses and responds to symbols
16. Takes everything personally
17. **Works on the principle of least effort** – path of least resistance (will always choose easiest option)
18. Does not process negatives – *You cannot not think about something without thinking about it first!*

YOUR INTENTION – Find a solution that gives the unconscious mind a direct order that preserves the body and is an easier option to current one.

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THE MIND DETOX MINDSET

- ✓ Be innocent
- ✓ Be willing to change
- ✓ Be beyond your story
- ✓ Be focused on results
- ✓ Be easy on yourself
- ✓ Be the genius you are
- ✓ Be a miracle maker
- ✓ Be committed
- ✓ Be one-pointed
- ✓ Be here now

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3C VISION

A remarkable way to clear your mind and feel calm, confident and content in any situation.

INSTRUCTIONS:

1 Pick a spot on a wall to look at, preferably above eye level, so that as you look at it, it feels as though your vision is bumping up against your eyebrows. Make sure your eyes are not so high that you cut off your field of vision.

2 As you stare at the spot on the wall, effortlessly let your mind go loose and focus all of your attention on the spot. At this point you may find yourself wanting to take a deep breath in and out. Let yourself do so.

3 Notice that within a matter of a few moments, your vision will begin to spread out. You will begin to see more in the peripheral than in the central part of your vision. You will feel it natural to take another couple of deep breaths in and out.

4 Now, pay more attention to the peripheral part of your vision than to the central part of your vision. Notice colours, shadows, shapes, and so on.

5 Continue for as long as you want while noticing how it feels. Also notice if you mind has become more still. Enjoy!

With a little practice you will be able to use 3C Vision during your daily life whenever you want to feel calm, confident or content.

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WHAT DO I REALLY WANT?

I want to gain...	I want to let go of...	How will I know when it's happened...

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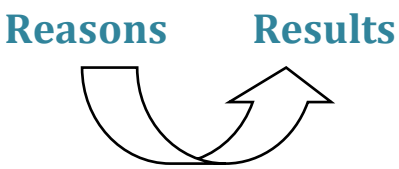
RESULTS OR REASONS

In life, you either get the results you want or the reasons why you didn't get what you wanted!



There are 3 reasons why people don't get what they want:

1. Negative Emotions (AKA: emotions people tend to resist)

Examples of Negative Emotions include - Anger, sadness, fear, guilt, anxiety. All emotions exist for a purpose. They are the unconscious minds way of saying "there's something to learn here". Once you learn what you needed to learn, the negative emotion ceases to exist.

2. Limiting Beliefs (AKA: Incorrect Conclusion)

Examples of Limiting Belief statements - "I can't… Life is… People are… I'm not" etc. Any time you have a Limiting Belief you must have a Limiting Decision, which preceded it.

If you find a limiting belief then the question to ask is "when did you decide that?" and "what were you deciding before that?" Keep asking the second question until you find a purely positive conclusion, then get take a deep breath and come back to now. You may find the belief feels less true.

3. Ineffective Behaviours (Strategies)

The way you are trying to get the results you want is ineffective.

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THE RESULT OF RESISTANCE

JUDGEMENT + RESISTANCE

=

STRESS + NEGATIVE EMOTIONS

How you feel is determined by your judgements as to whether things as good or bad, right or wrong, better or worse and your subsequent allowance or resistance of these things. When you resist you create stress in your body and justifications in your mind for feeling negative emotions.

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5-STEP MIND DETOX METHOD

1. WHEN – Age
2. WHAT – Root Cause Event
3. WHY – Root Cause Reason
4. WHY NOT – Antidote Learning
5. TEST THE WORK

STEP 1 – WHEN
What event in my life is the cause of the problem, the first event which when resolved, will cause my problem to disappear? If I were to know, what age was I?

STEP 2 – WHAT
When I think of that time, what's the first person, place, event or thing that comes to mind now?

STEP 3 – WHY
How did what happen make me feel?
Ultimately, what was it about what happened that caused me to feel that way?

STEP 4 – WHY NOT
What can I know now, that if I had known it in the past, I would have never felt any negative emotions in the first place?

STEP 5 – TEST THE WORK
On a scale of 10-0, with 0 being 'the emotion is completely gone and I feel neutral now', how would I rate the old root cause reason?

Also test RCE and the Future.

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D.I.Y. MIND DETOX

NB: If you have any concerns about using this 'DIY Mind Detox', please do not proceed without the support of a qualified Mind Detox Method Practitioner.

WHEN Find Age	*What event in my life is the cause of the problem, the first event when resolved, will cause my problem to disappear? If I were to know, what age was I?*
WHAT Root-Cause Event	*When I think of that time, what's the first person, place, event or thing that comes to mind?*
WHY Root-Cause Reason	*How did what happen make me feel?* *Ultimately, what was it about what happened that caused me to feel that way?*
WHY NOT Loving Learning	*What can I know now, that if I had known it in the past, I would have never felt any negative emotions in the first place?*
NOW USE 'INSTALLING THE KNOWING' EXERCISE	

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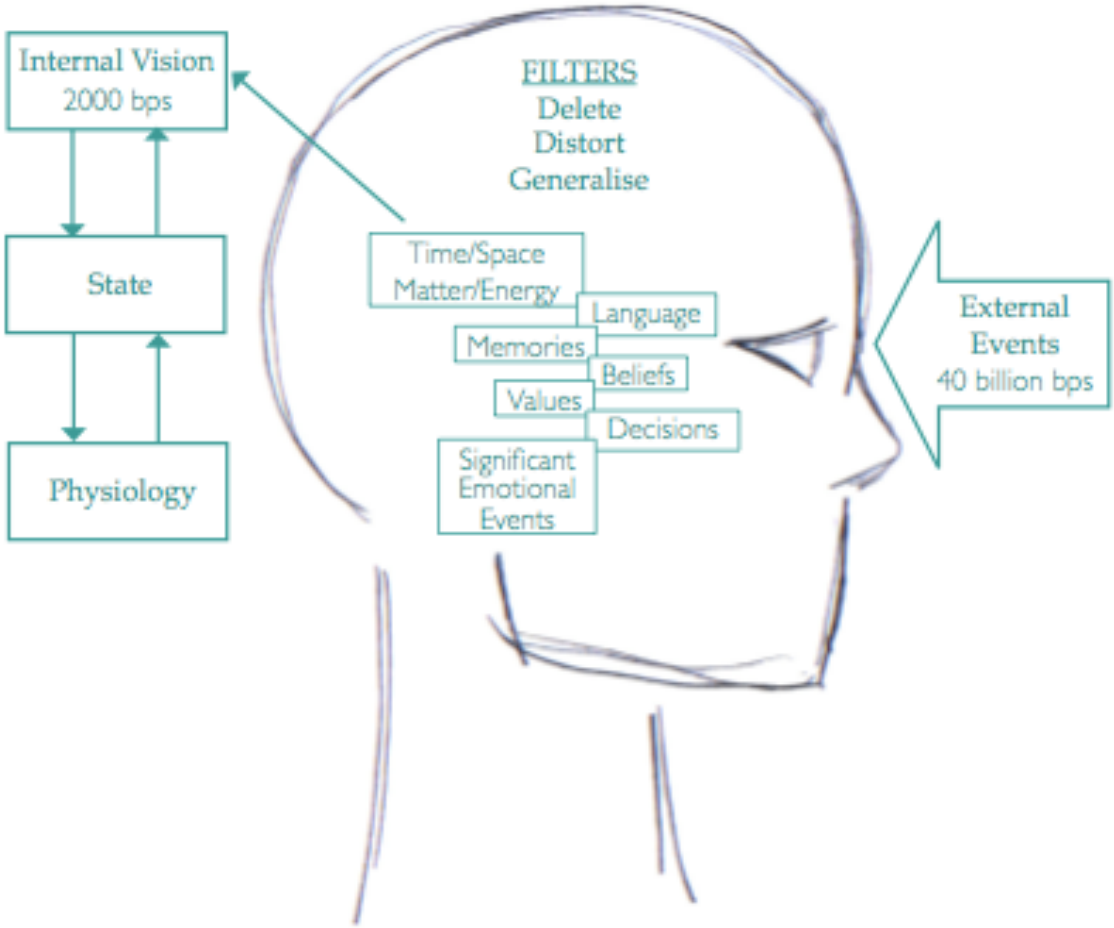
MIND MAKES MEANING



Your version of reality is a vastly edited version. To improve your emotions, physical health, behaviours and life circumstances, it can be highly beneficial to improve your internal filters, especially your beliefs.

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CLARIFYING MY CONCLUSIONS

I'm…

I'm not…

I always get…

I always feel…

I'm too…

I will never…

It's hard to…

- - - - - - - - - - - - - - - - - - - -

Family

Friends

Work

Money

Love / Intimacy

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TOP 20 UNHEALTHY BELIEFS

1. *"My parents didn't love me enough"*
2. *"I'm unloved, not loveable"*
3. *"I'm unwanted, not accepted"*
4. *"I'm rejected"*
5. *"I'm left on my own"*
6. *"I'm abandoned"*
7. *"Someone important left me"*
8. *"Someone important is/was not there for me"*
9. *"I'm alone, lonely and/or isolated"*
10. *"There is something wrong with me"*
11. *"I'm bad"*
12. *"I'm not good enough"*
13. *"I've let others down"*
14. *"I'm let down by others"*
15. *"It should not have happened that way"*
16. *"I've lost someone/something I love"*
17. *"I feel bad for others"*
18. *"I'm not able to do what I want"*
19. *"I'm unprotected, unsafe, weak and/or vulnerable"*
20. *"I can't stop bad things happening"*

(SOURCE: Sandy C. Newbigging's consultation notes taken at his clinics, courses, and retreats during 2005-2010)

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EXAMPLES OF RCR'S

Real-life examples of root-cause reasons stemming from the unhealthy belief: "My parents did not love me enough" include:

"Sad not loved by mum and dad" / "Hurt that dad loves mum more than me" / "Sad, scared and vulnerable dad didn't love me" / "Hurt, sad and rejected that mum and dad loved my brother more"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I'm unwanted, unaccepted" include:

"Sad treated so unfairly all the time because I'm not wanted" / "Empty because I don't matter" / "Sad, vulnerable and scared that nobody wants me" / "Lonely and isolated never good enough to be someone's best friend" / "Hurt, sad and vulnerable mum and dad sent me away"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I'm rejected" include:

"Hurt and rejected by people"/ "Scared of being hurt and rejected by someone I love" / "Sad, angry and worthless I was rejected and replaced" / "Hurt and rejected because I was a girl" / "Sad my brother rejected me"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I'm alone, lonely and/or isolated" include:

"Sad I'm so isolated" / "Sad nobody to play with" / "Lonely and isolated with no support"
"Sad that I'm alone in the universe" / "Left out and alone nobody to turn to" / "Lonely and isolated coz mum and dad split up" / "Sad, lost and alone dad's gone" / "Sad, scared and isolated because I'm fat"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "There's something wrong with me" include:

"Guilty because I should have been a boy" / "Hurt, sad and angry constantly told something wrong with me" / "Scared of being exposed as a fraud" / "Shame from being violated and dirty"/ "Sad and lonely I'm different"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I'm bad" include:

"Sad not normal"/ "Sad I'm ugly" / "Sad and guilty I'm naughty" / "Sad I don't deserve to be alive" / "Sad and shame because I'm stupid" / "Hurt, sad and guilty that I'm bad" / "Hurt, isolated and alone there's something wrong with me" / "I'm worthless compared to others" / "Sad I'm a bad person"

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Real-life examples of root-cause reasons stemming from the unhealthy belief: "It should not have happened that way" include:

"Sad I got rid of my first baby" / "Sad I didn't get to know my mum" / "Sad I've wasted my life" / "Sad my kids don't have grandparents" / "Shame and guilt that I let X abuse me for so long" / "Sad, lost and alone falling apart after abortion" / "Sad dad died before I got to know him" / "Sad that I shouldn't have been born" / "Sad and guilty I was too busy and missed the special baby time with my child"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I've lost someone/something I love" include:

"Sad I lost my dad" / "Sad and overwhelmed I've lost the people I love" / "Sad, scared and alone when I lose the people I love" / "Hurt, sad and scared that people I love leave me" / "Sad I lost my brother"

Real-life examples of root-cause reasons stemming from the belief: "I'm not able to do what I want" include:

"Stuck and helpless not free to do what I want" / "Hate being told what do to" / "Angry not able to do what I want" / "Sad and stuck not free to be me" / "Scared and powerless not able to stop bad things from happening"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I'm unprotected, unsafe, weak and/or vulnerable" include:

"Sad and vulnerable mum didn't protect me" / "Lonely and vulnerable dad not there" / "Scared that people will see that I'm vulnerable" / "Scared and helpless I couldn't stop them hurting me" / "Scared of being exposed" / "Scared of dad"

Real-life examples of root-cause reasons stemming from the unhealthy belief: "I can't stop bad things happening" include:

"Sad and scared of getting things wrong" / "Scared something bad is going to happen" / "Scared of hurting my kids in the same way I was hurt" / "Scared of mum and dad splitting up" / "Petrified of getting ill like my mother"

RCR = Emotion(s) + Reason(s)

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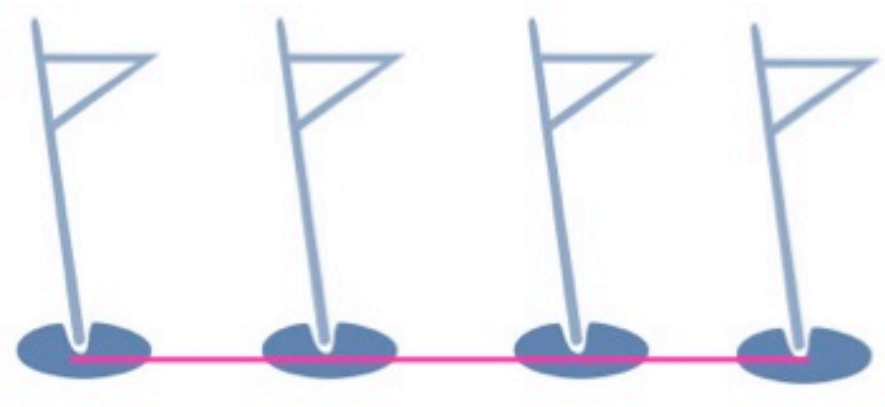
EMOTIONAL DOMINO EFFECT



You cannot change what happened in your past, but you can change how you relate to what happened. Therefore, to heal your past, you do NOT heal *what* happened, but instead, *why* what happened was a problem for you: in other words, the Root-Cause Reason. Even better news is that if you focus on healing the Root-Cause Reasons justifying your unhealthy beliefs, you can heal multiple memories simultaneously.

To make its job easier, your mind links similar memories together. For instance, it connects memories about the same place or person. This is why when you hear a particular song it might remind you of a particular person, place or event, and before you know it you're taking a jaunt down memory lane. Or why things can be so emotionally difficult after a relationship break-up; everywhere you go and everything you experience can end up reminding you of the very person you're trying to forget!

The great news is that, because your memories are linked together, you can benefit from what I call the *emotional domino effect*. By clearing the emotion associated with one key memory, (what I call the Root-Cause Event), you can clear the emotions from all associated memories too – simultaneously! This makes it possible to clear a huge amount of emotional baggage in a very short amount of time.

The trick to the emotional domino effect is to find the common thread that ties your problematic past memories together.

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BLIND SPOT BUSTERS

These blind spot busters are designed to help you question the assumptions you've been unconsciously making about past events or people.

Blindspot #1: ***"I survived!"***

Consider this: If you had known, for absolute certain, that you were going to survive the scary past event, how differently would you have felt at the time? You might find that you could have experienced the old event, but would have been more calm in the knowledge you were going to be ok.

Blindspot #2: ***"I was forgetting what happened next"***

Cast your mind back to a point **after** the root-cause event when you knew for certain that you were safe and were going to be OK. Although it is natural for the mind to be drawn to think about the most traumatic parts of the past, it is very healing to acknowledge that, although it was traumatic then, that you've ended up being safe since.

Blindspot #3: ***"I was doing my best and so were they!"***

Inside every human heart is the desire to be happy and to experience love. Everyone wants this, including the people who do 'horrible' things. If given a genuine choice (i.e. when they aren't being blinded by their unhealthy beliefs) and a different set of circumstances, they would always choose options that would move them towards greater happiness and love. The same goes for you! Remembering this can help you see yourself and others from a more gentle and understanding perspective.

Blindspot *#4:* ***"They had their own issues to deal with"***

As children we see our parents as Gods. It is only as we grew up to become adults ourselves that we began to appreciate that they were *only* human and probably had their own difficulties, fears, emotional baggage and stress to deal with. By appreciating this it can become easier to stop taking how they were towards you so personally and move on viewing them from a more understanding and compassionate perspective.

Blindspot #5: ***"It wasn't personal"***

Everyone experiences a unique and massively edited version of reality. This means that other people don't necessarily see, hear, experience the REAL you, but more their IDEA of you, based upon *their* internal filters. The implication of this is that YOU have never been left, rejected, hated or abandoned by anyone in your past. What your parents or peers or partners have not liked or rejected was only THEIR IDEA of you, which was not YOU. Just their idea, in their mind, based upon their beliefs, past decision, memories, significant emotional events etc. It wasn't personal!!!

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Blindspot #6: ***"I've been mind reading"***

Irrespective of the actions of another, you can never know for 100% certain what is really going on inside their mind. For instance, if a child is left by a parent, it is common for the child to come to the conclusion that it meant they were not loved or loveable. This is not true. Coming to that conclusion is an assumption that is based upon a mind-read. You cannot know for certain. Recognizing your root-cause is based upon assumptions that may not be true undermines them and often causes any emotions to no longer be justified.

Blindspot #7: ***"It's OK for me to be happy"***

It's common when people lose someone they love that they experience grief. This is completely natural. However, if the grief continues too long it can become harmful for the body and limit the vitality and life of the person still living. An important question to ask yourself if you're experiencing grief is: *Would your loved one want you to feel sad or experience any other negative emotion because of their death?* You can honor them by loving them whilst being at peace like they are now.

Blindspot #8: ***"I'm now able to look after myself"***

When you were first born you needed your parents completely - to feed you, clean you and protect you. However, you don't need your parents anymore. This is a blindspot for many as they continue to hold things against their parents AND look to get something from their parents, even if they don't actually need it anymore. Repeat after me… *"I can look after myself, I don't need my parents anymore and even though I don't necessarily agree with how they raised me, whatever they did worked well at teaching me how to look after myself, be safe and resourceful in this world. Good job parents!"*

Blindspot #9: ***"Compassion set's me free!"***

Compassion is a combination of unconditional love and wisdom. Being compassionate means if someone else is having a hard time, you don't join them by feeling bad too. Instead, you stay centered and peaceful within yourself and show them ways to heal. See others through more compassionate eyes and you will be amazed about how free you naturally become.

Blindspot *#10:* ***"I wasn't being very loving either"***

Some people hold onto rejection or resentment for years because someone didn't love them in the way they *believed* they *should* be loved. Feeling fully justified about staying victim to the other person not loving them enough, not being there for them, not being the parent they'd hoped for etc… they almost fall off their chair when I ask them the simple question: *How were you at loving your parent (or whoever) unconditionally?* We then go onto explore: *Is it possible you were waiting to be loved unconditionally, when at the same time, you were not loving the other person unconditionally? Did you constantly want the other person to change? What happens if, right now, you let the other person be enough, exactly as they are?* Don't worry, you don't have to love their actions, but for your own sake, let yourself love their heart.

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INSTALL THE KNOWING

To be used when you get the learning you need, such that if you knew it in the past or future, it would be impossible for you to have any negative emotions associated with the root-cause event and/or root-cause reason.

The 7 Step "Installing the Knowing" exercise is:

STEP 1) Discover positive and loving learning(s).

STEP 2) ASK YOURSELF: "*Where do I know this in my body?*"
(Hint – most knowing is found around your heart, chest, solar plexus or stomach)

STEP 3) NOW ASK: "*If this knowing had a colour, what colour would it be?*"

STEP 4) PERFECT, so keep that knowing there now.

STEP 5) Using your imagination, go to the past with that knowing and play the movie of the old memory from beginning to end, but this time, with the knowing (state learning) and the colour (state location).

STEP 6) When you are done, come back to now taking a deep breath in and out.

STEP 7) ASK YOURSELF: "*So how's that old event now when I think about it?*
You might find the memory is there but it feels more neutral now. Well done.

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DECISION DESTROYER

Imagine you catch yourself (or a friend) saying an unhealthy belief like, "People I love leave" or "It's hard to make money" or "I can't lose weight". There are a couple of questions you can ask to challenge the unhealthy belief and, in some cases, completely heal it in seconds.

Beliefs are preceded by a decision. This means that many unhealthy beliefs are preceded by, or based on, an unhealthy decision. This exercise can help you to go back in time (in your mind), make a more positive decision and, as a result, form a more healthy belief.

INSTRUCTIONS

Temporarily hold the unhelpful belief in your mind whiles trusting your first answer to the question: ***When did I decide that?*** You may get a number and/or a memory pop into your mind. Amazingly, most people I ask this question of immediately remember the exact moment they formed the unhealthy belief. Once you have a possible memory, ask: ***What was I deciding before that?*** Keep asking the second question (going earlier and earlier in time) until you find a decision that is purely positive and loving. It may feel as though you are making it up and that there is no way of genuinely knowing what you were thinking then; this is completely normal. The purpose of this exercise is to track back in your mind until you come across a more positive decision. Then take a deep breath and come back to now, bringing the positive decision with you. Trust your unconscious mind to do this for you. You may now find that, if you think about the old unhealthy belief, it feels less true.

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PINK LIGHT TECHNIQUE

This technique is ancient in origin and can be used to heal relationships. It is used to heal all pain and suffering between the user and the subject.

INSTRUCTIONS

STEP 1: Get yourself in a loving space. Remember a time you felt loved.

STEP 2: In your mind's eye, picture pink loving light radiating from your heart, encompassing you in a pink sphere.

STEP 3: Stay within your pink light sphere. Remember a most loving memory of yourself (this could be recent or from childhood) and project this aspect of you outside the pink light sphere. Cover this projection of yourself with the pink loving light, still radiating from your heart.

STEP 4: Then, starting with your immediate family - mother, father, siblings, partner, children - imagine them appearing individually in front of you, outside the pink light sphere. If possible, make it an image of them in a loving memory. In your mind's eye, picture yourself covering each of them with the pink light as if you were icing a cake. Cover them with light and then let them go and move on to the next person. If there is someone who you cannot remember as part of a loving memory, just picture them in front of you. If you cannot do this, visualize bringing them in to stand at a distance and/or facing away from you.

STEP 5: Next, do this with anyone with whom you still have an emotional charge or discomfort.

STEP 6: Allow for anyone else to show up (whether you know them or not), cover them with the pink loving light and let them go as well.

NOTE: This process should take no more than 10 minutes a day, eventually getting down to five minutes. If you can't visualize the pink light, that's fine; what is important is the intent. Once someone is done, assume that they are finished for the day. You will get a sense of when someone is "complete" and no longer requires a treatment.

Be gentle on yourself and enjoy the results.

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GETTING YOUR GOALS

Beliefs can either help or hinder you. This tool helps you to, first, rate your current level of belief in your ability to achieve your goal. Then, if you discover you don't fully believe it is possible for you, you should use the Mind Detox Method to heal the unhelpful belief before going on to do a lovely visualization to help install it in your future.

INSTRUCTIONS

STEP 1 Clarify Your Goal

Clarity is power. What do you want? Do you want to meet a life partner, make more money, enhance your health, improve a relationship or something else? State your desired outcome now.

STEP 2 Rate Your Current Belief Level

On a scale of 0–10, with 10 being that you believe it is possible to achieve your goal, how would you rate your current level of belief?

If you do not rate it as 10 out of 10, you might have an unhelp- ful belief that is undermining your ability to achieve your goal. Continue on to Steps 3–5 to detox your unhelpful belief. Or, if you score 10 out of 10 and achieving your goal already feels inevitable, go straight to step 6.

STEP 3 Clarify your Unhelpful Belief(s)

What are the first thoughts that come to mind when you think about achieving your goal? Examples of unhelpful beliefs include: *I'm not loveable*, *It's hard to make money* and *I will never heal*. You are aiming to find possible beliefs that could be preventing you from achieving your goal.

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STEP 4 Heal Your Belief(s)

4.1 What event in your life is the cause of your unhelpful belief, the first event that, when resolved, will cause the belief to disappear? What age were you? Trust your first answer. State your age now.

4.2 When you think of that time, what is the first person, place, event or thing to come to mind? Trust your first answer and let the memory come back to you now.

4.3.1 What is it about what happened that was a problem for you? How did what happened make you feel?

4.3.2 Ultimately, what was it about what happened that was a problem for you? Write down the Root-Cause Reason now in one sentence: – emotion + reason.

4.3.3 On a scale of 0–10, with 10 being "high emotion and feels true", how would you rate your Root-Cause Reason?

4.4.1 What do you know now that, if you had known it in the past, you would never have (state Root-Cause Reason) in the first place?

4.4.2 For this to have not been a problem then, what would you have needed to believe?

Use *Install the Knowing Exercise* now, using the instructions.

STEP 5 Test the Work

5.1 Test RCR: On a scale of 10–0, with 0 being "the emotion is completely gone now and I feel neutral", how do I rate the old Root-Cause Reason?

5.2 Test the past: On a scale of 10–0, with 0 being "the emotion is completely gone now and I feel neutral", how would I rate the Root-Cause Event?

5.3 Test the future: Think of a time in the future when some- thing like this could happen, but this time, notice how differently I respond.

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GOAL INSTALLATION PROCESS

This final step takes about one minute and is to be done two to three times every day until the goal is accomplished. By doing so you will send a consistent message to your body-world about what it is you want.

STEP 1 - Imagine what you will see, hear, feel, smell and taste when you have achieved your goal.

STEP 2 - Cup your hands in front of you and imagine gently placing the image of what you want in the palm of your hand.

STEP 3 - For a few moments, appreciate it now, as if you've already attracted it into your life.

STEP 4 - Breathe 3 deep breaths of life into the image of what you want.

STEP 5 - Now, imagine the image of what you want effortlessly rising and flying into your future to manifest at a time that is perfect for you.

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PERFECTLY IMPERFECT

This game can help you to take a break from judging yourself as good or bad, right or wrong, loveable or unloveable. The good news is that there is no tablet of stone somewhere that states how you *should* be. So however you or your life is right now is perfectly imperfect.

Your idea that life needs to be different before it's fully loveable is exactly that – an idea. Let it go to let love flow.

CONSIDER THIS: Do you have an idea of your ideal life? Is there a gap between how things are now and how you think things should be? If life doesn't match up to your mind-based ideal scenarios then you can end up unnecessarily postponing loving it.

INSTRUCTIONS

On a piece of paper, draw a line down the middle of the page. On one side of the page write down how you, your body and your life circumstances are today. Then, on the other side of the paper write down how you think you, your body and your life circumstances ***should*** be. Then, know this: **although you may have an idea of your super self and your ideal life, you are not failing or any less loveable if you don't match up to your mind-based conditions.**

Take a moment now to let your body, career, finances, relationships and life be enough exactly as they all are. If they were meant to be any other way then they would be. They might change in the future, but reconnecting with love now involves you letting this moment be enough. Take a break from things needing to be fixed, changed, different, or improved. Just allow what you are and let whatever is happening be as it is now. As you do this, you might notice a sense of relief and relaxation within your being; as you explore it more, you may well find that the essence of your being is love.

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OM LOVE MEDITATION

There's No Place Like Om! To align your attention with Om is to align your attention with the power of creation. Whatever thoughts you marry Om up with in your mind can help bring them into creation. To harness the power of Om you can use what I call an "Om Thought". If you want more love, "Om Love" is a very powerful Om Thought to use.

For the best results, think "Om Love", with your eyes open, throughout your day. Do not repeat it non-stop as you would a mantra, just think it occasionally whenever you remember to do so. You are not trying to force a feeling; it works even if you think or feel that it isn't. Every time you think it you are watering the seeds of your intentions by aligning your attention with the power of the universe.

CLOSED-EYES MEDITATION INSTRUCTIONS

STEP 1 Be Comfortable - Sit comfortably on a seat, sofa or even on your bed. Support yourself with cushions and wrap yourself in a blanket if there's a chance you could get chilly. Quite simply, be comfortable.

STEP 2 Be Allowing - Gently close your eyes while remaining alert. From the here and now, let your attention rest wide as you watch whatever is happening within your mind. This takes no effort, no straining or trying. Continue by comfortably and gently observing your thoughts as naturally occur – as though they were passing clouds in the vast sky.

STEP 3 Be Loving - Gently think "Om Love", then let the thought go. Do not try to hold it in your mind. Just stay alert and watch whatever is happening within your awareness. After a while you will notice that your mind has become active and that you have started thinking. This is natural and a deeply ingrained habit, so go easy on yourself. When you notice that you've been thinking, gently rethink "Om Love". For the rest of your time 'meditating', slowly go between being aware, thinking "Om Love", being aware as you wait until you start thinking, then rethinking your "Om Love", being aware... and so on. Go back and forth, in a very easy and comfortable way. This enjoyable meditation technique can you help you to rediscover the love that lives within you.

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‘Living in Love’

Believe it or not, everything exists within a constant context of love. By bringing your attention back to the present moment you can discover an inner presence. The more you practice with the games provided, the clearer it becomes that the presence you are experiencing *is* love: unbounded, undiluted, unconditional love. When you are resting, fully aware of your being, you live in love and events that you used to see as problems become opportunities for you to learn how to love more unconditionally.

Knowing you are one with the inner source of love is by far the most effective way to heal the hidden cause.

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SPACE FOR NOTES

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NEXT STEPS

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